

September 26, 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 26th of September 2020 in conjunction with Kevin Moore and The Moore Show. And I see that Kevin has got some more videos on his YouTube Channel called MooreTalk and it's also called The Moore Show in reference to those people who are channelers. And the show/series is called "They Call Us Channelers" and it's very good. It's got lots of different types of people on there and lots of different qualities of individuals as well, so you can draw your own conclusions as to who are real channelers and who are make believe, so to speak. Anyway, good show, look at it, see if you can look at all the different episodes that are there. There's lots of them there, well over 60, probably closer to 68 in actual fact.

So let's have a look at today's agenda. The first one is one I've done before actually, but I'm going to do it again, because I think we really need to right now and that is "How to navigate through one's incarnation in a karma free way?" The second is the questions that people have sent through. And thank you very much for those questions. There's lots of really good in-depth questions about a number of different subject matters as well. And the last is the meditation to help the world see the truth and make change for the better, which I feel is something else that's really needed right now.

Part 1. Lecture on "How to navigate through one's incarnation in a karma free way?"

So how do we navigate through our incarnation in a karma free way? Well, if you can remember, karma is basically a function of our addictions to being in a low frequency environment and all of the things that are associated with it, such as status, material wealth, material belongings, addictions to things like foods, different drinks, drugs, etc., and some sort of states of beingness as well. So in real terms, it's everything to do with our thoughts, behaviors and actions associated with being here.

So there's two things we need to do. One is to look at how we respond and two is to look at how others respond and how we interact with those who respond to this particular intoxicating environment, because it is intoxicating. A lot of souls just don't want to leave here and that's where we get the opportunity to sort of quantify what poltergeists are or other ghosts or other entities that aren't detached from their incarnation, because they can't quite detach themselves from being in this particular frequency. They want to stay involved with it, so it's quite an issue.

So looking at it from these perspectives, what can we do as an individual? Well, first of all, we need to observe how we think, behave and act. This term "think, behave and act" is going to be a recurring theme and has been a recurring theme in lots of things that I've been going through with the books, any previous lectures, and certainly within the thought process about what karma is and the lecture I gave on karma a few years ago.

So we need to sort of apply this observer self. Now Susan Tsesenga with the Pathwork Series also applied and was one of the pioneers about using the observer self. And it's a very important for all of us to use. A lot of the things in the Pathwork Series I thought had had their day, probably around the 2010-2012-2013, but looking again at the way things are going on in the world, I think they've come back into fashion again and are absolutely necessary. We need to go back to the old robust ways of doing things, because we're now a lower frequency, and lower frequencies mean we can't jump in half way.

So the observer self is a really important tool we need to use. And the only way that can work is if we give ourselves the opportunity to observe how we think, behave and act in conjunction with how we interact with others, how we interact with our environment, how we interact with circumstances or situations, and others within circumstances and situations within the environment that we're in. And so, to do that we need to sort of stop, and allow ourselves time (I know "time" doesn't exist but let's just use the word time in this instance) to observe the situation that we're in. And then consider how we are best going to respond within this environment. And that means probably 10 seconds.

You know, giving ourselves 10 seconds to respond to somebody who wants an instantaneous answer is actually an eternity in terms of them getting impatient with us not responding straightaway, and us feeling that actually, how should I best respond to this. So if you start to use this 10-second rule or even 12 seconds or sometimes 15 seconds, you should start to say, well, let me give it a moment to think about it. I need to sort of digest it.

(5 min) By saying this, you've given yourself permission and the other individual's understanding that you're going to answer them, not just ignore them, but you're going to give them an answer, which is a full answer. So when you do respond, you should respond in a way, which is cognizant of a number of different things. One, which response is going to be the optimal response? Which response is going to give us an angry retort? Which response is going to be not effectual? Which response is going to be the optimal response that allows us to respond in a way, which is truthful in manner, in detail and in expectation, and not go so far as to throw us off track in being too in their face, so to speak, too true. Although we should always be true with what we're saying, but sometimes people can't take the truth, so we have to give different levels of it, so to speak.

So in doing this, we make sure that we don't incur any karma associated with that person by making sure that we give the answer we feel is true, but at a level which we feel they can cope with. And therefore, we don't get into any karmic links with them in terms of how we interact. So that's one way of doing it. But also it's interacting with our self -- don't give yourself a hard time for not responding in the best way possible, because sometimes there's a lot of pressure on us to respond. And we don't give ourselves the opportunity to think, you know, give ourselves those 15 seconds or 10 or 15 seconds to be able to respond in a way, which is going to be the best response. So if that happens, just note that you didn't give yourself that time, and next time give yourself that time and see what happens.

It's quite amazing, because every time we interact with somebody or in some situation, whether it's work or play, or in society or a club that we're part of or just passing somebody on the street or being in a shop, for instance, we always look back and think, Oh, I could have done that better. I could have answered that better. Well, use this sort of hindsight and bring it into the foresight by giving yourself the time to respond and react. Okay, so interacting with others and interacting with yourself in that respect will allow you to navigate in a karma free way, because you won't be interacting with somebody in an adversarial way by creating a link in the way you don't like to talk to that person, or you can't stand that person. The idea is to understand individuals.

So the other way to look at is to consider how you can feel what the other person is like, understand by linking into them, allowing yourself to get to use your intuition as to what level of interaction you can work with them on. What's their education level, for instance? What's their intellectual level? What's their ability to be expansive? What are their viewpoints? Can you work with those viewpoints or are the viewpoints relative? Are they reasonable? Are they accurate? Or are they just self-centered? So in doing that, you can just work upon how they work. And you can also see how people respond to different situations, because they're trying to curry favor, for

instance, trying to be one up on somebody else, because maybe if they weren't, they were looking for promotion?

So try to understand how and why people do things in the way that they do them in certain situations, so that when you're in that situation with them, you can respond in a way, which isn't going to create a karmic link between you. And that means you're going to have to go into that situation again with them and respond in a better way. Because when we do have an issue that we haven't addressed quite properly, our guides and helpers, they put us back into a similar or same situation that gives us the opportunity to do a better job next time, and therefore, tick that particular karmic box, and move on to the next.

And you can tell, when you've done that, because situations with people or individuals or circumstances that you would have normally been afraid of, worried about, get anxious about or depressed about entering into no longer affect you in those ways. It just becomes whatever [?] looks back. It becomes like watching somebody else's issues and it not being a problem for you. For instance, like looking at a TV screen and looking at some drama on television or something.

The other way to work in a karma free way is be considerate to others, be of service to others, when you can do without expectation of getting reward of any sort, whether it's financial reward, whether it's praise, or whether it's benefit in kind. When you're asked to do something or feel it's appropriate to help, be of service and that's it. Know that you've done the job that you could do to help that person and it's benefitted them. You don't need to say, Oh, such and such did this and wasn't I good for them? That's just ego.

(10 min) Do what you can. Do the job. Know that you're it for them, and therefore, for their True Energetic Self, and therefore, for Source and move on. Be as kind and considerate as you can do, even when people cut you up in the car. Just drive a bit slower and you'll find that things sort themselves out in and around you, and you can continue on in a calm and serene way with your driving, still being aware of what's happening around you, but you don't get wound up. You don't get road rage, because you're letting people do that around you. All you're doing is just driving and making sure that you brake in time. If they want to cut you up in front of you, you just brake slowly. I mean, don't worry about what they're doing, just them carry on in their own problem in their own karma.

In terms of the environment, we have to think about how we treat the environment. And that means that any thoughts about dropping litter on the floor, for instance, or about dealing with our gardens in the wrong way, supporting things that are affecting the world. For instance, buying too much paper, if we can do things online, we can do. If we can buy a product that is eco-friendly, we should do. You know, if we can help by sponsoring other children around the world, I mean, I sponsor a child in Cambodia and I'm looking to do another one, and I've done them in the past as well. So it's just looking at how you can help people in the environment.

But moreover, looking at how you interact with the environment. You know, don't leave your car engine running when you're in the traffic lights, for example. These days cars do it for us, don't they? They auto stop and auto start. Be careful where you take oil, if you have to service your own car. Take it to a recycling center. Make sure that you recycle paper properly, card properly, electrical components properly, cardboard properly. Even garden waste, you know. All these things should be recycled properly. And even food, you know, make sure that that's recycled properly. So that we're not just throwing things around, and leaving it in a lane somewhere, which is what I've seen on a lot of my cycling trips.

There's always somebody who's fly-tipped [meaning dumped waste illegally] somewhere. Just think in terms of how it's taken them a long time to get into that location to fly-tip, why couldn't they have gone to the local tip, which is probably the local recycling center, which is probably

just as far away from their house as going to that country lane to dump the stuff. You know, sometimes you have to think about the thought processes that go through people's mind in this instance. But be considerate yourself. If you see litter on the floor or street, just pick it up. I do, I put it in the nearest bin.

Okay, these days you've got to be careful, so you need to wash your hands on a regular basis. Or if you've got some latex gloves in your pocket, you can keep those and have those ready, so you can pick something up. And you can fold them inside out, so that you don't get any germs or things within the pocket of your coat or the trousers you've got. So you can help maintain the environment by being a transient or temporary refuse collector as and when. I know that there's lots of organizations that go out and clean beaches or clean woods or clean the streets by just gathering a group of people together with a few empty bags of refuse collection with these mechanical pickers and they just pick things up and they spend a couple of hours doing that. That's fantastic.

But if you can do it yourself, when you walk past it and see it, just pick it up and put it in a bin. Sometimes it's adversarial to say that if you see somebody dropping something, you can mention it to them, but they might think that it's their right to drop paper. But that's probably because they're a backfill person or their evolutionary level is so low or their karma is so big that they can't see anything but low frequency thoughts, behaviors and actions, and therefore, aren't bothered about dropping litter. If that's the case, just pick it up. Don't worry about telling them off, if you think you might get into an adversarial position and just put it in a bin.

So it's looking after our environment, it's looking after how we consider ourselves, looking at our thoughts, behaviors and actions. Don't get too greedy, be happy with what you've got. Don't hanker after things that are outside of your financial abilities to support or purchase. And just be happy that what you've got is a very good environment to work with. If you get the chance to help others, fine. If you get the chance to tidy up the environment, great, do so as you can. But also things like pollution, if you've got the chance or the finances of buying an electric car, then do so. But also pay attention to where things like the batteries are made, where the chassis structure is made, where the interior trim is made, because all of these things have a manufacturing process that could also be quite polluting.

(15 min) So it's not just a case about buying an electric car, it's the whole manufacturing process we have to look to. Is everything that we're buying eco-friendly? If it is, then you're fine. You're doing the right thing you can do. You're navigating through your incarnation as best a karma free way as possible. But with all these things, the best thing to do is how you think, behave and act and respond to others in different circumstances. Okay, that's basically a number of different ways in which you can navigate through a karma free incarnation. And ultimately, in doing so, you'll reduce the number of lives you have to come to the position where you no longer need to incarnate to evolve in an accelerated way.

So we're going to come to the questions now. There's quite a few questions here, not the voluminous amounts that I normally get, but these are very I think deep, and so we'll do what we can with them. The first one is from WP.

Part 2. Questions and Answers

1. The following are apparently the basic premises of "A Course in Miracles:" (WP)

- **This world is an illusion, because only what is of God, Love, is real.**
- **There is no world! This is the central idea this course attempts to teach.**

- **God did not make this world, if He did, God would be cruel.**
- **God does not know we are here in a world that is apart from Him.**
- **He knows and Loves us as an integral part of Himself, as one with Him and His creations.**
- **The only Reality is God, and this is why all of the above is true.**
- **The only purpose of the illusion is to forgive it, not to love it, not to embrace it, not to change it, or condemn it.**
- **Can you comment on each of these? If these statements are generally true, then who did create this world and for what purpose? It seems that we are all guessing, creating belief structures to replace our ignorance and in the end everything we think we know is pure conjecture.**

Totally agree, right. So let's go through the first one.

- **This world is an illusion, because only what is of God, Love, is real. There is no world! This is the central idea this course attempts to teach.**

Well, there is a world, because even if it's a temporary reality, that's created by us collectively to allow us to experience something. So that collective creation creates an environment to exist within, whether it's a universe, whether it's a galaxy, whether it's a planetary system, whether it's a planet, whether it's an island, whether it's a country, whether it's a city, whether it's a village, whether it's a house. It is there while we're working with it. So to say there is no world is incorrect, because we create it collectively to be able to work with it and experience, learn and evolve and evolve through it.

- **God did not make this world, if He did, God would be cruel.**

We are part of our True Energetic Selves and our True Energetic Selves are smaller, individualized units of God. So when we create something, we create it, because we are part of God and we are God. On top of this, the Earth is part of a structure associated with the multiverse and the multiverse is a function of the structure of the Source. And so it has to be part of God. So again this is an incorrect assumption, because Source allows anything and everything to happen, because it's all experience.

And those things that are suboptimal or negative, if you want to call them that, but I prefer suboptimal, are allowed to exist, because it gives us the correct duality, gives us the correct benefit of diverse experience. It's no good just being in an incarnation where you're only experiencing the good things, because it's biased. It doesn't give you the full detail of what's happening. That's why the Buddha moved away from being a prince to being a pauper, so he could experience the yin and the yang, the duality of this environment we're in now.

- **God does not know we are here in a world that is apart from Him. He knows and Loves us as an integral part of Himself, as one with Him and His creations.**

Well, how does that work? So those two lines don't work, don't they? The one contradicts the other. So we can write those two off, because of being unable to be understood properly.

- **The only Reality is God, and this is why all of the above is true.**

Well, that's true. The only reality is God and it's created of the Origin and the structure that they are both part of. Because obviously, the Origin is an element of polyomniscient sentient self-

awareness within a larger, vast energetic structure. So it's trying to understand itself. But everything is there, and the only reality is that, the greater reality basically.

(20 min) So some part of it, of that statement is...I would say is acceptable. Because the only reality is God, which is true. But all of the above is not correct, because there's contradiction in there. The next part is...

- **The only purpose of the illusion is to forgive it, not to love it, not to embrace it, not to change it, or condemn it.**

Well, I don't agree with that either, because the only purpose of the illusion is to understand it's there, work with it and love it as being a modality for our evolutionary progression. When we embrace it, we work with it. When we love it, we understand it. When we change it, it's because we change it to make it better. When we condemn it, we realize that what we've created isn't acceptable and we look at how we will improve it.

So some of these statements are back to front, upside down, left and right and they're not really fully concur about understanding who and what we are and what we exist within and what our role is within the Source, as part of a level of structure that is basically superdivided or individualized levels of sentience and energy to investigate one's Self. In this instance, the Source is investigating itself in minute detail through the creation or separation of first part of its structure and giving some smaller parts of itself the opportunity to go investigate that structure. And those smaller parts have decided to give even smaller parts opportunity to go into finer detail, which is what our souls are or our aspects of our True Energetic Self are.

So I think there's a lot of contradictions in the Course in Miracles. But with all these things, as a discerning seeker of the truth, you have to expose yourself to them to understand which is truth and which is manmade conjecture. Once you can sift out the truth from the conjecture, you know each time you pick up another book, see another video, talk to another individual, which is the correct path to navigate down to keep getting truth, truth, truth, truth, truth, rather than truth incorrectness, truth, human thought process, truth, human preference.

Okay, and move around from that perspective. Try and just look at it. You know within yourself what's true. You know within yourself using your intuition, clairsentience, what is the truth. Okay, so let's have a look at the next question from MO, and MO is a lovely lady, she's nearly finished converting "The History of God" into Japanese, so I'm really pleased, that these questions here from her, I can answer them. Let's have a look at this.

2. There is a chapter that talks about stone circles in "The History of God." I am wondering about medicine wheels. They are also made with stones, but they seemed to be built wherever, no concern of locations of ley lines. Are they really effective? How are they really used? Do they increase their effectiveness if combined with quartz crystals? (MO)

Hmm, medicine wheels — I've just been meditating on this — along with prayer wheels in Tibet are ways of raising energy. And so a medicine wheel was used by a medicine man [being both male and female, by the way] to basically help raise the frequencies of him/herself and also raising the frequencies of the patient to effect a rapid acceleration in the healing process of that particular body. There's no need to link in to ley lines, because in this instance, they're just picking up the prana or the energy that's there and the intention behind those energies to heal.

They could be used in conjunction with crystals, if those crystals are programmed to be able to work with various different body parts. For instance, you can program a quartz crystal heal your

liver or your kidneys or your pancreas or your spleen or your heart or your eyes or your cognitive processes. You can ask somebody who knows what they're doing to program one of these crystals specifically to do that. So they can be quite effective, if they're used with the crystals as well.

(25 min) In terms of stone circles, the stone circles were basically a way of capturing or directing energy from the Earth, from ley lines and allowing it to be collected or harvested in a certain point. So if you look at a number of different places around the world, you'll see sometimes that the stone circles will be the end point of what appears to be a corridor.

And there's a place in the UK called Avebury, where you can see a long corridor of stones that terminate in a certain location. And this is because it was understood that the energy could flow in a certain direction and could be harvested by redirecting into certain areas. So these standing stones that look like a corridor, they are effectively changing the direction of energy or harvesting off energy for it to be placed in a certain collection point. Okay, so that's something to think about there.

- **Question on dementia and schizophrenia. I had a chance to spend some time with someone who was diagnosed as early stage of dementia and schizophrenia. I felt very painful (energetically and physically) when I communicate or have physical contact with her. It's almost felt like I was being exposed to unbearable noise.**
- **Is this the energetic signature of dementia patient or schizophrenia patient or perhaps both? If so, how come they have so much noise in their energetic signature?**

Well, basically, with dementia, dementia is a function of the soul starting to leave the body in a slow way. So you start to feel a disharmony in the energy associated with that, because the soul isn't totally integrated. You can tell that, because, of course, the memory sets aren't there. The recognition of loved ones isn't there. And the understanding of who and what they are and where they are isn't there as well. But they still function, so there's still enough sentience there in the body and energy, of course, to animate the body. So there's a disharmony there between the fully functioning, fully immersed soul or aspect within the incarnate human vehicle it's working with to be able to experience, learn and evolve in this environment.

Schizophrenia is a different thing, because if there's more than one soul in the body and they are having let's say difficulty in remaining in the correct level of priority as to which soul is the animating soul and which souls are basically there to just experience, learn and evolve but not interact, BUT they want to have interaction as well, then you start to see again an issue with the harmony of the energies. Because really there should be one soul animating the body unless it's an agreement that one soul will come in and another soul will go out, or the collective understanding of the souls is presented in a collective or singular way.

There are some people who've got more than one soul, who work perfectly well, because they're using a collective response, which appears to present itself as a singular level of sentience to their soul will [unclear]. But if each of those levels of sentience, if each of those souls or aspects are wanting to have a go themselves, so to speak, then there's quite a disharmonious energy there, because they're trying to fight each other to animate the body.

And this is when you start to see that the individual that you're looking at and observing will start to talk to what appears to be nothing or nobody. Their personality will change and they'll be observing different things that aren't specifically available to us in this first three frequential [FB 1-3] environment. So it's this disharmony in the energies associated with the soul leaving the body or a number of souls fighting for supremacy, so to speak, that causes this disharmony,

which could end up being very difficult for somebody who is sensitive to the energies to work with.

- **How could a person previously seemed to have no sign of schizophrenia have it later in their lives? What's happening to them on the soul level?**

Well, again basically, they may have left themselves very open to the opportunity for souls, who are looking to get some experience of being incarnate on this particular level, and use this openness as a way in. On top of that, it could well be that they want to communicate with other entities, who are astral entities. And these astral entities are basically being given free rein of the opportunity to communicate with them, and/or animate the body in some particular way.

So sometimes astral entities, specifically, if they've been in existence a long time, can mimic the way humans think, behave and act and give the appearance of the individual being under control, you know, under normal sort of control. But if they've been open, of course, these things can come and go. Or even if they're open, another soul who hasn't made its way back into the energetic properly yet, who's addicted to being on Earth, can look for individuals, who are very open, have no energetic defenses and can walk in uninvited. And so that gives the appearance of somebody suddenly flipping or suddenly losing their control, like somebody having a melt down, so to speak, and somebody changing their personality overnight.

(30 min) Sometimes a walk-in is planned and they can change overnight and that change becomes acceptable. But when there's a flipping backwards and forwards, or the apparent communication of that individual with something that other people around them can't see or observe is classified as being talking to ourselves. That could again be this thing, where there's multiple souls in the body that...and the other souls by the way have just taken the opportunity to jump in, because there's no natural protection or shielding that the primary incarnate soul has got with that particular body.

- **In May 25th, 2019's Satsanga, you had a lecture on dementia, and taught us that "With dementia, it's a case of there is no longer a need to be incarnate. The expectations and the goals of the life plan have been for all intents and purposes completed, and therefore, some souls either decide to go... But with dementia, the soul is sort of gradually moving out of the way. The aspect is sort of gradually departing, because it may have satisfied the goals or the requirements of its life plan and they have decided to stay a bit longer or may just be staying longer for those individuals, who it has become associated with in this particular incarnation, such as its partner, such as its family members."**
- **And also, "If you see somebody that's got dementia and you know them, you can just say to them: "You know, you don't need to hang around, you can go back to your TES or you can go back Home," if you want to use those words instead. And that will give them more incentive to go and detach the animating energy from the human form, removing it from the Tan tien and the rest of the sentience from the Soul seat and bringing it back towards the Core star, then move it back up the Hara line back into communion with its TES and the body will demise accordingly."** (Those are my words being brought forward from the previous Satsanga on May 25, 2019).
- **If we can ask them to leave, then can we ask them to stay here by suggesting them to set another goal (life plan) and extend the reason for being here? If they agree with it and extend their incarnation, are we able to heal their body to function properly and help them to recover from dementia?**

It's not normal for somebody with dementia, who is basically on their way out of incarnation to come back simply because they're choosing that way to go, and they're choosing the gradual decrease in their cognition to be aware of making their loved ones or those that have been working with them in this particular incarnation in various levels of gradual acceptance, that they can no longer count on them being there for them, so to speak. So it's unlikely there's a new life plan would be created, because that soul would be, you know, excited basically about leaving this incarnation and going back in again to their normal energetic state.

There are, of course, souls who've been in what we call near death conditions, where they have what we call near death experiences, where they experience the choice available to them to stay or go. And that's where they have this termination juncture [exit point]. It's not particularly associated with dementia, but it's basically a chance where they can say: Okay, I can go and it's not going to cause any downstream evolutionary issues. Or I can stay if I need to, and if I stay, then it's like working overtime. You've got an extra level of opportunity experience, learning and evolving in this particular incarnation, which may be of benefit.

And so sometimes people will come back and say yes, I've got to come back to extreme circumstances or simply they come back from an operation they're having in hospital or they may even have some form of memory loss associated with an accident or something, when they come back. These instances are when the body is usually in good condition or where there's a specific termination juncture addressed as being the choice position, where you can stay or go.

When dementia is there, the soul has decided it is going. It's already on its way. And so the level of energy associated with the sentience that is animating the body, it's certainly in terms of its cognition it's being removed and is going quite quickly. The animation of the body you'll notice is probably the last thing to do, because they can still move around. It's just that their cognition about being here is very, very limited.

(35 min) They'll go right down past 10% of what they previously were. And because there's associated energies there, they can still animate the body. But it's like an automaton until there's a focus that brings them around: Oh, that's such and such, that's my son. And they come into sharp focus there for a moment until they realize that okay, now the son knows I'm here. I don't need to be here anymore. So it's very...I'm being told it doesn't happen.

Individuals with Alzheimers or dementia may have a bit of a slowing the process down, if medical research has decided to give them some form of cocktail of drugs that makes the brain suddenly assist by creating or rebuilding neural networks, but you have to understand that the *sentience* or the cognition of an individual isn't the brain. That's just a function that's part of the body. The sentience isn't the brain. So trying to create something, which repairs the brain isn't going to in the long term isn't going to solve dementia or things like Alzheimers or even Parkinsons related Alzheimers.

- **Fragrance pollution [this is perfumes] is becoming a serious issue in Japan. A lot of people are using toxic products without knowing it. The issue is that these products are not only causing illness to the ones that are using them, but also the people around them. Is there any efficient way to let these people know and persuade them to stop using these products without offending them? These products are also polluting environments rapidly, so I'd like to know how...**

People have been programmed into thinking that the natural smell of the body is abusive, and that's probably right. But as long as you can clean the body on a regular basis using eco-friendly products, which aren't going to cause fragrance pollution or offend our olfactory organs by being too Chanel No. 5, for instance, or too Yves St. Laurent, for example, all these different things.

They're basically there to make us smell nicer, because we don't like our own smells, you know, the body. But really if we're clean, we don't need any of these products at all. All we need to do is make sure that areas that are known to provide active sweat glands are cleaned on a daily basis and we can use very natural products. For example, there's lots of different products that are available in the environments that we can use to clean ourselves, like sponges in the sea, for example, we can use to sponge ourselves down and swim in the sea and clean ourselves in the sea. Using the sponges with the salty water, you know, creates a condition where it exfoliates us, our pores. All we need to do is understand what is there.

How to persuade people? Well, when we have people who are addicted to being in some form of the material world by saying I am a better person, because I smell like this, I can afford this product. That's difficult, because a lot of the products are there, not only as a way of smelling nice, but it's also a way of saying I'm affluent, because I can afford these expensive products. So unless there is a way of exposing the manufacturing process for saying it's not eco-friendly, if it isn't. If it is eco-friendly, that's not going to work.

But we need to understand that if the process of creating these fragrances isn't eco-friendly, then that's a problem, because it's affecting the Earth. If the smells are affecting people, who are too sensitive, then that's definitely pollution. There needs to be something there. But in real terms, we just need to reprogram people, probably from an early age, to be clean and use natural products that are available without massive amounts of production to create them. So that's how to do it, to look at all the natural things. For instance, there is various different locations around the world, where people don't have toothbrushes, but they chew on a certain stick. And that stick is a certain wood and it sterilizes and neutralizes the opportunity for bacteria to be in the mouth. And chewing the stick also removes plaque.

(40 min) So understanding how we used to do things natural in the old days and keep clean naturally is the way to remove our dependency upon expensive products that make us look or smell beautiful. We need to understand, we need to train ourselves into recognizing that beauty is the soul, not the body. The body is simply a motor car, simply a vehicle we're using to be able to experience, learn and evolve in this low frequency environment. And addiction to all sorts of products that make us look good or feel good [unclear] is simply karmic.

- **Is the psychic shield effective to protect ourselves from pollution? If we can protect ourselves from virus via psychic shield, then are we able to protect ourselves from many other things including chemicals?**

Again yes, but it's not a case of believing it, it is knowing it. You can program the psychic shield to create a condition where your frequency is naturally higher and in a place where things that would affect us chemically won't affect us, because our frequency puts our structure to a level where it's a higher frequency, and therefore...it's a bit like making a fishing net a bigger denier [a unit of measure used to indicate the fiber thickness and weight], so to speak, yeah?

If you have a smaller denier, like say denier 5 or 10, then that's a very fine weave. If you have it like a 100 or 300, there's big gaps in between [wrong]. So increasing the frequency of the body makes us less dense, small denier, density is the smaller denier to being really higher frequency, which is really less dense, which is the bigger denier, so to speak. I'm darned if I've got that the right way around? You have to ask ladies who wear stockings and things [in pantyhose, the categories are ultra sheer (below 10 denier), sheer (10 to 30 denier), semi-

opaque (30 to 40 denier), opaque (40 to 70 denier) and thick opaque (70 denier or higher)]. But basically, I think the denier is to do with the thickness of the weave and stuff...maybe it's so I can laugh at myself...

If you think about our current situation is that...let's think of it in terms of ice. If we think of our human body as ice and we raise the frequencies, it becomes water. So the density of the molecules is less dense, because they're not so packed together. They're packed together with ice, because they've got no energy. When they give them more energy, they get further apart and that breaks down the structure from being in stasis to being fluid. If you give it even more frequency, that water becomes steam or air, because it's got more frequency, more energy, and therefore, the distance in between the molecules is even further apart. And if you give it even more energy, it becomes even more diffuse.

So if you think of the gaps in between the molecules as being a function of frequency, so the lower the frequency, the smaller the gaps, so chemicals can attach themselves, because can't get through. And then you have higher frequency, massive gaps, chemicals can't stick to them, because there's huge gaps where there's mostly space and no particles there, no structure there. Okay, so think of it like that. That's the way to think about it. Okay, so higher frequency, creating the psychic shield is the best way to do it. You can program the psychic shield to make you a higher frequency, so you don't get attached to or chemicals can't stick to your physical body, because you're too high a frequency. It goes through the gaps, so to speak.

I apologize if I got the statement on denier wrong. I know that denier is a function of weave, but I'm not an expert, so it's...if it's completely back to front, then I apologize. But you get the idea with the use of the ice to a gas as being the other alternative way of thinking about it. I think the higher the denier number, the denser it is. The lower the denier number, the smaller the weave is. That's probably what it is.

- **Animals are integral part of eco-structure and helpers to maintain nature. But in some regions, where animals were introduced to the lands that are not native to theirs, they are causing destructions to environments and endangering many other species including plants lives. It seems that they are creating imbalance to nature (the cause of all this is human, of course). Is there any way that we can restore the balance in these regions? Or do they restore the balance by taking many many centuries if we leave them untouched?**

Two ways: one is to remove the animals that aren't indigenous to the environment, and put them back in the environment they are indigenous to. But that means that those that are already there are out of balance, because there's too many animals there of the same sort. Or you'd have to leave things as they are and let nature sort itself out.

(45 min) The problem we had in England, we had a problem with the grey squirrels and the red squirrels. And the grey squirrels were more aggressive, so to speak, than the red squirrels, so they basically took over a lot of the area. And I believe that there's some similar problem in Australia with rabbits as well. So it's a big problem that where mankind introduces animals or even plants into an area, which is not able to support them, then that upsets the eco-structure.

What we need to understand is that right now we're destroying and decimating vast areas of rainforest to create acreage for crops. And okay, you could argue that we're putting back in nature, because we're harvesting that nature. But the thing is that the rainforest that was there, the woods that were there were supporting animals and supporting insects and supporting other

biological life as well, which are all part of a localized eco-structure, that also feeds into the major eco-structure, which is the total Earth eco-structure. So by saying that we are doing good by planting things for crops, and therefore, there is still greenery there is complete nonsense, because the eco-structure is in a fine balance.

So really the best thing mankind can do is to stop destroying it, stop trying to change it, to return it to what it can do, back to what it was recognizing that in some parts we've already done the damage and we're best off leaving it as it is, because it'll correct itself over many centuries. Okay, so as human beings we need to realize that we are — and I was horrified to realize that in the last Satsanga, that from 1950, we've gone from being 2.5 billion to 2020, which is only 70 years to three times that of 7.8 billion. So you can understand why the Earth is fighting back with things like viruses and things like fires and weather changes and all that sort of things, which are...I mean the weather changes are also a function of a much bigger weather systems as well as our methods of production, which are polluting as well.

So it's important for us to allow nature to do its corrective properties. What we can do is we stop polluting. We can put back exactly what we've taken out. We have to work in a very strict regime. Take a tree out, not a whole forest out. We're in a position now where we can operate in a really eco-friendly way and live with the Earth, which also has its own sentience in a way, which is going to benefit ourselves and the Earth and every other entity that visits the Earth as well. So we can assist, but sometimes in assisting we cause big problems.

And we also know that certain fires, wildfires are an essential part of the cleansing of the Earth to create new conditions for the regeneration of life as well. You know the phoenix rising from the flames. Some of the wildfires we're seeing in Australia, in America, Spain, for instance, Greece, you know, all over the world that this is part of the Earth cleansing certain things. And part of that cleansing is the virus as well, which is trying to cleanse us out of the way. But again, if we are working with nature, we work in an eco-friendly way, we support it, we respect it, we love it, we help it continue to be as it is, then things will be okay. But it's going to be a long term job for us. We have to be very patient. It's easy to destroy, but very difficult to rebuild. Okay.

3. Can you elaborate on the power of our intention? Is it laying dormant in most of us, as we choose to live life as passive bystanders? And is it through sheer conscious effort that we may switch from passive to active, from living at the hands of fate to molding it as creative directors? (AB)

- **I think of the sentiment that Jesus tried to translate when he exclaimed, "Don't you realize you are Gods!?"**

Yeah, true. Jesus' disciples and the individuals around them were so immersed in their incarnation that they didn't know that they are smaller individualized units of the Source.

- **Something tells me we get too ahead of or behind ourselves in our thought processes, and we miss the opportunity to live powerfully enough in the moment.**
- **I feel the trap also exists in wanting to bring about selfish change on a myopic scale, where that quality of intention becomes weak and less likely to make an impact. Understanding this better in a collective way may help in climbing the frequencies again, and I know no one better to speak on this topic than you.**

(50 min) Well, thank you very much. I am not what I would classify as an expert, but I can feel things, which is good. And we're all experts, you know. Our intention is really powerful. And the way to make it work is to know it's going to happen. Not just believe it or think it or hope it or would it or should it or could it or might be. But know it's going to happen.

Every morning see the change that you want. Be the change that you want. Smell the change that you want. Taste the change that you want. Know it's happening. Not that it's going to happen or could happen or maybe happen in two years' time. Know that the process in place is that it's going to happen now.

You can create a mantra that works, if you want to. And say what you want to experience and say what you want to come. You can say what you want to happen. We can visualize it. We can combine the two together. But do it every day. Every time you feel about it, ah, just focus for a few seconds...it only takes fifteen seconds or so to see what is going to happen. And use your intention to create that which you want around you, whether it's your own local reality or it's part of the collective reality or sentience associated with trying to change the way we think, behave and act and become more cognizant of the needs of our environment, not just the needs of ourselves in a selfish way.

When one thinks in this way, and behaves in this way, and acts in this way, even the most immersed soul will start to change. You may not see it, but that soul will start to change in how it responds. If you put enough souls, who are struggling into a larger number of souls, who are understanding how to navigate through their incarnation and are happy to just share their knowledge, not teach, not push it on people, throw it down their throats, but lead by example, those souls will eventually change. Not because it's something that's there, but they'll start to feel the difference. They'll become a higher frequency by just being in the environment.

They'll feel better about themselves. They'll feel like they can make a difference, that they are making a difference. Their own experience of their incarnation is better. They'll start to realize they participate in certain high frequency things that not only does it benefit the people they work with, but it will benefit them as well. So it's really about seeing it, knowing it, being it. And in being it, you're walking the walk, you're talking the talk. You don't need to throw it down people's throats, just do it. And people will start to see what you're doing and they'll do the same thing. Because deep down inside them, even in the most evil individual on the planet, there is good, because we are inherently good, because we're all smaller individualized units of our TES, True Energetic Self, smaller individualized units of Source.

And so we eventually become detached from this karmic thing of selfishness, materialism, wealth, power, and start to realize that the real power, the real wealth is being One with God and being in communion with God by being in communion with others. And just feeling that and being it and creating it around ourselves, we create it with others and others get attracted to us and we get attracted to them. And so just see it every day. Be it every day. See the things that are going to happen or are happening. That's the most important thing. See the things that are happening, because the things that are happening now are creating that which where you need to go. It's not a belief system. It's a knowledge based system. Make it an expectation, if you wish, an expectation that this is the way it's going to be.

(55 min) And just every time you think about it, stop and give yourself a few moments and see what you want to create. Your intention. Use your intention to create. The power of your intention, the power of your creativity. Don't doubt. Don't be concerned. Don't be anxious. Don't worry about how long it takes. Know it's happening and you will create a better environment, because we are all smaller individualized units of God and we are God. We are Source. Our Source is part of the Origin, so we are Origin as well.

Okay, that's all the questions. So I hope that I've answered those questions. I think I go around circles a couple of times, but that's the way I answer things. Sometimes I do the same thing in the books. I think that I've said that two or three times, but then somebody else says you need to say it two or three times sometimes for people to understand it. And sometimes it takes two or three times for me to understand it as well.

Part 3. Meditation

(56 min) Okay, so let's go into the meditation. And we're looking good, so the meditation is "To help the world to see the truth and change for the better." And I feel we really need it right now.

Please download the high quality MP3 File to do the guided meditation with Guy Steven Needler via his website or blog (meditation starts around 56 min).

(1:17) Closing comments: Okay, well, thank you very much for participating in this Satsanga on the 26th of September 2020. The next one is on the 31st of October 2020. And please do go through this meditation, share it out, pass it on to different people, show them the links, etc., etc., as you see them. And use them in your meditation groups, if you want to as well, or discussion groups. It's been a pleasure and an honor working with you again, and thank you very, very much for listening.

So wishing you all blessings and oh and params, because about a day ago it was the 100th anniversary of the arrival of Paramahansa Yogananda on American soil, the start of a new era and a new way of experiencing and explaining things in terms of working with kriya yoga. So it's worthwhile looking on YouTube for some of those videos of some of the convocation they had online. Well, all the convocation they had online actually. And you can go on to YouTube and download them and you can also stream it straightaway if you wanted to and it's good to see some of the work there and now that they are doing in terms of making us think, behave and act as well. So blessing to you all, params to you all, and namaste to you all. And I look forward to working with you next time. 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.