

## Transcript of the Mumbai Sanga in India on February 21, 2019

### Lecture by Guy Steven Needler:

“**God** — so when somebody says, I am God, and we all say, Really? Well, actually they are, but do they understand what that means? So when we think about God, we think about a higher being, something which is beyond us — All Seeing, All Knowing, All Benevolent and the Americans in their quite distinct error call God something that they should fear. But we shouldn't fear God at all, because we are our God.

In essence, our creator created countless billions of smaller versions of itself within itself within an environment that's also within itself to allow it to work with and understand the smallest aspects of itself. Now what does that mean? Why does God want smaller versions of itself to look at itself? Well, if you think about it, do you know what every cell in your body does? Can you communicate with your cells in your body? Can you communicate with the atoms in your body? Would you be able to see what the atoms in your body are doing? Or even lower, you know, the electrons, the protons, neutrons and lower than that the leptons, the quarks and the strange and the charm right down to the Anu, the absolute building blocks of who and what we are?

If you think about it, we can't see — we can't see what's just below the surface of our skin. So it stands to reason that that which is our creator might also wonder what's below its skin relatively speaking. So it created smaller versions of itself with little portions of its sentience to allow it to understand itself through those smaller portions, because they can get into the minute detail. We can't get into the minute detail of the cloth there. We can't see the surface of the weave, the little entities or little bacteria that live in between the weave. You know we need an electron microscope to see that.

So again how could a larger creator see it? If we have a telescope, we can't see things up close to us, can we? We could only see things that are close up to us in a microscope. But a microscope can't see what's further away either. So we start to see that there is a reason, a relevance why a larger being would want to create smaller versions of itself within itself to allow it to understand itself. And so we are part of that which created us, that which we call God.

But that's placing us here and God there and there's something else in between. That's something that we call or what I'm told to call a **True Energetic Self**, which we sometimes call the Oversoul, we sometimes call the Higher Self, and some people call it the Godhead. Isn't that an interesting word, Godhead, which means the link between God and us, which means there's something else between us and God.

Now this Godhead, Oversoul, Higher Self, True Energetic Self is a mixture of two things: sentience, which I'm told to call a True Sentient Self, which actually is detachable from energy and energy. And the energy is what's used as a body, a vehicle to be able to do certain things, to experience different things in different environments that are part of the structure of our creator. So think of us as being something like the sub-substructure of the leptons, of the quarks, stranges and charm. Think of us being the Anu, the very basic building blocks of the gross physical environment around us, and that which our creator is is equal to our human body. Think of it in those terms, it's easy to understand it that way.

Now that large body of sentient energy is called Source or God. There's lots of other names for it as well: Jehovah and all sorts of names, they are all different names we've given to that larger

piece of sentient energy. That which created us created actually a much bigger part of ourselves, our Godhead, our True Energetic Self, Oversoul. Now that has a body of energy that's used, that's given or it could commandeer to allow it to experience these other parts of the environment that is inside the Source or God.

(5 min) Now the Godhead or the Oversoul, True Energetic Self, which is a mixture of sentience and energy also has the ability to subdivide itself. And so it can subdivide itself into twelve smaller versions of itself whilst maintaining a larger volume of sentient energy. It has to keep around 70% of its sentient energy in total whilst the rest of it, the other 30% is projected into different parts of the environment that's within the creator. We call it a multiversal environment, because it's a series of environments within a larger environment. Think of it in terms of rooms within a hotel. The larger environment, which is called the multiverse is the hotel, and the rooms within the hotel are the different universes that are there.

And they're all created by a mixture of frequency and sub-dimensions and full dimensions all within a larger piece of structure that's called a zone, and there's another nine levels above that anyway. But this is where we exist within. And those little parts of us, those smaller aspects of the True Energetic Self or Godhead can be projected into any part of that multiversal environment, but they tend to be projected here in the lowest frequencies, where the most opportunity for accelerated evolution can happen.

We experience things, the minute detail of this environment called a multiverse on behalf of our True Energetic Self, our Higher Self, so that it passes on that information, that evolution to our creator, our Source. And there is another being above that, but we shan't bother talking about that, because there's not much known about it yet. There is another book later. But basically we experience, learn and evolve through our True Energetic Self, which again experiences, learns and evolves for its creator, our God or our Source.

So there's twelve smaller **aspects**, what we sometimes call a **soul** that can be projected into any of the universes within the multiverse — any of the rooms within the hotel. If each of those was projected in one go, then that 30% of the sentience that can be distributed equals 2.5% of the total sentience of our True Energetic Self. So if we're all, let's say there's twelve of us here, for instance, and we're all from the same Godhead, then we've only got 2.5% of the sentience of our Godhead, which is actually quite a lot, okay. It's quite a big chunk of sentience.

However, if only four were projected, that Higher Self or True Energetic Self or Godhead or Oversoul could choose to distribute that 30% equally amongst those four, so they could get 7.5% of the total sentience of the Godhead each, which makes a really special being — I should actually say really special entity. I'll describe the difference between a being and an entity in a moment, okay. So what we've got is a potential for certain souls to be really quite special in terms of what they can do, how they can manipulate the environment, how they can work with the environment, how they can bring information to us, how connected they are to their True Energetic Self, and what they can do here. These sort of entities tend to be classified as **masters**, sometimes ascended masters. There is a higher level of sentience associated with them and a higher level of evolution as well.

Let's go back to the standard soul with 2.5% of the sentience. That soul can also project another twelve smaller versions of itself, which I'm told to call **shards**, smaller aspects of the soul or the aspect. So each of us could have a maximum of twelve smaller versions of ourselves incarnating in different bodies, not necessarily on this planet, but on different planets as well in this particular universe, and also be experiencing, learning and evolving at the same time as us.

Now they would have a percentage, 30%, because we also need 70% of our 2.5% of our sentience. They would have a percentage of the 30% we give them. So they would have 2.5% of our 2.5%, so they would be not really able to understand or work with the same type of expansive information that we do.

(10 min) That doesn't mean to say they wouldn't be considered to be, for want of a better word, successful in the material world. They can still be prominent individuals. They can still be rich and famous people, those sort of things. But they wouldn't be thinking about what's beyond the physical. They would be completely limited to the material environment and immersed in their incarnation.

All of this stuff, this splitting out of sentience and energy to different souls and shards allows the larger part of us to experience, learn and evolve in a multiple way. So it's the potential there for us in a bigger sense, our Higher Self, to experience 144 different existences concurrently, that's at the same time. The reason I'm using the word concurrently here is important, because actually there can be more than 144, because every time we have a potential for a **choice** — we can go that way or that way, we can choose to buy something or not choose to buy something, we can choose to go to see a friend or not choose to go see a friend, we can take this job rather than this job, we can go to this university rather than this university — a parallel condition opens up.

There is something called **event space**, which permeates through the whole of us and our creator and our creator's creator and that creates parallel conditions. So there can be thousands of us experiencing slightly different aspects of a major theme. So for instance, there might be 3118 of you doing different things, slight differences, because you've made a choice. Now we don't grow exponential numbers of us, because some of these things hit what's called an evolutionary dead end basically. So when that evolutionary dead end is hit, it comes back into the previous branch of localized mainstream existence that it was branched out of from in the first place.

So if you think about that tree — think about a tree where there's lots and lots of branches...here if you think about this tree, that's an excellent example. If you think about how we experience things, the trunk is the mainstream that could be the maximum of a 144. Then we might branch out, because we've got a choice, and we might branch out again, because we've got another two choices. So one choice can become two different existences, and two choices could be four different existences. Or we might have three choices, which means another three choices. So all of these different parts of us can be experiencing different things, slightly different things, depending upon where we chose to go.

When it's finished, they migrate back to the mainstream or next main branch. When that's finished in totality, they all migrate to the next main branch and then follow the next main level of existence until maybe another branch comes out. Maybe they come out very quickly actually, and so we can experience things in a multiple way.

You've heard of the **tree of life**? This explains it, doesn't it? It explains how we experience things. So actually, the tree of life is two ways. It's explained with the root, isn't it? And it's explained with the branches. Rotate it around and irrespective of where you go and you're going from one set of parallel experiences back to the root and out again. So it's back in and out, back to weave back in and out, away from that which we've experienced in a parallel condition and in a concurrent condition back to where we were. So we exist in multiple ways based upon who we

are, how we incarnate, what choices we have, what particular environment we, that our souls are projected into, and how many different diversifications there are.

(15 min) There are many different types of this space or **realities**. There's the overall thing called event space, which is the basic understanding I have is of what we used to call "**time**." Who believes that time doesn't exist? Yeah, it doesn't exist. It's something that mankind has created as a metric for something that doesn't exist. We're very creative. Nobody else in the universe uses time, but we do. But because we exist in these little events, these progressive events, which could be part of a larger event stream or formed of small event bubbles, we can experience them concurrently all in one go. So that's why people can sometimes say that they've experienced a future themselves or somebody else's future or somebody else's past, because they're all linked together.

One of the ways of understanding this is to think that everything is in the same space. And if we think about a rubber band ball, and you've all made a ball out of rubber bands, where they're together and you get this large ball of rubber bands, which is better than having lots of rubber bands in your drawers. This rubber band is an excellent example of how we exist. Everything is in the same space, but each rubber band equals a parallel condition or an event or a series of events or a stream of events. And they're all linked together, because they all touch each other either directly or indirectly through another event, so everything exists in the same space all at the same time.

So if we know how to navigate around the different touching conditions of these rubber bands, which equal the different set of experiences in different environments, then we can move from them, move our consciousness around. That allows us to see what we call the future or the past or the present or a different reality, which is based upon our own interpretation of what we're experiencing. So each of us has a different reality that we work with based upon our own personal desires, expectations and requirements, and how those also link in with other people.

So not only do we create different spaces around us, which is one of those spaces is here now, one of those realities is within that space here and now. We also create different flavors of it, different realities within it based upon how we interact with it as well. So it can be quite convoluted, because we can have spaces within space, events within events, that lead to events that are generated by an event, that could generate another event, that generated the event that generated the first event. So we can exist anywhere and everywhere.

It's just that right here on this planet, we experience things in a linear way. We experience things in a linear way, because it's so low frequency. Where we naturally live is a function of our evolution within a static and linear progression through the static structure of the multiverse, which is part of the structure of our creator. So we exist in a higher frequency, which means that we can experience everything concurrently. We are omniscient and omnipresent. All we have to do is change the focus of our sentience and we can move from here to somewhere else — not necessarily in the same universe, but other universes. We can commune with our creator at any time. We can commune with our True Energetic Self at any time. It doesn't really matter. We just move around.

When we incarnate here, we undergo a series of quite radical changes to us. This larger ball of sentient energy that's called the True Energetic Self or the Godhead or the Oversoul or the Higher Self projects this smaller aspect of itself, its sentience and energy into a vehicle that allows it to experience this particular location within the low frequency environment that we call

the physical universe in a way that it's supposed to be experienced. And that means that we take part in being part of it.

(20 min) So we squeeze all of this high frequency energy down through a series of frequencies to experience a vehicle that allows us to experience other things, like resistance, like the need to eat food to sustain us, the need to interact with other individuals who are also experiencing resistance and striving for different things and trying to create things and work with things.

**Creation** is a high form or one of the things that tells us that we are sentient beings. Creation of something, observing the creation, understanding the creation, improving the creation and re-observing it — that's **sentience**. **Consciousness** is a precursor to sentience. **Intelligence** is a precursor to consciousness, as is **self-awareness**. So all these things come out of it in trying to understand who and what we are.

So we come here to experience, learn and evolve. The **human body** is a bit like a diving suit or a submarine. What we have here is an excellent example, because you can see it — high frequency and low frequency. High frequency is the air, low frequency is the sea. The sea is low frequency air, isn't it? Water, if you reduce its frequency by cooling it down, it becomes clouds. If you reduce its frequency again by cooling it down again, it becomes water. If you reduce its frequency again by cooling it down, it becomes ice. We can move through air ever so easily. We can't move through ice very easily, can we? And we find water quite difficult as well, but we can move through it.

And so what we have is the ability to move through a lower frequency environment by giving us a vehicle to do it. So whereas we might use a submarine or a diving suit to do it, in this instance we use the human body instead on this planet. We use other body types, other incarnate vehicles I'm told to call them on different planets in our galaxy and different planets in other galaxies in the physical universe, which doesn't just include the galaxies that you can see, it includes other galaxies you can't see.

And that's not just because of distance, it's because of frequency, because the **physical universe** is quite unique. It uses twelve frequencies within the multiverse to create it, because they're all low frequency, so it needs lots of them to make it work. But within this set of frequencies that create the physical universe there's levels in which we can incarnate into. And so we're on the first three levels, first three frequencies. Scientific mankind calls it three dimensions, but it's really three frequencies. Dimensions are a much higher piece of structure that we work with, much, much higher piece of structure.

If we were able to look at the fourth frequency level, and we're not getting too far away now, because some of our digital photography or should I say a byproduct of digital photography is that the little coupled charge devices (those are the sensor array, they are the megapixels, if you want to call it that) pick up frequency, not light, frequency. **Light** is a function of frequency and the colors of the rainbow are a limited function of light, which is frequency. They pick up much higher levels of frequency, because they're inaccurate basically, and the software translates that into something, which is why we sometimes see orbs, which you can see with really good quality structure within, if you have a very high quality camera.

So we are starting to see that which is in the next frequency level, which is much higher than things like radiation, alpha waves, gamma waves, beta waves, microwaves, you know, all the giga Hertz range we use for digital television broadcasting and that sort of things, well above that. So when we've got the right machinery or we work on ourselves and raise our frequencies, we'll be able to see these different things, so we'll start to see the other galaxies that are in

between the black gaps in between the galaxies we can see at the moment. The higher up the frequencies we go, we'll see more and more and more. So as we go to say the eleventh or twelfth frequency, we'll notice that what looks to be a big, black universe with the odd dot of a galaxy is actually very, very full with the odd dot of blackness, which is the gap.

(25 min) So the physical universe is full. It's just dependent upon the frequency we see it at. But interestingly enough, when we incarnate in these higher frequencies, those entities that incarnate on say the fifth level of frequency (which happens to be the upper lower astral in our terminology) can see and work with those below, but they can't see above. We can't see the fourth, but they can see the fourth and the third and the fifth, but they can't see the sixth, because it is higher. So we start to see that there's lots more there, and we understand that there's lots more there.

We're starting to understand that we can work with things that can't be seen and touched and felt and tasted. That's what radio waves are. About 130 years ago, we used to call it the **ether** — that which couldn't be seen or touched — the **spiritual**. So 130 years ago radio waves were spirit. We're a bit more advanced now in our technology and in our education, so spirit goes above that now. We recognize that spirit is now above radio waves, but actually at some point we'll see it what it is and then spirit will go higher from our perspective — it will get to the fifth frequency, because we may be on the fourth frequency.

Getting to how we **incarnate** here, a number of different things happen. Being a small part of this vast area of sentience and energy, there has to be a sort of step down function that allows us to work with this body. So there ends up being three frequencies that the energy sort of gets funneled into, sort of squashed into, and those three frequencies move into a place that's called the **Hara line**. You've heard of the Hara line, yeah? The Hara line connects us to spirit, doesn't it? I'm not talking about the little silver cord that attaches the sentience to the body, when we astral travel, I'm talking about the bit that connects us to our Godhead.

But that has to be protected and the Hara line is a sort of like a minute tube, a little bit like a hypodermic needle and the middle bit is where the sentience comes down. As it comes down, it gets smaller and smaller and the **bandwidth** or the ability to communicate gets more and more reduced. So we end up going to a point, where we almost lose connectivity with our Higher Self.

We almost start to forget who we are, but we've still got some connectivity there. It's very slow though. It's a bit like using a computer thirty years ago, having to do a dial up or stick in a modem on a suction cup, and then waiting for three hours for a program to download that's about 20 kilobytes. In the old days, it took ages, now it's like that (snapping fingers). Now we get gigabytes in seconds. That's the difference between communicating with our Higher Self, as we used to be able to vs. what we are like now. We are like the old fashioned modems communicating with the World Wide Web.

Anyway, our energy comes down and it moves down this Hara line and goes down the center of the body and the Hara line moves across down the two legs and starts to connect with the Earth. At a certain point two things happen. The sentience and the energy split and a junction is created. So the sentient energy comes down and splits at a place called a **core star**, which is sort of behind the solar chakra or maybe slightly above the solar chakra. It doesn't matter, it's about there. Then the energy moves down to a place called the **tan tien**, which is just behind the solar chakra. That's the junction, so the tan tien is like an orange ball of energy.

And then from there, there's like little energy veins go around the rest of the body in seven different levels and they are associated with seven different receivers, because those receivers pull energy in. We know those as **chakras**. They pull energy in to help us animate the physical body. It's supplemented by the gross physical that's got a need for physical energy, such as food (samosas and stuff). So basically there's two energy types: there's pure energy and there's a gross physical energy. So this energy moves around from the tan tien and it goes everywhere.

(30 min) It allows the body to be moved around. It's the reason why the muscles work or the arms move around, legs move around. From that junction at the core star, the sentience then moves up to a place just behind the heart chakra called a **soul seat**. So you've got three points there: the soul or the sentience lives around there, the junction between the soul and the energy is at the core star area, quite brilliant area, and then the tan tien is the junction of the energy itself and that animates the body, pulling in energy from the different chakras at different frequency levels and the subfrequencies within them as well and the other energy that we tend to need now because of the lower frequency.

When we enter into incarnation and we enter into this small environment, we start to forget who we are. Some people say we enter into a contract that we're going to forget. Well, it is a sort of contract, because we recognize that in incarnating we lose our connective ability. We lose our bandwidth and so we can't properly communicate with who and what we are. So the sentience that's now almost totally isolated in the human body or another body that's part of the physical universe starts to forget who it was, starts to disassociate itself and starts to think of itself as the human being, the human body.

If you think about all of the air on the Earth as being our True Energetic Self and the sentience and the energy associated with it, and then you think of this bottle being the human body and the sentience (not with the water by the way), and the sentience and the energy associated with the soul, nothing can get out of the bottle, when the top is on. Actually it does, very slowly the bottle leaks and that's the level of connectivity that we maintain between the Higher Self or Godhead or Oversoul and the energy that is here. So the only way in which the air in here can be in contact with the air outside is by a natural, slow leakage we get.

The leakage goes both ways based upon air pressure, isn't it? When you're on an airplane, your bottle expands and it bursts open. When you come down again, it contracts a bit. So we get a natural sort of movement of this sentient energy, which means that that sustains the connectivity between who and what we are happening all the time. Now the sentient energy in there starts to develop a **personality** that relates to itself as being a human being. It doesn't know who it is any more, but it has a natural sense of survival. It knows that it's the human body and it must be in existence for as long as it can be, and so it does its best to survive. So that's what gives us our desire to survive or to run away from something or to get to a hospital, if we've hurt ourselves. It's our fight and flight instinct. It keeps the human body alive.

It's also what gives us our personality in general while we're here, but it's a temporary personality that's only created while we're incarnate. And so the essence of what we are, when the body dissolves sort of gets lost, but it doesn't, because everything that's experienced is recorded by the Godhead or the True Energetic Self or the Oversoul. So although the **ego** will dissolve, the essence of what's been experienced, including the ego, the personality of it but without the control of the ego, is also remembered as well in the bigger memory set of what we are.

The only problem with the ego, it is a bit of an issue with us, because we know, we say some people have big egos, haven't they? And the ego can create **karma** for us. We may be coming to karma in a moment. But the ego knows that it has to stay alive in two ways, stay in existence in two ways: first by perpetuating the human body, and the second way by maintaining the human body and the sentience itself that's there that it's part of in a lower frequency.

(35 min) Because if we become higher frequency by meditating, working on ourselves, being of service, doing good things, thinking of others rather than just ourselves, then we start to rise through the frequencies. When we rise through the frequencies, this little Hara line gets a bit bigger, because we get closer to the top frequency and it starts to act as a funnel and come in, so therefore, we can start to communicate with our Higher Self or True Energetic Self or Oversoul or Godhead and other entities as well at those levels, and of course, we can do the same with our creator, our Source or God.

So when we do that, we start to remember who we are. When we remember who we really are, there's no place for the ego and so it dissolves. But it knows that, so it will do its best to keep us down in the lower frequencies by making us do low frequency thoughts, behaviors and actions, so it perpetuates its own existence. It even uses our own spirituality against us. How many of us think that we've done a number of different workshops and we've made it. We all do. We get complacent, yeah? We think, Great, I've got it now. I've achieved this level, fantastic! And we relax a bit and very gradually bit by bit we start to reduce the things that got us to that place in the first place.

We maybe cut down our meditation by 10 minutes or half an hour a day down to nothing, maybe once a week rather than every day, once a month, you know, then once a year. Then we don't bother, you know, and then we come down the frequencies again, so we go back down to where we were, so the ego has won. So every time we do something that gets us higher frequency, we have to check: Are we stopping doing what we're doing? Are we stopping thinking, behaving and acting in a higher frequency way? Because if we do stop, we become this captive piece of sentient energy in a human form that is scared of its existence.

The ego is very cunning. It will wait a long time, a long time. It's happy to sit in the background and wait for us just to have one nanosecond of worry or doubt and it's in there. And it starts to feed and get us, it gnaws away at our doubts. Doubts become worries, worries become concerns, concerns become big issues. And all of a sudden we've all fallen back down the frequencies again, and we've started to think in terms of the human being. One of the ways we can move ourselves out of this is we have to detach ourselves from our condition. Now clearly we have responsibilities here. We have jobs to do, we have families to work with, work colleagues to work with in and around, an environment to support, families to support, and communities to help and be part of.

We can do that as long as we don't get caught up in some of the petty interactions of **gossip**, because the ego uses gossip to its best capability. We all gossip, don't we? And we don't know we're doing it. It's subtle, all of a sudden we're talking about somebody. Oh, hang about or something, it doesn't even have to be somebody, it's something. And what that ego has done is it's linked people together, who are starting to think in those lower frequency ways and collectively, we all go down. Now I've very gently brushed the surface of karma, and karma is one of those things that the ego is particularly good at using.

Does anybody know what **karma** is? I'm asking the converted here, aren't I really? Is karma having to receive what you've done to somebody else? Yes, is it anything else? Yes, you know

that, you've heard the lecture, haven't you? Basically, karma is anything to do with any thoughts, behavior and action that ties us to the physical, makes us low frequency, makes us addicted to incarnating here or having to reincarnate here to sever links, to experience the opposite function of how we've worked with somebody else.

(40 min) If we've been abused by somebody in one life, we have to abuse them in this life. I mean that's the very basics of what it is. But we might have that condition, where we've got to experience something in this life that we didn't quite get the hang of in a previous life, or remove a way in which we react in certain conditions and give us the opportunity to react in a better way. For instance, if it took you ten times in a previous life to pass your driving test, you can do it in one time in the next test. That sort of thing, you know. It's improving the way in which you interact with your environment and those individuals within your environment and not leaning to do it again. But more importantly, not needing to, wanting to come to incarnate, because things like sensations are addictive.

There are many, many souls and subsequently their Higher Selves or True Energetic Selves that are addicted to a lot of the physical sensations we have down here — sex, drinking alcohol, taking drugs, food or chocolate, good food. So it's these things, you know, sensations, such as doing extreme sports, the adrenaline rush, placing yourself in a position of power, that's the ego straightaway, experiencing people who hold you in reverence, having lots of belongings around you, material wealth, lots of money, wanting to be part of the in-crowd or those who are seen to be the leaders, or wanting to be a leader or manipulate people's lives or coercing people. All of these different things are things that create karma — karma being an addiction to coming back to the physical or needing to come back to the physical.

So there's multiple ways of how we link ourselves to the physical. Eventually, when we understand this and we see it's all from a higher frequency perspective, we can navigate through incarnation without being addicted to chocolate, without wanting to be a lawyer, without having a Mercedes, without having an island for our home, without having a thousand people working for us, or being able to influence the direction of a whole country, for instance. We can just be. We will be happy to be the person who is cleaning the streets and be content. We can be given the opportunity to experience something that could be addictive, but we experience it and we don't get addicted to it. Because you can experience all these things and own things as long as they don't own you. And that means you can be a king or somebody who's a billionaire, but the wealth doesn't mean anything, because you know that it's just transient. It's just part of this particular incarnation, so therefore, you can give it away tomorrow and not care.

And that's how karma affects us basically. So karma can stop us from ascending, stop us from moving away from the ability to transcend the need to incarnate. Although incarnating does help us, by the way, because when we incarnate, we put our evolutionary progression on hold a little bit, so we sort of stop at a certain point as well as our True Energetic Self and all of those other aspects or souls that are projected from it and we stop there. Now if we hadn't incarnated, we may trickle along and go a bit further along with our evolutionary cycle, you know, energetic area, but it will be progression. It wouldn't be fast, because when we come down here, this is so hard and difficult, we're essentially the deaf, dumb and blind mouse in a three-dimensional maze trying to find the cheese and get out again. That's what we are.

(45 min) Because we're like that, we can accelerate our evolutionary progression later. So when we finish the ability to incarnate, we've navigated past it, we can get it right every time, we can come here, experience, learn and evolve and not accrue karma, there's no point in us incarnating again, is there? So when we do that, this point that we would have got to, had we

not incarnated, we spring past. We leapfrog. This is called evolutionary stasis and evolutionary acceleration — a bit like being in a bungee rope, you're sort of held back in there from going further. So it does help us being here.

As we ascend through the frequencies whilst we're incarnate, there's several different things that can happen. And one of those is that we start to move out of the perceptual range of those individuals, who are immersed in their incarnation. And that means that people don't see you. We experienced this today, didn't we? We did. Sankit was surprised. I'll describe it for you. He said we just experienced it. This just happened. Somebody walked straight in front of us in the queue and other things as well. It's like they didn't see us and it happened again in the shopping mall, so you have to be careful.

When you are higher frequency, you have to be careful, because although you can see people of a higher frequency and those below you, and if you lower your frequencies you can interact with them, you can also progress as well and move onwards. Now when you are of a higher frequency, you get things like you go into the shops and you go to the counter — I tell this story too often actually — you go to the counter and the person there is just doing something else, you know, playing with the phone, watching or scribbling something down, they don't touch you. Somebody else comes along...oh yes, sir, how can I help you? What? I've been here for ten minutes and you just come and serve this person. So you wait again. It might happen again.

But as soon as you get frustrated and angry, your frequency drops down and they see you. They go, Oh, sorry I didn't see you there. And those are the exact words. Whatever language you have, they'll be those words. Guaranteed. And so you've dropped your frequencies, hopefully temporarily, while becoming angry, because anger is a low frequency thought process or emotion. And eventually you'll sort of start to realize what's going on and then you'll just smile to yourself and your frequencies rise again.

But the thing is when you move around the planet, anything that you're in is of a higher frequency. So when you're driving your car or in a taxi, for instance, they become that higher frequency. So you'll start to see things becoming a bit scary sometimes, because they don't see you. So when you're driving yourself, you have to be aware that everything that's around you, work around them, because they're not going to work around you, because they can't see you, even though you are physical. They can't see you. Because the human eye doesn't just work on what it's seeing in that small 400-700 nm range, it's also working on what this works with as well. So what it can't perceive here, it doesn't see here either. So when you're working on yourselves, just remember that when you're at a workshop or when you've done some healing, for instance, or been healed, be careful how you walk down the street or where you're going to or how you get into your car.

I've briefly touched upon this being able to see one level but not another level. When we move up the frequencies, and there have been civilizations that have done this — the **Mayans** are one civilization that's managed to move up the frequencies, there's no or very little evidence of the Mayans, is there? Mayans just sort of disappeared. Well, they didn't disappear, they just moved up the frequencies together. They all worked together. There was no critical mass effect and I'll talk about critical mass in a moment. But they went up the frequencies and everything that they worked with went with them as well. That's why there's no evidence of them or very little evidence of them. And why there's no evidence of some of the other previously higher incarnate civilizations we've had on Earth that we can't see evidence for any more.

(50 min) Because when they changed, they moved on frequently. They no longer needed to exist here. But what they've done still exists on these different levels. So if we went to the fourth frequency level, we might see some of this residual architecture, for instance, and we might start to see other entities that are here on the planet as well. If we go up again to another different level, we'll see those entities below us, but not those above us. So when you're on the sixth frequency, you can see the fifth and fourth and third, which is here, but not the seventh. But you will see all of those entities that are here from different planets, for instance, different frequencies that are here from the sixth down to the third. So really this planet and there's lots of other entities here. Incarnate entities from higher frequencies are all around us. All we have to do is tune into them and they're there.

Have you heard of **Dolores Cannon** at all? Dolores talks about this **New Earth** and a lot of people say we should have ascended to this New Earth level in 2012 and it didn't happen, did it? Well, it may have done, you know, you just don't know, do you? Basically, what happened we achieved a level of frequency — we've dropped down since then by the way, you can tell by the nonsense that's going on around the world. But we achieved a level of frequency that was equal to where we should have been in December 2012 in February 2012. But a lot of people picked up information to say we were going to be at this level at the end of 2012.

And so because the information was incomplete, everybody thought we're going to go along to this level and all of a sudden we're going to get critical mass and wow, we're going to go up. That doesn't happen. There is no such thing as the critical mass effect that happens in a knife edge or a cliff faced ascension. There is an accelerated logarithmic function that happens, but not this business. But if we see it from a distance, we see, Ah, I've got to climb that mountain and that mountain is the top frequency that we're going to get to. Now then, I've got my watch. Time doesn't exist by the way, but by my watch it's going to take me, Hmm, if I go by foot three months, yeah, top of the mountain and you get there. The distance being the distance from the bottom of the pathway to where we are, so to the top of the mountain is where we're supposed to get to. That's the distance we're traveling. And we see it as being from there to there in one go.

But in actuality, when we're walking, we're walking gradually on a path, aren't we? It goes around the mountain with little switchbacks backwards and forwards and we gradually walk a long way, but we get to the top of the mountain. And so actually, if we didn't look at it as being from that point to that point, it's a long way and we'll get there at the end of December 2012, and it could be like that (snapping fingers), actually over the years, we've gradually got to that point. We got there in February 2012 and a little bit further. And so because things happen gradually, we get normalized to it.

If you're going into a bath or a shower, where you've got the hot water on and you go into the shower, what do you do? You get out quick, don't you? Because the difference in temperature is like, Whoa, it's too hot for me, it's going to burn my skin. If you gradually turn the temperature up, you gradually get used to it. And so you go from being just room temperature or maybe even slightly colder, depending on the temperature of the water in the mains to being what you wanted it to be in your shower or your bath, and you get used to it and it's acceptable, so you don't spot the change in temperature, and you don't spot this change in frequency either, as we're existing going about our daily business of experiencing, learning and evolving and working on our personal progression.

(55 min) And so when people expected things to happen in 2012, the end of 2012, it had already happened. It's just that it's gone gradually and there was no knife edge change. Does

that make sense at all? Yeah, the thing is that a lot of people based their spiritual careers on this. The number of books was amazing — there had to be a lot of back tracking, and even those people, who did these books dropped off the face of the Earth in terms of their...not just their popularity but in terms of them doing lectures and showing people what they think is going to happen, because it was incorrectly reported. There hasn't been the detail to explain what's there.

So when we ascend, we go gradually. So what does this mean by **gradual ascension**? It means that one person ascends, and one person ascends later. One person gets to that level before the other, because climbing up the mountain depends on how fit you are, whether you take a rest, whether you take some photographs on the way, whether you enjoy the journey rather than getting there. Some people just run up the mountain and they don't enjoy the journey. They've still got there, but they've not experienced as much as they could have done, had they stopped every now and then and picked a few stones or seen the little ant colony or gone to a tree and seen the birds in the tree or looked across the vista in front of them and taken some photographs of the landscape. You've enjoyed the journey. You've taken your time. You're evolving in a more complete way rather than an instantaneous way, which is by running up the mountain.

And so when we ascend the frequencies and go into this new location that Dolores Cannon called the **New Earth**, we do it gradually one by one or by maybe two or three at a time or even ten or twenty at a time, but we don't all go at the same time. And so some of us go into this New Earth and some of us don't go into the New Earth yet. We all go into the New Earth, but not yet. Now because we're all going into this New Earth, if we suddenly start to see the population of the Earth disappearing, we start to get a bit concerned. Where are they all going to? They're disappearing, aren't they? The aliens are taking us. That's what normally happens.

But basically what's happening is that we're getting backfilled by another type of soul, who is in between the human soul and the animal soul. It hasn't got the same quality of sentience. Think of it in terms of same mass basically, okay. If our sentience is like ice, their sentience is like water and the animal sentience is like the air, so those are the sort of three levels. And so they're being put in place, they're being allowed to experience individualized free will — most of the time for the first time, so they can be backfilled.

And that's why we've got a lot of individuals now on the planet, who are really immersed in their incarnation and they really don't care about anybody else apart from themselves. You can spot this happening all over the world. You can see the number of individuals, who don't want to be educated. They just want to take money off the society. Those are backfill people. They are a different soul type being allowed to backfill for those who have ascended, so that those who are ascending can still have a population to work with, so eventually, when they do ascend, they're not the only person on the Earth, so to speak.

What's this **New Earth**? Any ideas? It's the next frequency up, isn't it? It's the same Earth, it's just another frequency. The Earth is a panfrequency body, as is actually all that we can see in the physical universe with our eyes. So all the galaxies and the subsequent planets, nebulae and everything else, suns, that we can see with our telescopes in the physical universe, they're all panfrequency bodies. They all exist in all of the frequencies, because they have to, because they are the lowest frequency base. The others pop into existence, when you go up to those different frequencies. So when we ascend the frequencies by being in an incarnation or outside incarnation, when we incarnate again or do an incarnation, we move into this next frequency

level, which is the old Earth as it is now plus the additional content associated with the next frequency up, the fourth frequency.

(1:00 hr) The people in the fourth frequency can see people in the fourth frequency and people in the third frequency, where we are now. People in the third frequency can't see them — too high frequency. And so that's the New Earth. Is it the only New Earth? No, there's nine New Earths, because there's nine more frequencies above the third frequency associated with the physical universe. So as we all go to the fourth frequency and we start to work on ourselves and ascend, we move into the fifth frequency. And so we may have people on the third frequency. We may have people on the fourth frequency and we've got people on the fifth frequency.

The people in the fifth frequency can see the people in the fifth frequency, the people in the fourth frequency and the people in the third frequency. The people in the fourth frequency can't see the people in the fifth frequency or above, but they can see the people in the third frequency. And the poor old people in the third frequency can't see anything other than themselves. And again we move again. We start to work on ourselves again on the fifth frequency and we go to the sixth frequency, which has another level of detail associated with the physical universe, and therefore, the Earth, so we start to move into these different New Earths based upon frequencies.

And that's the sort of localized ascension process, so to speak, which is individual, not mass, although it can be mass, because we affect each other. Directionally we have this directional attraction to each other. We work on each other. This is called **directional triangulation**. What I do affects Sankit and what Sankit does affects what I do, and we may go away and affect other people in the same way. It's directional triangulation, so we might affect each other's frequency and up we go, and then you might affect other people's frequency and up you go.

There is also something called **inflationary triangulation**, where we all together in this room affect each other's frequencies together as a group, so then we're a group, aren't we? And then we all move up the frequencies together — that's inflationary. And then there might be people, who we know, who are groups within our groups and that affects those as well. And then there's groups outside of the groups that we know that get affected, if we all go and visit somebody else's group. So we start to create these little pockets of higher frequency people, who affect individuals or other pockets of high frequency people, so then we start to go up the frequencies together and then we ascend in pockets or groups or singles over a period of time, but time doesn't exist, pure events. So that explains the ascension process.

Questioner 1: There's a question here. The ascension process — are you talking about people, who have taken a physical [unclear] or it can be even on a soul level?

Yeah, I mean there's two versions, isn't there? There's the...not just the soul, but the Godhead or True Energetic Self that ascends the frequencies, it evolves through the frequencies, so ascension is evolution. And then you've got the work we do whilst we're incarnate as well.

Questioner 1: So what we're now talking about is more from the human spiritual aspect?

Correct, yes. Taking it slightly bigger, in the event that we have all worked on ourselves and moved beyond the need to incarnate, we start to work together, as we've always worked and will always work in the energetic. And so we all start to along with our True Energetic Selves or should I say together with and within our True Energetic Self — because remember we're smaller units of it, smaller parts of that sentience — we start to move up the frequencies,

because the multiverse in its structure is a structure that we evolve through. It's an evolutionary structure. It's a vehicle for evolution.

So when we've experienced all of those frequencies, and all of the potential aspects that it can be — potential environments, potential variations upon the environment through parallel conditions that we create — and we have our normal frequency of existence is on the top frequency and all of us have done that, that's every perceivable Godhead that our creator has created have all got to the top level, we all then recombine with our Source, our creator, our God. We become One with it again totally. And then something amazing happens.

(1:05) That sentience becomes One. It detaches itself from the energies that it's commandeered within its creator called the Origin, which the Hindu texts called the Absolute, which I've discovered long after I wrote the first book, and it goes to another area. And the sentience commandeers another area of energy and maybe structure within the Absolute and then decides to do something else. Maybe it creates another multiversal environment and then populates that with all these other versions of itself that it created last time.

Some science within religions talk about the breathing in and breathing out of God, or the breathing in and breathing out of the universe, the expansion and the contraction. And even science latched onto it in some justified scientific way, because it was theoretical science and it sounded good at the time, because it sort of worked out well. They said that actually the universe is expanding and it might contract. They've now worked out that it's not going to contract, it's static and it's being held together by...what's in between the galaxies — darkness, ah, we'll call it dark matter. Actually, it's the rest of the universe on the different levels that's holding it together, not dark matter. Dark matter doesn't exist. So what we've got then is this lack of understanding there.

But in essence, the universe itself doesn't expand and contract, but the population of energy with the sentience of our creator does expand and contract. It expands into an area of energy within its creator, populates it with smaller versions of itself, understands it through experiencing, learning and subsequently evolving, and then contracts that sentience back out of it again, detaching from the energy and moving on to another area, where it can then commandeer that energy and then repopulate it. So that's the expansion and contraction. It's the expansion and contraction of the sentience and detachment from certain energies and reattachment and re-expansion into those energies.

So we start to see links there between some of the sort of ancient Hindu sciences that were told in ways in which the people at the time could understand. So when we look at things, like different religions and different sciences and we think that there's no link between them, we have to look at things on a different level. We have to look at things in terms of what did people know, when this information was being given to them? Did they know about universes, multiverses, theoretical physics, higher frequency existence? Did they know about computers and cars and airplanes and things? They didn't. They had to have things explained to them in a way that they would understand. And more often than not, the best way and even now actually, the best way is in using examples that are around you in the time that you exist within. Stories or objects around you. And you can see that in all of the texts.

The Gita is a fantastic example of that. So is the Bible. Even the stories that Jesus gave, it was all example. The Gita shows you how to work with yourself and become self-aware. It's a battle with the subconscious or the ego. It's all example. It's because of the time, there wasn't a level of understanding available to the common individual to allow them to understand. And so we

give anecdotes, stories to help explain it. Does that help at all? That help? Is there any other questions?

Questioner 1: I have a [unclear] question. My understanding is in the soul level, there are seven planes and seven realms and every soul based on its evolution is seated at a particular plane in a particular realm. Now the whole journey of that soul is to go closer to the Source and that the purpose of reincarnating on the physical level is to turn off whatever learning at the soul level they need to do by way of karma and move on ahead. That's my understanding.

(1:10) It's the same thing, yeah.

Questioner 1: So in this context of understanding on the physical level, if I may be (at the soul level) I may be incarnated at a particular frequency level and on the soul level I would choose my soul family to come with me to work on whatever karmic debt I have and be a part? So that's how I built my physical soul family here, where there is a give and take of lessons and learnings, right? Now each of these people on the physical level or on a soul level may have different frequencies? So can you explain how does it go? I mean I'm trying to bridge that soul level understanding of the realms and planes through this physical frequency.

Yeah, the realms and planes are basically the location within the True Energetic Self the soul can go to in terms of the way in which it communes within its own energies. So whereas we commune with Source later or God later, we commune with our Higher Self. And it's basically the different ways in which we can commune, whether it's we're still individualized and isolated sentience within the whole or whether it's distributed in different ways — whether it's distributed in compartments or distributed in a diffuse way, and there's various different versions of how these things distribute.

So that really is...and also within there there's a level of importance in which a particular soul may have in terms of how much evolutionary content, so to speak, it's accrued on behalf of the collective, which is the sort of the Godhead or the Oversoul. So that's the bit about the realms. And of course, don't forget that that understanding is based upon an old, maybe an older understanding with a lack of detail there. So we're only able to work with what people can get for us. So if we could only have a horse and cart to go from A to B, we can only use a horse and cart to get from A to B. But if you've got a motor car or an airplane, we can go there using the motor car or the airplane. It's the educational level that we're talking about that explains what's there.

So what that's about is how we integrate with and the level of integration and the level of sort of importance based upon the evolutionary content within the True Energetic Self that allows it to decide, whether one soul remains individualized but distributed around or whether it's dissolved totally within the True Energetic Self. It doesn't mean it might not get rematerialized later, but it's dependent upon the level of communion. Now in terms of incarnation, we can either work with souls from the same Godhead, or we can work with souls from different Godheads. And so the soul group is souls from the same Godhead, which includes what we call twin flames...well, you would call that a soul family,

Questioner: No, it's like a soul family, it's about somebody, who you resonate so much at the soul level?

So a **twin flame** is when you use the same soul in two bodies, but that is still the same Godhead. A soul group and a **soul family** is the same thing, it's just different words to explain

the same thing. It's all the same souls from the same Godhead. **Sympathetic souls** are what we work with, when we are incarnate, the group of souls we get together with. Right, I need to remove some karma with you and I need to work with you and I need to help you become an eminent scientist. So you all start to work together. You have an understanding of many different plans.

(1:15) And you have another group of entities, who are called the **guides** and **helpers**, and they work extremely hard in the background to make sure that we're in the right place at the right time interacting with the right souls in the right environment and the right circumstance and the parallel versions of those. So they're all just sort of knocking us back into alignment every now and then, making us think that we've done the wrong thing or need to go in a different direction and those sorts of things.

So the individuals we work with, you can call it a soul family, if you want to, but a soul family is really the soul group. It's from the same True Energetic Self. We tend to work with other souls from other True Energetic Selves. And when we feel like we know one of them, it's like, Oh, I've met you before, haven't I? That's because you have a sympathetic alignment from an energetic signature perspective and you know them, because you have worked together before. And it might not have been the previous incarnation, it might have been twenty incarnations ago, but you know them energetically. But when we do have a group of individuals that we work with, think of how many individuals you have interacted with in your life.

Questioner 1: Exactly, many...

And how many individuals they've interacted with in their lives and how many individuals they've interacted in their lives. And then take it further back. It's massive. And then there's the parallel versions — all those countless thousands of different fractalizations based upon choice, potential opportunities, decisions, potential decisions, the possibility of potential decisions, the possibility of possibility of potential decisions, the possibility of the possible possibility, you know, you can keep going.

Questioner 1: You can go on and on...activity, it becomes very confusing at one point in time.

Yeah, so in essence, we choose who we work with to deal with what we need to understand and achieve and break things with in this incarnation before we get to the incarnation. And then afterwards we see if we've managed it. And if we haven't, it's okay. Let's do it again.

Questioner 1: So that is the case for our ascended masters also?

Ascended master is exactly as it sounds, it's ascended past the need to incarnate. They've done it. And maybe they only came once to help us work in the right direction to ascend the frequencies.

Questioner 1: Thank you so much.

Questioner 2: In a relationship, it was I think his wife at a lower level and he was at a higher level, so most of the time in the frequency perspective, that is a dysfunctional relationship that happens? The conflict and friction and...

It can be, yeah. It can be.

Questioner 2: And many a time the person, who was vibrating at a lower level does not realize the need to work on the self or not. I mean the person can be closed. So in this scenario, from the vibration level, from the frequency perspective, can it work in these dynamics?

Yes, but usually the individual at a higher frequency has to navigate around the ways in which the lower individual works. Basically, what happens is it's an opportunity for the lower frequency individual to progress, and the higher frequency individual is being of service to them. And we have to understand how they work. Now what happens eventually — unless that is the plan to stay with the person for a certain length of time only — what normally happens is that the lower frequency individual is pulled up naturally by being in the same environment as the higher frequency person.

Generally, the higher frequency person doesn't lose frequency, if they recognize how they need to work. If they don't recognize how they need to work, they can be pulled down a little bit. But generally, that's only when it's an aggressive interaction, so to speak. When there's normal interaction, you can sort of maintain your higher frequency whilst they're sort of starting to hopefully understand in a subliminal and subconscious observational basis how you're working, and how they should work with you. And eventually, they can start to become better individuals as a result of it.

(1:20) Questioner 2: So most of the [unclear] higher frequency level [unclear], but he's the one that's really trying to pull the other person down?

Yeah, or she.

Questioner 2: Or she...

Questioner 3: Just one question. What is the role of the animals in our life, because as you said, if you're vibrating at a higher frequency, you may become invisible to some. But what if you keep encountering animals, like people not so much, but animals? They keep showing up in your life in random situations and poor health and so on? I'm talking about rescues mainly?

Yeah, I mean, animal souls are a different quality of soul. They don't tend to be as individualized as us, they tend to work in more of a collective function. You'll find that their Godhead will control them as incarnate souls more than — because of the sentience associated with them, percentage of sentience associated with them — more than we would, when we are able to totally independently capable of making decisions, okay. So the animals don't. But they are there for us to work with as well. In interacting with us, they can be pulled up the frequencies as well.

And in rare instances, they can also jump the genre from the animal genre to the human genre. But they go right to the very bottom of the sentience level or the evolutionary level. And some even rarer cases, if a particular aspect or animal soul has had a continuous and consistent interaction with a specific human soul over a longer period, they may be able to break away, because their own evolution might be greater than the collective evolution of their Godhead.

Now two things happen then: either they eventually become a human soul in their own right, which is very, very rare or they end up connecting with another animal Godhead, which is of the same frequency or the same level of evolution. But we work with them. They're there. They don't have the same level of agenda, so to speak, or corruption ability. They don't get karma like we do. The only time they go wrong is when human beings make them go wrong. It's as simple

as that. But they evolve same as us and we help them. I know one particular animal that I knew, or I've met two that I know, where one definitely moved, made the jump and another one was very, very close.

And I know other people, who've known their animals and they've said, I've met this animal before. They will follow you. You know, you say, Okay, you can come with me, if you want to, because they are good company, aren't they? It's hard work being here and sometimes very lonely being here. So if sometimes you have another soul come along, who loves us, you know, without any condition whatsoever, it's good company, isn't it? Yeah.

Questioner 4: In those scriptures earlier you mentioned that typical [unclear] be taken and then we take human [unclear]. Is that true or...?

We're going to have to think about when I disappear, too. Soon, aren't we? Soon, yeah? I have a finite period of time here..." END.