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

"Welcome everybody to this World Satsanga being held on the 26th of January 2019, the first of 2019 held in association with Kevin Moore and The Moore Show. And again as usual, I thank Kevin for all of his work that he's been doing for us in terms of helping to broadcast the World Satsanga on his own YouTube channel and all of the other mediums that he uses, such as The Moore Talk and The Moore Show.

So let's have a look at the agenda for this particular month. The first on the agenda is a quick talk by myself on "Is the digital reality a real reality or is it not a reality?" Then we've got a whole group of questions from people, who listen in to the Satsanga, and I thank them all very much, because there's some really good questions here. I've got lots of backed up questions as well from different people, so there's plenty for the next 6 or 7 months I would guess. But that's always fantastic, because it's good to have a few questions in one's back pocket.

And then the end of meeting meditation is to see beyond the current reality and understand the reason for it. Okay, it's quite…talking about realities is quite relevant at the moment, because of the things that are happening all around us — not only in the United States and the UK, but in other parts of the world as well, such as China and such as Asia and all the worlds, and by worlds I mean countries, in between. So let's have a look at digital reality.

Part 1. Lecture on "Is the digital reality a real reality or is it not a reality?"

There's lots of people that suggest that it is a real reality, but let's have a look at the understanding I've gained from my meditations and communications with Source to see what actually is a reality first and then we'll see whether or not the thought process surrounding a digital reality moves into it.

Well, in essence a reality is something that we create ourselves, and we can either share that reality, such as by making it a local reality or by making it a global reality, if a lot of people choose to buy into that reality or a universal reality, if a whole universe buys into it or if it's a whole group of universes buy into that reality, it can also be classified as a multiversal reality.

It's interesting that a reality can be classified as an environment or interactive condition that we create as a desired function of an event space or event stream. Basically, it's an entity or being generated perception or based condition. And the alternative reality is a person or group based perception or desire for a certain experiential environment within a known environment relative to their thoughts, behaviors and actions, and the desire to ignore that which one does not desire to interact with. And so this is where we start to get our individualized and localized realities.

And an **overall reality** is the experiential condition that is created by the existence of the sentience that is the Origin — it contains all of its personal experiences, growth realizations, creations, expressions of self, including what we do. It is the only reality that can be considered to be static in functional observation. So really what we've got here is an understanding of what reality is.

Let me have a quick look at the remaining part of what reality is from an understanding perspective. It's quite interesting to understand this. So if we look at it from the perspective of an **individualized reality**, because that's where digital realities come from, okay. An individualized reality is what entities with individualized free will choose to create around them, and in some

instances, the fully individualized reality can create full separation from the greater reality. And then linked into that is the **local individualized reality**, which is relevant to small groups of entities within a local reality, such as those living within a certain country. And this occurs when entities are aware of the local reality, but are unable to change the reality that has been changed for them by more influential entities.

So these are the things, which create an alternative reality that affect the individual — what we create ourselves and that which we create as a group of us together, the localized but still individualized reality. And then we've got the **local reality**, which is the official start of convolution within reality. This is the reality within a reality within the **universal reality**. Because local realities can vary in size and number of interactive entities, so it's entities or population relative.

(5 min) Local realities are normally created when a group of entities choose to not only change the function of their interaction with the overall reality, but actually we choose to dissociate any previous knowledge of the former reality. So these three together, the individualized reality, the locally individualized reality and the local reality, are what creates the reality that we can classify as being a **digital reality**. Now clearly a digital reality relies upon somebody being immersed in a pastime, a hobby or something of interest that is created through software or other methods of allowing us to interact with each other via the internet and our computers.

And so the means in which we interact with others from a remote sense but using the internet can be called digital. Now sometimes or a lot [of times] we have games, where people link in together to create one big game, which can include hundreds of people. And this is quite prevalent with Nintendo and Sony, for instance, with X-box and those different things, which are available both for TV interaction or on people's desktops or laptops.

And so the level of immersion to the detriment of interacting with that which is around us in the sort of local reality or even normal individualized reality is indicative of whether or not we are paying attention to the rest of that reality. And so if we are working with something, which is generated as a gaming or an interactive system (such as a game) on a computer over the internet with others, then it is a reality for the period of time that that individual or individuals or groups of individuals are focused upon it and working within it and are considering all their thoughts, behaviors and actions and reactions as being part of that other environment.

And so if that's the case, then that creates an alternative reality. It creates a condition, where they are working within a reality within a reality, the alternative reality condition, which is individualized, locally individualized and local and sometimes even global. Okay, so if the global reality is a further dissection of the overall reality, it's relative to an area within a universal reality that affects a large but not significant number of entities within the universal environment. The global reality can obviously, therefore, be described in universal terms, as being akin to the area the size of a galaxy. But in this instance, we would say it's akin to the area the size of a planet, although global can be much bigger, as I've just said, it can be a galaxy.

So is a digital reality real, a real reality? And the answer is yes, in terms of it being a focus for other individuals to interact with each other within. And if there is a medium that allows them to interact with each other, such as computer programs, games, social media, things like WeChat, WhatsApp, QQ, Skype, all these other things and a plethora of other things like Viber, there's lots of others as well, like MySpace, FaceTime. Although some of these things are probably more linked into the general reality that we have as human beings interacting with human beings and seeing human beings, it still can be classified as digital, because it's using a digital medium to be able to allow those individuals to interact with each other.

And so the digital reality has sort of like two areas. One, the digital reality is a platform, so to speak, that allows people to communicate with each other either via text or by video telephony, or audio telephony, and so it's a digital medium that allows us to interact in creating a local reality or a small group reality between each other, as we're communicating or things like wider social media, such as Facebook, for instance. You've got people, who have communications with numbers of different groups, where members of those groups can be hundreds and sometimes thousands.

Or you have the area of interaction within a digital reality, where it's an individual specifically on their own within a game, and they're immersed within that game environment or other types of environments, such as even work, you know, if you're using some of these different word processing technologies or spreadsheet technologies, for instance, or they're doing something that's immersing their focus, so to speak, and making them look at things specifically to do with a small environment.

(10 min) Or again you have the game environment or other environments that are being used as a more dynamic interaction within different individuals, but within a known digitized environment, such as the game. And so we have different classifications of digital reality there associated with the different types of interaction with others via a digital medium, which is a computer or it can be a text message or a smartphone, for instance, or a tablet-based interactive interface.

So we have different types of digitization that create a reality that we are all interacting with to create an interface between us as the gross physical reality and others in their gross physical reality using a digital interface. Interaction with that digital interface from the perspective of being totally immersed in it and interacting with those in the digital reality only creates the digital reality. And so we can create a digital reality, where it is simply something that we use to interact with each other with either from the perspective of just interacting from the perspective of a game or from the perspective of wanting to communicate with each other using it as a physical interface.

Okay, and the other things are that the individual, who is immersing themselves within the digital reality, that game, that digitized interactive medium in a focused way to the point of detriment of their ability to be able to communicate with others in their very local environment, such as those living in the same house, for instance.

So getting back to the overall question: Is the digital reality a real reality? I would say it can be classified as a real reality, because we give it reality — that reality being the interaction with others within that environment, that digital environment to the point, where we are communicating within that environment as if it is our environment. And that's the demarcation between a game or a digital interactive medium, and whether we are creating a reality within that medium for our own ends or our own entertainment, for instance.

Okay, I hope that explains it. I mean we need to really sort of understand what a reality is first before we can start to work upon the understanding whether a digital reality is a reality or not. Clearly, it's manufactured, but then again all realities are manufactured by us or groups of us or groups within groups or groups that link up with different groups. And so everything that is a reality is created through us interacting with a mainstream reality, which is the overall reality that the Origin creates, and that which is being created as part of the multiversal environment by the Source. What we create ourselves as sentient entities, or in some instances as sentient beings, is a function of how we interact with that environment that we're in and what we choose to understand, what we choose to work with, what we choose to know, and what we choose to accept.

If we accept that a digital reality as being where we're going to have our focus on for a period of time, for instance, a new event space, then that creates and gives it validity as a reality. Okay, well, I hope that helps. It's quite a difficult subject matter to get one's head around, but nevertheless it's useful to understand from the perspective of it being something that we can now understand as being a valid way of interacting with others in terms of how we create a reality around ourselves, how we create the environment around ourselves and what we choose to accept or reject about that environment around ourselves, and if we choose to accept that which is based upon a digital interface, such as computers or our smartphones or our tablets, whether it's work-based interaction or whether it's entertainment-based interaction, that's also a reality. It can be a transient reality or it can be a reality that lasts for weeks or months.

Okay, so these are the questions for January Satsanga. I'm thanking all those people, who have sent those questions in.

Part 2. Questions and Answers

1. Happy New Year to everyone on earth. Well, sitting and reading about all the things that we as humans are doing on earth, to mother earth I felt very sad. So much destruction and raping and I thought what can we do. (MS)

- **After much thought and consideration about how to stop people causing weather bombs, earthquakes, etc. I realised that the only thing we can really do, however difficult it may seem, is "send love to each and everyone one". This sounds easy but I think it's one of the most difficult things to do considering how they** [or we] **are changing the planet.**

(15 min) I think that that's right. I mean, if you think about it, all we can do is forgive and forget and send love. It's difficult to do specifically, if we've been wronged, for instance. But in essence, it's worthwhile considering insomuch as if you can negate something by being in acceptance of what it is and forgiving those that have created it, then we will create a level of detachment from that, and it negates the power behind it and loses the karmic influence as well. So forgiving and forgetting and sending love to everybody is a really powerful way of, shall we say, negating any negativity surrounding what's been happening around us. And there's a statement here to say…

- **This isn't a question, but I thought that many of us have in this low frequency time with so much chaos surrounding us. This is something we need to share and expand with each other.**

And I agree, so it's worthwhile mentioning it. Not specifically as a question, but more as a comment. And the rest of the comment is as follows…

- **It's fine reading your books about what our journey is about and the Multiverse, that's amazing. All these people being sent to help us is wonderful, but we need to do something ourselves, each person acting as a collective working together to raise the frequencies in our everyday lives. I think we forget this and need to be reminded in this New Year.**

Well, now you have reminded us. Thank you very much. It's very important that we do understand that we have got a responsibility for not only ourselves and what we say we're going to do and work with, but also for the environment that we exist within. Because if we destroy the environment that we're in, then we do in essence lose the opportunity to experience

evolutionary acceleration through being in this environment. Okay, the next set of questions from JM, and there's about eight here, so it's quite a lot of questions we can deal with.

2. Early in "The History of God," aliens worked on you in Sweden starting to open your third eye so you could see properly. This was to happen over the next five to ten years. Has it happened? (JM)

Yes, basically, the third eye works in a number of different ways — it's not specifically vision, clairvoyance, so to speak, it can be clairaudience and clairsentience. And clairvoyance can be seeing higher frequency images through the direct interaction with the third eye and the physical eye, so it's overlaid on the physical eye's vision or it can simply be in the mind's eye.

So I mean, really it happened before the five years. I was told that I had a contract with these aliens for five years, where I had to go back to that same space in Sweden and have the work finished off. And although I did that five years, the work was already happening, and so the information I was getting through my interaction with the Source was happening before the end of the five years. So yes, it did happen and it happened before the end of the five years.

- **At one point early in the HoG, the OM at level 20 told you that "It will not be long before you are fully aware." Are you?**

I wouldn't call myself fully aware, no. I think there's a lot more to be aware about. And I think that when I move into working on different subjects, depending upon the different books, I start to realize that I'm only aware of what I knew before and not what I'm going to be aware of later.

So although this can be considered to be "monopresence," so to speak, not omnipresence or "moniscience" rather than omniscience, I would say that the awareness is relative to the frequency that we're working at, and we do get affected by the bulk general frequency of the Earth around us as well. But in essence, I get affected by that as well, as everybody else does, and so we go up and down in our ability to become more aware and awake and sometimes less aware and awake.

(20 min) But in general, I would call myself, if I look back at myself in 2001 and 2002, then I would say at that point, I would consider where I am now to being fully aware. But actually right now I don't, because I can see there's lots more to go. So the level of awareness or awakefulness is only relevant to where you are at any point in your evolutionary progression whilst incarnate. So am I fully aware now? If I looked at myself in 2001 and I saw myself now or 2002, I'd say yes. Looking at myself now at 2019, I would say it's work in progress, because there's more to be aware of and much more to be awakeful of. Great.

- **What is "the great forgetting" that was such a huge catastrophe?**

That was part of, should I say, the "cleaning up" exercise that happened as a result of the demise of the Atlantean civilization, which was, of course, just another incarnate civilization, as far as we're concerned, and we all took part in the Atlantean period. But basically, it's to do with falling down the frequencies to the point, where we start to forget who and what we are and become almost totally immersed in our incarnate condition while on Earth. So it's basically losing our frequencies, and therefore, losing the communicative ability at higher frequencies associated with being at higher frequencies, because we've gone down to a lower frequency. So that's what happened there.

- **When discussing why time is finite, Byron says: "The Source decided when our departure would end, and we would all be together with the learning and experiences**

completed." This sounds like everyone will be fully evolved eventually, whether they work at it or not. Can that be true?

Everybody has to work on being evolved and when we've all mastered incarnation and then continued to evolve through being purely in the energetic, and we've all got to the point, where we've experienced everything that can be experienced in every way and interacting with others in different environments within the multiversal environment, and our True Energetic Self has risen to the 408th frequency, then we can consider the opportunity to recommune with Source. And when we've all done that and recommuned with Source, then we will be fully evolved. And everybody will get there irrespective of what they appear to be in this particular incarnation.

We will all get to the point, where we will be back in full communion with Source. But that's going to be a long way off in the distance, so to speak. Specifically, from the point of where we are looking at it, I should say, because the event space has already got it happened. In event space, if you could look at event space, everything's happened already. Everything did happen, would happen, should happen, could have happened, might have happened, would have happened, potentially would have happened, it's all happening right now, so it's already happened.

- **In the HoG, Hum says that the Earth has fallen down nine levels. Are we still at minus nine?**

Hum: fallen down nine levels. Really the Earth at one point was around the top end of the frequencies associated with the physical universe — if you remember, there's twelve frequencies (FB 1-12) associated with the physical universe, and it's the only universe that has twelve frequencies to create it. And although the Earth is a panfrequential body, that means it's represented on each of those frequencies associated with the physical universe, we are now predominantly seeing from our perspective…there are other incarnate entities that exist on other frequencies within the physical universe, who are, for instance, looking at working with the Earth, but we wouldn't see them, because they're higher frequency.

So there's lots of other incarnate entities on the Earth, but we don't see them. Whereas [when] we evolve as an incarnate entity and move up the frequencies, we have the ability to see more of the content associated with the physical universe that's on Earth as well. So at one point on the Earth, we would have been working with the Earth at the 12th frequency, so it's not the case of the Earth dropping down nine levels, it's the fact that we've dropped down nine levels and we're seeing the Earth on the third level of frequency, the 3rd frequency, which is what the real gross physical is represented within. And the answer is yes, we are still relative to the way the Hum explained it, we are still minus nine.

(25 min) We're sometimes minus 8.7, etc., etc., but…if you're looking at it the other way around, we are sometimes 3.1, 3.2, 3.5, etc. We've been quite high, but we've started to drop down again. We are still down there and it will be quite some time before we come out the other side.

- **In "The Origin Speaks," our SE tells you that "you are now entering into your exalted position," and that you will realize this position in good time. Any further light on this?**

The more I get, should I say, the ability to see more things and experience more things and have to write about more things, the more humble I get. So I don't know about feeling that I'm in an exalted position, I feel that I've got a position that is very humbling, it's a lot of hard work and will, of course, be just a stepping stone for other incarnate entities to move on from.

So I see it as being more of a case of realizing that I'm being of ultimate service and that that ultimate service sometimes goes noticed and sometimes it doesn't go noticed, and sometimes

that's disappointing, but that's just my ego. So I have to work on the ego to not be disappointed and just do it. And so I think that understanding what an exalted position is really is recognizing that there is a lot of individuals, who are being positively affected, I hope, through the work I'm doing. And if that's an exalted position, then that's fine. I find it's still very humbling and it's a great responsibility as well. And of course, when one is put in a position of influence, one should be humble, because it is a great responsibility — influencing others and having the ability to influence others in any way, shape or form is very, very responsible. And so we have to humble, when we do that sort of thing, okay.

- **In TOS, the Origin discovers a new Source Entity that has developed from an energy tendril the Origin lost track of. So there are at least 13 Source Entities. Or are there more now? Have you gotten in contact with SE13 or any others? Fodder for another book?**

No, I haven't been in contact with this Source Entity 13 — maybe it is fodder for "Beyond the Origin," which will include not just things that are beyond the current area of polyomniscient sentient self-awareness that the Origin's got. It's not actually beyond the Origin, it's just beyond that particular polyomniscient sentient self-awareness, but also it will add extra information from the first that is above and beyond "The Origin Speaks" book.

One of the things I have noticed is that there may be eleven more groups of twelve Source Entities. And this is something that I've got to investigate further and that again could be within the book, "Beyond the Origin," because I think that's very important to understand. Now this has been something that's been kicking around within my understanding and ability to see things for some time now. And I'm starting to understand that really the environment that's the Origin is so vast that it may well have created 12 x 12 [144] Source Entities. And all I've been given access to is not specifically the first 12, but a specific group of 12 that are linked to each other in some way. I'll need to look further into this to see what's going to happen.

In a way it will be fodder for another book, thank you for asking that question, because I wouldn't have remembered it, to be honest, I don't feel, at least not straightaway anyway. It may have come through as part of the communications with the Origin in the next book that we're talking about anyway.

- **In TOS, the Origin says that information it is receiving from Source Entity Twelve is "very interesting," and that the two of you should go out to see what it's up to someday. You agree, stating: "I can see another book on the horizon." What will that book be? And when?**

Well, that's the book that's going to be called "Beyond the Origin," so I'm very pleased we've already answered that question. And it's interesting to note that it's clearly becoming obvious that there are a number of different things that we need to see already that are part of the current understanding gained from not just my work, but other works as well. And so it's very important to understand that there are more things to understand, and that maybe there's another book that is required to do that. Thank you to JM for those questions.

3. Some people say: "Ascension has to be earned, and there are people out there toting it as something we can get through a few workshops. Real ascension is achieved only through lifetimes of hard toil, intense effort and sadhana — spiritual labor." (US)

- **Is this how you see it? Or are the times and frequencies different now?**

(30 min) Ascension does have to be earned and it is hard work. Going to some workshops helps. They can be sometimes used as a stepping stone. They can be sometimes used as a

means of giving us tools to allow us to move further forwards, upwards as well. So my understanding would be that it's a mixture of the two. Sometimes we can use tools to help us get places, because the frequencies are higher, and so we don't need to do certain levels of hard work or toil or spiritual labor. But in essence, we do. So we can use some of these workshops as tools to help us with our intense effort and hard work and spiritual labor. Okay, so that's my understanding of that.

- **Is that why your "Traversing The Frequencies" (TTF) workshops actually do work to connect us to our soul, Higher Self and Source?**

Yes, this is one of the stepping stones. Doing the Traversing The Frequencies work and being able to be robustly, continuously and repeatably linked with Source doesn't stop you working. It doesn't stop us from having to work on ourselves — that's just a particular stepping stone that allows us to understand part of the greater reality and realize the responsibility that we've got to ourselves and others to continue to work on ourselves.

So the TTF work is actually just a tool to help get you there, to get you to a certain level, where you can start to progress further. And I always say that students that get to Level Three, this is just the start. You should be doing this every day to understand where you are. And even I sometimes have to realize that I'm not doing enough — I don't think sometimes, it's all the time.

And that can be distractive in terms of understanding and interacting with the rest of sort of incarnate humanity as well, so there has to be a balance there. So we have to work with a balance in terms of making sure we do our hard spiritual labor, we do take the opportunity to use certain tools to help accelerate our progression, but also we need to understand that we need to have a balance in how we interact with others whilst we're here as well.

- **Or is it because your teachings attract a select group of students that have already done such work in other lifetimes?**

Yes, I would say that the number of individuals, who do the TTF workshops are what I would call a qualitative number rather than quantitative number. So from that perspective, one has to be at that level of expansivity and ability to be able to link in to the greater reality using the TTF workshops. Now it doesn't mean to say it's the least program, it's not — it's just that the timing has to be right for somebody. And you can have somebody who is, for instance, not as highly evolved as somebody else, who would also notice the TTF opportunity and take it, because it happens to be right for them at that time.

So being more evolved than somebody else isn't an indicator of whether you would benefit from the TTF workshops. But it means that they are in a position, where they are capable of noticing the opportunity, and I suppose that is to do with other work and other evolutionary opportunities that have been experienced and worked on in other lifetimes as well.

- **Does ascension have to be achieved through "hard toil," "spiritual labor" OR could it be easier than that even on this plane of existence? Please elaborate.**

When we're a higher frequency and we affect the frequencies around us, then the frequencies of other people are also affected in a passive way. This is to do with the different forms of triangulation that we have, either direct line triangulation or inflationary triangulation. And so when we start some of these workshops, we can interact with the workshops and gain the benefits of those workshops faster now than we could do 50 or 60 years ago.

As it happens, because the frequencies were higher about five or six years ago, we would have benefited from those workshops much more five or six years ago than we do now. Again that's

just a function of the base frequency of the Earth dropping down a bit, because of us all getting complacent basically and thinking we've made it and we actually haven't. And therefore, we stop to work on ourselves, and when we stop to work on ourselves, our ego takes over and we start to drop down the frequencies again. And this happens to everybody.

(35 min) And so we can get negative inflationary triangulation and we can get negative direct line triangulation as well. So in essence, there was a time when we didn't need to do the vast amount of personal psychospiritual work on ourselves that I did with the Barbara Brennan based healing studies that my teacher (Helen Stott) made us do, which was important and necessary. And there was a point, where we didn't need to do that, because the Earth overall was a higher level. But now I feel we are starting to come back into the frequencies, where we do start to need to use it again.

Interestingly enough, another student of mine, a teacher and Level Three student of mine went to a weekend in the Valley of the Pyramids — I think it was around 2014. And she said that there was a young yogi there, who had stated that his body had been taken over by the soul of Babaji for a couple of weeks. And the proof of this was that he was playing a flute and he couldn't play a flute before, but Babaji could play a flute, so he'd picked up this ability to play a flute. And that was part of his proof that it actually happened. But on top of that, he said that Babaji had told him that the only thing that you need to do at that point in time, which is now five years ago, to progress was to be a vegetarian and meditate and quote: "You don't even need to do kriya yoga now."

Well, I mean kriya yoga was the fast track at that point in time, some time ago with Paramahansa Yogananda to becoming self-aware and self-conscious and achieve samadhi, which is being able to transcend the physical and be in connection with the greater reality, which is what the Traversing The Frequencies workshops do. And so at that point, things were so high frequency that we didn't need to do some of the really, really hard work, because we were naturally higher frequency anyway.

But now we are lower frequency again, because of what's happening around us, we do need to start doing things that are, shall I say, the base ground foundations of everything. And that includes things like combing our chakras every day, which is what I teach in the first lessons of Traversing The Frequencies. The basics of what we do need to be referred to now, because we've become lower frequency. So although we could make things easier and could have achieved things easier some five or six years ago, we can't really do that so much now, unless we are resilient against the drops in frequency, which some people are.

- **You said that your next book will be about Diseases and how to heal them by psychospiritual programming and other healing modalities?**

That's the healing book, by the way. It's called "Psychospiritual Healing and Other Healing Modalities" — I haven't got a full title right now, but it's all about healing, energy healing and psychospiritual healing as well.

- **What disease conditions will you be covering in that book? The more the merrier for humanity's sake, based on what some of my readers have told me.**

Well, basically it's going to go through the basic understanding about energy healing and will be based upon the work that I was taught by my teacher Helen, who was a first generation student of Barbara Brennan. So there's quite a few references and I've cited Barbara a lot, because it needs to be done. You have to recognize and respect the work that somebody else has done from an academic perspective.

So it goes into different things that can be done there, things like organ reconstruction, healing the aura, the energy templates that create the human form, and the chakras, etc., those sort of things. But it will also be about removing astral entities and healing diseases that are created through incorrect thoughts, behaviors and actions rather than actual sort of physical damage or other diseases that are part of a genetic issue.

(40 min) Okay, and the psychospiritual side of it will be about reprogramming things from a psychospiritual perspective, which create a physical response or a physical dis-ease or detriment to the individual. And also within that psychospiritual programming, there will be the opportunity to reprogram DNA structures energetically, so that they can start to correct (with the help of changing the energetic templates that create the human form) any dysfunctions that are there that create disease, etc., or create some forms of physical malfunction, dysfunction or disease or disability, for instance. So that's what it's about there. And the next part of the question says…

- **Some [of my readers] say that autism, schizophrenia or bipolar disorder are "terrible" human conditions — there is nothing "spiritual" about them. It's outrageous to even suggest that! They need medications. Some say what is "spirit" anyway — maybe these people are possessed by demons or angels?**

Or maybe they just need to be understood. And the thought processes that create potential schizophrenia or bipolar disorder or even autism just needs to be worked with and recognized, so that they don't become terrible conditions, but more they are a different type or way of existing and a different type or way of connecting with other entities or a different way of interacting with the empathic conditions that we experience.

And so, this is part of what the book is going to talk about and how to deal with these different things as well. I mean I don't see autism as being a disease. I don't see schizophrenia as being a psychological problem. I don't see bipolar disorder as being a condition that is insurmountable. I see them all as being misunderstood ways in which we exist. And if these things can be understood and the reasons for them are being understood, and the individual patient or client can be re-educated and reprogrammed, or not as the case may be, then these things will be fully understood and they will no longer be classified as being non-standard, so to speak, or diseases or a condition, which is not normal. The last part of it is…

- **This is why your next book is really necessary to increase our understanding of physical and mental illnesses and their healing from a higher perspective.**

Well, thank you. Actually, I thought that book was going to be finished in about June-July this year. With the amount of stuff that's coming out, I'm doubtful of that now. There's quite a lot coming out actually and I'm already around the 40,000 word mark, so there's lots of stuff there. And I've got to see if I can get some good images to explain what I'm talking about, things like showing the chakras as I see them, and examples of some of the ways in which chakras can present themselves to us or some of the things or ways in which we can perceive them.

And also things like, you know, seeing astral entities and working on spine cleansings and all of these different things. There's going to be a need for a number of different images or drawings that are going to be created. And I've ended up doing some of it myself, but I've got a very nice partner, who is very good at art and is currently being persuaded as to whether that can be done for this particular book.

The last question before we go into the meditation, so I've got a lot of questions in the background. A question arrived today, which I've had to put until next February. The February Satsanga, by the way, will be done in India, because I'm spending around three weeks in India

and then I'm going to go to Sri Lanka, and the Sri Lankan part is sort of holiday, sort of research, whereas the Indian side of things is three different locations: it's Mumbai, Pune and Hyderabad, and I'm holding some really intensive mini-workshops there for the people in those different areas. And they are all linked in to a gentleman called Dr. Newton — he's a very good, influential spiritual leader that has got a lot of, shall I say, progressive ideas for educating people and spreading the knowledge of the greater reality. Okay, the last question is from OM.

4. I have a question on meditation. Meditation is a part of my life now, and from my experience I noticed that meditating in the nature with barefoot on the ground is always best. But it is not for the snowy winter. (OM)

Well, if you haven't learned how to melt the ice around your meat around you, which is what good Tibetan monks and Zen monks are able to do, I can understand why it's cold.

- **The coldness distracts my focus. Is there anything we can do with indoor meditation to have an equal result as meditating in nature? Thank you very much!**

(45 min) It will do and anything that distracts your focus is detrimental to meditation. That's worth noting.

Well, thanks for that question, and I would say that one of the ways in which you can effect a really good meditation is to in effect sit in a straight back chair or in a lotus position if you can, or if you're into Zen, you can kneel in the way that the Zen Buddhism monks kneel when meditating, and position yourself facing the east, so you're getting the energies.

The energies move over the Earth from the east, because that's the way the Sun rises and falls — it rises in the east and sets in the west. The cosmic energies that are associated with the Sun fall across the Earth coming from the east onwards, so that helps. Also so that your meditation time in one of the daily equinoxes of midnight, 6 in the morning, 12 noon or 6 in the evening, for instance. So you've got those cardinal points: midnight, 6 in the morning, 12 noon, 6 at night. If you can meditate at one of those [times] days, you get more energy coming in through that way.

But also sitting in a straight back chair is preferential, if you can, and another way of doing it is to isolate yourself from the Earth, from the energies associated with the location that you're in, the environment you're in. The way to do that is to get a woolen blanket of some sort, pure wool, and just drape it over the chair and also have some part of it on the floor, where your feet are going to be and that will insulate you. So that creates a condition where you are not influenced by the environment around you — this being the house, for instance, and the energies associated with the house. And so it brings you back to a neutral condition to what you're experiencing, when you're outside meditating in a woodland area or a grassy area in a park, for instance. So that's one thing that you can do.

The other thing is that if you do that and you have a number of different house plants around you as well, that's worthwhile doing. And if you have any cleansing crystals that you can use, you can also place those at one of each corners of the room that you're in as well or place them around you, one in each corner for a square, for instance. That will help you as well. Just make sure that the crystals you've got are cleansing crystals.

Or if they're silicon crystals that you use your intention to clear them, and you can clean and clear them by putting them in a solution of salty water. And the cleansing is better achieved by having the crystal in the salty water on a full moon with the energies of the moon also bathing the stone as well. That really cleans it off. Then you can hold it in your hand and use your intention for that stone to provide a link with the Earth energy, the energy of nature, and that's when you're meditating, it will project or maintain like a bubble of energy for you that is part of

the natural energy around that isn't affected or interacting or interfered with by man. Okay, so that's one thing you could do as well. It's best to keep yourself comfortable without a doubt, being uncomfortable, being in pain or the environment being too cold or too extreme does in fact cause a problem in terms of how we are able to focus on meditation. Okay, so that's good, so try to use that and that will help a lot.

Part 3. Meditation

(49 min) Right, nearly at the end of the Satsanga now, so what we need to is just go through the meditation associated with "Sensing the reality around us and accepting it." The meditation is to see beyond the current reality and understand the reason for it, so that's understanding our reality that we're in now.

Please download the high quality MP3 File to do the guided meditation with Guy Steven Needler via his website or blog (meditation starts around 49:42 min).

(1:03) Closing comments: Well, thank you very much for listening to this Satsanga and participating in the Satsanga, the questions, the short talk on the digital reality and this particular meditation on seeing beyond the current reality and the reason for it.

And I look forward to sharing the information on the next Satsanga with you, which will be in February — I believe it's going to be…let's have a look — it's going to be on probably the 23rd of February, 2019. So if I can have by the 15th or 16th of February the questions and it's going to be held in India, so I'll let you know where I'm staying. God's love to you all, Source's love to you all and please do enjoy being of service to others. It's most important. Okay, namaste and blessings to you all." END