

August 29, 2020 - Pre-Recorded World Satsanga for The Kevin Moore Show

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

"Welcome to this World Satsanga held on the 29th of August 2020 in conjunction with Kevin Moore and The Moore Show. And Kevin has got some more individuals, who are in a channeler classification, so if you want to go onto his YouTube site, which is The Moore Show or MooreTalk and see the program called, "They Call Us Channelers." I think there's another ten there since the last time I broadcast a Satsanga, so he's getting a move on. He's got a lot of individuals there. Very worthwhile having an hour perusing at least one of those particular interviews. It's very good stuff. A lot of mixture of different levels of quality and abilities.

Okay, so let's have a look at the agenda for this month's Satsanga. The first part is really just to look at how we can notice how we're slipping down the frequencies. And there's a lot of spiritual individuals, who are noticing that we have a lot of things that are affecting us, a lot of "maya," so to speak, that is attracting our attention and making us focus more on the physical than our spiritual progression.

Then I'm going to go through the questions. And we've got again quite a lot of questions this month, so thank you for all those people who sent questions in. And then we've got the end of meet meditation where we're going to go through again giving unconditional forgiveness to those that may wrong us or anybody else who is doing things, which are not to the best judgment of what we should be doing or which is detrimental to the rest of society.

Part 1. Lecture on "How to notice one is slipping down the frequencies?"

So let's have a look at how to notice how to notice one is slipping down the frequencies. And I'm fairly sure I've done this once or twice before, but it's really relevant right now. With everything that is happening in the world, we're really becoming very focused on what the Hindus call "maya" which is the physical world, and things that we need to focus on to survive in the physical world. And these things are taking over, if they're not particularly necessary for our survival from our spiritual practices, such as meditation, such as giving of ourselves our own personal time in a charitable way, such as even giving financial charity to different institutions and organizations.

And the thing with us going down the frequencies, it's a bit like falling asleep. We don't actually notice it happening unless we are quite in tune with ourselves and notice the little sort of sign posts that indicate this to us. So it's quite easy for us to suggest that oh, okay, I can forget doing a meditation today, I'll do it tomorrow. And then you say miss out one meditation per week, and then it might be that you might miss another one out until you end up missing two meditations there for a week. And then you might end up missing another one out, so you end up missing three meditations per week. And eventually, you get to the point where your meditations are nonexistent or completely forgotten about, because the time you would spend in doing meditation is overtaken by something else.

So with things like meditation, it's very important to place it — and I laugh when I say this, but it's quite relevant — place it in the same level of importance as going to the bathroom first thing in the morning when you get up. You know, we all know that nothing stops us from going to the bathroom in the morning. And there is no thing on this planet that does stop us in real terms. So if we give ourselves the same level of priority to our meditative practices as we do to going to the bathroom in the morning, then we should be able to regain it.

But the issue is we don't notice that we're starting to lose our spirituality, our practices again unless we're sort of observing ourselves. So the idea of watching how many times you miss meditation is one way of looking at how things are. Looking at how or standing back and using the observer self is a very powerful tool that enables us to do this. And the one way to observe ourselves is to see what the environment does to us, and that includes the individuals within the environment in terms of how we respond to it.

(5 min) So if we start to accept certain practices or certain thought processes or viewpoints, which are not really aligned to our previous spiritual understanding or viewpoints or practices, then we start to realize that actually again we're starting to go down the frequencies. We're starting to slip down the frequencies. Because when we accept things like litter in the street, or we're not abhorred by finding people dumping rubbish in a country lane, for instance, we start to just ignore it or just consider it as being somebody being too lazy to take it to the recycling center, then that's the start point of us going down the frequencies ourselves.

So things like throwing a sweet wrapper out of a car window starts to become acceptable, when really it isn't. And I remember one point, where I myself went through a real hard battle with myself — that I got a sweet in the car, a couple of sweets in the car and they had wrappers on, and I'd sort of almost went rolling the window down and I thought, hang about, I wouldn't have done this before. I wouldn't have even thought about it before. It's just abhorrent. You know, you take your sweet wrappers home and you put them in a bin and they get taken out with the trash or otherwise with the recycling depending on what you've just consumed or imbibed.

So it's thinking of things that were previously abhorrent or not acceptable are acceptable is one of the sign posts of we're slipping down the frequencies. Another way is re-engaging in things like gossip. If we're quite happy to engage in gossip of all sorts of different characteristics, such as talking about politics, deriding leaders, individuals, friends that we think that are doing things wrong in a wrong way or have done things in a way that are different to ourselves — that could be things like decorating or play tennis in a certain way or golf in a certain way — then you're starting again move in the direction of derision of character, which is all part of gossip. And again is a negative thought or, should I say, low frequency thought, behavior and action.

So that's another way of looking at yourself and seeing, when you're entering into things like gossip. And also if you're looking, if you're quite happy to have leaders around the world behave in the way they are and accept it, you know, you don't have to do anything in a vigilante sort of way, so to speak, or be involved in a group to dislike what's happening. As long as you dislike it, and you think it's not the way we should be behaving as an incarnate civilization, so to speak, then we're okay, we're starting to check the potential to drop down the frequencies.

But if we don't accept it, if we don't stop ourselves and we start to go again into gossip and we start to think, Yes, this person who is doing something wrong is okay. He's doing his own thing and that's fine. Then again it's wrong, isn't it? Because we do have rules and regulations that we've created to govern ourselves and we've put individuals within those governing roles, such as police and other governmental bodies. But again, if we start to accept some of their practices, which may not be higher frequency — and we've seen a number of those over the last few months — then we start to realize again that we're slipping down the frequencies.

Even down to organizations being set up to right wrongs, if they're being used in the wrong way, and we accept them, then again that is slipping down the frequencies, because we're choosing one low frequency route vs. another low frequency route. And so we need to again constantly be checking ourselves. If you want to, write down what the peak of your spiritual practices were and date it, so that you can see what you were doing and how you were doing it and how often you were doing it and the depth of detail that you were doing it. And then write it down again in about a week's time or a couple of weeks' time, so you can see whether you've changed a lot.

And if you start to see yourself reducing your spiritual practices, then that's a sign that you're slipping down the frequencies as well, because we start to become complacent. We start to accept that okay, I can leave meditation this week. Or it's not a problem, if I drop this piece of litter. Somebody else will pick it up. Or this person getting in the way, when I'm driving my car or that person just cut me up and you start to get angry. So you start to realize that some of these things really do affect us.

(10 min) Now one of the ways to negate this, other than being self-observant in a very strict way but very caring way, is to keep yourself in a calm demeanor. If people do cut in front of you in a queue when you're driving your car, okay, they've made three or four meters difference to their movement. They've made three or four meters difference to your movement. It doesn't matter. It's not going to stop your overall journey time to go from A to B, but it is going to stop your slipping down the frequencies by getting angry at the individual. So if you remain in a calm demeanor, you do stay high frequency and you will start to see things, where people don't see you. They'll push in front of you in the shop queue, for instance. For instance, if you go to a restaurant, they'll probably miss something off what you've ordered. Those sorts of things.

So you have to be sort of more present as well. So although we may need to make sure we're high frequency, we also need to make sure we navigate the lower frequencies as well in a way, which is not going to affect our higher frequency. So really the best tool is to be self-observant. Use the observer self and keep check of where you were on certain dates, what you were doing and the depth and detail of what were doing and then compare it in a few weeks' time. And if you start to see yourself going down, stop it and recalibrate what you're doing and reassign that time you spend doing meditation, for instance, or other spiritual practice. And reassign the thought processes associated with certain interactions with others in certain environments as well.

And that's really the best way, because otherwise when we slip down the frequencies, it's like what I said at the very start, it's like starting to go to sleep. We go to sleep very slowly and then if we're lucky, we wake up. But if we wake up and don't realize we've gone to sleep, that's when we've slipped down the frequencies too far and we're back into the condition that the average incarnate aspect is, and that's totally immersed in their incarnation without any thought about the environment beyond their incarnation.

Okay, I hope that helps. I mean I've talked around it a little bit more than I probably should have done. But in real terms, it's about being self-observant, checking what you're doing, how you're doing it and when you're doing it, and maintain that level and how we're thinking, behaving and acting. So it's the observer self that is a really powerful tool. And that was something I learned, when I was doing my healing studies back in 2000-2005. And the book is by Susan and Donovan Tsesenga, "The Undefended Self" and the other books that are part of that. There's a trilogy that we use. There's The Undefended Self, Surrender to God Within, and the last one is Fear No Evil, but the order we did them in was The Undefended Self, Fear No Evil and Surrender to God Within. Surrender to God Within wasn't done by Susan Tsesenga, it was done by Eva Pierrakos. And they're available on Amazon as well, so if you do get a chance, check them out.

At one point, we considered a number of spiritual individuals, who were, shall we say, achieving certain levels, thought that these practices were a bit old and no longer necessary, because the Earth is rising through frequencies. Certainly around 2010, 2011 or 2012, we thought that these were no longer necessary. I'm starting to think that some of the old stuff is becoming more necessary again now, because we've slipped down the frequencies so far that we need to reboot and start again. Start back at basics. And that includes people doing things like kriya yoga, other meditative conditions, where you go to the start again and go through all the basic information as to how to continue your yoga, your pranayama, which is kriya yoga, and the

Traversing The Frequencies work as well. Everybody should go back to basics, and that includes myself as well. Okay, so that's the lecture today really on how to notice you're slipping down the frequencies. And it's something that we should do with urgency, because it's ever so easy to move down. And we are moving down and you can tell that by what's going on in the world around us. Okay, so the questions we've got. We've got quite a lot of questions. I need to go through these in a clear and concise way hopefully. We should go through them and get them done. Right, let's have a look at this.

(15 min) The first one is from FN and I'll read this out. I notice I'm not being so clear and concise as I should be. Perhaps I should practice being on the radio. I suppose that's a better way of doing it, because people, when they read out questions on the radio, they do it rather well. I think I could do it better. Anyway, so the first one from FN.

Part 2. Questions and Answers

1. You previously informed us that when there are more than one aspect in a body or vehicle, no guide is needed for the passive soul or aspect. Passive aspect meaning the aspect or soul that is not in the driver seat.

So think of a motor vehicle as our body and the driver is the soul that animates the body. And when we have other souls with us sometimes, they're either temporary walk-ins or they are simply a passive soul experiencing what we're experiencing, but not able to interact or animate the body in any way, they're backseat passengers. That's one way to think about it.

But when there are two or more souls or aspects occupying a single vehicle or body and these aspects or souls are interchanging their role, meaning each soul or aspect has an opportunity to be in the driver's seat from time to time, is there only one guide for all souls or aspects? I assume that each aspect is from a different True Energetic Self (TES), then my next question is: How the guides and aspects in one vehicle benefit from their evolutionary progression? I mean do they benefit cumulatively (together, kind of like a hive mentality) regardless of an individual aspect or a soul's action? (FN)

When we have souls that are interacting with the body from an animative perspective, that means interacting in terms of moving the body around and interacting with those other individuals within the environment that they exist within, then they also have a guide as well. If they are totally passive, then there's no need for a guide, because they're just in an observation mode. But if they are actually interacting with others in the environment that the body is in, for instance, then they have a guide of their own.

They clearly all benefit from each other's work. Even observing you accrue some level of evolutionary progression, so there's a little bit of sort of cumulative and synergetic evolutionary growth there. But most of the growth is done by the interaction within the physical environment, as the soul or the aspect that is animating the body. Okay. Next question.

- **How about people like Trump with multiple backfill people in one body (per prior lectures), assuming each backfill person is from a different TES, is it normal for each backfill person to change their role and be in the driver seat from time to time?**
- **For example: Four backfilled in one body, how many guides are allocated to all four? How do the multiple backfill people and their guides receive their assessed evolutionary progression? (Meaning: is it cumulative regardless of single action)?**

Well, it's the same as the first one. Basically, backfill souls are just a different quality of sentience and the associated evolutionary content with that. So the function of being incarnate

is identical. So it doesn't matter what level of sentience you have as a soul that can be classified as human, for instance, or a soul that could be classified as a backfill, or a soul that could be classified as an animal, you have a similar methodology of sharing a body, being passive in a body, walking into a body, walking out of a body, and therefore, gaining evolutionary progression from it as well. It's the same thing or even if it's just being a passive observer, it's the same thing. There is no real change to the rules. Although with animals, I think we'll see in a moment with one of the other questions, they tend to operate more in a collective way rather than an individualized way. But any interaction with a lower frequency environment in any way results in some level of evolutionary progression. Okay. Right.

- **Since our progress is faster in this physical world, it says 3D here, what are the benefits of multiple souls in one body, when one soul's actions is controlling or one soul is in the driver seat? Do other souls consider the main soul's actions or responses and experiences as their own? Is it cumulative?**

So the benefit is really not specifically for the soul that's driving the body or the aspect that's driving the body or animating the body, although there is an element of evolutionary content that comes with sharing the body, it's mainly to do with allowing other souls to experience what you're experiencing but in a passive way. So there are levels of progression associated with just being passive, just being in the body and observing.

(20 min) Because we're observing it in the same way as a soul, if it went into that part of the Source's sentience that's associated with all of the experiences, cumulative experiences of souls who are incarnate into the human vehicle only, the Akashic records, then interacting with that in an immersed way also allows the individual soul or aspect to gain some level of evolutionary progression as well, simply because we're interacting with an environment, albeit in a passive way, and observing other individuals interacting within that environment and interacting with themselves in a way that they didn't or haven't done themselves. So as we see and as we observe, we do learn and we do evolve at the same time. Okay.

- **You said that about 54% of incarnates have more than one soul in one vehicle. Does this 54% inclusive of regular aspects, their shards and backfilled?**

Okay, usually, usually a body, an incarnate vehicle has the same quality of sentience associated with it that is animating the body. So, for instance, if a body is animated by an aspect, then you would find that any other aspects or souls that are experiencing the incarnation in a passive way would be aspects. We wouldn't get any shards, because it's not beneficial and the ability to observe is different for a shard. And the same for a backfill (person). So if you've got any souls that are sharing, they tend to be of the same genre of quality of sentience.

So a shard occupying a body or incarnate human vehicle would, if they have either walk-ins or they have any passive souls in there, they would be shards. If a backfill individual was animating a body, and they had any walk-ins or any passive backfill souls occupying the body as well, they again would be only backfill souls as well. So we tend to find that sentience sticks with sentience. Sentient quotient or the quality of sentience stay together, because that's a function of their evolutionary progression. And you don't tend to go down, you tend to go up or you can stay stationary. I believe going right back to "Beyond the Source" books, there was an indication where it was possible to do de-evolve and you could argue that dropping down the frequencies is devolution. But in the bigger picture, we tend to only go upwards or we can be static. Okay.

- **Is it possible to partition or separate two aspects or souls residing in one incarnate body or vehicle? If yes, wouldn't that interfere with their life plan?**

Right, if there are more than one soul in the body, and one soul is the [one] animating [the] body and the two souls are passive, and then they decide they want to have a go at animating the body and interacting within the environment, so they start to, let's say, jostle for position, then they're going against their plan. So in that instance, if they are compartmentalized or partitioned, that's not going against their life plan.

In general, a soul will be compartmentalized into the role that they are playing. For instance, if a soul is animating a body, it's compartmentalized into doing that. If a soul is just a passive observer, it's compartmentalized into that. And if they move from one to another, as part of the overall plan, that's okay. They get to move from one compartment to another compartment. I mean really the compartmentalization is simply a way or function of interaction with the vehicle, the incarnate human vehicle and the other incarnate human vehicles around the physical universe.

(25 min) So don't think of them in terms of putting them in a room, although sometimes when I'm doing my healing, I'll have to re-establish the pecking order, so to speak, or priority of different aspects or souls in the body, that's the sort of imagery I use. But in real terms, it's like turning certain functions off in terms of how a soul can interact with the vehicle that they're associated with. Okay, good. Thank you for those questions.

And I'm just going to go into the next set of questions, seven questions from OM. Okay, and OM is a wonderful lady, who is translating "The History of God" and hopefully one or two others or going to hopefully assign some of the people, who are interested into the potential of doing some translation work into Japanese, which is fantastic. I know that the Japanese are very interested in all sorts of different things. Actually, I think the Japanese are quite expansive, very expansive, so it would be a good market for people to be introduced to the greater reality. Okay.

2. I am wondering how does the evolution of animal souls work. Does a soul need to be at a certain level to be incarnate as a pet? Or is it completely up to the soul to incarnate as a wild animal vs. pet? Even within the wild animals, does a soul need to be at a certain level to be incarnated as more intelligent and/or larger species, i.e. can a previously a mouse soul incarnate into a monkey or elephant? (OM)

I'm going to have to meditate on this one moment, because I think it's a very good question. A very good question. Okay, again as we've just said that all aspects and TES evolve in a similar way. It just depends upon the quality of sentience or the sentient quotient, which is associated with and is a product of evolution that allows them to move from one particular body type to another body type, and therefore, have a different level of functionality in terms of interacting with the environment that they're in.

In this instance, within the animal world, there's lots and lots of different variations on body types, which have different levels of functionality and different levels of ability to use sentience. And so an animal would be usually only incarnate in certain body types, that are able to work with their sentience in an efficient and appropriate way associated with their evolutionary level and how they're moving forwards.

So in terms of being a pet, I mean if you have a wild cat vs. a pet cat, it's the same thing, there's no difference. So it's more to include the size and the ability of that body type, such as, for instance, more social animals, such as monkeys and gorillas or even whales, dolphins (although the dolphin body usually houses a completely different level of sentience by the way) tend to be again appropriate to their sentient level. So you tend to find that an animal aspect or soul would not incarnate in a vehicle that is less capable than one that they should have as a result of the evolutionary level. Okay, so I hope that helps answer that question.

- **How long does it take for an animal incarnated soul to reincarnate into another vehicle? Can a pet reincarnate and become a pet of the same household?**

Yeah, again it operates in the same way as the human condition. They have again various different things they have to go through to be able to incarnate. There's obviously some sort of life plan there associated with them and their ability to interact with the environment that they're in within the frequencies and the individuals that they're going to interact with. And they can do back-to-back incarnations basically. It's different, as we were saying, the level of interaction that they do is a little bit different to what we do, so they can interact or they can reincarnate with us fairly quickly. And it is quite possible for a pet, it's not usual, but it can be that a certain pet soul can reincarnate again.

(30 min) Now if, for instance, a soul or an aspect has been working with us in a cat body, a cat vehicle, then they would gravitate towards cat, but they could still use dog as an example. Because a cat and a dog is fairly similar. And the same with horse. So you start to see that there is a different level of possibility where there are some body types that we or they can move around in and still interact with us, for instance. And the more an animal soul interacts with a human soul, the more that they evolve. And interacting with us, providing we're compassionate to them, we love them, and we work with them in a really caring and loving way, that can accelerate their evolutionary progression quite significantly.

So they can come back in the same body type, but there's a number of body types that are consistent with their evolutionary level. And I would suggest that things like horses, donkeys, cats and dogs, for example, are of the same sort of body type that an animal soul of a certain level of evolution would be able to swap between in different incarnations in a fairly seamless way.

- **Can the Origin create/uncreate more Om if It so wishes? It said that there is no plan to create more Om, but in actuality, Can It do that?**

Well, the Om weren't created by the Origin. They were created as a function of the reuse or recycling of energies that weren't, shall we say, had their usage wiped clean. So the level of sentience, so to speak, associated with them is completely different. So they were uncreated, if you want to call it that. They became individualized as a function of the reuse of the energy to create something else. And that something else had a mixture of some of these energies that we call the Om and the sentience associated with it and another level of sentience and energy that was given purpose, which is the Source Entities. So it was different.

The Origin tells me that there's no need to recreate any more Om. The Om are, for want of a better word, free radicals. They come and go and do what they want and the Origin is quite amused by this and let's them get on with it. Because it sees the Om, although they're not in or most of them, the vast majority of them are not part of the evolutionary cycle and don't want to be responsible for anything by creating it, it is interesting to see what they do, because again, as the Om do whatever they're doing, because they're ultimately part of the Origin, the Origin evolves as a result of what they do. So it's quite happy to let them do what they do, but there's no plans to create thousands of Om.

- **In The Origin Speaks, the Origin is saying that It has no control over the Om, because It did not "create" them. If so, how about Source Being 1? It did not "create" it neither, right? Does the Origin have control over SB1? Does SB1 considered as a by-product of creation of Source Entities but in a different way?**

That's basically what I've just said. SB1 for instance, or a Source Being is a different thing. And so although the Om...I mean ultimately, the Origin could control the Om ultimately, if it really,

really, really wanted to. It could consolidate everything back into itself and start again, if it wanted to. So in "The Origin Speaks" the Origin saying it has no control over the Om, ultimately they are part of it. But it's a bit like us as human beings having no control over ourselves, so it's a similar sort of thing. And the only way to try to gain control over ourselves would be to reinvent or recreate the body. So other things that are created, it does have control over it without a doubt, like its control over the Source Entities, for instance, or the Source Being, for instance.

So it's really a case of that which is uncreated is, it's a bit like a rogue self flying around the body. Where did you find it? But those that were created, you can do something about, but in total though the Origin can ultimately control the Om, if it wanted to completely reduce everything that was created into being just it again, and it would just be a singular level of sentience and energy. But that would take, you know, to try and find within the human body, for instance, to try and find a quark within the human body is difficult and controlling it is difficult.

(35 min) So think of it in those sort of ways. I think really, what I'm picking up from the Origin here is to say that it's got no control over them is basically a way of saying, Oh well, let them get on with it. They're too small to worry me or bother me, but they are interesting. And it's really thinking of it in those sorts of ways. So it has no control over them, because it's not worried about having control over them. That's the way to look at it.

- **As our level of awareness increases, we start to be able to tap into our higher functions. But it could be harmful to others if we are not careful and use them with conscience. I am wondering if it is best not to use them even if we could, or are we allowed to use them whatever ways we wish? Is this a part of "free-will" experiment?**

Yes, now those who are of a higher frequency and do have the functions tend to be very careful about how they use their function. And the physical functionality, such as telekinesis, other things like creativity, coercion and control of others tend to be shunned, because they could end up being karmic, because they would create an ego to command and control other individuals.

Or if you were able to perform telekinesis in public, you can show it's a function that happens and levitation and that sort of stuff, then you find yourself in a bit of media circus and probably may end up being in some sort of magic circuit or something doing that. So again that would feed your ego unless you drop your frequencies down, because the ego would take over giving you a karmic link with the Earth. So many people who are evolved, very evolved, who have this ability shun it. They don't use it, they just maintain things like connectivity with the Source or even the Origin and try to find some way of helping others in a way, which doesn't create attachment to them.

So there are others, of course, who do have skills or functions associated with being a higher frequency and they do abuse them. That is quite clear and there are functions within the Illuminati, as an example, who are in that level. They have the ability to do various different things, because they're at a certain level of evolutionary progression, and therefore, able to tap into certain frequential levels or they've trained to do certain things, but they use it in an unpure way. And so if you want to call it going to the "dark side," that's one way of thinking about it. But they do do enough to maintain their frequency level, so they can continue to do their function or whatever they're doing in a detrimental way, they find some way of shielding themselves.

But again that's part of free will. You know, it's a bit like if you knew how to be a surgeon and you use that skill to save people's lives, that's one way of looking at it. If you're a surgeon and you use it to butcher people, that's another way of looking at it. And so what you've got is the ability to choose between what is an evolutionarily progressive way of using your skill vs. one which is creating a karmic link and again is associating with the gross physical is another way of looking at it. Okay, last question.

- **One of my friends told me that he cannot quite "put himself together" these days. So many things are happening all at once, and he cannot keep up with them. I am sure that there are many that experiencing the same kind of situation. Is there any advice that you could give to those people?**

Basically, protect yourselves. You can use the Psychic Shield, program it, so you are keeping yourself in a higher frequency bubble. When we're in a higher frequency, we can do multitasking on a completely different level. We can work in a way, which is really efficient, right first time, fast. But when we move down and start to work down the frequencies, this is one of the things that happens. We can't get our self together. We can't multitask, we can only monotask. We can only do one thing at a time. So that which we used to be able to do in a higher frequency way becomes difficult to impossible, when we're in a low frequency environment.

So the thing to do is to create the Psychic Shield, create it around you and use it to maintain your high frequencies in a high level. Also, write down what your spiritual desires are, and work on those. Keep doing meditation. Keep being of service to others, when they request it, as long as you're not abused or taken advantage of, because that happens sometimes. Keep recognizing what's right and what's obviously not right, okay, what's the best way to do things.

(40 min) And if you see litter in the street, pick it up and put it in a bin. Keep doing these positive things, these higher frequency things, and you'll find that you will maintain your frequency and getting ourselves together again will become second nature again. But notice this, what I didn't say in the lecture at the start of the Satsanga is that it's easier to drop down the frequencies than it is to rise up the frequencies. It is really hard to rise up the frequencies. It is easy, easy, easy to drop down the frequencies. You don't have to do anything, whereas you've got to...it's almost like going with the flow of a river and you just flow downstream, it's easy. But try swimming up river, that's hard. And that's a good way to think about it.

Thank you, OM and thank you for all the work you're doing for the rest of humanity over in the Far Eastern side of the world. Last two questions are from WP.

3. What does Source say are the top three things that mankind should be doing to recreate balance in Earth's environment? (WP)

Stop burning fossil fuels for start off. Respect the environment in terms of don't deforest it. And find ways of manufacturing things that don't damage the environment as well.

So the generation of electricity, for instance, should be a more environmentally friendly way. And the creation of those things that do generate electricity should be created in a more environmentally friendly way as well. So those are the things really. It's about looking at our resources and doing it in a different way. Generating electricity in a different way. Manufacturing in a way, which isn't environmentally damaging. Don't litter the Earth. Don't destroy the Earth by removing all these different rainforests, because they are part of the ecostructure.

They really are part of the ecostructure. Without rainforests, we start to change other systems, we start to reduce what was green and verdant land into a desert. And we've got examples of areas around the world, which are desert. And you can understand that previous incarnate civilizations on Earth are responsible for it. And of course, think about what you're doing before you do it. Give yourself time to think about what the best way to do things is.

So those things I've just mentioned are the things that mankind should be doing to recreate balance on Earth. Okay.

- **Most reasonable people would agree that we should not be polluting the Earth, but there is no clear understanding of what specifically needs to be done beyond what has already been done, i.e. automobile emissions today are 99% cleaner than in 1970, wide spread use of smoke abatement controls - wind and solar power up until now are clearly not the answer.**
- **Is it simply that population growth is outstripping gains made in controlling emissions?**
- **Is the imbalance still primarily caused by greenhouse gas emissions and water pollution? And if so, what should be done without reducing standards of living or worse yet throwing the world into a depression?**

Yes, that happens, yeah. And don't forget that statistics can be manipulated. I mean 99% cleaner than 1970, you know, if we have a figure of 1000 and it's 99% cleaner, then is it a function now we're 199% better as an example? In real terms the percentage case is really a play on statistics. So you have to be careful of how the statistics are broadcast and generated.

So the population growth, I mean really 1970s, certainly 1950, for instance, I feel that the world population was about half of what it is now. We're closer to 8 billion now. Let me just do a quick bit of a Google search. What I'm picking up we were around half the population that we are now. Just give me a few moments.

Well, I'm shocked. I've just looked at the world population in 1950 and 1970 compared to now. Right now we're nearly 8 billion, we're 7.8 billion in people on the planet. Seventy years ago, that was 1950, we were 2.5 billion. In 1970, we were 3.69 billion. So we've basically more than doubled in 50 years. More than doubled in 50 years. And that tells you how the population is far outstripping the resources that were here. So one of the things we could do is basically to stop our population increase. That could be one of the major things that we need to do to put ourselves in a position where we're looking after the environment.

(45 min) So that's the thing to look at in terms of we are...if you look at it in a different way, we are the virus on the Earth. And the way that the Earth is dealing with the virus is antibodies. It's things like weather change, climatic change, of course, associated with that. And things like viruses and disease coming onboard to help put in abatement the growth of another virus, which is the human body. So you can just see how much of a problem we are. You know, we've grown by a factor of three times since 1950. In 70 years we've increased by 5.3 billion and that's why we're having problems with greenhouse gases, emissions, water pollution, and stripping rainforests and polluting rivers and the sea.

So we are clever, even with our current level of frequency, we are clever and we can sustain the Earth. But we need to do a number of different things. Stop doing things that pollute. That includes production control. Think about treating our planet like we treat our own bedroom, keep it nice and neat, although some people don't do that, but let's just say most of us keep our bedrooms nice and neat. Keep the Earth in the same way. And we need to stop our increase in population, because it's unsustainable. And we tend to find that the increase in population tends to gravitate in certain areas where there's not the same level of, shall we say, individual control. You know control of one's desires, so to speak, as we're thinking in a more physical way.

So we need to control the population of the Earth and that's along with stopping fossil fuels and finding other ways of generating power that don't include that, but finding a clean and environmentally friendly way of creating those things that generate that power. Maybe we need to be able to use some of the sacred geometry based device to tap into the prana, the free energy or orgone that's already there. That will be the way forwards. But we do need to look after our environment more. Keep our greenery and re-establish forests without a doubt. And stop reproducing in the way we are right now. Okay, thank you very much for that question from WP. Those are all the questions we got in today's Satsanga. Lots of questions.

Part 3. Meditation

Now we get to go into the meditation, which is on "**Giving Unconditional Forgiveness.**"

Please download the high quality MP3 File to do the guided meditation with Guy Steven Needler via his website or blog (meditation starts around 48 min).

(1:02) Closing comments: That's the end of this month's Satsanga. The next one is on the 26th of September. So feel free to share this with your friends. And if you have any questions for next month, don't forget that they have to be in by the 15th of September, so I'll get a chance to read them, or I shouldn't say read them, because I read them on the day of the Satsanga. But moreover to compile it into a document, so I can read them when I'm doing the Satsanga. Okay, so God's love to you all, namaste to you all, and I look forward to feeling your energies in September. Goodbye and God bless." END.

NOTE: I have prepared a Searchable pdf document with ALL World Satsanga Lectures, Questions and Answers collated from 2016-2020 to make it easier for us to see what questions have already been asked in previous Satsangas and what answers were given at the time. This will allow us to ask NEW questions or ask similar questions from a different angle after reviewing what we already know. This document is over 600 pages, so don't try to print it out.

You can go to Needler's website (www.beyondthesource.org) to find the document at this URL:

www.beyondthesource.org/wp-content/uploads/2020/06/All-World-Satsanga-Transcripts-2016-2020.pdf. OR simply click on "**All Transcriptions**" here to go there.