

## May 27, 2017 - Pre-Recorded World Satsanga for The Kevin Moore Show

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

“Welcome to this World Satsanga on the 27th of May 2017 held in conjunction with Kevin Moore and The Moore Show, and Kevin again is being of wonderful service by allowing this to be broadcast on his YouTube channel as well. Okay, I’ve got quite a lot to go through today, and I’ve got lots of questions, including the agenda I’ve got in front of me, and the meditation as well. So let’s carry on. Again but for those of you who have joined us for the first time, thank you very much for joining us and being part of this community. And for those of you who continue to be part of the community, thank you for your dedication.

Okay, so let’s go through the **agenda**. The first talk is about what the mechanics of incarnation are. And there’s a couple of questions here: Why do we incarnate and really what’s the point? And then there’s a group of questions from some of my participants. And some of them are really deep seated and deep searching questions. I’m grateful for those, because they challenge me as well. And most of the information by the way is channeled information straight away, so I end up going into a different place to get the information.

And then we go to the meditation at the end, which is a **meditation** to connect to the “Formlessness” of the multiverse, because the multiverse in its structure, although it’s part of the Source, which is ultimately part of the Origin, is by definition formless. And its structure that is there for us to use is this structure, the rest is formless structure, so to speak.

So let’s go to the first part of the talk.

### **Part 1. Lecture on “What are the Mechanics of Incarnation - Why do we incarnate and What’s the point?”**

So the mechanics of incarnation. Well, basically, I’m going to give you a pdf file that the wonderful lady who transcribes this broadcast will add to the transcription itself, so that you can get more detail. And that pdf file is an abridged version of some information that’s out of my sixth book, “The Anne Dialogues,” so it will help to understand a bit more detail than that.

In general, we are sentient energy, and as sentient energy we seek to progress on behalf of that entity, which created us, which individualized us from itself. And we are individualized units of Source or individualized units of God. And so it created us to allow us to accelerate its own evolution, if you want to call it that, its own experience. And it on its own was created to accelerate the evolution and the experience of its creator, the Origin.

So we’re all working together. We’re all part of the same thing in essence. But we’re smaller parts. And one of the ways of really accelerating our evolution is to experience difficulties or hardships or challenges is a better way of saying it. I think hardships is something that a lot of spiritual people say that we have to endure while we’re here. And a lot of other people say well, why do we have to experience hardship? But in essence being incarnate is hard work. So if we think of it in terms of it being a challenge rather than hardship, then that’s a better way of saying it.

So getting back online though, our sentient energy, our sentience is what we really are, and we occupy a body of energy, which is either given to us by our Source or we commandeer, because we’ve become at a certain evolutionary level, and we can move our sentience from energy or a group of energies to energy or a group of energies.

But in this instance, what we do as our True Energetic Selves — and of course, the True Energetic Self is just one way of saying the larger part of us which remains disincarnate — which we in some ways call the Higher Self or the Oversoul or the Godhead. The Hindus call it the Godhead, it's the same thing, it's the much larger part of us which stays disincarnate.

That separates a smaller part of itself, a smaller aspect, if you want to call it that, we sometimes call it a soul, and project it into a set of energies, which have been agreed and which are assigned to the creation of a form, that form being a human fetus. And so what we do is we create an energy structure around that to allow it to grow, and to allow the ability of the aspect to animate that form.

So the aspect that's projected out moves into or through down into the energy associated with the incarnate vehicle, in our case the human form. There are other forms, lots of other forms at various different frequency levels around the physical universe that we incarnate into. But we just use the human form at the moment. And there's different ways obviously of incarnating as well, but this is what we understand now.

(5 min) So that energy is then projected into this form through something called the "**Hara line**." Now the Hara line is like a little energy tube or a hose, if you want to call it that, and it protects the most basic level of communication that can be achieved between the projected aspect or the soul and the True Energetic Self. It maintains that level of ability.

Sometimes that's called the "**silver cord**," sometimes it's called the Hara line. There's all different ways of explaining it, and all different ways of seeing it. Because the silver cord is a projection of the Hara line in itself. It's not separate to, it's a projection from, okay, so it's the same sort of thing. So although people see the silver cord coming out of the center of the body sometimes, if they're clairvoyant, it's actually a projection from the Hara line, as it comes down to the center of the body, who records the body.

So we project this energy through the Hara line, it protects the communication from the aspect or soul to the True Energetic Self, and it maintains that ability to do so in a limited way, because obviously we're in a lower frequency. As we're in a lower frequency, our ability to communicate in the way we're used to at a higher frequency is significantly reduced. So that allows us to project into the lower frequencies.

Now there's ten frequencies associated with the incarnate vehicle, of which seven we're aware of. But the description of the use of those or the overall descriptor of those is not totally understood. But we have three more as well, so it's ten in total. So it's three gross physical [frequency bands 1-3], additional four spirituo-physical [FB 4-7], and then there's three purely energetic [FB 8-10].

And these top three, the 8th, 9th, and 10th frequencies, they are there to allow this sort of step-down function between the frequencies that we come from, the higher frequencies that the True Energetic Self is in, and the human form, the incarnate vehicle. So that allows the Hara line to give a "tunnel effect" — almost like a "tundish" effect [a type of funnel or a broad, open container with one or more holes in the bottom to give a smoother flow] — a funnel effect, so it comes down to a smaller and smaller and smaller energy set.

At the point of being at the 8th frequency, it starts to enter into the human vehicle in an area close to but not through the crown chakra. So it comes down to that [tan tien] area, moving down towards an area about three inches above the navel, and three inches in from the navel — that's 7.5 cm up from the navel, and 7.5 cm in from the navel — where it coalesces and starts to connect with the energies associated with the human vehicle. That's the "**tan tien**."

From there it goes downwards and then goes down through each of the legs, and connects with the Earth, so it creates a connection with the Earth. It grounds us, so to speak.

So the Hara line comes through down towards the tan tien, splits out just above the pelvis and down the legs. And our energy, our sentience, the energy associated with our sentience comes down that Hara line, that little tube, and coalesces and starts to spread out from the tan tien, connecting with all of the different energy centers, the meridians, the energy lines, and the major, minor and mini chakras associated with the human form. And that allows us to animate it.

So on top of that, we also have a location for the sentience. Now the sentience moves up from the tan tien, and sits in an area just behind the heart chakra, and this can be identified as being the “**Soul seat.**” Barbara Brennan called it the soul seat, and that’s basically where our sentience is, so it’s a rather apt descriptor. You can see more in Barbara Brennan’s books *Hands of Light* and *Light Emerging* — they’re very good books, very good descriptors of some of the incarnation process as well. And so that’s the mechanics of it.

We project the energy down, we connect with the energies, and we animate the human form. And over the next seven years, from the fetus being conceived, and the energies associated with the projected aspect from the True Energetic Self linking in with that form through the continuous growth of the fetus from birth as a baby, and its growth from being an infant up to being a junior to being a younger adolescent around the age of seven.

(10 min) And these seven years are quite important, because that is where the aspect or the soul starts to integrate more with the energy associated with the human form that it’s in. It’s going to be used for experiencing this particular flavor of physicality, so to speak, because we create everything that we create around ourselves. Everybody assists in the creation of what we’re experiencing, because it’s a different way of experiencing the lower frequencies, and how we interact with those lower frequencies in terms of our environment, and those individuals who are also interacting with the environment and interacting with us as well. So it’s all part of the experiential and the evolutionary process.

But over those seven years the connection between the aspect and the body starts to grow, starts to become more connected, interconnected, and the aspect becomes more immersed in the incarnation, and the creation of the ego becomes more dominant as well. I’m thinking that I’ll probably send another pdf as well with the short article that I wrote about what the ego is and how it affects us to help out with that. It’s very important.

So that’s how we incarnate with the body. That’s the mechanics of it. We use the human body basically as a means of experiencing in this particular part of the physical universe the environment that’s created by the lower frequencies of the multiverse. And we all work with and interact with each other to experience how we interact with each other in these particular lower frequencies, and how we interact with the environment in these lower frequencies, and the different ways in which we can interact, different ways in which we can interact with individuals, and the environment. And then that’s the whole reason for it.

The energies associated with the human form are very sort of particular as well, because the first three frequencies are what we generally tend to see with the human eyes or the culmination of it is anyway. And so we have the first three frequencies deal with the gross physical, that which we can see with our current sensory perception.

And the next four are associated with the spirituo-physical, that which is still physical, but beyond our sensory perception — what sometimes is called the “astral” but people think the 4th level is the astral, but actually in my understanding the next four levels are the astral.

So we've got the lower astral [FB 4], the upper lower astral [FB 5], the lower upper astral [FB 6], and the upper astral [FB 6] below the 7th, and then we've got the three energies above that as well [FB 8-10], acting the step-down or the funnel and tunnel function.

So if you like, we sort of don this suit of clothes or don this energetic biological robot type of thing that we control within this environment, if you want to call it that, to experience what's happening here.

### **So what's the whole point of this?**

Well, it's very simple, and I think I've alluded to this, as we go along, why do we incarnate and what's the point. In effect, we incarnate because this particular environment and others within the physical universe, for want of a better word, are an evolutionary accelerant. Because we put ourselves in a very challenging environment and in very challenging situations, it allows us to evolve at a really fast and accelerated rate. And so what happens then is that we can move faster through our evolution, and our evolutionary cycle is reduced as a function of that.

So we move through the structure of the multiverse as part of our evolution in this particular evolutionary cycle, which is the third. We've had two [cycles] before, and so the objective is to move through the evolutionary cycle in as clear as complete a way as possible. And some individuals take a long time to do it, because they want to experience the minute detail. And others experience it in a minimal sense, but in a sense that is minimal but nevertheless acceptable to be able to go through the evolutionary cycle, gain the evolution that they need, and then reacquaint with the True Energetic Self. And the True Energetic Self reacquaints with Source, and then we go on to the next evolutionary cycle later.

So really it is all about experiencing challenges, being here to experience challenges. Some of those challenges we like, some we don't. It depends upon how we find ourselves and how we manage to relate to those challenges, and work with those challenges, and remove those challenges or get stuck with those challenges. Or how we get stuck with being here, and that's where **karma** comes into it. And so it's very much a case of when we go through the evolutionary cycle, and we're using the incarnate vehicle to accelerate the evolutionary cycle, we're also subject to various different functions of being in the physical.

(15 min) And the addictions associated with wanting to come back, wanting to experience status, wanting to experience sensory stimuli, wanting to experience various different thought processes, various different ways of being are all part of the, if you like, the addiction to being here and what we call karma. It's only when we go through those addictions, and we can be here but not be of here, i.e. we experience things in a detached way still being responsible for our responsibilities, but are able to move on very, very quickly, that's when we start to get to the point where we don't need to incarnate here, because we've mastered being incarnate, and therefore, we've evolved to the point where we no longer need to incarnate.

So it's all about experiencing, learning and evolving in as fast a way as possible. And there are a lot of very brave aspects or souls, who put themselves in significant stress. You've seen or you've heard of some of the stories of people going from rags to riches, or from various different states of being on the wrong side of the law, for instance, and then becoming very prominent citizens and doing a lot of good work. And these are people, who really do put themselves in a taxing or very challenging life plan, so that they can assist themselves, and they create a moving forward as fast as possible.

There are a lot of souls who do this, and a lot of souls don't quite come out the other side, and have to take a few lives to sort themselves out, and perfect a particular type of life and life plan

that they're trying to experience as well. So it is hard work, but it's all about evolving, it's all about experiencing, learning and evolving. That's the whole point of it.

Okay, so there's a bit more — I'll make sure I'll send the article on the ego, what that means, and I'll also make sure that I send the article or the extract from *The Anne Dialogues* as well to help with that, because it's important to know. And it actually gives us quite a lot of consolation and consoles us to understand what the point is, and why we experience things that we classify as being not nice or horrible vs. nice things.

And before I continue on with the questions now, I think it's important to understand that we can't just experience one particular angle on things, okay. People say, well, what kind of a God have we got if he lets us experience pain or problems or ill health or lack of money?

And the answer is we've chosen it! And the whole point is if we had just wonderful health, a long life, delightful families, lots of abundance in terms of family, friends and fortune, and we had that in every life, we would not really be experiencing the whole gamut of possible experiences that could be here as well. And all the parallel experiences that come with those by the invocation of event space when we have different decisions to make.

So we have to experience every aspect of existence, of any form of existence to be able to say that we've mastered it and understood it. Okay, so that's why we don't just get good lives all the time. We choose to have what we have. And so if we want to blame somebody, we should blame ourselves. We shouldn't blame ourselves, we should just get on with it and do it, and make the best of what we've got. And be successful in this particular incarnation rather than having to study with guides and review our incarnations, which is what normally happens.

So let's have a look at some of these questions, and there's quite a few questions, and I'll try to read them out. They'll be part of the transcription anyway, so you'll be able to see them as well as hear them. (So I've got a little friend here — one of my little cats has decided it wants to take part as well.)

## **Part 2. Questions and Answers**

Okay, so the first question is from the lovely lady who does my transcriptions, and she's got two sets of questions given at separate times. But the first one is:

### **1. What is your take on so-called Shamanic Soul retrieval, Soul fragmentation or Soul loss? (US)**

- **Background: Shamans believe that whenever we suffer an emotional or physical trauma, a part of our soul flees the body in order to survive the experience, and goes to "non-ordinary reality" where it waits until someone facilitates its return.**
- **The types of trauma that could cause "soul loss" include any kind of abuse (sexual, physical, or emotional), an accident, being in a war, or a victim of a terrorist act, acting against our morals, being in a natural disaster (a fire, hurricane, earthquake, tornado, etc.), surgery, addictions, divorce, or death of a loved one.**
- **Shamans say the soul part that left usually does not come back on its own. The soul might be lost, or stolen by another person, or doesn't know the trauma has passed and it is safe to return. In psychology this is called disassociation (but they don't talk about what disassociates and where that part goes).**
- **What is really going on in these situations in your view?**

(20 min) In my understanding the soul is always connected to the human vehicle. We don't lose the soul. If the soul moves out of the vehicle and stays out of the vehicle, then the vehicle demises, full stop. There are instances, where yogis spend extended periods of time in astral traveling or transcendental meditation, as it's popularly called now. But the connection to the body via the Hara line, or the silver cord, or whatever nomenclature you want to use remains. And so the soul or the aspect is connected continuously to the body.

And so there cannot be "soul fragmentation" as such or "soul loss." But in terms of soul fragmentation, the only thing I can think of that would classify as being a fragmented soul is when we have **shards** being created. So it's not actually a fragmentation, but it's a designed (by ourselves) function of individualizing a smaller part of our sentience, and assigning it to another form to experience a parallel condition — not parallel in terms of event space or a parallel universe or parallel experience — but additional experience to help with understanding of different things concurrently. So that's what I would classify as being soul fragmentation.

But in terms of a part of a soul, or some part of the soul being disassociated from the human form as a result of any of these different experiences of trauma, I would say that's not the case. I would say basically what happens at times is that the ego chooses not to experience that experience again. It classifies it as being traumatic and decides to forget it. And the only potential way for getting that back would be through some form of healing. You may well call shamanic soul retrieval as a form of healing and/or some hypnosis technique.

So really it's about disassociating the experience with the individual and locking away that memory. It's still there, and it's still recorded by the True Energetic Self, and it still can be accessed by us, if we decide to access it later. But in essence, it's something that we don't want to face or don't want to cope with, and so we lock it away. And it's more of a psychological function brought about by the ego than it is an actual function of some part of the soul being lost, and in some limbo state or in an alternative state of reality.

I think there's been some confusion in a lot of this stuff. And I think that if there was a sort of a need to retrieve aspects of souls, it could be that there's an individual who has entered into, for instance, transcendental meditation or astral traveling, and is needed back. And one of the ways of getting that person back is to have somebody else with the same skill go and retrieve that person — that could be called soul retrieval. And that happens quite a lot.

It used to happen quite a lot in India, where those people who spent dramatically long amounts of time in their astral traveling or transcendental meditations. And they were so happy in their sort of energetic environment, they didn't want to come back into their physical environment. So we have the situation, where they were supposedly "lost," and therefore, they need to be retrieved at times, when it's important. But that would be done by somebody who can do the same thing, the same function.

So I don't think it's properly understood. I think its understanding is a bit flaky to be honest, a bit misunderstood. It's simply a case of a memory not wanting to be re-lived from our perspective.

(25 min) And the instance of soul fragmentation is to do with having a shard, or even a **subincarnation**. That's another way of saying there's soul fragmentation, but they aren't due to trauma. They're due to a planned action by our aspect. Okay, that's a good question. The next one is from WP.

**2. Since the time of Jesus (and before) up until the past 70 years, there has been a famine, plague, war and/or raping and pillaging about every ten years non-stop with millions killed in the process. Pretty sad commentary on the human race. Now, for the first time in history, the incidence of these traumas has dropped significantly, in some cases stopped altogether which is encouraging. (WP)**

- **The current issues of the day seem relatively minor by comparison - however, as we have discussed, seems like we are backsliding in the near term with people becoming hysterical over every little news bite that emanates from the media - real or imagined (mostly imagined). People have become news/political junkies surrendering their personal sovereignty in the process, expecting politicians to save them.**
- **This does not bode well for the future. Or are more people awakening than is apparent who will in the end break this bankrupt mentality?**

Yes, as I was reading that, I started to feel that there are in essence significant levels of triangulated ascension happening, or triangulation happening, where the work of individuals in a spiritual sense is affecting others all around us. And so they get pulled up the frequencies as a result of the work of others — a natural function, and eventually they get to the point, where they do start to awaken. They do start to realize that what they're doing or what they're participating in, and what they're liking is suboptimal, so to speak, and isn't particularly enlightening, and isn't assisting them in their own evolution.

And so they do, and people are, and have, and are continuing to, although we do have the odd spike, the odd area of low frequency around the world, but in general, there is a movement upwards in the ascension process, where people are becoming more aware and awake, and are starting to question the environment that they're in, and the interactions with individuals within that environment, and the wider environment they exist in. So basically we are starting to come out the other side, but we do have little areas of low frequency.

For instance, in the UK recently in Manchester, we had a suicide bomber go to a pop concert, and blow themselves up and kill and seriously injure a large number of other individuals. And again this is a focus on two things: one, it is an act of low frequency, and the other thing is the positive side, it helps to bring people together and realize that these sort of things aren't good. No matter what religion you're from, or what persuasion you're from, or what thought process you have, everybody realizes that this isn't a justifiable action, a justifiable thought process.

So it does two things: (1) it has a function in terms of it illustrates we do have locally low areas of frequency, but also (2) there can be positive parts, and positive things come out of it as well. So yes, and the fact that we are getting positive results as a result of some of these atrocities is illustrative of the fact that we are moving up the frequencies. So that's a very good question, thank you.

**3a. When you talk about being “aware and awake” - how do YOU define those terms in more practical terms? What is Awareness vs. Awakening? (US)**

- **Is there a Basic Awakening followed by a series of Deeper Awakenings?**
- **Is awakening just the beginning of the Enlightening Process?**
- **Does it ever stop or reach a limit for an entity, like an Aspect (soul) or a True Energetic Self (Higher Self)?**

(30 min) Well, awareness and awakening is something, which is attributable really to the incarnate aspect or soul. And it's all about us realizing that we are something more than we are, and that we should start to become less immersed in our incarnation and more, for want of a better word, immersed in understanding our greater reality and the environment surrounding that, and the individuals within it.

So "awareness" is a function of "awakening," if you want to call it that. It's almost the first start, where we start to understand, that there is something beyond what we are as the human body. Now when we incarnate, the ego is created as a function of the almost total separation of the aspect energetically from the True Energetic Self. So the ego is created, creating an individualized personality, which associates itself entirely with the human form.

But we do get to the point, where we start to become aware of a greater reality as a result of our work, and our ascension through the frequencies, and our evolutionary condition. So we become aware of more things. We start using intuition, we start to trust the intuition, we start to become more capable in what we're doing. So as a result of that, we start an "awakening" process. An awakening process is I'm going to say similar to "enlightenment."

Enlightenment is a function of awakening, where we get towards the enlightened state, where we're able to connect with Source, disassociate our consciousness with the body, the human form, and move around the greater reality at will, and communicating with other entities, disincarnate or incarnate to be able to, to allow us to, for want of a better word, experience more of what we are part of.

And so the awakening part is understanding and experiencing aspects of the greater reality at various different frequential states associated with our ascension through the frequencies whilst being incarnate. And so we start to become more awake, more aware. So awareness is the start, so it's a bit of an iterative loop here. The more we're awake, the more we're aware of what's happening around us, and therefore, the more we become awake — until we eventually get to this part or this point, where we are able to not only, if we're dedicated, master the environment that we're in, and master the human form, but also choose when and where to dissociate ourselves with the human form, if we want to.

We could reach the enlightened state where we are in total communication with Source and True Energetic Self. And so we are, we just use the human body literally like we use the motor car. We move in and out of it when we want to. The wider environment is the environment outside the motor car. The limited environment is the environment within the motor car, and the driving around the roads. So we use different vehicles and can move through different vehicles, if we wanted to. We can choose different vehicles in which to experience multiple things.

So really the enlightenment is the very end of the awareness, awakening, awareness, awakening, awareness, awakening iterative loops. And that helps us move forwards. Okay, so it's an ongoing process whilst we are incarnate. And from an evolutionary perspective, it's an ongoing process with the True Energetic Self, and the aspect or soul on behalf of the True Energetic Self until we reach the end of the evolutionary cycle.

And then we recombine with Source, and then the Source moves to a different location within the Origin and starts the next evolutionary cycle after we experience different things in different ways. As we move through the evolutionary cycle, we tend to accelerate the evolutionary cycle,

so it gets faster and faster. And actually this third evolutionary cycle is much faster than the first two, I am told, and we are moving through it really, really quickly, so we should all be patting ourselves on the back. Even though it doesn't feel it's fast here, it's actually happening fast.

**3b. Our Source has urged us to meditate at least 30 min a day. What is the fundamental purpose of meditation? What is the purpose of channeling?**

- **Are they both meant to increase our bandwidth?**
- **OR is meditation a more resting state vs. is channeling a more aware, questioning and receiving state?**

(35 min) Meditation is a function of disassociation from the physical. It's one way of achieving connectivity with Source, Self, not in that order, and other beings, and it creates the possibility of channeling. Channeling is a higher function than meditation, and is part of the awareness and awakening process. It's also one of the functions of enlightenment — not THE function of enlightenment, it's one of them, and it leads to the enlightenment process.

So the whole point of it is to learn to connect with the greater reality, to be in the greater reality and commune, converse and interact with the greater reality, and not just the reality that the human form connects with. That's the whole point of it.

The problem is when our eyes are open, and our ears are hearing, and our nose is smelling, and our mouth is tasting, we are immersed in the human state. And so we are confused by that state, and if you want to call it that, completely confused to the point where we are in the full belief that we are the human body. So we need to move ourselves out of that zone. And meditation can get us there.

When we get to being an enlightened yogi, so to speak, or individual, we're able with meditation to turn off the senses, so we can enter into a complete state of solitude. So no amount of noise or visual interaction will move us out of that state. And that means that a good yogi can meditate with their eyes open. And if you look at a lot of the old religious paintings, you'll see that a lot of saints have got their eyes pointing up towards their third eye. That's because they're in "samadhi" or they're in a state of enlightenment or awareness whilst they're incarnate. And that illustrates to me that the individuals who are painting those images understood that these people were in communion with Source all the time or God all the time, because their eyes were pointing towards the third eye, and that actually, although they were here, they weren't all here. And they were communing with the greater reality at the same time.

So it helps us to switch off our association with this particular environment now in our human forms, and helps us to move through the possibility of channeling, which is sort of a lower function, if you want to call it that, in terms of the communication with that greater environment, and the beings within that greater environment, the greater reality.

**3c. Are human beings meant to reach a point of "emptiness" where our journey as a seeker ends, where we have no more questions to ask?**

As human beings, yes. At some point, I wouldn't call it emptiness, I would call it full understanding. At that point, we don't need to incarnate any more. The need to incarnate disappears, and we have become a very sort of complete individual, and so we can move on

from incarnation and just go and continue our evolution in the rest of the multiverse in the disincarnate state.

- **OR are we meant to continually expand our thought processes to higher and higher levels? What is the ideal for an aware and awake human being?**

We are, for want of a better word, continually expanding our thought processes to higher and higher levels to the point where we don't need to incarnate. That may take various different incarnations in its own right. But in essence what we have to do is do the best we can in this particular incarnation. And if we can reach a state of enlightenment in this incarnation, then we can shave off the need for a lot more incarnations to assist in our evolutionary progression. And so we can reduce the number of times we have to incarnate, and we can ascend and evolve faster.

- **What is the ideal for an aware and awake human being?**

There is no ideal. It's total enlightenment. That is the ideal really, and when we've got to that point, we no longer need to be here. And we can choose to stay and help others, or we can choose to move onwards and look after ourselves, so to speak, our own evolution. There are those, who decide to stay here and help others, and help them strive to become more aware, awake, enlightened in the process.

Some of these questions by the way come through my lovely transcriber's referring to the book by Ric Weinman "Awakening through the Veils." There's a lot of commonality between individuals, who are speaking the truth or know the truth.

(40 min) And so what happens is that we get the possibility of the truth coming out but through the right channel, so to speak. And so individuals, who are working with and are capable of understanding and broadcasting the truth in an unabridged or in a way that we can understand it are able to do so. And they will be coming out in between them, not through collusion, but through the simple fact that what they're giving is the truth. But they will be delivering it from different angles maybe, or different levels of truth, or different parts of the truth. Next question now from JM from H (location in the US).

**4. I am absorbing deeply on my second reading of Anne's book, *The Anne Dialogues*. I hope she's at least somewhat aware of the profound effect her book is having on me and many others. (JM-H)**

From what I can gather, asking this question, she's highly delighted that the book is being as successful as it is. In terms of the sales in the first six months, it's from my perspective, it's my best seller so far, and it's looking to do really, really well. And it's providing a lot of additional eyes for people and it's bringing consolation as well, which is lovely. I'm delighted to have had it published in the first place, and I'm delighted it's being used, and people are referring to it and understanding it, and concurring the information as well, so I'm really pleased about that.

- **The long paragraph on page 202 covers the multiple factors that an Aspect has to consider before incarnating: education, health, longevity, peer group, career, pastime, service, evolutionary opportunity, difficulty, chance of success - all factors that are**

**familiar and ring true. But the last factor is different: "the number of parallel existences that can be utilized in order to maximize the evolutionary opportunity."**

- **I am unaware of any parallel existences, and this concept is so at variance with all the other factors. Are my parallel existences taking place behind my back, so to speak?**
- **Are parallel existences a routine part of incarnate life, as are all the other aspects listed above? Is it possible I have no parallel existences?**
- **Should I have awareness of my parallel existences?**
- **Do most human beings have parallel existences going on?**
- **And how do these existences affect us?**

When we do choose the way in which we incarnate, and the location in which we incarnate, and the family we incarnate into, and the vehicle we have, we do look at the number of times we can do parallel conditions as well.

Obviously, parallel existences are created through the invocation of event space, and event space is invoked through our decision process — our ability to decide one direction vs. another or the possibility of deciding, or the possible possibility of deciding, or the possibility of possible possibilities of deciding. So there's many different ways in which event space can be evoked. And that can be like localized event spaces, semi-localized, more communal event spaces, wider event spaces, country-sized event spaces, and continent and coaxic and all those different sizes of event spaces.

But in essence from our perspective, there's various different versions of us in different other event spaces, an overall or overarching event space with its own event stream. And this by the way is coming out of the seventh book, *The Curators*, and it's becoming a bit mind boggling. There's an awful lot of event space in that book, and I'm a bit embarrassed to say that, but it might be a bit of a difficult read actually, but there we go.

In essence we all have parallel conditions, and what we do when we go out checking as to what we're going to do is understand how complete that experience will be by the parallelization of that dominant or mainstream experience. And so if we have three decisions to make, do we do this, do we do that, or do we do the other, and we choose one, then actually there's three of us become apparent. In that environment, those other two become apparent or become evoked within their different event spaces. They are in different event spaces, so we don't see them. We don't experience them. All we know is that we are one of them, and that we as that individual are individualized and normalized to the event space, in which we are focused upon.

(45 min) So our particular experience, it could be parallel, or it could be the mainstream, or it could be a fractal of one of the parallels, or a fractal of the fractal, or a fractal of the fractal of the fractal of one of the parallels. So we couldn't possibly absorb or work with from our particular perspective all those different parallel existences, that are occurring as a result of our decision process, and the various different potentials of those different decision processes, and the realities that are created from those. It would be too much for us.

So we're only allowed to focus on the one whilst we're incarnate, because our functionality only allows us to do that. And so we aren't aware of them as such. They affect us in totality by the efficiency in which we gather evolution. So from our True Energetic Self's perspective, it sends out an aspect, and it's becoming incarnate, and it may have created shards as well, which are

also considered to be synchronistic, if you want to call it that, in terms of different experiences, but I think “concurrent” is a better way of saying it. And that allows the maximum amount of experience to be experienced by that particular soul.

And so the True Energetic Self experiences all of those different experiences concurrently. So as the ten of me, for instance, are experiencing ten different parallel conditions or ten different event spaces, then the True Energetic Self is experiencing all those ten concurrently at the same time. So it doesn't affect us per se, although it does ultimately, because we're part of our True Energetic Self.

And when we are disincarnate, when this particular body demises and we move back into the energetic, then we will become privy to and be able to access those other experiences. And it will be like — what I'm being told here is that the function, that we would experience is that it will be a little bit like — we've been to the shops, we've been to the same shop, but we've gone to the shop in different ways. We've gone by bicycle, we've gone by motor bike, we've gone by car, we've walked, we've got the bus, we've got the train. And when we got there, we've got different things to shop, we bought different things. We bought groceries, or we bought clothes, or we bought shoes, or we bought a newspaper, etc. etc. etc.

So all of these different things occur as a function of the parallel conditions we find ourselves into. And our True Energetic Self and us (as an incarnate being) experience it in different ways. We experience ours singularly, but when we're disincarnate, it's like we've experienced different ways of going to the same place. Or different ways of experiencing different things, or we've realized we've been to various different places at the same time, where we've gone, okay, at that point in time I went to the cinema, but I also went to the gym, or I also went to see a friend at home. All these different memories, they're all there, but they've all occurred in the same space.

So everybody's doing it, and it's difficult for us to... But I do have one individual, it was one of my students in India, who was in the unfortunate position (or fortunate for some people, but unfortunate for him) of moving between these different realities with two other versions of himself, and getting lost and didn't know — when he was back in this reality, he didn't know where he was, he didn't know what he'd done, he didn't realize what he'd done, didn't realize what had happened here.

He had different memory sets associated with the different realities he went into, so that was indiscriminate movement between those different realities. And so he struggled with that. And I had to do some work on him there to sort of sever that potential link between him and the other versions of him, so that he could only focus on this particular reality, and not move around indiscriminately and unground the different realities. This still happens once in a while, but he's largely under control now, which is good for him. It means he can focus on this particular incarnation. Right, the next question is from JM in R.

**5. I get the strangest sense of a veil of conformity and/or control as if we are so programmed to think small and live in a limited way. At the same time a glimpse of unlimitedness that is available as we disengage from the frequencies and wavelengths of the so-called normal world. (JM-R)**

- **Is there any way to speed up the process other than just meditating, surrendering and choosing love instead of fear?**

(50 min) So this looks like it's an individualized experience. And it's something that all people who are going through the awakening process to awareness to awakening to awareness to finally enlightenment go through. And it's a case of really keeping on the meditating, keeping on surrendering and choosing love instead of fear, keeping on working on the self, and where possible, or where asked helping others. Being of service, when you're asked rather than forcing the service on others, because that can be repelled and it causes resistance.

So ultimately it's best to, for want of a better word, keep doing what you're doing and if you can, do a bit more. So meditating is a very important tool actually, as is doing things like kriya yoga, and the Traversing the Frequencies work, that I teach as part of my particular way of ascending the frequencies. And so when we do more of this, we will have as we progress more and more moments of enlightenment, so to speak, where we see through the veil, and understand what the greater reality is. And as we do that, we start to recognize that there is much more to existence than this.

There's lots and lots of books on this. One particular book I found really — and I don't read books generally — so I've only sort of been told about this book, and I've seen a YouTube video from this lady, and it's a book called *Backwards*, which is really good [by Nanci L. Danison]. It explains what she experienced when she was disassociated from her human form as a result of a near death experience. And the backwards refers to her being able to see in a 360 degree sphere, which includes going backwards. And that's a good way or a good read or look at the YouTube videos as well. If you put in YouTube "Backwards," you'll start to see some of these videos that this lady has done. They're very, very good.

But basically it's to do with keeping being disassociated with the lower frequencies of the gross physical. And that's important, because it allows us to focus on the higher frequencies. Now clearly we have to engage in being here. We are responsible for our duties, for our careers, our roles as a partner to somebody, and maintaining what we have, pay bills, etc. There's not many of us that could live like Jesus used to, or like the old yogis used to in India. These days it's more complicated, much more complicated than it used to be.

But what I would say is that extend the meditation and go deeper. It is, if you're capable, it's better to do longer meditations and less of them than it is to do regular meditations and short. When you get to a point where you can access deeper levels of understanding through extended meditations, you'll find that you can do the same level of depth very quickly later. So it's almost like learning to ride a push bike, then a motor cycle, then a car. We have to start at the beginning and we gradually sort of progress to different levels of competence and ability and functionalities as a result of it.

And eventually we get to the point where we master the tool that we're using, and that is the meditation process, and the functions that allow us to become more connected and to the point where do become totally connected. The thing to do is believe, not just believe but know, that this veil of conformity is a small veil. It's just that we make it very big. And that it's easy to move through but sometimes it takes dedication. And depending upon how we are bombarded by low frequency interactions with others, because they can drag us down as well, and how to protect

ourselves depends on how fast we can move upwards and go through that veil. So I hope that answers that question.

We've got another question finally from JM-H, and this is quite a personal question here.

**6. At the top of *The Origin Speaks*, page 278, the Origin tells you: "Soon you will no longer need to contact your Sources, or even me to gain this information." (JM-H)**

- **Are you there yet?**
- **Or is this one of those all-too-frequent time statements that have no real meaning in our 3D [or our three-frequential] experience?**

(55 min) In all honesty, I think at times I've gone backwards. When I look at the work that I'm doing now with this particular book, *The Curators*, I started it and I'm thinking to myself sometimes, I'm not really progressing as fast as I think that I was, or I think I should do, or the Origin thinks I should do. But on the other side, this could be the ego trying to put doubt into my mind to stop me from moving further, because it knows it will dissolve, if I go further up the frequencies. But when I look at it in a different state of mind, there are lots of times when I do get the information, and I haven't contacted the Source or I haven't contacted the Origin, or I haven't contacted my True Energetic Self or any other beings.

So am I there yet? I'm on the way I think is one way of saying it. And I think that it's going to be an ongoing process — one that will probably, I'm being told, start to come to fruition towards the end of the books that I'm going to write. So that's probably in about ten years' time, but we'll see. I'm getting the feeling that there's a couple of instances where — or there's one book I'm going to write, where it will be pretty much me understanding the information, not so much intuitively or clairsentiently (because those two things mean the same thing), but more of a I'm connecting with the information straight away.

So there is going to be one book where that happens, but that's going to be sort of in the future, so to speak. I'm not going to say which one it is, because it will give the game away. But yeah, it's an ongoing process, and actually, if I go into the mindset where I'm saying, yes, I've got it, then I've lost and the ego has won. So I have to keep vigilant and behave and do the best I can to continue that process and not think that I've got there, but think that everything is a continuous process. And even when I'm there, I think that it'll be a case of, well, let's stay vigilant and keep going.

Thank you for all those questions.

### **Part 3. Meditation**

(57 min) And what we're going to do now is the end of Satsanga meditation, which is connecting to the "Formlessness" of the multiverse.

Please download the high quality [AAC File](#) (or lower quality AMR audio file) to do the guided meditation with Guy Steven Needler via his website or blog (starts around 57 min).

(1:16) Closing comments: Well, that's the end of the Satsanga for this particular month of May. The next Satsanga is going to be two weeks after I get back from the Ozark Mountain

Publishing Transformation Conference, which is in Eureka Springs in the Ozark Mountains. It's a wonderful place, absolutely wonderful place. If any of you are in the States, and can get to Eureka Springs in Arkansas, it's worthwhile going to the Transformation Conference there. There's a lot of great speakers. I'm there as well and I'm speaking about the ego, what is the ego and how it affects our selves and our incarnate condition.

But in terms of our next Satsanga, that's going to be looking like it's the 29th, I think. So it's going to be slightly earlier in June, because I'll be going to Greece after that for a little bit of a sabbatical. So it's going to be June 29, 2017, so it won't actually be on a Saturday, although I'll probably release it on a Saturday. So I'll be generating it on the 29th of June but on the 1st of July or the 30th of June I shall broadcast it.

Okay, so thank you very much for participating, listening and doing meditation in this Satsanga. Thank you very much for your questions. And thank you to Kevin Moore for being the wonderful person he is and broadcasting it on his YouTube channel as well and all of these different medias as well. So God's love to you all, Source's love to you all, and looking forward to working with you again next time. God bless you all and namaste." END

Also please see Appendix 1 and 2 (below).

## **Appendix 1: Excerpts from Chapters 14 & 15, “The Anne Dialogues”**

### **Projection into the Incarnate Vehicle (Chapter 14)**

A: The process of projecting the individualised Aspect of TES into the incarnate vehicle is remarkably simple in real terms. In essence it is like putting a suit of energetic clothes on, a low frequency suit of energetic clothes that is.

Once the Aspect is individualised and the previously identified incarnate vehicle is ready for integration with the Aspect, the Aspect commences the integration process. In order to achieve integration with the incarnate vehicle the Aspect needs to create a link between it and the energy system of the incarnate vehicle. This link creates an energetic “step-down” function that allows the high frequencies of the Aspect to integrate with the low frequencies of the incarnate vehicle, allowing it to animate it as if it was a naturally occurring appendage to the Aspect. To create this link the Aspect weaves what can be described as an energetic pipe that is known by some as the “Hara Line”. The Hara Line allows the sentient energies of the Aspect that are to be used in the integration with the incarnate vehicle to pass through the reduction of frequencies that are a natural function of the vehicle and its environment without being overly affected by them. In essence it protects or separates the sentient energies of the Aspect from those of the environment and the incarnate vehicle so that they do not become affected by the low frequencies that the incarnation is proposed to be in. That being said, the sentient energies of the Aspect are not totally unaffected for there is a natural occurring reduction of communicative functionality experienced by the Aspect as it integrates with the incarnate vehicle that cannot be negated by the protection of the Hara Line. This is recognised as the “forgetting” function as is the main reason for the individualisation of the Aspect that creates the “Ego” and the total association of the Aspect with the incarnate vehicle; the incarnate vehicle thereby being referred to as the “Self”. For information the Hara Line can also be called the “Silver Cord”, the energetic line observed by those incarnates that are able to perform the temporary separation of the Aspect from the incarnate vehicle called “Astral Traveling”. This is also called “Samadhi” by Hindu Yogi’s and “Transcendental Meditation” by western adepts.

Although the sentient energies of the Aspect move in and out of the incarnate vehicle from its very conception it can only fully integrate into incarnate vehicle when it is in the 32<sup>nd</sup> week of gestation.

In order to integrate with the incarnate vehicle the sentient energies of the Aspect move through the Hara line. This is connected to the energy bodies of the incarnate vehicle by the “Tan Tien”

and “Soul Seat” via a function of the crown chakra. That being, it uses the same space as the crown chakra without affecting the functionality of the crown chakra and as a result it appears to go through it. The Hara Line therefore continues down to the Tan Tien, where it is connected to the energy bodies of the incarnate vehicle, thereby allowing the Aspect to animate the incarnate vehicle as if it was the incarnate vehicle. The Hara Line does not terminate at the Tan Tien however, it splits into two at this point and progresses down each leg, terminating at the soles of the feet, where it can and is used as a grounding function with the energies of the Earth, or area of local density within the physical universe, the Planet, the environment, where the incarnation is planned to take place. Once the Sentient energies are integrated with the incarnate vehicle at the Tan Tien, the “Essence” of the sentience, the “Beingness” of the Aspect moves into and occupies the area just behind the heart chakra. This area is called the Soul Seat (See Barbara Brennan’s books, *Hands of Light* and *Light Emerging* for some excellent illustrations—GSN). That which “is” the Aspect when incarnate is therefore resident within the Soul Seat and NOT the brain. As previously described much earlier in this dialogue, upon the demise of the incarnate vehicle the process of separation from integration with the incarnate vehicle is the reverse of the integration process.

At this point in the incarnation, the interactive opportunities with other incarnates are limited. Also, the integration with the incarnate vehicle is only at its most basic. It takes seven years for the Aspect to become fully integrated with its incarnate vehicle and this is because the energetic templates and attributed energy systems become more complex as the gross physical aspects of the incarnate vehicle grow into maturity, allowing a more complete level of integration. In essence this description is back to front though because it is only when the energetic templates are developed to the next stage of complexity that that gross physical can grow to the next stage. However, there is an interdependency between the gross physical and the spirituo-physical (the melting pot between the frequencies associated with the gross physical and those of the lower frequencies associated with the energetic), where the energetic templates need the gross physical to be at a certain stage of maturity before the next stage of template complexity can be added. As just stated, this interdependent growth occurs over the next seven years.

### **The First Seven Years Are the Most Important (Chapter 15)**

A: The first seven years are relative to the level of integration with the incarnate vehicle and therefore the depth of immersion into the incarnation itself. The depth of immersion is a direct function of the level of integration with the incarnate vehicle. I will say here though that what you may think of as being integrated and immersed is not the actuality of the function.

ME: You mean that the more integrated with the incarnate vehicle the Aspect is, the more immersed in the incarnation it becomes?

A: Correct. In the event that the Aspect is fully integrated with the incarnate vehicle it becomes fully immersed in the incarnate existence it planned. This means that the Aspect “is” the human body in the case of existence on Earth. If on the other hand, the Aspect is incompletely integrated, and there are various levels of this, then the Aspect either “knows” or “feels” that it is not the human body or incarnate vehicle and therefore has varying levels of access to its TES and the greater reality. This type of integration results in the person appearing to be of access to those who are fully integrated and therefore fully immersed.

I will therefore describe the mechanics of the first seven years of incarnate existence from the perspective of integration and functionality based upon the eras of integration the incarnate aspect experiences as the following:

- Pre-birth
- Birth to first year
- Year one to year four
- Year four to year five
- Year five to year seven
- Year seven and beyond

In the **pre-birth** period the level of integration with the incarnate vehicle the Aspect is simply learning how to work with the energies of the vehicle selected, getting the feel of its functionality/abilities, health, longevity and strength. In effect it is learning how to connect with the energies of the vehicle. Each and every Aspect that incarnates has to go through this process simply because the energies associated with the incarnate vehicle vary depending upon the vehicle itself. Those energies associated with its construction; that being those of the mother and father make enough energetic difference to ensure that the Aspect needs to align itself to them in a way that is subtly different to the alignment used in its previous incarnation. Once it is happy with its level of integration, and, that is happy with the level of harmony with the energies of the vehicle it elects to fully integrate with it. It is at this point that the Aspect loses the energetic functionality associated with its normally high frequential state to a functionality associated with its temporary incarnate state. That being, it forgets who and what it is and loses its

capabilities as a creator, the level of forgetting and functionality, of course, being a function of the level of integration with the incarnate vehicle and its associated immersion. Based upon this, an Aspect can incarnate in states of no awareness and memory of Self, with no communicative ability with its TES, to full awareness and total memory of Self and full communicative ability with its TES.

In the **pre-birth to year one** period the Aspect is busy establishing itself as the incarnate vehicle from a rudimentary sense, that being, relative to the level of awareness it has assigned to itself, or the level of immersion it desires to experience. Also included are the initiation of the relationships, from a human level, with the mother, father and its siblings – if any at all at that juncture in its incarnate existence. During this time if the Aspect has a high level of awareness assigned to it, it can either choose to stay with the incarnate vehicle at all times or it can move away from it during rest periods (sleep). If on the other hand the Aspect has chosen total immersion it will sink into a deeper and deeper level of integration and immersion with the incarnate vehicle and will fully associate itself in all ways with the incarnate vehicle and establish the ego as a result. Note here that an ego is always created as a result of incarnation, irrespective of the depth of integration and immersion, but it is the depth of immersion that creates the size of the ego, so to speak - that being, the level of overall control it has over the incarnation during the incarnation from a purely human perspective. *(For additional information please see my article on the ego in the back of this book – GSN).*

Energetically speaking the Aspect is learning how to control the incarnate vehicle through the experience of the five senses, anatomic/automatic bodily functions and movement of motor based functions. Also, the chakras and auric field are not entirely developed at this point in the incarnation which results in the Aspect having limited energetic functionality and personal protection from energetic attack of any kind. In aid of this, the Aspect, within the incarnate vehicle, needs to be close to, or better still within, the energies of its mothers' (or fathers') Auric field for both protection and energetic nutrition. From the perspective of energetic operational and functional connectivity, that which allows the Aspect to animate the incarnate vehicle, connectivity is via the "Hara Line", which is the energetic tube or micro vortex that protects the sentient energies that are projected out from the TES and into the incarnate vehicle, through a location close to the crown chakra to a point just above the pelvis where it splits into two and continues down each leg. . The Sentient energies of the Aspect coalesce at the "Tan Tien" which is three inches (75mm) above the navel and three inches (75mm) inside of the physical body at this point. There they are connected with the energy matrix that is the energetic "Body" templates on all seven levels of the spirituo-physical components of the incarnate vehicle, the energy meridians, mini, minor and major chakras. The essence of beingness of the Aspect, its

sentience, coalesces at a point in line with the Tan Tien but behind the heart chakra known as the “Soul Seat”. (Again, see Barbara Brennans work – GSN). The incarnate beingness or sentience of the Aspect is therefore located in the soul seat and NOT in the head.

From year one to year four the Aspect continues to develop the ego and as a result the start of a “Human Personality” can be seen by those who interact with the incarnate Aspect. Furthermore accuracy of “Bodily” control is experienced and self-awareness as a human being is established. At this point the majority of the capacity for learning is established and the Aspect gains knowledge of itself (likes, dislikes and abilities), its communicative abilities and functional abilities from a mental and physical perspective are becoming noticeable. Energetically the Aspect gradually reduces its dependence on the mother and father for energetic nutrition and protection. With that the incarnate Aspect becomes an independent incarnate entity around the age of four and is now capable of increasing its level of individuality in all perspectives and functions.

From year four to year five the Aspect is in a period of consolidation and energetic autonomy from the parents is established. With the ability to be totally autonomous from the parents, it seeks to establish its own personal and energetic boundaries. This period can be either the start, or the end, of a phase of tantrums, which are created as the incarnate Aspect also establishes its boundaries of external control from others, internal power over the self and external power over others.

In the instance of the fully immersed Aspect, evidence of selfishness can be observed along with varying levels of coercive ability becoming visible as the ego grows and takes hold of the sentient energies of the Aspect in this incarnate state. The memory of its real state being far in the energetic distance/past, the ego washes over the sentience and the relationship between the Aspect’s sentience (its sentient energies), the incarnate vehicle and the ego are now merged as one.

In the instance of the semi-immersed Aspect, higher thoughts, function/abilities and other incarnations percolate to the surface in random moments, making the incarnate Aspect feel that it is not quite what it is as an incarnate entity and start to question its self and its surroundings. This can lead to the Aspect asking strange questions of its parents, siblings and friends that are totally out of context with its incarnate upbringing, age and experience to date. Out of body excursions may be experienced.

From year five to year seven the Aspect completes its final stage of energetic development from the perspective of the growth of the three gross physical and four spirituo-physical energetic stages - seven in total, to that of the adult gross physicality of the incarnate vehicle. Note that this is a statement of functionality and not of size. All of the chakras, mini, minor and major are now fully developed and fully functional. From this point onwards the incarnate Aspect is capable of using its energies for purposes other than simply maintaining the incarnate state. They can be used for communication, coercion, healing, energetic attack and defence as well as manipulating the Aspects local environment. Some or all of these functions are used on a subconscious basis in the main, irrespective of whether the Aspect is fully immersed in the incarnation or is in some level of spiritual awareness. For those Aspects that are in one of the various states of awareness, more exposure to the greater reality is experienced, and/or at a greater depth. At this point the ego is almost fully developed.

From year seven and beyond the Aspect “is” the incarnate vehicle, the incarnate vehicle being in a state of seamless connectivity, functionality and operation between the Aspect and its incarnate vehicle. Due to the ever increasing need to work and interface with others in the physical environment, from the perspective of both the fully immersed and the aware Aspect (at whatever level), the thought processes revolve around the self being the incarnate vehicle and not its sentient energetic state. From here onwards the fully developed ego grows from strength to strength and is the dominant personality that drives the incarnate vehicle. Even at this age, the ego is what we are when incarnate and it only gets bigger as we age and gain exposure to the experiences that incarnate existence gives us. External influences taint, mar, temper, encourage, satisfy, excite and educate us on all levels giving us desires, prejudice, likes, dislikes, addictions and overall experiential experience. From this juncture the personality is the ego and the ego is the personality, and, the incarnate Aspect is ready to work in the physical as a function of its physical environment.

These seven years provide both the greatest and most complete integration and immersion into the incarnate state sentiently, energetically, physically and mentally, providing a robust basis for the life plan to be introduced and worked with.

## **Appendix 2: Excerpt from Chapter 19, “The Anne Dialogues”**

### **What Is the Ego and How Does It Affect Our Spiritual Progression?**

In Human terms the ego can be loosely recognized as a state of beingness. That beingness can be described as; if someone is considered to have a “big ego”, they are considered to think a lot of themselves and are ambitious. These people are usually highly materialistic and not in control of their thoughts. Conversely, if someone is considered to have little or no ego they are considered to be introvert or lacking in ambition. They are usually not very materialistic and are generally in control of their thoughts.

In both of these cases the ego is the controlling factor in our daily incarnate lives. The size of the ego alluding to the level of control the ego has on us. So, if the ego has control of us what is it exactly?

The ego is a creation, a temporary creation. It is created as a result of an aspect (soul) of our True Energetic Self (TES – sometimes called the Over Soul, Godhead or Higher Self) being separated out from the TES and projected into the lowest frequencies associated with our multiversal environment, to experience learn and evolve in an accelerated way.

To experience this evolutionary acceleration the aspect (soul) must enter into the frequencies in the way they are best experienced, as if it were part of them. To do so it needs to associate itself with a vehicle which it can animate energetically. This vehicle is, in our instance, the human form. Notice I said “form” and not “body”. It is classified as the human form because it uses 10 frequency levels to create it. Three gross physical, four spirituo-physical - the partially energetic condition that makes up the semi physical/energetic components of the human form – sometimes called the “Astral”, and three energetic frequencies that allow the TES to project an aspect of itself, complete with sentience, in an energetic “step down” function that allows partial communication between the aspect and the TES whilst associated with the lower frequencies that make up the human form.

This condition of being in “partial communication”, or even almost “zero communication” is what creates the ego. The ego is therefore a condition where the sentience associated with the energies that are the aspect (soul) associate themselves in an isolated or individualised way with the gross physical aspect of the human form, the “body”. They “are” the human body.

The ego is a temporary or transient condition because it can only exist whilst the human form is operational (alive), and, when we are not self-realized. When the human form demises (dies) it

dissolves, although the experiential memories of what we are whilst incarnate are not lost because they are always transmitted to the TES in parallel with the experience itself. The ego can also be dissolved if we work on our spiritual development and regain contact with our TES or higher self. The ego knows this and does everything in its power to stay in control, in power, “alive” for as long as it can, and so will work hard on arresting our spiritual progression.

As incarnate aspects of our TES our main role is to become spiritually self-realized whilst incarnate, resuming communication with our TES in the process, working in the physical whilst not being of the physical. In this condition there is no room for the ego and it

dissolves. The ego knows this and is patient, sly and resourceful and can use convoluted methods to trick and fool us into thinking we have mastered it. It infuses us with feelings of self-consciousness, failure, depression, success, materialism, status and pride. Success and pride are two emotions the ego uses with skill because we can feel these emotions as a result of being pleased with our spiritual progress. And, when it uses these to the best of its ability we can “think” we are making spiritual progress when in effect we are not. Notice how some of the most spiritual people also have the biggest egos!

The very moment we think that we have mastered the ego we have lost the battle and the ego is back in control of us and our thoughts, and, we lose some of our spiritual progression. So stay aware, stay observant by observing yourself in a passive and non-judgemental way and look for the signs of the ego rising within you, then act upon it and continue your spiritual progression and your goal of becoming self-realized whilst incarnate.

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