

## September 30, 2017 - Pre-Recorded World Satsanga for The Kevin Moore Show

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

“This is the World Satsanga on the 30th of September 2017 in conjunction with Kevin Moore and The Moore Show. And I continue to thank Kevin for the work he’s doing in terms of his own work and broadcasting and putting some animation onto the work that I’ve done with the World Satsanga recording. So he continues with that and does a good job.

Interestingly enough, there’s a piece of work that he’s doing. He’s filming something called “They Call Us Channelers,” and if you look on the Indiegogo website and look up under Kevin Moore, you’ll find there’s a chance to sponsor him if you wish. There’s sponsorships from anything from \$25 up to I think about \$1,000 or even more actually. And he’s providing a really good service there by showing how channeling works, who are channelers, what they do, and how they tap into the greater reality, so to speak.

The good thing about this is that he’s showing a broad brush stroke of different channeling type individuals, so you can see the different types of channeling and the different types of entities that are contacted as a result of this. This work that Kevin’s doing is going to end up being a documentary about channelers, so I know that it will be on things like Discovery Channel and the Travel Channel and those sorts of things in the future. And I look forward to doing it.

Incidentally, I was honored to be the first person that Kevin interviewed, and I know he’s got a long list of people he’s going to interview, and he’s going to go to the United States to do it. So good luck, Kevin, and I’m looking forward to seeing this rather wonderful piece of work that’s going to demonstrate to the rest of the world, the spiritual world and the immersed incarnation world, that there is a greater reality beyond that which is seen and experienced through the five physical senses.

Okay, so what we are going to do in this particular Satsanga, I’m going to give a short talk on “What forgiveness is and how to implement it.” And then we’ve got a whole group of questions from those dedicated souls, who are looking towards expanding their own consciousness and understanding the greater reality, so there’s some questions based upon that. And then we’re going to do an end of meet meditation, which is designed to create a higher frequency in your local environment.

### Part 1. Lecture on “What is Forgiveness? How to implement it?”

So in actual fact, this talk about what forgiveness is was, if you like, started as a question, and although I was going to answer the question within this Satsanga, I decided it was a good enough question, in fact, it was more than good enough to require it to be a short lecture. So it’s something that we all need to do in these days, because the frequencies are continuing to drop at the moment with all of the things that are going on around us, so we need to really look at ourselves, look at how we work with the view to trying to work upon ourselves, and forgive those who we consider to have done wrong against us.

So “What is Forgiveness?” Well, forgiveness isn’t just about saying I forgive you for doing something wrong. It’s about forgiving the self as well for thinking the thoughts about somebody has done us wrong. And it’s about really deeply feeling that forgiveness. So forgiveness is a multilayered thing that we have to achieve and work with. It’s specifically to do with how we work between different souls and ourselves within the environment and the situation that we encounter within this particular incarnation.

So if something happens, for instance, let's say we're trying to park our car in a car park, and then somebody else does the same thing and reverses into us, what do we do? I mean most individuals become rather angry, because they can foresee the problems they've got to go through in terms of you know, arguing with insurance, trying to sort out putting the car in a garage to get it repaired, and the potential loss of no-claims bonus, if you have a no-claims bonus in the particular part of the world you live in, and the increase in that. And of course, the time and effort required to sort those problems out.

And so the instantaneous thing we do is getting angry, because 1) our space is invaded, and 2) we've got a lot of problems to sort out. But if there is a different reason for that accident, what or how do we figure it? Let's say that it is giving us the chance to work with somebody, who has caused the problem accidentally, or hadn't seen us, or simply has their mind in somewhere else, and we just forgive them and say it's okay, you've had an accident, let's just sort it out.

(5 min) You forgive them for the wrongdoing, and we just deal with the work afterwards. What we're doing there is we are removing the karmic link between us by forgiving somebody. By saying I forgive you for what you've done, let's just work it out, and work it out in a reasonable and spiritual and knowing manner, we help the other person understand, that somebody is of a higher thought process and isn't working on the human material world thought process. So we show them by our own actions of being in forgiveness instantaneously and wanting to work things out on a very friendly level, that there is a better way of doing something. We're not always going into the attacker and defender mode.

So we remove the karmic link between ourselves and that other person, and we remove the anger between us, and we instill an example of how to think, behave and act as well. And so what we're doing is we're doing greater things, we're being a better being, we're demonstrating how to be that better being, and we're also removing or negating the opportunity for a karmic link to be created between us. So we're really on all sides really the only thing we have to do is to sort out the material issues about getting the car repaired and filling out insurance claim forms, etc. etc.

So forgiveness is about really totally and utterly forgiving somebody and forgetting about it. That's the issue. Most individuals say they forgive but they don't forget. The thing is that although we say we forget, we don't. And we always think, oh, this person did this to me last time, or that person did that last time, or this happened last time and this was a problem, or when this happened last time and that was a problem. So we're not actually forgiving and we're not actually forgetting.

And the lack of forgetfulness of the incident, that was created in whichever way it was, reactivates this potential for a karmic link between us and the individual, who maybe did us wrong in some small or some major way, for instance. The major ways can be, you can use your own imagination to see what a major way could be like, but a small way can be something like not giving you the right amount of change in a supermarket, for instance, or just banging into your car in a supermarket car park, so those are the sorts of things that the forgiveness, once forgotten, doesn't keep eating at us.

So forgiving is not all about saying the words or meditating on it, it's actually feeling that there's no link between us. It's feeling that there is no attachment to what happened, there's no going over it in your mind. It's done and it's dusted, it's finished and that's it. So it's all about feeling and being the forgiveness, not just saying the words and thinking I've done it. It's actually removing ourselves from all the thoughts, behaviors and actions that perpetuate the situation that we got into or we found ourselves into that created that particular need to be in forgiveness.

And also don't forget, you know, people who bump into us, for instance, or cause us problems, don't mean to either. They just happen to have their head somewhere else. They are thinking about something else. They are probably stressed out about something. They're trying to work things out. They are just other souls like us trying to deal with incarnate existence and do the best they can to evolve, okay. So you have to think of it in those sorts of terms as well.

So when we forgive and forget, we forgive and forget totally, irrespective of what's happened. And it's amazing how it unclutters your mind. When you feel that there's no link between you and that which has happened and it becomes insignificant, then we know we've got that particular piece of forgiveness sorted and it's robust.

Now in terms of implementing it, there's a number of different ways in which we do it. We can actively say to the person I forgive you for this, and once we've dealt with what we've got to do, the interaction between us to sort this out, it's forgotten and it won't come back to us, then that's the way to do it, the way to implement it. You actually speak to them. You can meditate on it and say I forgive this person irrevocably, I totally forget about any future thoughts rerunning, as it were, going over the mental and physical and visual reel of what's happened again, seeing if you could do it better, see if you could have interacted with them better, it's all done and dusted. We did the best we could on that point in time, so to speak.

(10 min) And so we implement it by really feeling the forgiveness, by it being gone. And then one of the best ways of thinking about it is: Will this cause you a problem in a hundred years time? Well, for most of us a hundred years time we'll probably be in our next incarnation, so it won't matter in the slightest really. That memory of having our car hit in a car park won't matter in the slightest in a hundred years time. So whilst we declutter our minds and our experience and our beingness in this particular few seconds or few minutes, well, we shouldn't. We should just let it happen and it's gone.

So one of the ways is to put it right into the future. The other way is to actually say to the person you forgive them and look them in the eye and say: I forgive you, this is just an accident. It could have happened to anybody, and that's the way to think about it. There is no blame involved. If we start to try to blame somebody, that's not forgiving it or forgetting. We have to remove the blame. There is no blame, it's just an occurrence. Nobody's to blame, it just happened.

And we have to think of these things also in terms of if this is a lesson in how to interact with somebody in a karma free way without getting to the point where, for want of a better word, we are mastering incarnation. We are in the physical but not of the physical. Something happens to us, hmm, we let it go. And this is a good way of doing it.

As an example, a few months ago I was driving my car in the nighttime on a particularly narrow country lane, and another person came down by me, and he was clearly trying hard not to hit my car, but he ended up rubbing the whole car across the whole length of the side of my car. We exchanged papers and off we went. I had a look at my car and there was really very little wrong with it, when I saw it in the morning. The car was slippery, because it had been raining and a little bit of mud and dirt on there acted as a lubricant. So when the car moved past mine, on its rubbing strips on his side and his doors and panels, it actually didn't do anything, because of a little couple of scratches on the rear wheel arch. So that required a little bit of polish and it was finished, done and dusted. There were no issues there.

When I found out later, that the phone number he gave me wasn't a real phone number, you could imagine what thoughts went through there in my mind, if I had to file a claim on my insurance. But at the end of the day, I thought, well, I don't need to file a claim on the insurance, and he was trying his best to do what it took to move out of the way. But if he felt, he needed to give a false phone number, or maybe I took it down wrong, that's another thing to think about.

Maybe I took the phone number down wrong, and so therefore, again we have to forgive ourselves for thinking in the negative, for thinking in the way that, you know, the worst case scenario. So forgiveness is forgiveness of self as well. So you have to implement self-forgiveness for thinking wrong of somebody. My initial reaction straightaway was ha, he had this accident, he didn't want to be getting a claim on his insurance, so he gave us the wrong phone number. But maybe I took it down wrong. And this is the thing that you have to think about. If I took it down wrong, that's my fault. Hmm, okay, it's something to think about in the future, make sure you see things properly, or hear things properly and question them and go over them again and then you've got the right information. So I then I had to forgive myself as well.

So it's all about being in forgiveness of self on a deep level, so that you don't go over the same thing again or say I wish I had taken the phone number properly or I wish I'd questioned him or I wish I'd given him a phone call then and there to check the phone number was right. You don't go over that routine, that's just a downward spiral. You just think, ha, that's what I should do next time and that's it. And you let yourself go and you forgive yourself.

So it's about release and not going over the scenario again, and not blaming a culture or a person or a way of being or interacting or any way, where there is a way of getting the negative aspect of this forgiveness into the thought processes. We have to think about forgetting what's happened, and that is the way to forgive. We forgive the person. We forgive ourselves. We forgive the situation. We forgive the scenario, and we forget about it and we move on. We've got enough to do in this incarnation without going through lots and lots and lots of different things and how we could've done better. We can do better. Next time we get into this situation, we will do better. There is no point in mulling over it and round and round and round on a random basis all the time.

(15 min) So that's really what forgiveness is. It's really total forgiveness and forgetfulness and forgiveness of self as well, and the need to completely divorce ourselves, as if we've got our memory wiped on what's happened. Okay, so let's go onto the questions now. We've got quite a lot of questions. I'm going to go through them in the order that I received them.

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

**1. From the biblical metaphor, "I am the vine, Ye are the branches...". Can we think of the vine as our Source Entity and the branches as our True Energetic Selves? (WP)**

- **And if so, would SE be SE without the True Energetic Selves (e.g. would tree be a tree without its branches)?**
- **Carrying that metaphor a bit further, are the leaves on the tree like who we are in the incarnate state as aspects of our True Energetic Selves?**
- **If so, would SE be SE without the incarnate aspects (e.g. would a tree be a tree without its leaves)?**

The thought process here is absolutely right. But if you think about it, if Source didn't project parts of its consciousness and its sentience into our True Energetic Selves, it would still be Source. And it's still Source now, it's just that there are certain parts of it, which are individualized, and so the vine is individualized as well. So it's not that Source wouldn't be Source without our True Energetic Selves, it's Source anyway. So irrespective of whether the sentience associated with Source is individualized or separated out, or whether it is in total communion or all collectively back as a whole, it's still Source. So there's no difference, it's just

that there are certain parts of it doing different things at different levels to be able to experience, learn and evolve faster. But this particular question is good.

**2. A related question or maybe a separate question: Is a True Energetic Self [Godhead, Oversoul, or Higher Self] that creates an evil incarnate aspect of itself (e.g. a terrorist who thinks it's perfectly fine to execute others) also vibrating at that same evil frequency? And can only overcome that state through successive incarnate aspects accruing evolutionary content whereby eventually it sees the error of its ways? (WP)**

By the way, [for] True Energetic Self, you can still use the words Godhead, Oversoul or Higher Self to explain the same thing — it's that part of us which is still disincarnate, that part of us which is the bigger part of us, okay.

My understanding is that the True Energetic Self is the overall evolutionary level as a result of the sum of the work that its Self and its Aspects have accrued. And if one of those particular Aspects is taking on a role of an evil murderer or a terrorist, then the experience of that is also evolutionary in some way, shape or form, even though it develops this thought process of it's trying to execute others and it enjoys it sometimes. So there is evolution there even though it's from a human perspective wrongdoing.

And this is the conundrum, as human beings we see this as being completely abhorrent, and how can a caring, loving Source allow this to happen? But it's part of the yin and the yang — it's a way of understanding the total picture of everything, that we need to experience everything, that we need to be the king and the pauper. We need to be the terrorist and we need to be that person that's being terrorized. We need to be the hero. We have to experience all of these things before we can have a robust experiential experience of all the environments and all the potential roles that we can play whilst incarnate.

So the True Energetic Self doesn't accrue any negativity associated with it, although sometimes the ego, which is the temporary personality that's created as a function of incarnation, does need to be, shall we say, isolated for a moment sometimes. Or certainly the energies associated with being that particular role means that the Aspect needs to be isolated for a certain period of time to neutralize any potential negative thought processes or low frequency energies is a better way of saying it, that could be transferred back into another incarnation.

(20 min) So the next part of this question is:

- **If SE created our True Energetic Selves and consequently incarnate aspects for the purpose of accruing evolutionary content or I would say "to make known the unknown", it seems that the experiment here on earth is a supreme struggle that SE is having within itself, as its creation struggles to overcome and rise above human depravity?**

I wouldn't say Source Entity is struggling, because it's experiencing everything concurrently. And everything that has been experienced is being experienced, and everything that will be experienced is also being experienced. It's more that we as human beings have difficulty in understanding the bigger picture surrounding it. And so making the unknown known is part of that, and that although it is hard, very hard work to be at this particular frequency level on this particular planet, it is without doubt a very difficult scenario for us to be in from both our

interaction with our own environment and others, and also our ability to control ourselves, and also understand the greater reality as well. So I think we are probably taking on the struggle as smaller Aspects of our True Energetic Selves on behalf of our True Energetic Selves, and therefore, on behalf of Source. So we're taking on the struggle of understanding it from a human perspective, although when we disincarnate, it will be totally understandable. Good, thank you for those questions. Next one's from MT:

**3. When there are beings who are utterly lost in their path and have completely forgotten why they are here, that they have and continue to accrue negative karma beyond return, does the curator do anything about it? It seems that this group of beings who go further and further down in frequency whenever they are back is growing. (MT)**

So basically this is saying that there's lots of entities, who are getting more and more addicted to or attracted to lower frequency existence. This is certainly true initially for those Aspects who are just encountering incarnation on Earth, because it's very difficult being here and other lower frequency environments and low frequency vehicles as well.

There is no such thing as a "lost soul" though or a lost Aspect. All Aspects or souls will eventually start to be able to work on themselves and will turn the corner and start to increase their frequencies and come back to a higher level of frequency. But they will have accrued a lot of experiential and evolutionary content as a result of that. So it's worth knowing, that in essence, although this number of individuals is growing and maybe it seems to be growing, because of a lot of "backfill people" at the moment.

For those of you, who understand the comment about backfill people, you can look at one of my lectures on "Who We Are and How We Incarnate." But basically, backfill people are individuals, who are of a different genre of sentience than us, and they are experiencing individualized free will for the first time, so they would be struggling, and they would without doubt become attracted to the likes of low frequency thoughts, behaviors and actions and sensory stimulus associated with being on this particular planet and the frequencies associated with it. But even they will eventually start to rise as well, so it just takes a lot of event space, so to speak, or a lot of "time." The next question is from NS, the first question is:

**4. Who animates all the bodies/vessels that are not associated with the Source? Because there are an awful lot of people on the planet? This might sound weird but I'll ask anyway. (NS)**

All bodies are animated by an Aspect [soul] or a Shard [sub-soul]. And there are a lot of Aspects and Shards because there are a lot of True Energetic Selves [Oversouls, Higher Selves, or Godheads]. So there is nothing, which isn't associated with our Source.

Although having said that, there are the odd incarnates, such as the Om or hybrid Om or noncaptive and captive Om, who are not specifically part of Source, but they are nevertheless working with this environment created by our Source. But those are very far and few between. There are one or two other individuals, who are from other Source Entities, who are literally just here for one or two incarnations and are protected from the potential accrual of low frequency addictions, thoughts and behaviors, i.e. karma.

(25 min) So in general, they come from somewhere, but mostly, you know 99.999% of those who are incarnate are individualizations of some denomination of the sentience of Source, whether it's from a True Energetic Self as an Aspect or from the Aspect as a Shard.

Okay, the next question is: **This might sound weird but I'll ask it anyway...**

- **Is there energy associated with people in the movies? As in, they kinda "stay in the movies" for ever and I know they are not really there, but I have this feeling something stays imprinted. So are they (actors and such) being drawn back into the physical after they die because of this?**
- **I guess the same applies to photographs as there was this fear of photographs capturing the soul of a person back in the old days.**

No, there's no... if you like, there's the charisma associated with those individuals, who were incarnate at the time and whose image is being captured either on celluloid or digitally. So the charisma there, the beingness about them is which is maintained, but there's no actual Aspects associated with them as such. It's just that the charisma is there, and if you like, the personality of them for those of us, who know these people stays there as well. So there's a bit about there, but it's nothing to do with any sentience at all. The third question is:

- **Do Custodians incarnate as well?**

If I look at the word "Custodian," I think of Curators. I think that's what this particular devotee of knowing the greater reality is talking about. A guide and a helper can manifest a form close to the incarnate state, but not actually be incarnate. And sometimes on a very rare occasion, a guide may actually incarnate, but that's very, very rare. So that's not something that they do, because they are, for want of a better word, not in the evolutionary cycle in the way we are. They accrue evolution, but they are not part of the evolutionary cycle. They're in the service industry, so to speak.

But in general a Curator is those individuals, souls or Aspects or True Energetic Selves, whichever you want to call them, who are maintaining the structure of the multiversal environment from an evolutionary perspective and other things as well. They don't incarnate at all. Although again, there has been the odd individual, who has swapped roles and gone into the evolutionary cycle. And sometimes they stay there, and sometimes they come out again just for experiential purposes.

And there are the odd Curator, who is close to an incarnate group of individuals. For instance, they might be elementals working on the environment that we're in. And they basically may manifest a form close to an incarnate state, because they want to experience that which they've worked on from an environmental perspective. So it's not really true to say that they incarnate, but they do sometimes incarnate, but not in the frequency or for the reasons that we incarnate. That's a good question, thank you very much. The next one is from ME:

#### **5. These thoughts and questions are in reference to "The Anne Dialogues" (TAD), CH 11.3.1, Termination Junctures, and CH12, The Guide and Helpers. (ME)**

There is a slight preamble to this, so I'll read the preamble out first:

"A related side note – INFO for you, not necessarily intended for the readers/listeners" – I've said it now, so you're going to have a listen. The person who sent this question was ill through June and July and had a high fever for a few weeks and spiked quite high in terms of the temperature with many bizarre symptoms. And it felt like one of the most terrible times that I can recall. And having rarely used western medicine, this time was different. The person who's asked the question broke down and had to be taken to the doctor and had

some medical work done, because the blood work didn't look good, reflecting how horrible that person felt.

(30 min) There was one night when the questioner said they may not have awakened the next morning, and it's saying it was very melodramatic, but the questioner thought they really could slip into a coma. But that questioner was really calm and welcoming it in that way, and thought that I might be at a termination point in my life and what it would take to be ready to end this particular incarnation. The commentary goes on I had not read this part about termination junctures yet in the book of TAD, and certainly you might have discussed it in prior Satsangas, but I realized this was not an original idea to me, but also not from reading it in TAD. So it's obviously something that's been there anyway and people understood. Now that I'm well, I started reading TAD again – I'm picking up where I left off many months ago, CH 11, Separating from the TES. And it was fortuitous that my next section was the one where Anne discusses the termination junctures, which I was already wondering about from my own recent illness if such things exist.”

And they do exist. Termination junctures are parts within the life plan, where in essence, we have the opportunity to leave the incarnation without accruing evolutionary debt, for instance, or having to come back to finish things off. It's a point where we've done enough to be able to move on and move out of the incarnation. Or we can elect to stay here and get more evolutionary content.

And I think I've been through that — I can remember at least three termination junctures, two quite serious ones actually. One was a potentially silly one to do with diving, but the other two involved cars: one being knocked over in a car and one being in quite a serious car accident. So there's two major termination junctures there, and one that could have happened had I not been more controlled. So I think I've had three there, I'm just thinking of a fourth one, there might have been a fourth one, when I was very young in life. But they're there and they're the sort of thing that we can choose to depart this particular incarnation without losing any of the work we've done, or threatening any of the work that we need to do. So the questions are as follows:

**5a. In the discussion about termination junctures, it was mentioned that the Aspect cannot action termination junctures on its own, but requires the help of the guides & helpers (pg 210, TAD).**

- **What happens if an Aspect is at a termination juncture trying to terminate, but the guides are not, i.e. they're not helping — does the aspect linger in limbo waiting for the guides to work things out? I am thinking about lingering illnesses, or folks that stay in coma prior to terminating?**

Usually when we linger, it's because we have a strong desire to stay incarnate. It's nothing to do with the help from the guides, because a termination juncture is an agreement point. The only thing where we desire to come back it's quite instantaneous. It's like a case of yes, okay, it's here but I'm not going to use it. But it doesn't take a long time to decide that, it's almost instantaneous.

So things like comas and lingering illnesses are really something to do with our desire to stay and not letting go of physicality. So it's a slightly different thought process there. If there's a termination juncture and we're going to use it, the guides and helpers know about it and they're doing their best to make it work in the way it's supposed to happen. If we are lingering, it's

because we don't want to go, and we have a fear of losing our physicality, because the ego is trying its hardest to stay incarnate, so to speak. The next part of it is:

**5b. Based on CH11.3.1, TAD - The role of the guides & helpers seems critical in successful utilization of an incarnation – they coordinate our ability to exit via termination junctures early, or extend our incarnation duration to maximize evolutionary content.**

- **What ways do you suggest that we as incarnates can increase our communication skills with the guides and helpers, so that we can be more aware of the roles we need to fulfill?**
- **Is it possible to “read” our life plans – I like to know where I'm going, so I use a map?**

(35 min) We can communicate with our guide and helpers. We'd have to meditate on them and ask for guidance as to which way to go. But they give us help with our life plan on a regular basis as it happens. They give us intuition, gut feelings, desires, thoughts, needs. They change the way people interact with us to make us change direction. So basically, they are already in control of our life plan, and how we're working with our life plan.

They're very much in control of who and what we are and how we are doing it. So all we need to do is be more aware of the things that happen outside of what we would call our expectations, including our own thoughts and our own gut feelings and however those interact around us. So that's how it's best to understand it. But also if we knew all of our life plan, there would be no point in being here, would there? So although it's nice to know where you're going, in real terms if we knew where we were going, there would be no point in doing the incarnation, because there would be no spontaneity involved with the experience, for instance. There would be no dealing with it, as it arrives, because we will have already dealt with it, we will have rehearsed our response.

So it's not really wise to understand a life plan, because we start to try to second guess things, and actually you can get the interactions with others and their environments wrong sometimes, because we don't understand what's happening. Now I've seen a number of bits and snapshots of my life plan, and although I've seen them, sometimes they've been in front of me, when I've expected them, sometimes I haven't. So it's trying to think a way to use the life plan is a way to move forwards and increase the way we interact in this particular incarnation is not wise. The whole point of it is that we do it blind or not so blind, as the case may be, and do the best we can. And that's how we accrue our evolutionary content.

- **Overall, how to tell the difference between events/situations that occur in our lives that are part of our life plan, as opposed to those things that are there to push us back onto our life plan, as opposed to those things that are generated from the karma we create through addiction and the control of the ego?**

When things are happening without effort, they're seamless and we're working through them and we're doing a good job, and we're managing to interact with the environment and those individuals within the environment, then we know we're on our life plan. When things happen suddenly and are in complete variance to the direction we think we're going into and change the direction, that's when the guide and helpers consider that we're way off plan, so to speak. So they drop bombs in front of us sometimes and the bomb can come from somebody else.

And those that are generated from karma or addiction and the control of the ego are generally repetitive things. There are those things that we experience again and again and again, and the experience gets harder and harder and harder in terms of how it affects us. So those are the ways in which we understand the difference between being on a life plan, which is usually seamless, things that being put in front of us to push us back on track, which is usually the significant changes that we don't see coming, and repetitive things of a similar or same nature are when we're experiencing karmic loops, so to speak. That's how we can understand those.

Let's have a look at the next part here. Again more from "The Anne Dialogues," thank you for these comments and questions from the TAD. I'm really pleased actually, because this book is doing well, and the information within it is doing well, and I'm just happy that it is. For me it's a wonderful thing to be seeing people interrogating me about it and asking questions. It's fantastic.

**5c. From TAD, CH 11.1-11.2 regarding the incarnation plan & the logistics (when/where) of incarnating, it was stated that a 12 point plan is laid out, which does not include the human body or the family that will be used in the incarnation.**

- **How can the family not play an active role in the 12 point plan for incarnation, at least as actors involved in the achievement of these 12 points?**

(40 min) Well, basically what we look for is a fit, okay. The plan is about what we want to experience and the depth at which we want to experience it in. Once you've got this, we then look for a fit that is within certain parameters going to achieve that 12 point plan. So we then look at the environments that we can go into, what is currently being played out by certain incarnates, the location of the environment, the personalities involved, and the potentials for the 12 point plan to be, for want of a better word, acted out in a reasonable way, and so then we find it. So it's a bit like having a stencil or one picture, which is the plan, and then we overlay it in various different locations around the world or around other worlds within the physical universe, and we're looking to see the best fit that we can achieve, that we've got there. The next part of the question is:

- **Do family members often have roles to play in breaking links to karma? – I am thinking about being related to "difficult people" that you either are born into or marry into.**

Yes, sometimes they're there to help break links to them as well, not just breaking links to us. If there is a particular link that needs to be severed and it's significant or is a necessary link to help us both move on, then there can be direct interaction by being a close friend, a relative of some sort, a partner or a business partner, so these things can happen and are planned into it as well. So this is all part of the fit, getting the 12 point plan for incarnation fitting with something that's there.

And this is where we have all these individuals, who are interacting with us and our guide and helpers, and the guide and helpers of other individuals all working together before we eventually incarnate. It's a massive planning process — and then we think we're doing it on our own. We have individualized free will — we only have up to a certain point, of course, and that's it.

So it's very well planned out, all we have to do is do it. But obviously, because of our detachment and our lack of bandwidth in terms of our communicative ability to communicate with our Higher Selves, we don't tend to see what's coming, and so we have to work in the dark a lot. But it's all there, so we can work on where we go. It's a bit like planning out a game of chess, if you think of it that way. We've got a plan to use, all we have to do is do it, and hope that the other people are also on the same wavelength with their own life plan and how they're supposed to interact with us as well. The next point is:

**5d. Not including the human vehicle or family in the 12 point plan justifying incarnation suggests these are incidental, yet it seems that it is through the human body itself and the family members that karma is worked out and/or created that is a part of the life plan.**

That's right. It's how we interact, how we work out with our scenarios. It's how we work with ourselves and others and we're able to work with it and move forwards.

**It seems the family itself has a karmic history, and can provide the incarnate many potential fulfillments of life plan events, depending on the goals of the life plan.**

Yeah, that's true. I mean we can accrue karma as well, if we're not careful, so the individuals that we choose to be with are very important to us in how we do it.

- **Point 11 of the 12 point plan lists that one must understand how many different interactions are required by other Aspects - who & what they are, so how can the human vehicle & the family not play some roles in this point?**
- **Can you clarify the roles of family as they relate to the incarnate's life plan, particularly those we all seem to find ourselves with - the "difficult" ones?**

Basically, it's really about understanding how the people, not the family as such, it's the people who are creating the family that we need to interact with, and how they're interacting with themselves as well, can work with the overall blueprint or the stencil of the 12 point plan, so to speak. I mean the word "family" probably confuses a little bit here — think of the individuals as being a group of people, who are put into a certain way. They are incarnated in a certain way, which is more efficient for them and us to work out certain pieces of karma or to work with certain pieces of karma as well. So in effect, it's how best to fit each other together, and maybe it isn't the family, or maybe it's in a group of friends as well.

(45 min) So really it's not about being in a family, it's about being with a group of individuals, who we've planned to work with. And it may be that the best way to put them together is in a family, or it maybe that the best way to put them together is in a group of work colleagues or a group of individuals that we interact with from a, for instance, an outside part of us through our hobbies or any other pastimes that we have. So try to divorce the word "family" from it and think of it in terms of a group of individuals who are working together, and that's the best way to collect them together. Thank you very much, ME, for those, it's a very deep set of questions and I hope I've answered them in some way, shape or form in a robust way or at least in a more enlightening way than having no question answered would be.

This is from US, and we've got quite a few more questions, that's okay. Here are a couple of quick questions for our Satsanga.

**6. When our pets are dreaming, vocalizing, moving their limbs as if running and such, where do they go? Is it the astral levels (FB 4-7)? (US)**

As with us, we also do astral traveling and so do our animal friends as well. And so they can go to the astral levels, which are levels 4-7, or they can simply be not going anywhere and really sort of the body is twitching, for instance, as a result of just randomized neurons dancing around the brain. But there are times, when the physical body does, for want of a better word, try to mirror the movements and the actions that ourselves and the animals are experiencing whilst the Aspect or the soul leaves the body. So depending upon how good the link is, depends upon how much sort of feedback the body gives in terms of copying what's being experienced. So basically, it's it could be anywhere. It could be astral levels, or it could be upper locations within the physical universe, if they have a role to do there as well.

**• What is the purpose of dreaming for animal entities — do they process their daily experiences in the dream state?**

Well, dreams are really just translations of what we're experiencing, when our sentience or our soul is outside of the body. And so there is no real such thing as "dreaming" as such, it's basically some form of translation of what we've experienced. Sometimes we have no dreams, sometimes we have really bizarre dreams, sometimes we have really understandable dreams. So we call them "dreams" — they're basically interpretations or translations of what's being experienced by the soul whilst the body is sleeping. And that's the same thing for all incarnate entities, whether it's animals or human beings. And this answers the next bit:

**• OR is it another level of experience for their soul extensions? They seem so animated.**

Yeah, basically it's the same thing. It's basically their physical body is mirroring what's being experienced, because of the link is there. It's like an autonomous, unwitting response that's happening, because there is still communication between the soul and the body. And the body is just animating itself simply because it's doing something that is similar to that which is being experienced by the soul or Aspect in a different environment whilst the body is asleep. Right, the next question is quite a deep one I think.

**7. Would you please tell us more about the so-called Attention Deficit Hyperactivity Disorder (ADHD)? What about the possibility of Bipolar disorder coexisting with ADHD? (US)**

Well, basically Attention Deficit Hyperactivity Disorder is something that happens with people who are autistic, or people who are higher frequency and are struggling to communicate properly with the rest of us. That being, they're expecting to have levels of communication, because they're broadcasting on various different frequencies, and they're not receiving those communications back, so they get frustrated.

So for instance, if we communicate on one frequency, one level or type of communication, such as the verbal response, but they're communicating on emotional, telepathic, and other frequential methods, and they're not getting them back, they're not getting the answers back, but they can see that there's somebody there who should answer, they get frustrated. So that's why there's like a hyperactivity disorder or an attention deficit disorder, because they get frustrated with what's there.

(50 min) They can't see the point in communicating with us or doing something, when we're not listening to them. And that's why they get frustrated.

- **What about the possibility of Bipolar disorder coexisting with ADHD?**

Bipolar disorder is again the possibility of having two souls in the same body, who are, you know, one is working sometimes with animating the body and sometimes it's not. It is quite possible to have them both together, because if they're both quite high frequency souls and when either of them is in control of the body, for instance, animating the body, then they would both of them expect to have communication that's not coming to them. They can see people that they're interacting with, they're broadcasting to them, but they're ignoring them in their mind.

And so ADHD can also exist with individuals, who are bipolar, i.e. they have potential for two souls in the same body, so to speak. And that's one of the things to think about it, it can still be there at the same time.

- **Most adults with ADHD don't just have ADHD; 75% to 80% also have disorders such as major depression, bipolar disorder, anxiety, and substance abuse, according to a study published in *BioMedCentral Medicine*.**

The substance abuse and other abuses is because they are trying to get out of the body basically. They've had enough. Or they're trying to dumb down their own communicative senses, so in essence, they're trying to turn off certain communicative methods, so that they can operate like us. So that's why they sometimes do substance abuse or smoke or take alcohol, for instance. The depression and the anxiety is because they're not being heard.

So bipolar is a separate function, but you can be both, because although they're separate functions, if you've got two souls who are higher frequency and are communicating on many different channels to us, but we're not responding back, they will become depressed, because they feel they are being ignored. They get anxious, because they feel they are being ignored and can't do anything right, because they can't get the information back in the way that they're expecting it. And the bipolar bit is simply that there's two souls doing a similar sort of thing, for instance, and both have got control of the body. So it's almost like having many personalities, but it is the same sort of thing, it's just that the one is more depressed or sad vs. one is more joyful. I hope that helps.

- **It tends to run in families and continues into adulthood (in half the cases) as a sense of being overwhelmed, having no filters, always being on edge.**

Yeah, that's because they're communicating and some people communicate with them, but on a different level. And sometimes they pick up lots of other bits and pieces, that the other ones pick up as well. So their senses are all open, they're not getting the information to come through from the people they think should be able to communicate with them, but they are sometimes getting it through from other people, who they maybe don't want to know.

- **In an interview with Julia Cannon in 2015, you said they are advanced beings, like the indigo, crystal, rainbow children or hybrids of those types.**

And also they can be, as I said before, they're higher frequency individuals, as I said in an interview with Julia Cannon in 2015. They're advanced beings, like the indigo, crystal, rainbow children or hybrids of those types. So again they do get frustrated, because they're communicating on like twelve channels, where we're only communicating on one. And the information that we give back isn't the information that they expect back, and so it's very difficult. It's a bit like us communicating or saying something in English, and somebody communicating with us in Chinese. It doesn't work, does it? We get frustrated, because we can't make ourselves known. And the person on the other side doesn't understand what we're saying either. So this is another way of thinking about it. The next question is:

- **What's the best approach to treatment (e.g. medications, psychotherapy, behavior modification) or coping with life?**

Basically, the best approach to treatment is put them with like types of individuals. People who are experiencing this should stay together, because they will be able to communicate with each other properly. A person speaking English will be able to speak English. A person speaking Chinese will have to speak Chinese. A person speaking or communicating on twelve different frequency levels will be able to communicate with somebody on twelve different frequency levels. And so this is the thing about it.

(55 min) The therapy is behavior modification based upon being introduced to and working with other individuals, who are experiencing the same as them. Then they'll be able to communicate with each other, and they'll realize that they're not alone and they'll start to operate properly, so to speak. And that was a series of questions asked by one of US's readers (US has also got a [blog](#) by the way, which is very, very useful and very well supported) asked a question about this particular answer. The last one is from JM and it's saying that:

**8. The Anne Dialogues, page 10, so we all have a True Sentient Self as well as a True Energetic Self. Can we, should we address either one directly in meditation? Is there a difference in how we relate to them? I think of my TES as "Big Joe" since I am "Little Joe" but I don't quite know how to conceive of my TSS.**

I would work with them as the same thing basically. The thing to understand is that really it's to do with recognizing that it's all you. So it's not as if they're separate, that the TSS is separate from the TES, it's that they are both the same thing — they are both parts of what we are. They're both part of our Higher Selves, our bigger selves. So you can still think of them as being "Big Joe" for instance or "Big Guy" or "Big Brian" or "Big Mary" — it's just that one part of it is to do with the sentience, so to speak, whereas the other part is to do with the energetic supporting the sentience. So it's the same thing. It's not something which is separate. It's the same thing. Just think of it in terms of the part of you, which animates the energies, and therefore, it's the thinking part, it's the being part, it's the creating part. That's a way to think about it.

- **Does my TSS have multiple TES's or just the one. Feels like just the one?**

It's always just one. It's something where it's like a body, isn't it? There is a brain, which animates the body, but there's muscles that allow the animation to work. But without the brain to continue and the muscles to continue, there must be a life support system, which we have as being lungs, heart, liver, kidneys, venous system. So it is just one. They go together. They're just

sort of two separate thought processes, but the same thing really. So if we think of them as just being one, and that's the best way to look at it.

- **“The Anne Dialogues” page 10, "the trees approve." Does all of nature function this way — trees, flowers, the wind, clouds, blades of grass, etc.?**

I can't remember which book this is from...so let me sort of retrace the steps. This particular question would be relevant to things that we do, that affect the environment in a positive way, and therefore, the flora and the fauna would be thankful for it. In real terms, every part of the environment that has a certain level of sentience associated with it or at least intelligence. And so you can think of it in terms of yes, every function of nature is grateful for and is abhorrent of things that we do while we are here.

So if we do things well, the whole thing glistens. If we do things wrong, it sort of goes a bit gray. So we have to think of it in terms of everything that we do that's positive for the environment, that we're helping things grow, we're nurturing things, propagating things, making things better, then the environment, the trees, the grass, the bushes, the flowers, the flora, and other fauna, for instance, animals that are part of the ecostructure would be grateful for it and would approve of what's going on.

If we start to set trees alight, for instance, and there's no reason for setting trees alight, they wouldn't approve of it, because it's reducing their ability to clean and scrub the air and remove carbon dioxide and introduce oxygen. So nature approves of and disapproves of in totality what we do while we're here. It approves of us doing good things towards nature, it disapproves of things we are doing against nature. Okay, so that's a good set of questions from everybody. Thank you very, very much.

### **Part 3. Meditation**

(1 hr) And what we're going to do now is the last, very short meditation, as it happens, a meditation on **How to create high frequency in our local environment?** You can do it for any size, whether it's your house, park, city, or country, or even the Earth, if you wish. Meditation starts at 1:00:27.

Please download the [AMR File](#) or high quality [MP4 file](#) to do the guided meditation with Guy Steven Needler via his website or blog.

(1:12) Closing comments: That's the end of this particular Satsanga for the 30th of September 2017 in conjunction with [The Moore Show](#). And thank you all very much for listening to this Satsanga, thank you for your questions. I apologize if I've had to read some of the questions out more than once, or if some of my reading wasn't particularly accurate but nevertheless for most of the time. And the questions were very, very good questions, excellent questions, and very deep searching questions to be able to give us a bigger or a greater understanding of the greater reality. So I thank everybody.

Thank you for these questions, thank you for listening to this Satsanga. I look forward to the next Satsanga, which will be on the 28th of October 2017. So God's love to you all. Blessings and namaste." END