

February 24, 2018 - Pre-Recorded World Satsanga for The Kevin Moore Show

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

I apologize for the very poor quality of recording this time, I was trying out a new microphone and the settings must have been incorrect. – GSN 27/02/2018

“Welcome to the World Satsanga on the 24th of February 2018 in conjunction with Kevin Moore and The Moore Show. And I thank Kevin for doing the wonderful work he’s doing by providing imagery for the World Satsanga on his YouTube site (The Moore Show). If you get a chance to look at that, it’s very good. It’s got a lot of stuff, that he’s also presenting as a result of the work he’s been doing for his documentary, which is called “They Call Us Channelers.” So I would keep an eye out for that, because you get a lot of different types of channelers being presented, and you also see the different ways they do it and the different qualities of channels as well, so that would be quite an interesting thing to observe.

So let’s have a look at the agenda for today. The first part is a short talk about “Realities and Alternative Realities and how they are created,” and then we’ve got a bunch of questions to do with various different topics surrounding the greater reality. About a week ago, I got three questions and I asked for some more, and now I’ve got an awful lot more, so we’ll see if we can get through them all. If we can’t, that’s no problem, we’ll work our way through them for next month, which is in March. And then right at the end, we’ve got the end of meet meditation, which is a meditation to energize the body. So let’s have a look at realities and alternative realities.

Part 1. Lecture on “Realities and Alternative Realities and how they are created”

There’s a couple of different ways to consider a reality: the personal reality and the overall reality. And a personal reality is created through really our own perceptions, our own thoughts, behaviors and actions, and what we expect to see, and what we want to see around us. So what we do is we create a reality that supports our thoughts, behaviors, actions and belief systems, not specifically knowledge-based systems, because knowledge is obviously experiential, but beliefs based upon what we think should happen or what we’ve been told should be happening around us.

So what we do is we create a system that supports what we wanted to see as a reality, an environment and a series of interactions with other people around us. So this is quite interesting, because it’s actually psychological or psycho-spiritual, and we tend to find that we seek out people to support that particular reality. And that means that we find individuals who are of the same type, thought process, the same sort of person, the same interests and maybe even support exactly or slightly obliquely what we’re talking about.

So we enter into a form of communion with them, where we support each other with discussions, with communications of various different types by the internet or by phone or email, etc. or chat websites, for instance. And we start to create this system, this alternative reality really specific to ourselves and those individuals that we communicate with and nobody else. So that is like a perception-based reality or a desired reality that exists within the overall reality. That’s an individualized reality that is created through desire through different set of experiences or different type of experiences in a particular incarnation.

The alternative reality, I mean you could argue that what we create and work with ourselves is an alternative reality for that which is around us. But there's realities and alternative realities that are specific to the totality of that which is the incarnation or the race that is part of the gross physical universe. So we have the sort of mainstream reality, which is that which everybody enjoys within the physical universe, and we have pockets of other realities that are, as I've just explained, are psycho-spiritual or they can be localized to a specific area, location, or for instance a country or even a whole planet. And then there's sort of the larger reality, which is associated with the universe, for instance. And the interesting thing is that the reality itself can be considered as part of event space or is a function of event space, and the progression through this reality, if you want to call it the temporal progression, which only exists in the human mind by the way, is a function of event space called an event stream, or a series of events linked to each other create a sort of stream within event space itself.

(5 min) Now the standard reality is based upon a collective of things that happen around us. For instance, people working on different ventures, people working in their careers, their roles, correcting infrastructure, communicating with other individuals across the world, for instance, or even communicating with other entities across the local galaxy or the universe. And that creates a series of sort of events that are understandable and recognized by everybody as being stable and solid. And then we start to recognize it as being what's happening around us, and it is accepted as being the reality — this series of events and this event stream, so to speak.

But when we start to work on different things, that change the reality, it's almost like we have the opportunity to make a decision. We can make a decision to go this way or that way, take the bus or take the train, take the airplane or take the boat, for instance. And if we've got the choice of creating a different way of doing things, and there's more than one way of doing a thing, then that creates the opportunity for another event space, and therefore, a new event stream, and therefore, a new reality or an alternative reality.

So an alternative reality is based upon a number of different opportunities that are divergent from the existing reality or the existing event space or event stream. And so we start to create these different realities by making decisions. We can go this way rather than that way. We can speak to this person rather than that person. We return something to a shop we didn't want vs. hanging on to it and thinking we can use it on a rainy day, for instance. And so when we do all of this, and this happens on a collective basis, and the collective changes start to support each other, we get an overall change in reality above and beyond that which is the mainstream reality.

Now as with event spaces, there's tens of thousands or even millions of different event spaces, that are localized to ourselves, and bigger event spaces support us, those little event spaces, that's the same with the realities that are created as a result of event spaces and event streams. So we create all of this through our individual choice.

Now it's all coherent, if we exist in an incarnate civilization or an energetic state, where we work in a more collective sense, so the number of events, and therefore, number of realities or sort of realities that are created through choice are limited, because there has to be a collective viewpoint and a collective direction to move one particular direction vs. another. So the chance of creating an alternative reality as a result of one person's thought processes is significantly reduced down to almost zero, because it relies upon the overall body of entities that are working in a communal sense or a collective sense to agree upon and decide on working in a particular way only and not in another way. And therefore, the realities that they create are harder to change or move away from than those that are created as a result of individualized free will.

Now if you look at an alternative reality in terms of what we think it is, it's basically one different direction, even if it might be minor in its presentation to the reality that we classify as being the mainstream reality, although what you classify as being the mainstream reality, and things can change on Earth in a microsecond or even lower sort of on a regular basis. So we may not even know from our human perspective, that we've changed realities several times. Although there are some things that do give us the idea that a reality has changed, when you can only look at some of the things that happen around the world, for instance. You have changes in leadership, you have changes in collective direction, that are for want of a better word not what was expected to happen. For instance, in the UK we've got Brexit, and I think the Greeks are looking again at Grexit now. But if you look at the things that supported the votes that went for Brexit, it doesn't make sense, because there wasn't enough information to educate the voting public to make a rational, real, informed and therefore robust decision to allow the country to decide robustly, so there is something strange going on.

(10 min) And that is the change of a reality from one to another, based upon how an individual using a thought process and delivering that thought process in a way, which is attractive to those around you or her to the point, where they follow it without needing to see the evidence to suggest that's a reasonable direction to go in. So we start to get an alternative reality, that is presented within the reality that is supported at the moment. And therefore, if there's enough people to create that reality, that reality becomes the "real" reality.

So we start to get changes from the reality to an alternative reality by supporting a reality within the reality first. And when everybody starts to accept that this change is going to happen, then that reality within the reality starts to become the mainstream reality for those particular individuals in that particular collective or civilization, that are working in the area, where the reality is supported by. And so we get these realities that are created as a result of that.

Now there is an overall reality created by those people on Earth, it's going around them and it's very for want of a better word unstable in comparison to the greater reality that is around us in the rest of the physical universe, that of course is in the multiverse. So that which is occurring on Earth is a reality or we could say now an alternative reality being created into the mainstream reality that is within the overall reality of that which is the function of all those entities that are incarnate within the physical universe. So we get a reality within a reality.

Then one of the reasons why the Earth is for want of a better word quarantined or fenced off or hidden, is that it puts us in a protected position, so then nobody can really interfere with it from the perspective of other incarnate entities. This is because if the level of shall we say random reality-based instability that is available on the Earth gets out into the rest of the incarnate physical universe, then it will create a really random-based series of realities that spread like a wildfire in a forest and cause a problem, specifically in those areas where there is a more communal or collective level of communication with the entities in the greater reality, so to speak.

So what we have is a condition where those individuals on Earth are for want of a better word quarantined, because the chances of creating random realities through the use of individualized free will, where everything else is more stable, because it's got collective free will, is potentially going to cause a problem with the stability of the physical universe and the potential evolutionary possibilities associated with that universe.

Okay, so realities come in a couple of different ways. There's a personal reality that we can grow within ourselves, and we sort of merge in within ourselves, our thoughts and desires with what we want to see and hear as real, and we sort of have those other individuals around us to support that reality. And there's those individuals, who also work together in a much bigger sense to create a bigger reality around us from the country-sized reality to the overall global, galaxy and universe-sized reality. So things are particularly different in the way that they're presented. The outer reality, the larger reality and alternatives to that that lead to only changes in the function of collective changes, so to speak, and those which are realities within the reality that sometimes lead towards the reality itself changing and becoming an alternative reality.

(15 min) And of course, because of event space, all of these things exist concurrently anyway, so although we may move away from the mainstream reality, we are actually moving into a different reality that is being experienced with the event space and the event stream associated with it. But because event space is what it is, that particular event space is duplicated and we get another event space with another reality in there. So the alternative or the additional reality is also supported as a result of that. So event space supports not just the alternative realities, but the additional realities. An alternative reality for us is saying that this is an alternative, but for those individuals who are working in that reality it's real. And there's always a functional part of us that splits off and goes in that particular reality, if that's what is, if that's what is supported. I mean not all of us go into the alternative realities, we may stay in the previous reality, for instance. But in essence, they're not alternative realities, they are different realities, based upon different inputs and interactions by those entities within it and how it supports the whole overall environmental and interactive structures within it. So it's quite a difficult subject to work with, and to be honest, this particular reality is also very difficult to work with as well.

Okay, let's have a look at some of these questions that some of the participants have put forward here.

Part 2. Questions and Answers

1. I have a question you might want to ask for the next episode. It's about the impact technological advancement will have on humanity (let's say in the next 5 to 20 years), and if it can bring some problems. I'm sure it will bring good things, but I think it asks a tremendous responsibility from us, who make and use these machines (B).

I mean basically this is all about machine-based intelligence. The question is:

- **AI is evolving so fast now, with machine learning, big data and quantum computer and robotics. Is it accurate to assume that in the near future super computers will be more intelligent and capable than any human being on any fields, or that computers will have some level of consciousness or sentience? People like Elon Musk or Stephen Hawking are worried about that.**

There is going to be a level of intelligence associated with machinery. Arguably, there will be a level of consciousness associated with that machinery as well. The thing is whether that intelligence is based upon a program, or whether it's based upon a learning function within the hardware, so to speak, that supports that program. In terms of consciousness, there again there will need to be a feeling of "who I am" from that machine or that robot, as an example, and that

can only be supported by the hardware that allows the growth of intelligence process to create a level of understanding of who I am, so to speak, or beingness.

Sentience is a different thing. Sentience is not something that artificial intelligence can support, so that's the difference between us and any machine-based intelligence. They have consciousness, but we are sentience and we are creative. You could argue that the machines can be creative if given the opportunity, but they won't be sentient. They will simply be able to function as a series of algorithms. And these algorithms may be created by themselves, so to speak, as part of an evolutionary piece of software, but eventually it will come to a point, where the software is overtaken by self-generational, for argument's sake, "electronic synapses" within the large piece of memory, that allows the generation of if you like a "personality" as well. So it's going to happen.

- **I also think about some research with transhumanism and implanting technology inside people for monitoring health, or having access to a kind of super hard drive with all the information on a topic, or to store all the memory of a person on a hard drive.**
- **For example, with nano technology some think many illness will be more easily curable. Or if you have an implant in your brain with all the knowledge, so you don't need to go many years at university. Is it realistic?**

Yes, there is going to be a potential, where we're could store information on an alternative memory location within the human form at some point. Whether you want to do that is a different thing, but whether it's desirable is a different thing. There's more potential for a communication device to be stored within a human being, and this information is stored in a web store in a central location rather than being locally, so we'd have instantaneous access to the internet via thought processes rather than via our computers, but the information would be stored locally. If you think about it, if we would store locally, it needs to be updated. We now know what a pain it can be to update our computers sometimes, when we get software crashes. I would suggest that it's more likely going to be that there will be implants that are going to allow communication with centralized systems, rather than the whole knowledge-based database or implant within us. The next part of this is:

- **I'm not very knowledgeable on Rudolf Steiner, but it seems he predicted a long time ago that human would merge with machines and talked about the possible dangers about it (arhiman using technology to enter in this dimension). He said it was not wise to avoid technology, it was more like a learning challenge for us, for learning to exert our will. I wanted to ask your opinion about this very interesting topic.**

(20 min) Yes, Steiner was very good at predicting the future, because he was also a channel and could understand various aspects that are what we would call futuristic. We can't work with it without knowing how it works, so it makes no sense to avoid it. We have to work in a way, which enables us to understand that in reality we are going to be ignorant of it unless we work with it in a more satisfying way, so to speak. And that means that we need to be educated, and the only way to educate ourselves is to work with it. That's how we've progressed from a technological perspective in the past as well. So the next bit is from SO.

2. What can you tell me about the Sphere Being Alliance, in particular the Blue Avians? I have seen/read that they are here to assist us through the ascension process. What is your knowledge/opinion on these entities? Have you ever been contacted by them? (SO)

No, I've not been contacted by them to be honest. But the thing is there's lots and lots of sort of New Age or spiritual misdirection going around, based upon the thoughts, behaviors and actions or moreover desires of being able to create a reality. So there are quite obviously incarnate civilizations that work together on various different frequencies within the gross physical universe, and those that are sort of towards the end of the gross physical universe are more energetic. And they will, where they can, if it's relevant and if they're asked to support some level of assistance to make sure that we don't make a mess of things with our individualized free will.

But there's a lot of them, I mean the Arcturians are supposed to be some of these entities that do this, and the Sirians are supposed to be some of the entities that do this. These Blue Avians are a completely new civilization to me, I don't know about them at all. It's not because they're not there, it's because I haven't researched into them or even thought about communicating with them at all. There are many entities, including incarnate human beings, who are assisting in our ascension process, because they recognize the benefit of ascension through individualized free will, which is the whole point or what the Earth experiment is about anyway.

- **The first is in relation to manifesting e.g.: money, new car, etc. How do you feel is the best way? I often read about intention/belief/positive thoughts/affirmations, etc., but would like to get your thoughts on this. Raising ones frequency is often mentioned, how would I go best about doing this, in your experience?**

In terms of manifestations, we create a reality around yourself by seeing, feeling, being, knowing, touching, tasting everything that is supporting what you need to have around you. Just feel yourself in abundance, visualize this abundance that is going to happen to you, and how it's going to happen, and what it means to you. And it will happen.

(25 min) I mean there are levels of abundance that I choose to work with, and I can turn the abundance on and off. And that's quite simple to do by simply seeing myself as having a lot of work or I simply see myself as not having a lot of work. And so the rise and fall of my work is controllable by pure intention. I can play with it by the way. My abundance is usually aligned to my thoughts about having a rest or thinking I should be of service more. So it's all about projecting this state of beingness, it's like a reality around yourself that you consistently hold congruent with the reality that you want, which may be financial or material. So it's all about that. You see it every day. You think about it every day, and you see yourself working, you see yourself interacting with it, and it will come. You have to be careful that you don't get addicted to materialism, In any form so be careful what you ask for. The next one is about conspiracy theories.

- **The second is in relation to conspiracy theories, and I would not be upset if you don't want to comment on this. I am not sure what to believe myself in this whole topic. Are there human slave populations on Mars? Are ET's helping the Governments with advanced technologies, in exchange for humans/resources? Sounds kind of crazy, but it still has me wondering.**

I'm just going to see and ask the question about this to be honest. No, there's no human slave colonies on Mars. There is no need for a colony of slaves anywhere, when you have a level of advanced technology supporting your work. There have been interactions with other representatives of civilizations with most of the governments that are able or go out, in terms of giving us little bits of information to help us move in the right direction. That's not specifically

technology, it could well also be in terms of thought processes and also metaphysical practices as well. So we don't always get technology, we sometimes get direction in terms of how to think and how to behave and how to act. Sometimes a political directions to go in as well. So there is little bits of help. Generally though, the Earth is being fenced — there is a level of non-interaction, it's just observation unless certain incarnate entities are being requested to work with us as a function of the work of the various disincarnate entities, who are working with controlling the individualized free will experiment that is here on Earth right now.

- **The third is about communicating with your higher self. How many people do you think really have communication/contact with their higher self whilst incarnate? There are a heap of articles/videos about this topic, and they all make it sound so easy. I'm still trying, following your instructions, but so far no luck! But I'm going to keep practicing! So it has me wondering if others really are?**

That's my TTF (Traversing the Frequencies) instructions. That is a very critical question, spiritually critical question. I would suggest that there is only a really small number of individuals worldwide, who have contacted their Higher Selves or are in a state of self-realization. Probably in the low thousands to be honest, if that, and that is probably looking at over quite some years as well.

In general, articles and videos can purport that the individuals are able to present themselves as being experts in gaining access to the Higher Self or the greater reality or communicate with other beings or commune with Source, for instance. But in reality, you need to ask yourself this question: Do they demonstrate the words, thoughts, behaviors and actions of somebody, who is actually on that level? Even some of the world's greatest spiritual leaders work in a way, which is not congruent to somebody, who is actually self-realized. They like to have devotees to influence people and to control people and to gain status through their superlative guide/teacher status, so just be real careful with this.

(30 min) My thoughts are go with that which feels right, and go with the traditional ways of self-realization, some are forms of raja/ kriya yoga, which work as well. So work with kriya yoga as a good start point, and also work with really meditation. Also work as well with yourselves, be a better citizen, be of service, meditate regularly and you'll move onwards and upwards in this respect. I think kriya yoga has got the edge from a basic perspective. With my own teaching work as well, sometimes people will be faster than others in terms of their progression. Some people take a long time.

The most important thing with all of this stuff is that the individual has to stay as pure as possible. And that means that they avoid alcohol if possible or imbibe very little, they are vegetarian, they don't eat meat, and they don't indulge in gossip or conspiracy theories, for example. Thanks for those particular questions.

3. I'd like you to comment on the subject of "toxic masculine" behaviors and actions being exposed on our planet right now. You said we are currently in a cycle of male dominance, and that there have been cycles of female dominance on this planet as well. Now there are several movements (#MeToo, #TimesUp) that have allowed sexually harassed or abused women to speak openly about their personal experiences. This raises several questions? (US)

- **Are we now in the process of moving towards another female (yin energy) dominated cycle? OR Is this just a prelude to moving towards fuller integration and balancing of the yin AND yang energies within all of us regardless of gender?**

This particular cycle of this particular civilization is quite an interesting one, because initially it was designed to be a male dominated event or civilization or society across the board specific to Earth — the male or female being generally related to the Earth location by the way.

But we're finding that's not really a balanced way. Neither is totally feminine either. There needs to be some form of balance between the two. And so we are, if you like, bouncing off the walls a little bit before we actually come down to the function of fully integrating both male and female, the yin and yang energies, if you want to call it that, and making everything equal and reasonable and taking the best of the each of them to move forwards being balanced in a robust way. But it's all about we are moving in more sort of an integrated but still dualistic condition rather than individualistic condition.

- **How is this related to humanity now entering the Age of Energy in the ascending arc of the Dwapara Yuga in the global consciousness cycle, according to Sri Yukteswar?**

It's part of it. It's almost like the beginning of baby steps, the very first rungs on the ladder, because there needs to be a recognition of self and a recognition of others as being part of Self before we go to this level of the consciousness cycle. So the start point of people questioning their reality is, for want of a better word, a start point of this Dwapara Yuga that Sri Yukteswar talked about. We're some way off yet, and it will only happen when we all become globally a higher frequency and we start to realize that we are not the body, that we are something beyond the human body and that's it.

- **Is the balancing of our yin/yang energies a gradual process OR does it happen naturally when we move to a higher Earth (e.g. 4th frequency level or higher), where the poles are closer together, not so black and white?**

(35 min) It's generally a gradual process that moves forwards. Sometimes faster than others, sometimes slower than others, and it depends upon individuals at times, and how that individual affects other individuals through triangulation, either direct or inflational triangulation. It's going to be natural and sort of gradual ascension, if you want to call it that, in general rather than being rapid or instantaneously.

We're not going to get this condition that we're going through by what's classified as being a sudden awakening process, it's going to be a very gradual process. It might be quite a fast gradual process, but it's not going to be instantaneous, where everybody becomes aware and awake in one go. It will be gradual, where various different people become aware and awake, as it is being now. And as we start to get a critical mass of people, we won't move into the next zone en mass but the critical mass will spark off an accelerated level of rising through the frequencies, and therefore, expansion in consciousness.

- **Would you consider the Atlantean civilization a more yang-dominated era, since it was focused on outer technology, science and individualism (Power of One)?**
- **Was the Lemurian civilization a more yin-dominated era focused on inner or spiritual technology and group consciousness (Power of Oneness)? Is that where we're headed again, as we evolve from separation to unity?**

The Atlantean civilization was originally a function of the Power of Oneness, but became corrupted and ended up being the Power of One, as individuals started to become more individualized and selfish in their processes and wanted to have status and material wealth and position power, so to speak, which is status of course. The Lemurian society was more of a communal system, so not really that it needs to be totally the Power of Oneness, but it was more of a case of working in service to the group to ensure that the group was collectively maintained and continued to thrive and flourish.

So if you like, the Atlantean civilization moved from the Power of Oneness to the Power of One, and the Lemurian society sort of edged towards Oneness through living in a communal sense, so to speak. The Power of One working in an ashram can inflate the ego as well — ashrams and other sort of communities that are in existence right now do tend to create like a hierarchy within a supposedly non-hierarchical structure, so that's one of the things that they will do there as well. But we are starting to go towards Oneness, but slowly, that sort of supports the previous question as well.

- **What changes can we expect to have now vs. in 50-60 years, when more White Children come here to raise our frequencies?**
- **My impression is that things have gotten worse in my lifetime — from glass ceilings and unequal pay to amoral behavior exhibited by our president, politicians, celebrities, CEOs and regular Joes alike. Are they all here to show us what NOT to do as evolved human beings?**

Yes. They are providing an interesting puppet show, might be a better word. They are showing us what we can become if we're not careful, because these individuals are here to educate us. Now you can argue, some people will say they are here to educate us and to make us go backwards and forwards in the way that they demonstrate it. But actually they are showing us the opposite.

They are showing us how we shouldn't behave if we're in leadership roles, how we should be more considerate, how we should be making sure that everything is equal, how we should be working with ourselves in service to each other and in service to the collective as well. So really we are being shown how bad individualism can get, if it's allowed to go in that direction. And as a result of that, you start to lose control of the masses, so to speak, and you start to create an individualized society that is, for want of a better word, really focused on being selfish rather than being of service.

4. Here is a question related to my yin/yang question. You told us that Christ had 24 main disciples that included 12 males and 12 females (the yin and the yang together). They worked as male-female pairs that created 12 full disciples (energetically). We also know that Jesus was married to Mary Magdalene, who was his "soul mate" according to some sources. Yogananda ("Autobiography of a Yogi") also said that Babaji had a sister. The question is: (US)

- **Since Jesus is a Source Entity level ascended master from SE4, is Mary Magdalene his true soul mate — meaning did she come from his True Energetic Self or another TES?**

(40 min) The answer is YES! Mary Magdalene was part of the same energy. When you see an association between ascended masters and other individuals, they will become the same soul

group. They're a group of souls from the same True Energetic Self or same Godhead, because the energies are such that they can't interact with anybody else other than somebody sort of around from their own True Energetic Self.

- **Since Babaji's True Energetic Self comes from SE7, did his sister also come from the same TES?**

The same thing for Babaji and his sister, they came from the same True Energetic Self as well. So we get to the point, where individuals who work together, Babaji clearly had the yang, but he had to have the yin to his yang or the yang to his yin, and that was his sister. And in fact, in my understanding it was Babaji's sister, who was the one that persuaded Babaji to remain on the Earth and actually he didn't become an ascended master. He is still a master but unascended, an unascended master, because he hasn't decided to ascend. He is still helping us out on the Earth plane.

- **Are there other masters (e.g. St. Germain, Kuthumi, Mother Mary, etc.) that are Source Entity level ascended masters that have visited our multiverse? If so, from which SE?**

This is part of the lecture that I'm going to do in the next Satsanga. I'm going to defer answering that question until the lecture in March. So I apologize to US for not answering that question right now, but there is some interesting information that is going to come out of that.

Clearly, because we think that there's twelve or in general there are twelve ascended masters broadcast as being the ascended masters, but there are more. And so it's a bit of a bigger answer to the question there, so I will need to do some research and channel it for myself to understand how best to answer that question, okay.

5. This question is about being in the world but not of the world. We let our thoughts and feelings and internal programs run us as if we are powerless to do otherwise. (WP)

- **When unpleasant events or even tragedies occur in our personal lives or in the world (e.g. the Parkland, Florida shooting), we feel a lack of safety, approval or control. We feel depressed over the human condition. We are all too "human" being in the world allowing the world to control us.**
- **How do we let go of all of this and be in but not of the world, free of the world's travails? I believe the ascended masters must have accomplished this in order to ascend.**

Yes, it's a very difficult place to be, to be detached from that which is going on around you is a very fine line to walk. With your detachment, you're accused of not integrating or not participating or not being part of that which is there, not participating basically, so you become ostracized by those individuals, who are not seeing you working within and around petty distractions. So it makes a lot of sort of sense to think that you've got a responsibility to interact with those around us whilst also being detached from the vagaries of that which is going around us.

(45 min) A master is able to remain detached whilst integrating and being responsible for his responsibilities, and therefore, remain integrated whilst not integrated. Although the vagaries of the incarnate don't affect them, they still have to function properly, so they don't draw attention

to themselves so much. By that I mean they're not so aloof in the situation that you draw attention to yourself, to not be able to interact with others. It's really quite a difficult thing to do.

And there's a lot of people, who think people who are detached and who aren't working or being in the physical but not of the physical are simply not interacting or being part of what's going on around them. And they tend to be sort of ostracized and sidelined in whichever career they have. So it's enough to interact and be professional but not engage in side issues. I don't know what that will gain you really, other than to show that by interacting you're part of the show so to speak. You have to be a good actor knowing that in reality, you're not the actor, you're something else. And the vagary is just life, a part in an incarnate play, it's not the basis of the greater reality.

6. Here are my questions regarding realities and alternative realities (ME):

- **Do alternative realities manifest when 2 or more players (persons) interact and the reality that is experienced differs due to each player having a different vision of the potential outcome?**

If two or more players interact with a reality, i.e. an individualized personal reality that's theirs — they're creating a small collectivity which has a synergistic effect and can affect those around them. So if those two players or people differ, then they will not be part of each other's reality, so to speak. They will move away from each other and find somebody who supports their reality. So the individualized reality needs to have another individual support that before it becomes a reality. Otherwise, it just becomes an estranged position to be in a prospective thought process. So people try to seek out people, who think in the same way. There's an old saying: "Birds of a feather flock together" — that's really the same creation or manifestation of a localized reality.

- **Does the reality one experiences depend upon one's level of awareness?**

Yes, of course. We have the human reality that we're in, that we create and work with, and we have the greater reality, which we can respond to. The level of frequency that we're able to work with allows us to see the reality supported by the first three frequencies we are here in now as part of the gross physical universe vs. the greater reality, which includes the fourth frequency, fifth frequency, sixth etc. upwards. So the higher frequency we are, the more we're able to interact with a greater reality, which should be more stable.

- **Why does it seem to be that people that are less self aware and more self-absorbed create dissonance? And is this dissonance responsible for creating the possibility for alternative realities to manifest?**

Because they really are being a human being, because they are being selfish, because they are seeking other self-serving, selfish individuals. And when you're working in a more self aware or less self-absorbed position, you understand that the reality that's around you is something that is to be worked with and not specifically changed or manipulated. Whereas those who are selfish want to have only what they want to have and be surrounded by those individuals who support that reality as well. So this is what happens. It's all about selfishness, about super-individuality rather than being less individual and more collective in sort of the thought processes or to be of service.

• **Observations that I have:**

- **1) It seems to me that reality is dictated by awareness — the more myopic your vision the more likely you manifest an alternative reality of the same events that others experienced in a different way. In other words, closed-minded folks see things from a limited view, this limited view reinforces their biases.**
- **2) When your perspective is more inclusive and broad, the more likely you are to see multiple realities as potential outcomes?**

(50 min) Correct. And you also see these multiple realities as part of the bigger reality that supports everything. So you see the smaller reality within the bigger reality, and then you stop seeing them as smaller reality. You start to see them as part of the bigger reality and the potentials for experiencing different things within that bigger reality. Those are two good observations, thank you very much for that.

7. There seems to be an explosion of channeling. What do you see going on with the energies/frequencies because of it? And can people send curses to others, negative entities etc.? (EM)

(50 min) Yes, people can send not so much curses, but thought forms, which are negative and which are actively created through the misuse of spiritual functions, and they tend to use the lower frequencies associated with the astral levels, which are 4th and 5th level. The curses are being just energy that's used to create a disharmonious condition to affect those individuals in a physical way that creates disease or virus or poor outcomes for personal things in life .

The thing with channeling is sometimes it's fake. Sometimes it's communicating with the wrong entities. Sometimes it's communicating with energetic entities. Sometimes it's communicating with incarnate entities at slightly higher frequency. Sometimes it's communicating with simply with yourself. So moreover, if the channeling is pure and the channel is pure, then it's going to be good — it will mean that the overall energies, the frequencies associated with those individuals that are channeling will affect others in a positive way. If the channeling is used in a for want of a better word a selfish way for self status or gain, then it's not going to have the same energy or frequential space associated with it.

So what we're starting to see is that certain individuals will gain probably as a result of frequency higher thought processes, those sorts of things. So we have to be very careful with this. When you see a channeler, when you see the content of the work that they're working with, question it. Question your own intuition. Does this feel right? If it feels alright for me or does it feel right for how I see it in totality or is it just idle thought processes or someone being manipulated, as a result of somebody wanting to put their own point of view forwards, and using the word "channeling" to justify or augment the importance surrounding it. Okay, thank you for that.

8. One day last week, after a meditation the term "Walk-in" came to mind. I had listened to a tape that said that President Lincoln was a walk-in, as he did not think he had it in him to do what he came to do and another stepped in to complete his mission. (JMa)

Walk-in by the way is where a soul moves into a vehicle and the soul that's incumbent moves out in preference to the new soul. It exits either temporarily or permanently. This is from "The Anne Dialogues" by the way [see Addendum on Walk-ins at the end].

- **In a sense aren't we all walk-ins? Are we not all energy beings choosing this physical experience temporarily? Are we all not learning to manage these biological suits that we find ourselves in?**

Let's answer the question about President Lincoln. Speaking of President Lincoln, he had a temporary walk-in condition. The primary soul was there still — a secondary soul came in to offer skill sets, abilities and leadership qualities that were not there specifically with the soul. And also it was seen that this particular opportunity of the incarnate body of President Lincoln needed to have more leadership inertia behind it, to make the changes that he made. So in essence, he needed to have more not so much coercive but charisma surrounding his leadership skills. So there was another entity that came in later, a secondary soul working in tandem with the primary soul but hidden to those who interact with him.

- **In a sense aren't we all walk-ins? Are we not all energy beings choosing this physical experience temporarily?**
- **Are we all not learning to manage these biological suits that we find ourselves in? It seems more and more that I find it fascinating how this suit works especially as we age. Comment?**

(55 min) I know the feeling — something I've got to say about aging. Yes, you can, provided you are pure of thoughts, behaviors and actions. But at the end of the day, growing old is part of the experiential process, so why not go with it. Yes, you could argue that we are walk-ins, because we occupy an incarnate vehicle on a temporary basis, sometimes a whole lifetime, or, sometimes a shorter spell. Yeah, it is temporary in terms of what we really are.

The term walk-in should be used in a descriptive sense for the replacement of or swapping in and out of a soul, or the temporary occupation of another soul within the same body. So for instance, a soul can come in to replace another soul as a walk-in. A soul can come in temporarily and observe what's going on with another soul in an incarnation and then move out. A soul could come in and work in tandem with another soul and then do that. A soul can move into a body, and the primary soul can move out, and then when it's finished its work or had some interaction, some experiences that needed to happen, then it moves back out again and the primary soul can move back in again. So the term walk-in is to do with substitution of or augmentation of the processes supported by the primary soul in the incarnation but not specifically the incarnation by itself. It's all to do with substitution whether it's temporary or permanent.

9. After reading the newsletter's comments from Source on flow. This is one of my big questions. While I have a lot of experience surrendering and going with the flow and feeling the ease of presence moving things along. There seems to be this balance between will, focus, movement and action, which sometimes feels like using your will and focus to create or imagine and then just letting go and allowing. (JMa)

- **Are we just expressions of Source? Are we co-creators with Source?**
- **When should we be focused on creating and when do we just surrender and allow?**
- **There is also the experience of the energy coming in and causing the action to do or create, where you are actually being moved to do so.**
- **Is it simply just letting go and allowing what is to be?**

A Shard is an individualization of an Aspect. An Aspect is an individualization of a True Energetic Self. A True Energetic Self is an individualization of Source. Source is an individualization of Origin. I'll say it again: a Shard is an individualized aspect of an Aspect. An Aspect is an individualized aspect of a True Energetic Self. A True Energetic Self is an individualized aspect of a Source Entity, and Source is an individualized aspect of the Origin.

So the answer is yes, we are all aspects or expressions of Source starting with an atom, so to speak or even the Anu. So therefore, we are all co-creators with Source. As we create and as we function, so does Source. There is no differentiation between what we do vs. what the Source does. As we do, Source does. As Source does, we do. So if we want to create something, be in abundance, for instance, then we should use our level of creativity to initiate the flow. The way we feel about the creation is also a way to move us into the flow. Once in the flow we should just surrender and let it happen.

There are times, when we are brought into the flow to change direction of the flow, not specifically through materialistic functions, but simply because the flow needs to go in another direction to make it more efficient in terms of our experience. So we can just let go and go with the flow, but we need to be aware of the things that are happening with the flow, and work with those things and interact with the flow, moving through the flow.

For instance, if you moved into a particular environment, and that felt nice and you felt happy, then you got the feeling that you should choose that environment. You choose the flow when it is correct to choose the flow. The fact that you surrendered to choose the flow allowed that to happen. If you resist by not wanting to choose the flow, by using logic to choose another direction, it means we are going against the flow. We tend to find out later that we are not in the flow, or if you missed it, because things will be difficult to work with.

(1 hr) So it's really a case of understanding where or when to move with the flow, as well as how to interact with the flow, as well as where to go with the flow. It's a bit like steering a big boat, you can relax and let the boat go, but sometimes the boat strays towards one bank or another bank rather than stay in the middle. Sometimes the boat will rotate out of line with the flow to point upstream or downstream of the river. In these situations we need to be able to just change the direction of the boat, to keep it in line with the flow. Maybe there's a tributary, a temporary experience, so then you row the boat off the mainstream flow to move into the tributary, so we can experience that tributary as well. It's all about observing what's going on around us and whether it's working, whether it's better or seamless. And going with the flow can also mean going the opposite way to change the flow if that's part of the overall flow.

10. "The History Of God" page 219: Entities living in the sun are "in constant communication with incarnate entities on Earth, who are able to understand some of the concepts used to create these new elements that allow them to be re-created in the Earth sphere." (JMe)

- **Are these incarnate entities humans, who are aware that they are in contact with entities living in the sun?**
- **Are any of these Earth entities involved in the creation of elements that are not native to the sun or our current solar system?**
- **Are they elements at a higher scale on the periodic table of elements? "Elements with atomic numbers from 95 to 118 have only been synthesized in laboratories or nuclear reactors" from Wikipedia; are these the types of elements being referred to here?**

The interaction with these beings with those on the Earth is really based upon an energetic and intuitive interaction, so to speak. Clearly there are other entities, who are incarnate. But in terms of human beings, it's generally giving certain human beings a better description or an idea of some technical or environmental concept. There are beings that are here that are higher frequency but still incarnate and use materials specific to their planet and frequency of origin. These materials with the craft or the devices they use are new elements that are not available on Earth, so when we sometimes have a craft captured, analyzed or crashed and their material of manufacture is therefore available to us the analysis of the material has been difficult to identify, or not able to be identified at all. Most of the elements that are on the Earth are known. There are a few that are available to us as a result of alloys and nuclear reactions. But these are a number of different elements that can only be created through nuclear reactions, either fission or fusion. Some of those elements that are created by fission are not created by fusion and vice versa. But these are things that we will discover and these entities are working with us energetically with certain individuals, who are capable of understanding concepts or technology jumps that are new to us. So it's more of the giving the ideas to those who are capable of expanding their mind and delivering the information given to them.

(1:05) I'm just being told that some of them are what you'd call a sideways periodic table, some of them are above or below. I'm being told the periodic table should be three-dimensional as a matrix, not the two-dimensional thing we see right now. So there's some elements behind those that are in the periodic table and some that are in front. There's things that create elements to join together without the use of chemical means. They naturally grow together energetically.

11. "The History Of God" page 226: "There are whole universes that occupy the space of a quark." Is this where some of the SE's 408 universes are located, as opposed to being vast like our universe? (JMe)

My latest understanding of the occupation of space was difficult to put my head around, but simply put in the multiversal environment the universes are separated not only by frequency but also a spatial location within the space they're allotted within the multiverse. So they occupy the space in various different ways, and so the opportunity for the universe to be within a universe is there. It's to do with how the universe interacts with the structure of the multiverse, and whether it's in one particular dimension on a frequential basis. That frequential basis is either in the subdimension or the full dimension. Those subdimensions and full dimensions come in the space of the multiverse and occupy it in various different ways. So there are universes that exist within the space of a quark, and there are universes that exist in between the spaces of a quark. So the quark may be potentially the lowest denominator in terms of the atomic structure of things that we understand as human beings but there are lower quanta. If we go further down, right down to the Anu, the Anu are part of from the physical perspective, the fundamental building block of gross physical space. The Anu is the absolute lowest level that can be achieved in terms of the physical.

12. "The History Of God" page 237: "Part of this understanding is learning the forgotten history of your own race, its interaction with Me and its environment." So, is this another book you'll write: "The Forgotten History of the Human Race? (JMe)

Who knows what's coming out of the books in the future. When I finish this book, The Curators, those entities that manage and maintain the Source Entities multiverse, I've got nine or seven Curators to go through, these will be dealing with the physical universe. A lot have dealt with event space, event streams and higher concepts. But there are two books, one is going to be

called "The Om - The Uncreated Creations" and the other is going to be called "Beyond the Origin" which will deal with wider concepts and the structure beyond The Origins area of polyomniscient sentient self awareness. There's also a couple of books on linking my work with religion and the role of anti Christs. So it could be the book that goes into different religions that might well go into forgotten human history. I think I've got another 8 years to go through. First though I need to forge on and finish the seventh book. The next book is all about different healing modalities, energetic and psycho-spiritual stuff, okay.

13. "The History Of God" page 249: "The committee and I were greatly involved in the introduction of those stored in the ark."

- **Who made or makes up this committee? How many?**
- **Is this how Source normally does things on planets such as earth, creating and using committees instead of doing and figuring out things alone? (JMe)**

(1:10) Well, if you think that the committees are entities, and those entities are Aspects of a True Energetic Self, and those True Energetic Selves are smaller individualizations of Source, and Source is really working itself to create that which is being done. So it's a rather hierarchical structure that manipulates, plans, controls, changes, creates, de-creates and modifies things. The Source needs a smaller part of itself to do the fine detail. So as such then it is doing it, but in a smaller way - it's allowing those things that it creates, those other entities to do the work for it but as it. So Source itself, as with Origin, can't go into the fine detail that we can go into, so it allows us on its behalf, because we are it anyway, to be able to do those things that require a smaller entity or aspect of itself to do. And as we do them, we learn and so does Source.

So this committee is I'm being told is about 144 in general, it is split into 12 groups of 12 that work with different frequencies of physical space. It's all about making sure the physical universe is maintained and used in the highest evolutionary efficient way as possible, and that individual evolution is as efficient as possible. They deal with each frequency level to ensure the modification of each of the environments at various different levels can be achieved when required. They also work on the methods to modify the direction of a civilization. So really it's Source doing it itself, but remotely in a way because we are doing it on its behalf, but because we are Source, Source is doing it.

- **Extra thought: Also note the reference that the dolphin race "communicates with the human committee on a constant basis helping to influence humankind's decision process at the group level" ("The History Of God" page 268).**
- **And the dolphins "arrange a meeting with the committee of man." ("The History Of God" page 269).**

Yeah, I mean dolphins are almost Curators. They're here to provide stability and energetic interactions with others. They provide thought processes in relation to us educating us to work with the possibility that there are other entities of sentience other form factors associated with sentient beings, sentient incarnate forms with a different level of interaction with their environment that is supposedly limited to the sea. They have different methods of moving around as well, they use transcendental methods. They also have aspects, souls like we do, and those aspects or souls can develop a particular function to communicate with some aspects or souls who are part of the structure of the multiverse to try to maintain the evolutionary opportunity on Earth but from a grass roots level.

Okay, somehow I managed to get through all of those questions, which is fantastic. I didn't expect to do that it must have been important to do so.

Part 3. Meditation

(1:14) What we can do now is go straight into the meditation. This is a meditation to energize the body. And this will be a quite short meditation, but it's going to be something, which is fairly simple to do, and not really complicated. It's something that you can do fairly quickly either when you go to bed at night or when you wake up in the morning. You can do this to energize yourself and raise your frequencies. The meditation is based upon the chakra opening exercises because opening the chakras energizes the body on all levels.

The meditation starts around 1:14:45. Please download the audio file to do the guided meditation with Guy Steven Needler via his website or blog. The text for this exercise is in addendum 2 - after addendum 1.

(1:30) Closing comments: That's the end of this particular Satsanga. I thank you again for your participation, thank you very much. I thank Kevin for doing the work later to incorporate it on the YouTube channel. I thank US now for doing the transcription that's done usually within a couple of days of broadcasting this Satsanga.

The next Satsanga is on the 31st of March 2018 due to various different personal commitment. Okay, so I look forward to working with you again and getting a whole new set of questions as well, since I managed to get through them in one go. I'm really quite surprised at that, it must have been necessary so thank you all for those questions, very good questions. God's love to you all and don't forget to be good, be of service, love everyone. Know that loving them, forgiving them, forgetting them dissolves karmic links. Again much love to you all, and I look forward to the next time. Namaste." END

Again I apologize for the very poor quality of recording this time – GSN 27/02/2018

ADDENDUM 1: Excerpt about Walk-Ins [from "The Anne Dialogues" pages 259-263]

"ME: I have to admit that I am looking forward to this particular subject heading. It is one that most spiritualists are aware of and I expect that the content you will present will have a lot of common ground with the current level of knowledge.

A: Let's see shall we, I expect that we will have some new knowledge to discuss as well.

ME: Thank you. It will be good to be back on the trail of new knowledge again.

A: That my dear soul, is the whole reason for your role in this incarnation, to broadcast new knowledge. Enough of the pleasantries though, I want to start.

ME: I know that we are now short of time. I know this event is drawing to a close, and I want to maximise the opportunities we have left.

A: I will continue then.

There are four main types of walk-Ins and incarnate mankind experiences them as:

- One to one Walk-Ins
- Multiple Walk-Ins

- Multiple static Walk-Ins
- Single temporary active Walk-Ins
- Single temporary passive Walk-Ins

One to one Walk-Ins are what spiritualists generally recognise as a Walk-In. This is best described in two ways. Firstly, it can be the result of an Aspect deciding that it has learnt, experienced and evolved enough from a particular incarnation, wants to return to the energetic, and subsequently desires the incarnate vehicle to be used by another Aspect because there is enough longevity in the vehicle to make a Walk-In viable. Or secondly, it made a decision prior to initiation, prior to integrating itself into the incarnate process, that as part of its life plan it would leave the physical state at a predetermined point and another known Aspect would take over the incarnate vehicle and continue the incarnation in accordance with its own life plan and that created by the first Aspect to incarnate into the incarnate vehicle. In this instance the primary incarnating Aspect can choose to experience any length of incarnate experience from a few seconds to the whole incarnation with all but a few seconds. The secondary incarnating Aspect therefore can Walk-In to experience incarnate existence from the perspective of almost a whole incarnation, if the primary Aspect only desired to experience the conception, gestation period and birth of the foetus, to the final few moments of the incarnation in the incarnate vehicle, which would include the demise process.

The psychological aspects of a Walk-In are loss of memory, (of varying levels and durations), changes in personality, disorientation and reduction in, or increase in skill set/s

Multiple Walk-Ins are a condition where the incarnate vehicle is used by either a known, or an indeterminate number of Aspects throughout the longevity of the incarnate vehicle. In terms of the known number of Aspects using the incarnate vehicle each of the Aspects that associated themselves with the vehicle as part of their life plan will have decided which or what part of the “life” they will be incarnate within the vehicle for, the total number of incarnations creating a whole coherent life from the perspective of the external incarnate Aspect that is in the “immersed” state, of incarnation and is therefore not aware and awake to the point of recognising the incarnate vehicle it sees as being anything other than one person one body.

From the psychological aspect the only issue here is that a long term associate (friend) would see a gradual change in the personality of their friend over the years they know them, the changes being specific to when the Walk-Ins swap out.

In terms of the incarnate vehicle being used by an indeterminate number of Aspects, there is almost no plan to the “life” the incarnated vehicle will have. This is because those Aspects that use the vehicle will incarnate when and where the opportunity arises – that being when the currently incumbent Aspect decides that it has experienced enough, or its “life plan” has been satisfied. They will of course have their own life plan but it will not correlate or link in to the overall life experienced by the incarnate vehicle, their plan being able to experience what they can, when they can and doing their best to work with the conditions of the life and its environment that it inherits from the previous Aspect.

From the psychological aspect the external observer would see a completely irrational change in behaviour and personality of the incarnate vehicle over its longevity due to the lack of planning in integration with the experiences and environment the incarnate vehicle is exposed to with previously coherent or incoherent decision making processes being negated and replaced with those associated with the newly incarnating Aspect. The external observer may also note

additional specialisms being displayed by the incarnate vehicle that are specific to the Aspects that Walk-In.

Multiple nonanimate (passive) temporary Walk-Ins are totally unrelated to multiple Walk-Ins. These Walk-Ins are a function of the desire of a number of Aspects to experience the incarnate existence of the primary incarnate Aspect on a temporary basis whilst being in the passive role. That being, they are not in control of the animation of the incarnate vehicle. Provided the primary incarnate Aspect is in accordance with the addition or subtraction of multiple passive Walk-Ins, the number of different Aspects can change or swap out almost on a daily basis.

There is no obvious psychological function of this Walk-In that can be observed by the external observer because the incarnate vehicle is animated by the primary Aspect only, with no interference to the life plan from the passive Walk-Ins.

Multiple nonanimate (passive) permanent Walk-Ins are a function of the desire of a number of Aspects to experience the incarnate existence of the primary incarnate Aspect whilst being in the passive role throughout the total longevity of the incarnate vehicle. As with the Walk-In condition just mentioned they are not in control of the animation of the incarnate vehicle, they are simply back seat passengers, so to speak.

As with the previous condition there is no obvious psychological function of this Walk-In that can be observed by the external observer because the incarnate vehicle is animated by the primary Aspect only. In both this instance and the previous instance of the multiple Walk-In the only way the presence of the other Aspects would be noted would be in regressive or “in depth” hypnosis.

Single temporary active walk ins are walk ins that occupy the incarnate vehicle at the same time as the primary incarnate Aspect and have the ability to animate (control) the incarnate vehicle. Animation is either achieved in isolation to, in parallel with or in tandem with the primary incarnate Aspect. From the psychological perspective, the outside observer would witness similar behaviour patterns to those presented by the incarnate vehicle that experiences multiple walk ins.

Single temporary passive walk ins are walk ins that occupy the incarnate vehicle at the same time as the primary incarnate Aspect on a temporary basis, but which don't have the ability to animate (control) the incarnate vehicle. In this instance the temporary passive walk in is, as with the multiple passive walk in, a purely back seat passenger, observing and experiencing the existence and life plan of the primary incarnate Aspect but not influencing it.

From the psychological perspective, the outside observer would not witness any unfamiliar behaviour patterns to those presented by the primary incarnate vehicle. The only way to identify that the incarnate vehicle housed a temporary Aspect would be via regressive hypnosis.

ADDENDUM 2: Chakra Opening Exercise – A prelude to Traversing the Frequencies and a Body Energization Exercise

1. Find a quiet room where you will not be disturbed.
2. Stand with your knees slightly bent, feet shoulder width apart, arms and hands by your side, close your eyes and focus on the area of the third eye, the spiritual eye which is positioned above the bridge of the nose and between the eye brows. (You can sit in a straight backed chair if you prefer)
3. Ground yourself by imagining a climber's rope attached to you and an anchor buried deeply in the ground. You will need this, and you should keep referring to this grounding link throughout this exercise. This will help you return to the physical.

Each chakra is associated with an auric level (frequency level). Imagine them opening in order. This will allow you to ascend to that auric layer level and frequency.

4. Concentrate on your base chakra. Imagine it as a cone and extend it vertically downwards out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the floor and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 1st Auric layer – the etheric allowing you to also assume this level. Feel the energies that being on this level, the etheric level, Level 1 gives you. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. Make a mental note of it.

5. Move on to the second chakra, the sacral. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 2nd Auric layer – the Emotional layer allowing us to also assume this level. Feel the energies that being on this level, emotional level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

6. Move on to the third chakra, the solar. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 3rd Auric layer – the mental body layer allowing us to also assume this level. Feel the energies that being on this level, mental body level. Do you feel tingling,

Chakra Opening Exercise – A prelude to Traversing the Frequencies

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see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency.

What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

7. Move on to the fourth chakra, the heart. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 4th Auric layer – the astral layer allowing us to also assume this level. Feel the energies that being on this level, astral level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

8. Move on to the fifth chakra, the throat. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 5th Auric layer – the etheric template layer allowing us to also assume this level. Feel the energies that being on this level, etheric template level. Do you feel tingling – are they getting finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

9. Move on to the sixth chakra, the third or spiritual eye. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 6th Auric layer – the celestial body layer allowing us to also assume this level. Feel the energies that being on this level, celestial body level. Do you feel tingling – are they getting still finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

10. Finally move on to the seventh chakra, the crown. Imagine it as a cone and extend it up towards the ceiling vertically out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the ceiling above you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the Chakra Opening Exercise – A prelude to Traversing the Frequencies

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energies necessary to invoke the 7th Auric layer – the ketharic template layer allowing us to also assume this level. Feel the energies that being on this level, ketharic template level. Do you feel tingling – are they getting still finer or have they gone, see colours or images in your closed

eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

You are now at the end of the physicality/spirituophysicality of your human form. Stay at this level of a few moments absorb how you feel, what your physical body has experienced, giving you proof, physical proof that you have actually risen above those frequencies that you are normally associated with on the earth level – the zero level.

11. Slowly close each chakra one by one, starting at the crown chakra and finishing with the Base Chakra by first stopping the rotation of the chakra and then withdrawing it back into its location of origin (refer to the section on chakra name, and location at the back of this lesson). Make a note of the feelings, the feel tingling – are they getting coarser as you descend the frequencies, colours or images in your closed eye vision, heat/cold, pressures around your head, emotional changes. The experiences, the responses that the human form gives you, should be repeated on each of the levels in the descent in reverse order of that which you experienced them on the ascent.

12. To move down from the seventh frequency level to the sixth frequency level stop the rotation of the crown chakra and withdraw it back into the crown area of the head. You are now on the sixth frequency level.

To move down from the sixth frequency level to the fifth frequency level stop the rotation of the third eye chakra and withdraw it back into the area in-between the eyebrows and above the bridge of the nose. You are now on the fifth frequency level.

To move down from the fifth frequency level to the fourth frequency level stop the rotation of the throat eye chakra and withdraw it back into the area of the “Adam’s apple”. You are now on the fourth frequency level.

To move down from the fourth frequency level to the third frequency level stop the rotation of the heart chakra and withdraw it back into the area in the centre of the sternum. You are now on the third frequency level.

To move down from the third frequency level to the second frequency level stop the rotation of the solar chakra and withdraw it back into the area 3 inches above the navel. You are now on the second frequency level.

To move down from the second frequency level to the first frequency level stop the rotation of the sacral chakra and withdraw it back into the area 3 inches below the navel. You are now on the first frequency level.

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To move down from the first frequency level to the zero frequency level, the Earth level stop the rotation of the base chakra and withdraw it back up into the area of the groin. You are now back on the zero frequency level, the Earth level.

13. Finish by removing the mountaineering harness or belt and drinking some water to assist in the grounding. Finish by removing the mountaineering harness or belt and drinking some water to assist in the grounding.

A Description of the Chakras

The Chakras are cone shaped and when fully extended 9"-12" (open) and rotated (clock-wise as you see them, just saying clock-wise however will ensure they rotate in the correct way) they actively pull in energies associated with the specific frequency that they are calibrated to work with). Please note that opening the front (anterior or "A") chakras automatically opens the rear (posterior or "B") charkas because the "A" chakras are our intention and the "B" chakras are our action.

The Names of the Chakras First Chakra – Color: Red – called the Base/Root Chakra or Muldhara Chakra – Anatomical Association - Adrenals: Spinal Column, Kidneys - Located in Groin area, positioned vertically pointing towards the floor away from you.

Second Chakra – Color: Orange – called the Sacral Chakra or Svadhishtana Chakra – Anatomical Association - Gonads: Reproductive system - Located 3" below the navel area, positioned horizontally pointing away from you.

Third Chakra – Color: Yellow – called the Solar Chakra or Manipura Chakra – Anatomical Association - Pancreas: Stomach, Liver, Gall Bladder, Nervous System - Located 3" above the navel area, positioned horizontally pointing away from you.

Fourth Chakra – Color: Green – called the Heart Chakra or Anahata Chakra – Anatomical Association - Thymus: Heart, Blood, Vegas Nerve, Circulatory System - Located in the sternum, 3" above the area where the left and right hand side of the chest join together, positioned horizontally pointing away from you.

Fifth Chakra – Color: Blue – called the Throat Chakra or Vishuddha Chakra – Anatomical Association - Thyroid: Bronchial and Vocal System, Lungs, Alimentary Canal - Located in the middle of the throat, positioned horizontally pointing away from you.

Sixth Chakra – Color: Indigo – called the Third Eye Chakra or Ajna Chakra – Anatomical Association - Pituitary: Lower Brain, Left Eye, Ears, Nose, Nervous System - Located in the area of the 3rd or spiritual eye, above the bridge of the nose and in-between the eyebrows, positioned horizontally pointing away from you.

Seventh Chakra – Color: Violet – called the Crown Chakra or Sahasrara Chakra – Anatomical Association - Pineal: Upper Brain, Right Eye - Located on top of the crown of the head, positioned vertically pointing upwards away from you.

Psychological Function of Chakras

Chakra 1: Quantity of physical energy, will to live

Chakra 2A: Quality of love for the opposite sex, giving and receiving mental & spiritual pleasure

Chakra 2B: Quality of sexual energy

Chakra 3A: Pleasure & expansiveness, spiritual wisdom, consciousness of the universality of life and who you are in the universe

Chakra 3B: Healing and intentionality towards your health

Chakra 4A: Heart feelings of love towards other human beings, openness to life

Chakra 4B: Ego will, or will towards the outer world

Chakra 5A: Taking in and assimilating knowledge

Chakra 5B: Sense of self within society and one's profession

Chakra 6A: Capacity to visualize and understand mental concepts

Chakra 6B: Ability to achieve ideas in a practical way

Chakra 7: Integration of personality with life and spiritual aspects of mankind

Notes:

Chakras situated in the front of the human body (so called A chakras) are associated to our intentions

Chakras situated in the rear of the human body (so called B chakras) are associated to our actions

Activating the Chakras at the front of the body automatically activates those chakras that are at the rear of the body.

Name, Appearance, and Function of the Auric Layers/Levels

Auric layer 1 – Name: Etheric Body – Appearance: A web of tiny blue energy lines – Function: An energy matrix or template of the physical body

Auric layer 2 – Name: Emotional layer – Appearance: Colored clouds in continual fluid motion – Function: Displays and allows communication of the emotional content or feelings of love, joy, anger, etc.

Auric layer 3 – Name: Mental Body – Appearance: Structured bright yellow light emanating from the head and shoulders of the body – Function: Contains the structure of our thoughts and ideas

Auric layer 4 – Name: Astral Level – Appearance: Amorphous clouds of Color infused with rose-colored light – Function: Facilitates the transition of spiritual energy to physical energy and physical energy into spiritual energy. Love between two people is displayed within this level.

Auric layer 5 – Name: Etheric Template – Appearance: Has the appearance of a blue photograph negative made of cobalt blue lines – Function: The blueprint or perfect form for the etheric body to fill

Auric layer 6 – Name: Celestial Body–Appearance: Shimmering light made up of pastel colors with a gold silver shine – Function: The communication of unconditional love and of "being one with God"

Auric layer 7 – Name: Ketheric Template – Appearance: A highly structured matrix of tiny gold-silver threads of light within an egg shape that shows the structure of the physical body and all chakras – Function: Accumulation of past life bands, life plan, holds the auric bodies together