

WORLD OF

ARCHANGELS

HOW TO MEET AN ARCHANGEL



SUFIAN CHAUDHARY

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PREFACE

What if I told you that it is possible to meet an Archangel? In fact, you could interact with them as if they were standing next to you in your room.

It is not only possible--it is a reality for people who have explored deep enough to understand the teachings of Unconditional Love. Meeting an Archangel is one of the most life-changing events that you could ever experience. The most profound part of this meeting will not be what the Archangel has to say. Instead, it will be the heart-warming feelings that will humble your soul into Enlightenment as you finally understand the reason why you are alive. I have been fortunate enough to have met all of the Archangels. Every time they have appeared in their full presence, I have interacted and communicated with them on a level where I no longer perceived the confines of life. They allowed me to feel the Universe and more importantly, they allowed me to feel the Unconditional Love that serves as the backdrop to our Creation. Perhaps even more astounding is that this ability can be taught. Anyone with the right intentions and mental tools can initiate a divine meeting. For this very reason, I was instructed to write this book.

In any given lifetime, the most beneficial pathway to self-realization is when you have a Master who can teach and guide you throughout your life. My spiritual Master was my family's Godfather. When my Master was alive, he fulfilled this role so expertly that it would be impossible for me not to believe in the spiritual world. My childhood was filled with memories of sitting on the floor and watching my Master cross his legs and casually smoke his cigarette in an utmost display of true character. He was an incarnated Master with heavy psychic abilities; the spiritual world was his domain. One day he told us that he would soon pass away and we were deeply saddened by the news. He was sitting there in his signature relaxed posture, leaning to one side of his chair with his cigarette between his fingers, when he looked at me and said, *"What's wrong?"*

With tears in my eyes I barely mustered, *"I won't be able to see you again."*

After some thought, he responded, *"If you ever need to speak to me, all you have to do is think of my face and I will come to you."*

I replied, *"But I won't be able to speak to you again."*

He stared deep and hard into my soul, and he finally said, *“It is a little bit harder to communicate from the other side; but we can communicate nevertheless...”*

It was the single most important and most memorable thing he would ever say to me. He was a holy man, so casually mentioning the afterlife. Very few people would ever offer such direct recognition of the afterlife's existence.

When my Master finally passed away, we were left to develop our own spiritual independence and follow our own pathways. Over time, doubts soon arose because of the lack of any real interaction with the spiritual world. Over the following years, I missed having a Master who could push me in the right direction when I felt lost and alone. I craved being part of the inner spiritual circle and didn't want to remain part of the unassuming masses. I proceeded to start working and try to live “normally,” even though I knew it was not my true Destiny.

I had completed my bachelor's degree, gone on to work for one of the world's largest accounting firms and finally moved back into the family business. Then one night, I met Archangel Uriel. To an Archangel, I was simply another lost human being in the sea of the unrealized. However, he was attracted to me for a very specific reason; this meeting marked the first step toward finding my true purpose on Earth. Archangel Uriel became my Guardian Angel and initiated my personal self-realization process. He taught me how to commune with Spirit Guides, Angels, Ascended Masters, Archangels and numerous other Higher Beings.

Everything came to a climax when I met my passed over Master for the first time in five years. Archangel Uriel had given me a meditation that was so powerful that I literally walked my way into Enlightenment. It is no exaggeration when I say that we can be taught the ability to meet with people who have passed away. My Master was standing there smiling at me in the afterlife, surrounded by an existence of Unconditional Love. He said, *“Welcome. I have been waiting for you,”* and immediately walked over and warmly embraced me. I couldn't control my emotions at all; it was the most surreal and deeply moving experience for someone who never thought it possible. I could actually feel him as if he was still alive. It was this experience that inspired me to share my message with the world. I wasn't simply speculating about the afterlife; I was truly interacting with it.

My process of self-realization exploded until both my physical and spiritual reality had become One. Even while sitting in the most mundane of places such as a shopping mall, my body would start tingling with energy. I would

start feeling incredibly powerful waves of Love moving throughout my body. One moment, I was casually observing the shoppers passing by and in the next instant, my mind felt as if it was floating in Heaven and my body felt as light as air. When I surrendered to what I was feeling, I spontaneously became Enlightened. My world became One. I was bound to Unconditional Love. People were Love. I was Love. My frequency of Love was so powerful that I started seeing Angels around me. I was simply sitting there and these magnificent white Angels were floating in the air in front of me. Beautiful streams of white energy sailed around them in auric displays of incredible power. Time had stood still and I couldn't hear anything but the alluring tunes spoken by the Angels. They were drawing me into their world with hypnotic states of absolute ecstasy. The Angels were emanating so much Love that the only thing I could do was respond back with more Love. I was slowly leaving this Dimension with the most beautiful creatures I had ever seen in my life. I was so filled with pure Love that there was nothing stopping me from going with them.

This experience was one of my first few tastes of Enlightenment and I crave it more than any other feeling in the world. Oneness is the foundation for Enlightenment and it has nothing but Unconditional Love to convey its teachings. We have the power to Unconditionally Love ourselves and the world around us in such a heightened state that we can achieve Enlightenment. This is the real power of Love. Everything else in life can be reduced to entertaining fillers in order to bridge this very pure understanding.

The Archangels look past any singular lifetime and instead understand the entire spectrum of our lives by viewing all of the past, present and future. Enlightenment is cherished for its significance in following souls throughout multiple lifetimes until we Ascend. The physical facades may come and go but the underlying spiritual lessons are forever. When we embrace life as the medium for achieving spiritual benchmarks, the Universe we live in becomes much more understandable. It gives us the reasons why we are here, what we are doing and presents a very defined path by which we can then consciously move forward. Life has been predestined long before we ever thought it possible. We have to learn how to surrender to life in order to feel the currents that have been pushing us along the whole time. The world needs to establish that it is still in perfect unison with its Creator. Even more important is that we have the ability to meet our Creator. This is the heart behind Creation.

PART ONE

CHAPTER 1

WORLD OF ENERGY

This Creation plays host to the most powerful theatrical production imaginable. It is a world masked by the thick of darkness; ancient magic long forgotten past the dawn of day. The most fascinating illusions are conjured out of our very dreamscape. Grand Puppeteers are pulling the strings of fate and there is an infinite array of characters driven by their relentless pursuits to discover the mind of God. Life itself is the stage. Death plays the role of the dark Gypsy shadowing our thoughts until its final Act. Every single level of detail has been painted into the backdrop of our lives; so fine is the workmanship that we truly believe this world is real. Every now and then, the characters discover that they are indeed in a play and the Puppeteers have to quickly re-write the scripts or risk losing the integrity of the show. The characters forget their lines, the fake tree accidently falls over and a light falls onto the stage. But the show must go on.

Every single thing in this Universe is a frequency of God, From the Sun that shines down upon us, to the mountains that lay ground beneath us, to the oceans that create worlds of islands around us, all the way down to the very essence of our souls. Spiritual frequency is a method to distinguish the inhabitants of the Creation. Just as you may tune a radio into radio stations playing a particular genre of music, our frequency can be tuned to pick up signals of the most transformational quality. Human beings are like walking satellites, constantly receiving and transmitting information to the world around them. However, we are only conscious of information that relates to a physical source. Many people are therefore only tuned into the frequency that relates to the physical world. We may hear the most exotic of sounds, see the most vivid of imagery but still completely miss what was truly transpiring in that moment of time.

For every aspect of physicality in our world, there is an essence of spirituality causing it to be there. Since we currently live within the physical world, we are interacting with it on a near full-time basis. However, what we rarely discover are the spiritual foundations that anchor the physical world into existence. Our mind governs the interpretation of the spiritual world; however, spirituality usually plays a secondary role within our lives and is often completely ignored. This very low level of

mental commitment explains why we do not ordinarily see, hear or feel the spiritual world. Our mind does exactly what it is told and that often means concentrating on exactly what we believe is more significant. The truth of the matter is that entire kingdoms of spirituality are breathing life into the world around us but we are unable to even recognize their existence.

The origin of the Universe is not without an aptitude to multiply the exact same signature of energy across every single notion in Life. The Universe has been constructed from various frequencies of energy and all of that energy has God's essence embedded within it. God is the Universe we live in and God is also the inhabitants that justify the Universe into existence. Our Creator has set up the most incredibly powerful school of spiritual learning in order to fulfil one fundamental task-- the Creation of other Creators. We are predestined to become Creators by the time we finish all of our spiritual self-realizations. This can be seen as the very reason for why the Universe exists. Our Creator is Creating other Creators because that is what Creators do. There is no secret behind what is actually occurring, God is simply doing what feels most natural.

This Universe is bound by an energetic Law that maintains its stability and prevents the Universe from contracting elements of volatility into its foundation.

Nothing shall ever truly be created and nothing shall ever truly be destroyed; the only allowable transition shall be for the transmutation of one frequency of energy into another.

This fundamental Law gives rise to the notion that God is the sole Creator and Destroyer of the Universe. The term 'transmutation' originates from the art of Alchemy where its aspirants ventured to transmute lead into gold with the fabled Philosopher's Stone. We as human beings play a role as manipulators of energy and our Universe is therefore infinite in possibility due to this transmutable nature. As manipulators of energy, we have been given the backdrop of a Duality to choose an appropriate path of self-realization. The Duality is the fundamental reason for why the Angelic and Demonic realms exist. It suggests a world polarized between opposing Light and Dark forces and allows for these contrasted opposites to penetrate everything that exists within it.

Death is as natural as the Sun rising in the morning or the Moon setting at night. Human beings move through the process of Life and Death with every single day; however, only our physical selves ever truly die. Death is the transmutation of a lower frequency existence into that of a higher one. What we recognize as Life is actually a premise that enforces the belief of

the separateness from God. Death is a continuation of the most significant difference between Life and the ultimate realization of the non-separateness from God. Death also plays against some of the greatest spiritual fears-- the fear of loss, the fear of the unknown, the fear of discontinuation, and the fear of change. So powerful are these fears that they completely inhibit spiritual growth and enforce the continuation of a lower frequency existence.

The primary difference between a lower frequency and higher frequency existence is the level of consciousness the inhabitants attained. Consciousness is a term given to the total sum of all knowledge and experiences gained from all previous lifetimes. We learn our lessons and raise our consciousness by entering the Duality and allowing for experiences to be initiated by both Light and Dark forces. The point in time when our consciousness learns the irrelevant nature of a Duality is when Oneness shall redefine our way of life.

Human beings are comprised of that which is physical (our body) and that which is spiritual (the soul). The soul has a very high level of frequency, while the body maintains a very low level of frequency. Consequently, the body and soul are viewed as being in a state of consistent battling as a result. This battle is what we refer to as inner-conflicts. Inner-conflicts are emotional, physical and spiritual disharmonies that arise out of our inability to effectively deal with everyday life. The body craves for other lower frequency substances such as monetary lust and material gain, while the soul keeps trying to raise us higher via self-realization and spirituality. When we learn to silence our inner-conflicts is when we can effectively achieve Enlightenment. Enlightenment is the result of achieving unity within ourselves and expressing the nature of Oneness. Much like the Universe is God's inner-conflict; its inhabitants are collectively trying to quell inner-conflicts between themselves in order to achieve Oneness as a whole.

On a spiritual level, there is an entire world of possibilities to learn as our frequency alternates depending on our level of self-realization. The more spiritual qualities we discover within our level of self-realization, the higher our frequency will be. Reincarnation is the process that allows for the embodiment of the human soul for the purposes of self-realization. We reincarnate over many lifetimes in order to return to this physical world. With every lifetime, we experience a new physical vehicle that allows the soul to exist within a completely new set of circumstances and a new level of understanding is achieved. Those who have reincarnated over more lifetimes have a strong tendency to be drawn into the world of spirituality as a result. This is because they often become tired of grasping

at that which they cannot take with them. From a very high perspective, reincarnation looks like a magnificent white waterfall of energy pouring out from space onto the Earth in a constant stream of powerful life. To be part of this stream would mean you have been destined to walk the Earth in order to achieve self-realization. Upon graduation, you will evolve into a higher form of consciousness, to return only if you wish to teach others how to achieve such a state of Enlightenment as well.

A great many souls reincarnated on Earth during the times of Atlantis approximately 13,000 years ago. The lost civilization of Atlantis was one of the last great civilizations on Earth to blend both the physical and the spiritual into a harmonious existence. The Atlanteans were more technologically advanced than what we are today and also maintained stronger personal connections to the Creator. The downfall of Atlantis was sparked by its population focusing on possessions of power and material lust rather than maintaining those powerful spiritual ties. This ultimately led to a great many wars that resulted in their civilization collapsing into a state beyond repair. Atlantis was one of the biggest draw cards as to why so many souls chose to incarnate on Earth. It was perfect in so many ways and it's hard to imagine how those souls felt when their utopia collapsed. Just over 13,000 years ago, the human population entered a downward spiral and we have been in this exact same pattern ever since. Only over the last few years has the consciousness of our planet woken up to correct our detour in evolution through the natural process of Ascension.

I can recount the exact details about why I chose to incarnate on Earth. You may be surprised to learn that this was a very conscious decision but it's important to establish that we did in fact make a conscious decision to come here and that we are not just a random product of evolution. This decision was the inter-life contract signed with the Creator and we are held accountable for every single fine detail of that contract. These are lasting decisions and not even Death will terminate your respective contract. The only way out is to perform what you came here to achieve.

I first incarnated on Earth during the Egyptian times 4983 years ago (exact number given during a channelling with Horus) just before the reign of Den in 2971 BC in the 1st Dynasty. The Egyptian God Horus appeared to me in order to bridge my current consciousness with these earlier lives. I have a connection with Horus because I used to worship him in those Egyptian temples a very long time ago. He has an electric-blue falcon's head with piercing eyes on top of a strong human body, like the hieroglyphics that still bare his legend today. I was very fortunate that I recognized an early onset of psychic power within myself after my first couple of lifetimes and I then continued reincarnating as the Pharaoh's

Priests. I spent my time studying the Egyptian Gods and discovering sacred methods to achieve immortality.

Time is but a human observation of the Earth's rotational movements around the Sun. The spiritual world does not recognize time since it doesn't have a Sun to differentiate one moment from another. Something far greater and more powerful was therefore accepted as an appropriate benchmarking system in order to track spiritual progress. This spiritual system revolves around Dimensional evolvments and spiritually significant self-realizations. Though we may not take material possessions with us to the other side, our consciousness takes aboard every major spiritual shift we ever accomplished. Physicality is not a sustainable foundation if we choose to accept a spiritual paradigm consisting of Dimensional evolvment rather than linear time. The physical world can be likened to the constantly shifting sands of the desert; here one day and gone the next. You must soon realize that the only real and stable foundation in life is God. God always has and always will be there. There will never be a time when you are not connected to God.

A significant shift occurs within the human body complex (mind/body/spirit) when we start to break down preconditioned thoughts of a physical world and adopt Enlightenment as the only necessary foundation. If our soul is an essence of God, it means our soul has absolute worlds of power waiting to be unleashed. There should be no need for us to live under the premise of such a diminished ability if we are conscious enough to accept that we are indeed comprised of God. This is the secret at the heart of all psychic power.

CHAPTER 2

CREATOR SCHOOL

God is the complete Universe, and God also looks down upon the Universe as a much higher form of consciousness. The Universe is God's body and the much higher form of consciousness is God's mind. On a Creator level, there does not need to be a Creation for him to exist. Creators exist in a state of pure ecstasy perfectly heightened by Unconditional Love. The Creation does exist for one primary purpose--to create other Creators. A soul enters into the Universe to retrace the process of becoming a Creator. Every unique level of this Universe is designed to bring forth the qualities necessary to becoming a Creator. God is observing his own Creation within the trillions of souls in order to personally re-experience Unconditional Love and discover its unique characteristics literally from the ground up. Our soul is therefore a Universal Witness to the events that unfold throughout time. Everything is observed, everything is accounted for and the only real option is to live the plan into manifested reality and become a Creator yourself. Welcome to Creator School.

What truly differentiates one soul from another is the level of consciousness that soul attains. There are 12 Dimensions (frequencies of existence) that define the complete Universal environment for the necessary self-realizations to come into fruition. Most souls collectively group together within their respective Dimensions so they can undergo their realizations with others on a similar level. At no point is it possible for one Dimension to exist without all of the others acting in perfect unison. All forms of consciousness must progress through each of the 12 Dimensions to graduate. However, a great majority need to cycle within the first seven Dimensions before they are comfortable moving on. These 12 Dimensions are the foundation for Creator School.

Life begins by entering the First Dimension, which is a very rudimentary existence that serves as the energetic building blocks for all higher forms of consciousness. A First Dimensional existence is generally in the form of a mineral or rock and is completely unaware that it is indeed alive. Very little is accomplished in the First Dimension other than purely existing within the present. After a very long period of time, a First Dimensional existence will undergo what is called a Dimensional evolvment or Ascension, in order to advance to exist within the next Dimension. This evolvment

marks the very first Ascension that an individualized consciousness attains within a complete Universal cycle. The need to come into Life sparks the first Ascension and this is coordinated with the naturally shifting Ascension energies of the planet that it exists upon. When a planet ascends its body, everything there is rebirthed into a new state of existence. This new state of existence is known as the Second Dimension.

Our souls have experienced the simplicity of plant life, been as passive or as aggressive as any of the members of the animal kingdom and found ourselves completely submersed in the art of nature. Second Dimensional existence comes forth in the form of plants, animals, insects and everything that is considered part of wildlife or nature. Basic processes and functions are now available where movement sets the stage for a definable life. The soul will now reincarnate as many species of plants, animals and insects and gradually start increasing its consciousness one life at a time. The Second Dimension also allows for the introduction of male and female energies that first exposes consciousness to the nature of dual forces working with each other. Second Dimensional philosophy was touched upon in Buddhism where the belief that the human soul also entailed multiple lifetimes throughout the plant and animal kingdoms before incarnating into a human body. Living things therefore deserve respect for they are also in the process of learning to be alive. You should never kill living things such as trees or wild animals or hurt nature in any way because we were once in their very same position. This teaching is also a fundamental law for Unconditional Love. We are the Earth we live on.

While authoring his infamous Red Book, Carl Jung discovered three fields of consciousness that establish the mental construct for every living thing: 1) Conscious mind, 2) Subconscious mind and 3) Collective Unconscious. The Conscious mind gives us the ability to think and interact with our environment. The Subconscious mind acts as a complete storage bank and automatic control center. The Collective Unconscious is a mass field of information that surrounds the planet and connects all of the Subconscious minds on a micro, macro and environmental level. Second Dimensional existences instinctually operate from the Collective Unconscious. There are overriding archetypes that govern how a particular species is to act by giving it set guidelines and behavioral patterns. For example, ducks flying south for the winter, birds swarming in the air and moving around as if they were one body, large-scale migration patterns, methods for hunting and trapping prey or any behavioral patterns not physically taught are all subconsciously available via the Collective Unconscious. The Collective Unconscious is therefore a databank that organically grows and connects everything on the planet. A good analogy to understand this concept is cloud computing which features wirelessly

connecting networks of computers together with an infinite amount of storage space.

Consciousness overlaps multiple Dimensions as a result of the Collective Unconscious housing multiple frequencies of existences together. Cats and dogs often bridge both the Second and Third Dimensions as their human caretakers operate in a higher form of consciousness. The higher vibratory energies inevitably funnel down and help their acceleration into the Third Dimension as well. The same can be said to be occurring with Archangels in relation to human beings. An overlapping of Dimensions occurs in order to tailor for constantly evolving consciousness. Rather than experiencing sudden jumps, the introduction of a higher level of consciousness gradually transitions Ascensions seamlessly.

Human beings currently exist within the Third Dimension where our consciousness is now aware that we are in fact alive. This momentum of self-awareness moves our focus out of the Collective Unconscious and more deeply into the Conscious mind. Psychological patterns often spur a construct where physical, spiritual and egotistical needs graph a new behavioral complex. This new behavioral complex allows for the comprehension of much more profound spiritual concepts; however this newfound analytical function has a tendency to completely ignore what it cannot physically grasp. The realization that there exists an ethereal world with Beings who have much greater influence and power is often what initiates spiritual growth. However, so many disharmonies ensue from conflicting psychological behaviors that spiritual growth is often brought to a complete standstill in favour of physical gratification. Nevertheless, the spiritual world still persists.

The Third Dimension is the first time consciousness is not only made aware of the Duality, but also heavily influenced into aligning with one or the other side. The Third Dimension often establishes the bedrock for major spiritual upheavals due to its spiritual immaturity. This state no longer represents a perfect symbiotic relationship with Mother Earth and is not self-realized enough to embrace Oneness as a whole, so conscious spiritual development often enters into an ethereal war. Beings of the Light and Dark constantly influence souls to polarize and are often only ever embraced because of their heavy involvement in the physical world. Very few people truly embrace the notions of spirituality or reincarnation, let alone whole sequences of lives in non-human forms. If perception and understanding is limited to a singular life, then the continuation of the soul is not understood and Dimensional evolvments become meaningless. Nothing substantial can ever truly be accomplished if you still believe nothing exists beyond that of a singular life.

Earth is currently transitioning into the Fourth Dimension. The climax of the upcoming Ascension will be felt towards the end of 2012 as the Year of the Dragon spreads its wings, all the way for the next seven years until 2019. Although the Third Dimension is focused upon the physical world, the Fourth Dimension has a primary focus on the spiritual world. In order to accept this new state of existence, profound elements of the Fourth Dimension were introduced into our Third Dimensional society to lessen the sudden impact of Ascension. Profound spiritual concepts such as Enlightenment and aspects of Unconditional Love must be understood as the next steps to progress from the Third Dimension. These seeds were planted and allowed to grow in individuals who have accepted that it is time to open the doors to the spiritual world. As human beings are the most complex forms of embodied consciousness on the planet, we will still retain our current shape and forms. What will change is the importance we place on achieving such profound spiritual objectives. The 2012-2019 Ascension will mark a turning point leading to spirituality playing a much more dominant role in society with less fixation on a solely material world. The Fourth Dimension follows the Third Dimension in its way of life; the difference is what is placed upon the core belief structures of those living within it.

Ascension utilizes two primary methods in order for a successful transition to take place: Deconstruction followed by Reconstruction. This Ascension is currently moving through the process of a powerful Deconstruction phase absolutely tearing apart what we once considered normal life. What is truly remarkable is how the Deconstruction phase tailors itself to the individual's needs. Each negative habit, self-limiting belief, fixation upon the physical world and destructive tendency has been or will be uprooted in the most personalized way. There will be personal bankruptcies, corporate liquidations, divorces, tax problems, health concerns and all types of emotional issues. The world needs to embrace Deconstruction as something perfectly acceptable, comparable to the movements of Mother Nature. In the same way that a tree sheds old leaves and grows new shoots, the human being must shed limiting beliefs and replace them with Unconditional Love. What constrains us and shackles us upon this Earth is our egotistical behavior. However, once the dust settles and you realize how little of the physical world there is left to grasp, you will inevitably venture into the spiritual world, and there is no turning back when this happens.

The Fifth Dimension is the home of the Ascended Masters. It is a very powerful frequency, compared to the Third Dimension. Physicality is now an option where a world of high frequency energy becomes the primary way of life. The human body becomes far too constraining for a high

frequency Being who likes to constantly exert its energy and power. It therefore undergoes a substantial vibrational raising until it completely detaches itself from the physical world. There are ethereal planets that house such Fifth Dimensional existences as they still need an ascending planet to give them Ascension jumps into the next Dimension. The planetary relationship with its inhabitants is a very crucial one that operates on many levels. One of the most important functions is to initiate a natural curve of shifting energies in a direct incline, or what is known as a “jump.” It would be very difficult for a planet’s inhabitants to Ascend without it following suit and vice versa. Enough time is usually given for everybody to prepare themselves. Many Ascended Masters who operate in this higher frequency have to severely decrease their vibration in order to make an appearance on Earth. This often warrants brief encounters unless they choose to temporarily incarnate here.

Sixth Dimensional existences welcome consciousness into a state where Godlike powers are expressed. The Sixth Dimension is the highest point of individualization within the first Universal cycle that still identifies and communicates with itself from all of its past lives. If I told you that you currently already exist in the Sixth Dimension as a Higher Self, you would probably be confused because the concept of linear time has defined physical life itself. However the notion of all the past, present and future being One as a Higher Self is an important hierarchy that establishes a route for intuition to take place. Very few Beings maintain a human-like appearance in the Sixth Dimension. Most resemble large masses of white energy, have animal-like characteristics or completely manipulate the way they look depending on what emotional experiences they would like to portray. Sixth Dimensional Beings often roam around lower vibrational planets in hopes of exerting influence upon them. This is done to sway entire populations into believing in significantly more powerful Beings or Gods. It is a Sixth Dimensional teaching to sway the masses into their favor to initiate a stronger hierarchy of power. The greater the number believing in them, the greater their powerful presence will be. Famous Sixth Dimensional Beings include Zeus and the Greek Gods and Thoth of Ancient Egypt.

The Seventh Dimension looks like a magnificent white tunnel of energy that explodes consciousness into a state of existence with the Creator. This large upward flow of energy removes the soul from Creation itself and allows it to exist within a field of Unconditional Love. The Seventh Dimension acts as the last Dimension most forms of consciousness will experience in their Universal cycle. This limitless Dimension appears as an endless field of white energy where everything enjoys heightened ecstasy. Many Beings have never progressed beyond this point and therefore don’t

understand that there is a continuing path to further develop their consciousness.

Those who continue onward have a very powerful destiny to become Creators. Dimensions Eight to Twelve would be considered advanced Creator School, which is experienced by a much smaller percentage of Beings. In order for consciousness to progress beyond the first Seven Dimensions, they are initiated back into the Creation in the Eighth Dimension to take one of two paths--the Masculine progression as a Sun/Star or the Feminine progression as a Planet. The Masculine progression uses the Eighth Dimension to keep propelling forward up to the 12th Dimension, while the Feminine progression moves backward out of the Eighth Dimension and into an alternate existence as a Seventh Dimensional Planet.

Seventh Dimensional Beings choose to allow their bodies to evolve into Planets to act as a home for other Dimensional existences; from Dimensions One through Five. This is performed to create a stable environment and encourage the relevant self-realizations of other Dimensional Beings. It is important to establish the symbiotic relationship between all the Dimensional Beings on Earth and the soul of the Planet itself (often referred to as Gaia). Without Gaia, life would not exist. A thriving Planet must have a Seventh Dimensional soul in the same way a human body must have a Third Dimensional soul. Without her inhabitants, Gaia would not have reason to create Earth because her spiritual realizations involve sustaining other Dimensional existences. In order to create a physical Planet, Gaia needed to learn how to control the elements (Earth, Wind, Fire, Water) and then manipulate them into self-sustaining cycles. Energetic structures such as the process of reincarnation are created well before the physical environment ever materializes. A Seventh Dimensional Being undergoes four Ascensions before reconnecting with the Seventh Dimensional tunnel of energy back into the field of Unconditional Love; Second Dimension to Third Dimension, Third Dimension to Fourth Dimension, Fourth Dimension to Fifth Dimension, and Fifth Dimension into a pure energetic existence capable of moving back into a state of Unconditional Love.

We were created from the stars and we shall return to the stars. Eighth Dimensional existence within a Masculine progression is when consciousness takes the form of a Sun. The Sun in our Solar System has a gravitational pull strong enough to revolve around multiple Seventh Dimensional Planets and therefore, all manner of lower Dimensional inhabitants living on those Planets. Its primary function is to provide a stable Solar System for lower Dimensional Beings to undergo their

relevant self-realizations. The Sun's light actually consists of multiple colors with a visual predominance of white, even though it may look yellow from Earth due to the blue atmospheric contrast. The Sun is literally burning thoughts into the Manifested Creation on such a powerful level that it produces an extreme amount of light and heat. These thoughts are also referred to as the overriding archetypes that govern a Solar System's precise rules of governance. The Sun anchors the Collective Unconscious. The Collective Unconscious connects these overriding archetypes with the individual's Subconscious mind. In such a way, we are born with set rules that determine the construct of the physical world. We feel the effects of gravity because the overriding archetype subconsciously details how our bodies must abide by the Law of Gravity. The Sun is creating and sustaining life as the alpha Being of this Solar System. If you understand the inner-workings of this concept, you can easily see why many ancient cultures such as the Mayans, Egyptians and Greeks chose the Sun as their supreme Deity.

The Ninth Dimension is entered by exploding your elements outward into a powerful ball of churning energy as a Supernova. The Ninth Dimension signals the first of two complete Dimensional existences that sustain Deconstructive cycles. A Sun dies down into what is known as a Red Giant after it runs out of hydrogen to convert into helium via nuclear fusion. Nuclear fusion is what generates heat for the Sun. When the Sun stops producing heat, it starts collapsing in on itself until the helium atoms join with carbon atoms expanding its outer layer, causing it to cool off and eventually casts this outer layer off as a planetary nebula. This Deconstruction phase allows for essential building blocks in the planetary nebula to be ejected out of the Sun into the surrounding Galaxy. The planetary nebula is a product of Deconstruction that has been recycled out of the Sun and allows for new stars and planets to be created. Gravity continues to pull carbon atoms together until the Red Giant's core is solely composed of iron. At this point, fusion ceases and the iron atoms are crushed together causing the Red Giant to explode out a shockwave and form a Supernova. Another path occurs when a Sun gradually dies down into a White Dwarf and attracts another Star into its orbit. Matter is gradually stripped off the smaller Star, which causes enough volatility to then also explode into a Supernova. The Ninth Dimension is about embracing the element of Deconstruction.

The Tenth Dimension is entered when a Supernova continues its Deconstructive phase and forms a Black Hole. A Supernova undergoes a gravitational collapse directly into a Black Hole after running out of materials to fuel its existence. A second path exists where the Supernova dies down into a Neutron Star, only then to undergo gravitational collapse

once the Neutron Star dies and also forms into a Black Hole. Black Holes are one of the most sacred and powerful Universal mechanisms in existence. They are the epitome of the Deconstruction phase, consuming surrounding materials, dust, stars, planets and even light into its energetic core. The observable power of a Black Hole comes forth when it joins two separate points in the Universe together. This bridging action creates implicit ties with both sides as energies are now within proximity of each other. A Tenth Dimensional Being understands that to exist within this Universe is to just consume resources in order to experience growth. Growth of a Black Hole occurs as it continues consuming extremely large quantities of surrounding materials. It therefore releases anything other than what it truly means to exist as a consuming mechanism so it can propel into the next Dimension without hesitation.

The 11th Dimension can only be entered once multiple Black Holes have conjoined together to form into what is known as a Supermassive Black Hole. This compilation of resources becomes extremely vital for a sustainable Ascension into the 11th Dimension. A Supermassive Black Hole entering the 11th Dimension starts to emit a powerful torrent of energy outwards from its stockpile of resources into what is known as a Quasar. A Quasar is a ring of bright fiery light that sits above the Supermassive Black Hole and illuminates the entire Galaxy. The amount of energy in a Quasar is so powerful that the entire Galaxy clusters and moves within a singular spiralling formation. Supermassive Black Holes are like giant power generators keeping a Galaxy alive by reverse thrusting out all of its previously stored energy. A Supermassive Black Hole does not connect two separate points of the Universe together, but acts to connect the Universe to the Unmanifest (also referred to as Nothingness). The Unmanifest is the polar opposite of Unconditional Love. The Unmanifest is where Creators initiate a Universe; it is the place where nothing exists, nothing transpires and nothing can do anything. Supermassive Black Holes are the centers of Galaxies that tie together the Manifested Creation with the Unmanifest, and in doing so anchors the Universe in place.

As a Galaxy, the 11th Dimension marks the final Dimension of existence in the Manifested Creation. The final realization comes forth when an 11th Dimensional Being discovers the true nature of the limitless state that Creators exist in, rather than the outdated need to mimic Creation by consuming and burning resources to sustain itself and others around it. When an 11th Dimensional Being comes upon its final realization, the flow of resources from the Supermassive Black Hole is allowed to run out and the Galaxy ceases to exist. Remnant particles and materials allow for the formation of new Galaxies; however, the original entity is no longer within the Creation. It moves out of Creation and into a truly beautiful and

limitless state, or what is known as Unconditional Love.

In the beginning, there was only Unconditional Love followed by a seed of light that sparked the first Creator School. Unconditional Love is completely self-sustainable and the absolute highest form of energy known to existence. Creators are obsessed with the field of Unconditional Love. It's almost like finding a partner you view as absolutely perfect in every possible way. It sparked an incredible curiosity to discover where this field of Unconditional Love came from and what unique characteristics attracted them so much. Creations were brought to life to observe the nature of this energy in the most rudimentary of forms and went so far as to even allow Dark energies into their Creations to observe its reactions further. The fact that souls are still floating upwards towards Unconditional Love despite the Dark influences is what makes Creation truly remarkable.

The 12th Dimension is one of Creators. It is the Graduation ceremony of Creator School. The Universal cycle comes completely around and existence itself becomes voluntary. Limitless potential is expressed and you now have the capability to exist as One with Unconditional Love or go on to create other Universes. Mastering the 12th Dimension may take multiple Universal cycles to achieve; we therefore enter Creation many times over. There are 12th Dimensional Masters who have been able to maintain an individualized presence within the Manifested Creation even though their main body of consciousness no longer has a need for it. These Beings are known as the Master complex as they provide a hierarchy for other Beings to follow them out of Creation.

Nothingness is where the initial idea of a Universe is conceived. From this initial thought, a series of complex inter-weaving energy patterns are replicated into the blueprints of the Universe. This initial design is powerful enough to create a self-sustainable Creation that draws upon Unconditional Love to experience growth. A Supermassive Black Hole is then used to bridge Nothingness to the Universe in order to stabilize the Universe's existence. This process indicates an illogical jump from Nothingness to suddenly creating the Universe and then bridging the two. The Universal Bridge only appears once both extremes of polarity are created. It explains why an 11th Dimensional Being may not just Ascend out of Creation, it must exit Creation through the extreme realization as a Creator. It also explains why we may not perceive anything before the Creation of this Universe; Nothingness prevents us conceivably moving back out of Creation. The most accepted pathway for any Being is to therefore Ascend forwards and graduate from Creator School. By then, all of this will feel rudimentary in comparison to the amount of Unconditional

Love you will be feeling.

CHAPTER 3

ARCHANGEL URIEL

The last few years of the global economic crisis have been an absolute nightmare. People have lost their savings and jobs; the suicide rate has been rising. Crime rates have also gone up. From a healer's perspective, there has been a ridiculously sharp incline in the number of people experiencing Dark entity attachments and even Demonic possessions. Those who had even the slightest inclination towards any kind of energy work whatsoever could feel all of these fearsome energies building up deep within our core. Mother Earth had become Gangster's Paradise and there was nothing we could do about it.

I couldn't escape the crimson red energy circling the planet as a result of all the negativity that had nowhere else to go. I spent nights on end suffering from the extreme amount of pain and hatred I was feeling in the world around me. Sometimes it would get so bad that the energy under my skin would start burning me from the inside out. I would notice it creeping up in the back of my thoughts, and by the time my Kundalini energy was remotely activated from the bottom of my spine, I was too far gone to even try and control it. My burning head rush would overcome my senses to such a degree that I convinced myself that I was truly possessed. These episodes would come unexpectedly; one minute I was fine but in the next, I was in the Devil's playground.

I isolated myself from the outside world and sought refuge in my apartment as I tried to wait it out. I kept the shades drawn and stayed in bed most of the day. I didn't answer calls and I found myself entering into trance every chance I got. I was living in the dark, caught in my gloomy apartment where even the light of day seemed to burn. My patience soon grew thin as the volatile energy was the only thing I could think about. I grew frustrated with the negative decline my life was taking; I was harassed every single night without end. I took my anger out on the only things I could target and ended up dismissing my Guardian Angel and all my Spirit Guides. In the heat of the moment, I truly felt alone in the darkness of my silently brooding thoughts. I had alienated those who were meant to be helping me. I had turned against them like some kind of wild animal craving freedom from its world of tormentors.

I soon discovered that these intense feelings of possession would heighten directly before natural disasters would strike. I didn't realize this until I listened to the news reports about people dying all over the world directly after my episodes. The widespread flooding in Queensland, Australia, the earthquake in Christchurch, New Zealand, the devastating earthquake and tsunami in Japan and the earthquake in Shan State Myanmar; I personally felt every single one of these blooming into widespread destruction. Entire populations of negative energies caused by depression, anger and hatred were being recycled in Gaia's core and then unleashed upon the world in the most devastating of ways. When my episodes suddenly struck, I was forced to the ground while clutching my head as it passed over me; searing red energy rapidly coursed through my body and mind. What made it worse was the knowledge that my episodes were happening because people whom I had never met couldn't deal with their own issues.

I tried to meditate to alleviate the burning. I would sit there for hours on end until the early hours of the morning trying to find some kind of temporary relief. Cool, dark nights were my sanctuary. I learned to truly appreciate the calm energies of the night. I could sit there and drift off while my mind relaxed in silence. One particular night as I was drifting off into another world, bordering the line of unconsciousness, something suddenly whispered to me out of the darkness, "*He is coming...*"

I snapped out of meditation so quickly at the sudden shock and opened my eyes to find a black and empty room. I was impatiently waiting, on high alert, not knowing what was about to happen. I couldn't feel anything around me and after much hesitation, I replied to my unseen nightly visitor, "*Who is coming?*" There is no reply.

Suddenly, I noticed a human shape standing in the middle of my living room. It looked like a ghost who had not completely made it into the physical world. Its white form was translucent and bare, silently standing there watching me. I decided to tune into its energy to get a better reading. I closed my eyes and concentrated on its form. It was like feeling an explosion with my senses bursting into another dimension; I was suddenly overcome by such an extreme amount of Love that I nearly fell off my couch. Powerful waves of light were piercing my flesh and vibrating me to a near out-of-body experience. My soul felt as if it was no longer attached. In this heightened state of ecstasy I barely mustered, "*Who are you?*"

The lightbeing responded in the most extraordinarily familiar voice that resonated with my very soul. "*I am you. I am your Guardian Angel.*"

I was only then able to see him more clearly; he appeared to me dressed in

a long purple gown with silver armor and a white-grey fur collar around his neck. He had dark brown hair and magnificent white angel wings folded behind him. He emanated a very powerful white energy that prevented me from making out any facial features. His power was incredible.

I was more surprised than anything else as I asked him, *“What happened to my old Guardian Angel?”* as I was unsure if I really could just dismiss my Guardian Angel.

The lightbeing responded, *“Your Angel was no longer fit for this purpose.”*

And I quipped back, *“What makes you think you are fit for this purpose?”*

There was just silence as the lightbeing stared straight through me. He didn't say a single word for a long period of time. I felt my heart sinking, wondering if I had accidentally offended this powerful Being who came to visit me. I was still wishing for forgiveness when he broke the silence. *“My name is Archangel Uriel. You requested a more powerful Angel and I have come to you in order to fulfill your Destiny. Do not so easily dismiss the Love of God. Your rage only serves to excite Dark emotions. You will learn to Ascend into the Light.”*

As I tried to discern how an Archangel was going to be my Guardian Angel, I kept thinking that surely *this Archangel had better things to do than watch over me.*

Archangel Uriel then said, *“We are going to make this official. Let's go.”*

I was still overwhelmed by who was actually standing in my living room and wondered where I was going.

Archangel Uriel suddenly jumped into the air and flew at me across the room in one sweeping motion and grabbed my arm. He landed on the floor just in time to make another leap up and this time with my arm firmly in his grasp, he pulled me upward. I felt a force of light rushing past me as if I was flying and I realized I was actually out-of-body! The large Archangel was traveling with all the speed of God in a thunder of flight upward into the Heavens above.

A second later, we landed outside a white building with a large white cobblestone courtyard. This place looked as if it was floating in the sky with white clouds swirling around the gravity-defying mansion. The building had many windows much like an official headquarters with steps leading up to large double-doors. As we started walking towards them Archangel Uriel turned to me and said, *“This is the High Court. I am going to become*

your personal Guardian Angel from now onward.” We walked in through the front doors into a magnificent foyer with large marble columns and floors. There was a hustle of activity all around as lightbeings were going about their business. Towards the back of this grand foyer was a row of large grey stone grand stands like our own High Courts where what looked to be judges were sitting along the top. Archangel Uriel spoke to me as we were walking towards the grand stands, *“Oh, and Sufian?”*

And I said, *“Yes?”*

We stopped walking and he turned to face me, *“You are not allowed to remember this part.”*

I said, *“I’m what?”* As my body surrendered into a state of unconsciousness, my world turned black as night. In my attempts to drift back into a conscious state, I heard a woman’s voice in the background. I briefly caught glimpse of the Angelic woman and I somehow understood that she was discussing me. The pressure was too much as I dropped into unconsciousness again.

I don’t know how many hours later I came out of my meditation and it was still dark. My legs were stiff from the lotus position I had been meditating in and I decided I had enough activity for one night.

By the time I got into my bedroom the Sun was just cracking the horizon in the distance, giving a beautiful, soft orange glow in the sky. My bedroom overlooks the beach and on this particular morning, the ocean had a platinum shimmer against a backdrop of clouds. It was such a profound swirl of color in the sky that it was truly inspiring. The play of textures gave contrast to clouds of mythical creatures, giants honoring the rising of the Sun to what would mark another day of Creation.

I was watching the sunrise in amazement when I felt something near me. I peered over to find the magnificence of Archangel Uriel standing at my bedroom door. A flush of memories suddenly dawned upon me when I saw his face. It was the first time I recognized Archangel Uriel like a long lost brother who came to visit me from the other side. He had a short beard trailing his jaw line, with the end tips of his moustache curling upwards into a beaming smile. A vision sprang across my mind and I found myself sitting on the side of a cobblestone street. It was night time and I was clutching an old dirty blanket against the rain. I was a homeless beggar burnt by the world I lived in and left out in the wet streets to fend for myself. I suddenly felt an overwhelming sadness and heartbreak as soon as the vision appeared. Sitting on the cold street corner, I became aware of

a man's footsteps walking towards me. At first I noticed his expensive brown shoes tapping the pools of water amongst cobblestones, and then the well-fitted brown suit of a gentleman. I looked up to find a very familiar figure standing over me. The end tips of his moustache were curling upward into a beaming smile, and that finely cut brown suit made me question what era he was from. I felt as if I already knew him. Just as soon as the vision appeared, it quickly shot away into the distance. I felt shivers sprawling across my body as I wondered what the connection was here. How could I possibly know an Archangel?

The Sun was glowing in my room and warming my body with its beautiful radiance. It was too overpowering and I fell back into the land of dreams as if God himself was caressing me to sleep. It was the first peaceful rest I had in a very long time.

CHAPTER 4

WHITE MATRIX

Life was full of rich flavor and accompanied by a scent more grand than any spice market you could ever discover. These were the days when I just couldn't wait to meditate; every day was an adventure, a new spiritual discovery, another step towards finding the truth behind our reality. The days unfolding directly after the events in the Angelic High Court were both fascinating and truly life-changing. My new-found aura of positivity was transformational in every sense. All of this was a result of a single encounter with Archangel Uriel and I was more excited than ever to keep going further.

It was through Archangel Uriel that my psychic potential ascended to a whole new level. I was introduced to a level where the free rein of communication with Higher Beings could take place. I met so many Archangels and Ascended Masters that I started losing track of what they said to me. I spent weeks on end simply trying to process the enlightening level of information I was receiving. Step-by-step, I was gradually becoming unlocked through my travels and meditations. I didn't know it at the time, but I was being led down a carefully orchestrated path in order to achieve the maximum effectiveness of my spiritual realizations.

The Archangels are Beings that can be likened to the Suns within the Eighth Dimension. They are born of pure Unconditional Love and spend a majority of their time exerting powerful waves of Light. Though they are of Eighth Dimensional quality, most Archangels spend the majority of their time exerting influence within the Third, Fourth and Fifth Dimensions. Just as a Planetary Being moves backward from the Eighth Dimension to an alternate existence in the Seventh Dimension, Archangels exist in a state that is beyond the Dimensional evolvment cycle and come back to nurture the progress of others. The reason the Archangels nurture the lower spiritual Dimensions is because everything from the Sixth Dimension and upwards has already achieved God-self realization.

One of the first meditations Archangel Uriel taught me was very effective in breaking down my preconditioning of a physical world. We are born into an environment that has solidified itself within our mind. Since we have already accepted that our environment is indeed real, we have based nearly

all of our behavioral patterns upon the physical world. There are many filters placed within our mental construct in order to perceive this world as real. These filters are subconsciously embraced from the overriding archetypes of physicality in the Collective Unconscious. If you can visualize a white bubble of energy surrounding your head, only allowing certain information through while blocking out everything else, then you can understand why we don't ordinarily see spirits walking around or even the complex webs of energy that makes up our environment. Our filters are set to the Third Dimension of physicality, and therefore only things relating to the Third Dimension are allowed to be processed. For every Ascension that we experience, our filters are gradually reduced based on our need to express a higher level of purity. By the time our consciousness reaches the Seventh Dimension, we will have already ceased the need for filters. The things that make life exciting are the manual overrides that we can perform so our filters may be partially dislodged. People who are expressing Fourth, Fifth and Sixth Dimensional qualities, such as increased psychic activity, precognitive dreams, mediumship and telekinesis, have either consciously or subconsciously removed the corresponding filters.

To begin to understand the nature of the Universe we live in, it is absolutely necessary to visualize the world from the perspective of an ethereal Being, or something not bound to a physical body of filters. Usually this level of meditation can only be performed with the accompaniment of a Higher Being polarized to the Light. By Higher Being, I am exclusively referring to Ascended Masters, Archangels, Higher Beings or anything substantially higher in spiritual hierarchy than us. They must also be polarized to the Light or else risk not being shown anything of great accuracy.

I was intuitively drawn to start asking Archangel Uriel about filters in order to more fully understand why we can't normally see energy or anything in the ethereal world for that matter. Funnily enough, this conversation took place in the shower. In fact, when you get to a certain level it doesn't actually matter where you commune, so long as you are on the right frequency. I was standing under my blissfully hot shower when I said, *"Archangel Uriel could you please explain to me why we have filters, and how do we remove them?"*

Archangel Uriel was floating somewhere in my frequency when he spoke to me, *"Filters are placed over your ability to see the true essence of the Universe. For without them, you would not be able to experience Life and understand why you are here. They are in-built. You must strive to slowly remove them by requesting it so when you are ready."*

To fully comprehend the notion of filters we must first draw our attention to the fact that there is a state of existence higher than what we are currently situated in. In addition, we must realize that we are in fact being limited from fully expressing ourselves in this higher state. It is also important to understand that self-limiting thoughts and beliefs make up a vast majority of our filters. The closer we come to a state of Unconditional Love, the more freedom we have to be able to express our true nature.

I was shampooing my hair when I asked Archangel Uriel, *“Why can two people viewing the same ethereal Being see different things from each other?”*

I felt Archangel Uriel now standing somewhere in my bathroom, *“You perceive the same Being slightly differently from each other. When those Beings approach you, they draw upon imagery within your mind to most effectively come across in a certain way to inspire a desired result. For example, when you see silver armour on Angels, they want you to view them as having their protection up.”*

It is because of this filtration system that many people view Angels as quite human-like with large outstretched wings, while at the same time others may perceive them as balls of extremely white energy. I have experienced Angels in both forms and the truth of the matter is that there really isn't a difference. The quality of communication does not rely on imagery, but rather the strength of the words being passed to you. It is best not to focus on the way Angels *should* look; the more significant is having a free passage of communication.

I was excited at the thought of being able to see the spiritual world in all its wonder, and so I said, *“All right! Let's do this; remove my filters!”*

Archangel Uriel was just blunt, *“Sufian, you might want to get out of the shower before I remove your filters for you... you don't want to fall over or anything...”* I suddenly started getting visions of myself slipping in the shower.

Back on the couch, Archangel Uriel was once again standing before me, *“What I am going to do is temporarily remove your filters for the purpose of this meditation, and then reinstate them after we finish. I now ask you... are you ready?”*

I replied, *“I am ready.”*

The last words I heard were, *“Reducing filters by 30% capacity.”*

Archangel Uriel used a percentage in order to more effectively tell me by what level my filters were being reduced. 100% would denote normal everyday life mode; therefore, reducing them by 30% capacity would remove roughly one third of the filters that limit my perception to the physical world. (In Chapter 12 “Sea of Night,” I have detailed my experience of having 80-90% of the capacity of my filters reduced.)

As his words echoed in my mind, I felt my entire body raise in vibration and my mind started to buzz. I instantly lost the ability to perceive any physicality or color at all. Everything around me looked like white energy in a buzz of activity. What were once physical objects were now just movements of white vibrating energy held together in the shapes of the furniture and walls ordinarily in my living room. Everything seemed to be made of thousands of fine layers of white strings caught into phantom-like shapes. The first thing that came to mind was the famous scene in the movie *The Matrix*, where they were standing in the hallway of green code rippling through the walls. I was still sitting on my couch but nothing looked real. It was as if God coded the Universe and our minds were interpreting these codes as worldly objects.

I looked outside and the same white matrix of fine layered energy was used to make up our entire environment. Buildings were now large streams of white cuboid energy somehow rising to the sky. Trees and plants had a brighter buzz of activity as if to suggest they were alive and conducting more energy. People walking in the street appeared like powerful balls of white energy floating in the air. After a little while, I started to see thin veils of energetic bodies surrounding the human beings. There were fields of consciousness pumping through their veins forming complex light structures.

This entire experience made me realize how little we can truly see with our physical eyes. I developed a profound understanding for why everything we think about has a direct consequence upon our environment. Everything—including ourselves-- is a vibration of energy. We just have a stronger consciousness than our surroundings. We are brighter and exert more energy than our environment. Consequently, we have the ability to manipulate our surroundings through the direct application of our consciousness.

Archangel Uriel had opened a door that I was never able to close again. If everything is energy and we have the ability to control that energy, then we should have the ability to manifest anything we want. We should be able to directly manipulate our environment based solely on the strength of our thoughts. Every single thought that we process has a direct consequence

upon the world around us. We are filtered because we are unlearned enough to understand the full consequences of our actions. When we achieve a level of Unconditional Love, or a state where free flowing Love channels through our body from the Higher planes, we will then have access to recreate our lives. However, the purpose for such a recreation will be highly dependent on what we deem as an application of that Love.

I have detailed meditations in Chapter 9 “Communing with Ethereal Beings” that outline how to commune with a Higher Being so you may explore the full extent of such a journey yourself. Communing with a Higher Being takes quite a bit of patience and a great deal of purity so I am now providing a user-friendly meditation so that you’ll be able to achieve the same results.

WHITE MATRIX MEDITATION

Meditation should be conducted while you’re sitting in lotus position (crossing your legs) either on the floor or on a couch. I personally prefer my couch because comfort is a very significant factor in trying to alter your state of consciousness. If you are in pain, your pain receptors will continuously tell you how uncomfortable you are and you’ll be unable to completely zone out. The second best option is to lie down on the floor with a cushion beneath your head as this position is most natural sleeping position. Wear loose and comfortable clothes and make sure you are in a location that is peaceful and very quiet.

Once you are sitting in lotus position you have effectively sealed off the energy around your legs to help it cycle back into your body. The next step is to place your fingers in an appropriate mudra (finger position). Applying a powerful mudra will increase the effectiveness of your meditations as it allows for the cycle of energy around your body in a consciously beneficial way. There are many types of mudras that vary from culture to culture but Archangel Uriel has simplified everything down to just one:

ENLIGHTENMENT MUDRA

This is the most powerful finger position to heighten your state of awareness. Hold up your hands firmly together as if you were praying to God, and then fold down your last two fingers so that the Middle finger and

Index finger remain up-right in the air. The Thumbs should sit together either pointing up or back toward yourself. The Thumbs represent the element of Fire, the Index fingers represent the element of Air and the Middle fingers represent Heaven or the Higher planes. This mudra is similar to the Enlightenment mudra found in Buddhism, but an amendment has been made by also raising the Middle finger. Fire and Air are naturally complementary and the Higher planes amendment allows you to achieve the highest target for your meditations.

Now that you are settled into position, it's time to close your eyes and achieve inner-silence. Concentrating on your breathing is a very effective way to silence out your thoughts. I have detailed specific instructions in Chapter 11 "The Art of Healing" for breathing techniques that increase the maximum effectiveness of your meditations. For now, it's best to just take deep and very slow breaths, all the way in and then all the way out. Put yourself into a simple routine where you just concentrate on your breathing for at least five to ten minutes. Once you're in a good mental place, it's time to start the White Matrix Meditation.

- 1) Start by envisioning the room surrounding you from your Third-eye's perspective. Mentally map out your entire location. If you are sitting in your bedroom, then picture everything down to a fine detail-- the walls, the wardrobe, the chairs, the bed, the alarm clock the bedside lamps, etc. Quickly open your eyes every now and then to catch a glimpse of anything you are missing. Create a complete mental map of your surroundings. The process of opening your eyes quickly and then visualizing your environment will also help to blend your reality.

- 2) Now visualize a magnificent white ball of energy floating a few feet in front of you so incredibly large that it's preventing you from seeing anything else in your environment. Hold the visualization of the magnificent ball emanating powerful waves of Light.

- 3) Slowly let the magnificent ball start to subside leaving everything around you buzzing with white energy. As the ball disappears altogether, you realize you are surrounded by a world bound to white energy devoid of any colour whatsoever. Hear the high pitched ring of buzzing energy from everything around you. Concentrate on specific objects such as the couch, table or lamps. See and feel the spectacular energy within those objects. Just silently watch the seams of energy traveling in their respective physical-world shapes.

- 4) I highly recommend that you also do this outside. If you are in a park,

then visualize the trees, plants, blades of grass, birds chirping and children playing. Feel the life of nature itself. Look at the difference between something dense like a rock, and then look back at a tree. Both of them are alive but one of them has a greater vibration. Move your concentration to feeling your environment rather than just seeing it. Feel you are a part of it.

5) Finally, turn your attention to your body. Mentally peer down and witness your body bursting with a powerful white energy circling within you, glowing around you and becoming stronger with your sheer recognition of it. Notice the delicate energy threads connected in your system. See the energy interweaving around all of your organs and muscle tissue. Feel your beautiful soul within your body and let it shine outwards.

The more you perform this meditation, the greater your ability to see the White Matrix will become. Do it every morning or every night if you have to. Do it on your lunch break. Start to assimilate this visualization directly over real-life itself. As you're walking down the road, picture what the buildings would look like in the White Matrix. What would those people really look like? How about the entire city block at large? Everything is white because everything is pure energy. Hold this thought for a while. What truly separates you from your environment?

This meditation will act to slowly break down the preconditioned thoughts of the physical world. If your subconscious is sparked into wanting to see the spiritual world, then a mental chain of events will occur in order to achieve exactly this. I always recommend dipping your toe in to test the water before you undergo any form of reconditioning and this is why Archangel Uriel only temporarily removed my filters. I personally prefer to see a world full of rich contrast and inspiring color, rather than a sea of white. Though my filters were reinitiated, I used my time wisely to explore the energetic world and set a new foundation based on what I discovered. To say my life was never the same again would be an understatement.

The spiritual world is a frontier that nobody within the Third Dimension has completely discovered. There have been many Masters who through incarnation have added value to the consciousness of humanity. However, very few successfully maintained the purity of their teachings within mainstream society. The point in time when a seed of light is able to be dropped within the First Dimension, remove all filters from itself and achieve instantaneous God-self realization, is when that Being will cease the need to exist in the Universe. Until this moment in time, Masters are slowly bridging the process of spiritual Enlightenment. Trees fertilize the

ground by dropping seeds around them, which then also grow into trees if the seeds land in the right soil and water environment. Seeds of light may be dropped into the spiritual aspirant; however whether or not those seeds bloom into Enlightened trees is completely dependent on the right conditions being present. The only way to take in these teachings is if you remove the necessary filters so you are able to be taught. This is a collective process where the seeds of Enlightenment either flourish to their full capacity or die shortly after impact. The removal of mainstream filters is a challenging process, then again so is the need to reincarnate over and over again because you didn't get it the first time.

CHAPTER 5

STATE OF ENLIGHTENMENT

There is nothing more addictive, more profoundly gratifying or more completely satisfying than entering a state of Enlightenment. Enlightenment changes lives by heightening your senses and even changing the meaning of why you believe you are here. It allows you to achieve Oneness from a world bound to the extremes of the Duality. All it takes is a single taste and you will never be able to go back again. Enlightenment enters from the heart of your soul to the point where you feel as if you are floating in Heaven. Everything makes sense and nothing is intended to hurt you but rather to help you realize you needed Enlightenment the whole time. In this state, there is beautiful harmony radiating from your core and warm love will be circling your body in a calming blanket. The world becomes merely an opportunity to exert your Unconditional Love. It's the way Life was meant to be lived.

I have known people who have entered a state of Enlightenment, embraced Unconditional Love and weeks later decided they no longer needed the experience of Earth. Some of these individuals then dedicated their entire lives towards the journey of finding Enlightenment around the world. However, people who find themselves in exotic ashrams in India, meditating on the high mountains of Tibet or even somewhere completely desolate like the sands of swirling deserts, have completely missed the point and end up wasting their entire time. Enlightenment is not going to be found by traveling "out there." Everything about finding Enlightenment is within yourself, where all the answers have been waiting silently in your soul all along. All it takes is a strong catalyst to initiate the process of self-realization. Enlightenment comes through the powerful catalyst of Unconditional Love, and Unconditional Love is therefore the predominant emotion or state of existence we should concentrate on in order to Ascend our bodies and unlock all of the potential lying dormant within us.

Doubt is the worst enemy to any spiritual practitioner. A single shred of doubt can take hold of your mind and turn you against everything you believe in. Spirituality is an addiction in which we have to keep striving harder for an Enlightenment fix or risk turning against ourselves. As the initial spurt of knowledge begins to settle, the Chakras become fascinating, meditation becomes a way of life and then psychic powers are the reason

why we wake up in the morning. Very soon we become desensitized to such pursuits and start subconsciously demanding more in-depth abilities such as communing with our Spirit Guides or performing psychic readings. The spiritual aspirant keeps progressing further as the hunger for more knowledge becomes more prevalent and we try to satisfy those cravings with greater abilities. The moment we stop progressing and start doubting who we are and why we are here is the moment we begin to unravel our lives and our addiction inevitably up-roots us.

The point of no return is when the aspirant arrives at a deep self-realization that nothing in Life is truly given under the rein of Free Will and that there is a much higher power orchestrating an extensive magic show that was inevitably set up for us to fail at some point in time to unhinge our physical ties. More importantly, that which we thought was real is only but a simple observation and not a material fact. How do we convince ourselves of this harsh truth? Is it possible to go too far for our consciousness to handle? Perhaps, we will get to the point where we simply reason out that everything we have come to believe in could be a multi-faceted self-fulfilling prophesy.

I was sitting on my couch with all the lights turned off in the middle of the night trying to find a reasonable foundation to convince myself I wasn't going mad. I would be lying to you if I told you that my spiritual journey was completely without the shadow of doubt haunting my thoughts from the harsh glimpse of reality itself. I always questioned why I was the only person who could see what I saw in my travels. Even other psychics couldn't understand why an Archangel took such a liking to me. Doubt is the doorway to depression; it means there is something that you just don't completely trust, whether because of your own lack of self-awareness or your ability to judge a situation with inherent flaws. It was only then that I suddenly noticed Archangel Uriel standing in front of me and I asked him, "*How long have you been standing there?*"

Archangel Uriel had a very blank look on his face when he replied, "*long enough...*"

I slouched back down into my couch, I knew he could read my thoughts and I didn't need to explain my scepticism about his existence. I was contemplating whether Archangels could even act the way he did and whether Higher Beings who were so powerful would consider holding my attention for the purposes of a single spiritual discovery.

Suddenly, Archangel Uriel said to me, "*Sufian I want to take you somewhere.*" He walked over directly in front of me and placed his hands

upon my shoulders. As I settled into his grasp, I felt an explosive jump out of the physical world. In a loud thunder of white energy, I felt as if I was rapidly flying upward through all manner of existence itself. Archangel Uriel seemed to love ripping me out-of-body without hardly any warning at all. It's something I eventually got used to but not without a great many disorientated landings on the other side.

When we finally slowed down, I started looking around and all I could see was a plain existence of golden-cream colored clouds. We were in a very high existence with nothing in particular to distinguish it. After some time of nothing happening, I remarked, *"Is there any particular reason why we are floating around in the clouds?"* Archangel Uriel didn't say a single thing. He was just staring into the distance as if he was watching something. I turned around to see what he was fixing his gaze upon and I then saw that somebody was actually walking towards us.

There we were in this high altitude frequency surrounded by these constantly changing golden clouds of energy, just silently waiting for this mysterious Being to walk towards us. As the Being came closer, I suddenly realized who it was. In a long white gown, I could clearly make out was his dark brown hair and beard. He was a youthful man full of bright energy and a warming smile. I started feeling shivers of power rippling across my skin. He walked closer and stopped right in front of me while holding out his arms out as if to praise the Lord for our very meeting. And he said, *"Welcome my Child."*

I was nearly at a loss for words. The Being standing in front of me was none other than Jesus Christ. All I could reply was, *"It is an honor to meet you."*

Warm recognition spread across his face, I could barely believe this divine meeting was actually taking place. Jesus Christ suddenly stopped smiling and focused into the heart of my soul. Finally he said to me, *"Sufian, I need you to believe in me..."*

I was shocked but I quickly responded that I did believe in him and knew that he existed.

Jesus Christ raised his voice in a thundering roar, *"I NEED YOU TO BELIEVE IN WHAT I AM AND WHAT I REPRESENT."*

It was as if a tsunami of emotion suddenly hit me. A powerful wave of Love settled upon me so thick that my body started trembling. My hands were shaking, my senses were going wild and my body was heating up as if a

flame had just erupted within me. My heart was beating so loudly that it completely drowned all other thoughts. I couldn't control myself and I started crying at its sheer warming beauty. Never in my life had I been touched by such a colossal amount of Love. I felt as if everything was nothing in comparison to what I was now feeling, that everything in my physical life was somehow secondary to its raw power. I felt that nothing ever truly mattered except for this one most beautiful entire state of existence. At last I stopped resisting and just succumbed to what I was feeling. Tears were streaming down my face soaking these waves of Love into my body. It felt as if all my impurities had been healed out of my essence itself and all that was left was a burning passion to be able to achieve such a feat myself. Jesus was still looking directly into my eyes as he said, *"Now you believe. Now you understand."*

The waves of Love gently subsided and I felt my body lighten. I felt light as air in comparison to what just transpired. Jesus started smiling at me again. Exhausted from the powerful rush of emotion I whispered, *"Thank you...thank you for showing me."*

Jesus Christ then said, *"There is nothing in the Universe that compares to Love. When you learn to embrace Love, you never let go."* And just like that he turned around and started walking away into the brightness and the last thing I remember was his wonderful smile. Jesus Christ had completely healed the doubt out of my body. Never again did I have a single thought or doubt about the importance and absolute reality of what I was doing. His Love had hit me so hard that my body was still in a state of shock that it could even feel what it did. There will never be a time when I could doubt the Love of Jesus Christ in this lifetime or even the next.

Archangel Uriel turned to me and said that we had to meet a few others and he started walking away.

I quickly followed him and noticed that the clouds were becoming more stark white rather than a golden-cream colour the further we walked. A moment later he stopped next to a mountain and said, *"Say hello!"*

I was lost. My eyes darted around to try and find the hidden Master in the midst of the white clouds. I was waiting for somebody to appear from somewhere, but nobody was showing up. Then the most peacefully soft voice I had ever heard in my life said, *"Hello!"*

This mountain had just spoken to me. As I looked up, I started to discern large facial features at the top of the mountain. It was only then that I realized this mountain wasn't actually a mountain! Buddha was sitting

there meditating with his eyes closed. He was so large that Archangel Uriel and I were just barely tall enough to reach the height of his pinky toe. Given how large he was, I was shocked at how soft his voice sounded. Standing there seeing such a powerful Being, I suddenly realized that I had no idea what to say to him.

Buddha was silently meditating in his own bliss, off in his own world.

Finally I said, *“Buddha I hope you don’t mind if someone who isn’t a Buddhist meditates and tries to find Enlightenment through your methods.”*

Buddha spoke once again in his most incredibly soft voice while still keeping his eyes closed, *“You honor me by seeking your path to Enlightenment through my methods. Please do not be concerned about what I think of you. Enlightenment is not mine to give, I only offer a pathway.”*

I started thinking about how Buddha must have been the most humble Being I had ever come across. He was incredibly powerful with legacies of meditations and teachings left in his waking trail along Earth and yet he was so calm and peaceful. I closed my eyes and I became humbled by such a display of true purity. I then recognized what it was like to be truly genuine, free of egotistical need and to be a divine presence so pure that nobody on Earth could possibly compare themselves. Buddha was a True Master.

Still immersing myself in the humble energies, Archangel Uriel’s voice told me it was time to leave and we then started floating away from Buddha. The lasting impression of this magnificent Godlike Being silently enjoying the ultimate bliss of inner-silence is how I shall forever remember him. That brief encounter will fuel an entire lifetime of meditations.

Archangel Uriel soon took us back to the existence of golden-cream coloured clouds, and there standing off to one side was a man with short dark brown hair and a dark brown beard neatly cut. He was wearing long, green flowing robes and he had a very bright expression upon his face. He was waiting for our return.

I became very excited and said aloud, *“It’s St. Germain!”*

Ascended Master St. Germain started laughing as he said, *“Welcome Sufian.”*

I started talking excitedly, *“How timely it is for us to meet! I have nearly*

finished reading your book; Unveiled Mysteries. What an amazing book! This book has changed my Life. How is it that no one has ever heard of it? It's so powerful that I practically became Enlightened just reading it."

St. Germain was standing there smiling at me, and then spoke to me like a long lost friend, *"You seem to be progressing well. The book finds those who need to find it. It finds those who are willing to take their learning to the next stage. This meeting is quite important as you must learn to establish a line of communication with me. Whenever you need help, think of my face and do not hesitate to call me."*

Ascended Master St. Germain has been one of the most significant influences on my path to God-self realization. For every single time that I faltered, he came to me with open arms and a loving smile. For every time I questioned the existence of God, he demonstrated more Unconditional Love than I could possibly imagine. St Germain has also been instrumental in teaching me the philosophy of the 'I AM', and how such simple words are able to achieve so incredibly much. With every time that we say "I AM' God" we are declaring our existence as God, not as an essence of God, or a fragment of God, God. By consciously stating such a proclamation, we are letting the Universe know of our intention to release our God-self upon the world around us. We are letting the Universe know we are ready to be unleashed and we are giving it time to prepare itself for our unveiling.

St Germain wanted to specifically clarify what acted as my inspiration for my Enlightenment as he continued our conversation, *"I would like to ask you what you believe is the foundation to the Universe?"*

I took some time to contemplate such a loaded question and then I replied, *"Unconditional Love is the foundation of the Universe. God is a magnificent ball of Love, and everything in the Universe is therefore an essence of Love."*

St Germain responded, *"Why do you actually believe that?"*

I was thrown off because I wasn't sure if he was hinting that my answer wasn't right. After a while I answered, *"Because that is what I feel is right. I believe God exists in such a heightened state of Love that nothing is in comparison to Him. By achieving Enlightenment, we are therefore mimicking His actions and progressing ever more higher."*

St Germain continued on and asked, *"What is the color of Love?"*

I was now drawing upon prior meditations. *"Well, it certainly isn't red. I don't know what Demonic influence managed to anchor the color red with*

Love because such a lower-vibratory colour is exclusive to the Root Chakra. Love is white with a tinge of golden-cream. It radiates and feels beautiful in every possible way.”

St Germain was now just smiling at me, *“This is correct. God is the color of Love. This unique color is the foundation to the Universe. Enlightenment is the process of the God-self realization. Therefore to achieve Enlightenment, you must feel Unconditional Love and concentrate on the frequency of that which most accurately represents God.”*

Unconditional Love is the most powerful form of Love we can achieve. It's beyond that of normal worldly possession or infatuation; this unique form of Love is the secret to unlocking the God-self. Unconditional Love is exactly how it sounds; it is feeling such an intense emotion that there can be nothing to limit or provide condition upon fully expressing Love Unconditionally. When we learn to Unconditionally Love ourselves, we will then be able to Unconditionally Love others around us. To understand the world with all its negativity is hard enough. To Unconditionally Love it while still accepting negativity as part of a perfect plan requires us to be in a state of Enlightenment.

GOD-SELF MEDITATION

We are powerful transmitters of signals, constantly sending out thoughts and intentions into the Universe. The day upon which we change our frequency and start exclusively broadcasting to the House of God, is the day upon which the 'I AM' will truly flourish.

After discovering the White Matrix meditation and going through the process of removing filters, we learn that there is very little that truly differentiates us from our environment. All the masses of white buzzing energy are equal. That which differentiates us can only be attributed to our higher form of consciousness directing our actions.

Communing with spirits is all about mimicking your target Being's frequency and predominant characteristic. By saying 'I AM,' you are unlocking the door to the God-self, which is the key to communing with Beings who exist near God.

1) Find a very comfortable spot, sit in lotus position, close your eyes, and

place your fingers in the Enlightenment mudra.

2) Visualize yourself standing on a pathway in the middle of a forest of completely white trees. The focus is the incredible abundance of tall white trees lining your path completely surrounding your location. The sky, the ground and everything else must be irrelevant and black.

3) Start to walk along this path. Visualize every single step you take. Feel you are actually walking in this forest and feel the cool fresh air against your face as you walk along. There should be nothing moving and nothing rustling; it should just be you and the white trees. You can interact with them; go up to one tree to touch it and feel how soft the trunk is.

4) After some time walking down this calming path, you should come across a small doorway suspended in mid-air above the ground. There will be a small staircase leading up to it. Walk closer to it. I normally see two guards standing to either side of the doorway with large halberds. Greet them and keep walking up the staircase to the door.

5) Slowly open the door with its handle, and as you do, visualize an immensely powerful white light bursting out from behind it. Open the door completely.

6) Walk into the light, and close the door behind you.

7) This white light should be so powerful that it burns through you. There is no escape. It completely surrounds you, shines through you, engulfs you, disintegrates you, and turns you into Universal energy. Visualize yourself slowly burning away into the immensely powerful white light. Feel yourself suddenly become One with the Universe and part of the life that surrounds you. You are the trees, you are the forests, you are the planet and you are all the people living here. Everything is connected by Universal energy. Remain in this beautiful state and hear the beating heart of the world. From the smallest scrap to the largest tree. Everything has become One. Everything is you.

8) Back in your body I want you to visualize and more importantly *feel* a white glow starting to emanate from the center of your soul. It needs to spread throughout your body until it emanates within every single cell. Intensify this white light within you. Let it emanate through your skin until you illuminate your surroundings. Feel the Love of such a powerful presence within you.

9) Focus on your Crown Chakra (energy center on the top-most portion of your head). Feel your Crown Chakra sourcing pure white energy into your

body. Let the energies emanate inside you until you feel the power of God within you. There are no more limitations. There is no such thing as restrictions. You have become all powerful. The human body is a tool and you have mastered its very existence. Feel the world bending to your thoughts. You are God. Your surroundings are God. The World is God. Everything is God. Everything is God!!

The human body is a temporary vehicle for the process of self-realization. Every time we take a leap upward, our new level of self-realization should steer our lives onto a more fruitful path. With every leap, we also increase the operational capacity of our energetic body so higher forms of knowledge can be comprehended. The fewer barriers and limitations that higher knowledge faces, the more your human body complex will excel. You can either speed to your destination with ease or break down every step of the way.

Destiny is a living concept that is always adhered to. To not follow Destiny would be to experience an anomaly of growth beyond what you were meant to learn. More often than not, absolute Free Will is only expressed through small everyday decisions that are insignificant enough to not warrant any spiritual conditioning. Many of the positive and negative events that occur in our lives are specifically designed to solidify a thought pattern in our mind. When we come upon cross-roads in our lives, there is reasonable assurance that we will pick the path we were conditioned into choosing. Sometimes that means choosing a negative path if that is what our Higher Selves believe will increase our understanding and self-realization process. Under such circumstances, it becomes clear how we can Love this world no matter who we seem to believe it is currently harming. There is a perfect reason for everything to exist when we become Enlightened to the fact that all is One. The energetic structures of the Universe are revolving like clockwork. The point of believing in Destiny is the acceptance of universally coordinated unity. Very little deviates from what is being planned and this should provide us with some reassurance over whatever is currently happening in our world.

Life is the perfect expression of God with layers of truths unfolded every time you progress higher. A very high level truth is that Enlightenment is only the beginning. It is by no means the final journey that you will take. Unconditional Love is the seed of Enlightenment. The full height of the tree of Enlightenment spreads beyond this Universe into the limitless. The unique expression of Unconditional Love is an art form in itself. To master your art requires you to become One with God, a feat that entails multiple incarnations in every conceivable form. The journey of a thousand miles

begins with a single step.

PART TWO

CHAPTER 6

PSYCHIC POWER

Imagine the impatience an Archangel must feel when he has to continually witness humanity stumbling in the dark without a hope of finding its way out. Think of the incredible sense of Godhood an Archangel must feel when he witnesses the same person stumbling in the valley of the blind suddenly realize that the true artist behind Creation is themselves. The process of God-self realization is more sacred than Life itself. When you feel you are God, Higher Beings start noticing you because you will no longer be considered sleeping. An awakening more genuine to yourself is mightier than any psychic power conceived by mankind. We are not here to learn how to dominate others around us on any grand scale. The acceptance of the Self as a mirror of God will lead to far greater benefits than any other perceived skill. Who are we and where do we come from? We are God and we have come from God.

Developing your psychic powers is like turning on a flashlight in Hell and shouting "*Where the bloody hell is everybody?!*" The more open and receptive you are to your spiritual surroundings, the brighter the beacon of spiritual growth will illuminate your body. The other side will see you much more clearly since you will look like a bright energy ball against the sea of shadows of all the unrealized. The brighter you shine, the more easily you will be able to attract ethereal Beings higher in the spiritual hierarchy. In this fashion, the path of the psychic initially spurs with increasing activity; however, it becomes important to discern who is around you because there are only a handful of Beings capable of directing us to full God-self realization. It's another world on the other side; wealth will not buy you friends nor will arrogance give you power. It doesn't matter if you are working your way up or down; what matters is your level of God-self realization.

Spiritual ability can fall upon you like a gushing waterfall or it can trickle through like a dried-up stream. What differentiates spiritual progress is the level of turbulence you are willing to undertake. The power is there and can be felt in the constructs of our minds. It's very seductive and it firmly convinces us that it could be a better lover than anybody else on Earth. These feelings do not originate in isolation. There is no such thing as isolated spiritual development; there are only those who are unaware of

what is actually watching them.

True change may only occur through either Love or Anger. Anger is a deduction of hatred which comes through fear. Existing in a state of fear is counter-intuitive to wanting change. It is no accident our emotions have to take a complete downward spiral to initiate change within the negative path of learning. Love and Anger are the only two emotions strong enough to consistently motivate you no matter what happens in your life. Motivation comes through either negative imbalance or positive influence. The negative path of learning is always more volatile and allows for a much more accelerated realization process. The positive path has a much warmer nature and allows for gradual progression every step of the way. The truth is that most people will have to venture down both paths in order to find ultimate balance. What you do while on one path or the other is what spiritually defines your path for growth for the rest of your existence. Whether you are a Saint healing humanity of its crimes or a warlord commanding armies, every path involves God. Therefore, every path within Love and Anger is sacred in its unique right.

There is a certain mental barrier that everybody developing psychic powers needs to overcome. This barrier is almost always self-imposed by the fear we harbor for the unknown. Most people are horrified at the prospect of suddenly seeing things walking around their bedroom or even hearing voices in the middle of the night. It is natural to be wary about the spiritual world but you need to have a clear goal about exactly what you want and how far you want to go. It is much harder for those who are subconsciously sabotaging themselves to experience growth. On the other hand, there are a very select few who become extremely excited at these very notions and would do almost anything to start seeing and hearing things. People in the latter group are the ones who will experience incredible results early on because nothing is subconsciously weighing them down.

Strength comes from a variety of sources, none of which involve grasping onto fear whenever something out of the ordinary happens. Strength is a product of experience; it is a product of wisdom and it evolves into a full-fledged state of existence when you know you have the capability of overcoming anything put in front of you. There is nothing that could happen that you will be able to overcome unless you want to overcome it. There is nothing out there that has permission to be around you unless you attract that entity into your life. Very few people understand that this world was set up to initiate a self-realization process, not to hinder your growth or promote self-destructive behaviors. If you don't have the strength to carry your own in the spiritual world, then you need to learn how to call something that does. There is no room for intimidation because

that would demonstrate weakness as an unrealized Being. You are a soul of God and nothing should ever tell you otherwise.

Fear is a product of the egotistical mind trying to steer you regardless of the consequences. Certain characteristics of the ego cannot exist without a physical body in a materialistic world; therefore, the fear of Death initiates. The fear of the unknown will carry the fear of Death to a whole new level where it starts rescripting lives and defining who you are. The ego lacks the ability to graph its future success when there is no physical pathway to benchmark its progress. Throwing yourself into the unknown is one of the most effective methods available to accelerate growth. Those who are able to overcome their fears are those who are allowed to delve deeper into the psychic world. Lack of fear is an art that has been practiced since the Ancient Egyptian times and should not be forgotten. Death is the continuation of the soul and there is no reason why you should allow your ego to anchor you into believing otherwise. When you come to terms with Death, psychic abilities such as communing with spirits or hearing voices become quite rudimentary in comparison. You will eventually become desensitized after every experience. In some respects, fear makes life exciting by manipulating the element of control. Enjoy the surprises as you go along because when the novelty plateaus, you are going to need to find a deeper fix. Fear is only an enemy of those who have not learned to befriend its cause.

Old souls who have incarnated over hundreds of lives have a stronger ability to understand spiritual concepts. They recognize the intrinsic attraction to that which most resonates with their life path. Old souls have been exposed to all manner of spiritual pursuits in the past and there is a very strong chance that some abilities have been delved into before. It is surprising what your soul remembers even after “forgetting” everything before we are born. Young souls tend to not interest themselves in spirituality and are instead more preoccupied with the myriad of lower pursuits that life has to offer. We are able to gauge the age of a soul by the ease in which a person feels completely understanding advanced spiritual concepts. There are many levels of psychic abilities. It is myth that you must be born with them to use them. Many psychic powers can be learned by developing the respective Chakras. Others are significantly harder to develop and often require the direct cooperation of your Higher Self to unlock such abilities within you. Natural psychic powers are a benchmarking system of the self-realization process; they are not an accurate portrayal of character nor do they signify you are using them for the right purpose. Believing that you are born with a psychic power would indicate lifetimes of experience causing it to be that way. The irony of the matter is that when we are actually born with them we can't remember

how or why we have them.

I once asked Archangel Uriel to explain how psychic powers are developed. I was shown a vision with a thin stream of light shining down through a sea of darkness. Everything was black except for this thin stream of light. I realized that this stream of light represented the level of self-realization within any given person.

Archangel Uriel then said to me, *“This is what happens when you are psychic.”*

The thin stream of light grew into a much larger source of energy with very bright light shining down. It was within this very moment that I came to realize exactly how and why psychic powers are developed. Those who are more self-realized have a brighter source of energy to be accessed and used for spiritual tasks. There are fewer filters dimming the purity of their light and therefore an increased ability is possible. Spectators may perceive such abilities as psychic or paranormal but in fact, we are simply opening ourselves to a much more increased nature of living. There is nothing paranormal or special about psychic powers; all we are doing is finding our way back to God. There are certain inherent restrictions placed upon us in order for Higher Beings to regulate exactly who is allowed to use advanced powers. These inherent restrictions are found within our DNA structure. In order for the restrictions to be removed, extremely powerful packets of light can be used to activate the respective DNA. This process is highly protected against premature manipulation. The level of an individual's God-self realization indicates who is ready to be unlocked. When you are ready, they will come.

Those who are naturally born with psychic powers have experienced a past life where enough realization has occurred that they have literally bridged their future lives with an increased existence. We affect our future incarnations with every single realization we embrace. Every time we take to heart a spiritual concept that models a greater truth behind our reality we add to the spiritual foundation for all the future lives we have yet to live. We had to work hard for our realizations, often over multiple lifetimes with many hard lessons learned. Sometimes, we don't remember any of this because we go through a “forgetting” every time we reincarnate. Even with the absence of clear memories or past life regressions, the human soul is still accepting the nature of God for no other reason other than it just feels right. We have already been significantly convinced in the past; it is just a matter of remembering who you are and where you came from.

Children often see and quite freely commune with all manner of spirits

and Angels without realizing who they are actually talking to. “Imaginary friends” should never be overlooked as simple child’s play; it’s surprising how much vivid detail children can give you about friends who are not meant to exist. Children do not yet have any societal preconditions telling them that it’s impossible to commune with spirits. As they grow older, society itself often ridicules such abilities, whether in friendship circles or even the media, to a point where most children adopt a new overriding belief that *“It’s impossible for spirits to exist because everybody else does not see them, therefore they do not exist.”* This is the birth of a new subconscious limitation that stays with them for life. These limitations are the reasons why spiritual progress has many pitfalls discouraging the spiritual initiate into disbelieving further when their subconscious mind sabotages all attempts at progress. Limitations are a form of inner-conflict that has deep roots within their psychological construct. Often these conflicts stem from lack of confidence and the psychological avoidance to be differentiated at such a young age. Once maturity sets in, these inner-conflicts are compressed into the solid foundation for a complete self-fulfilling prophesy to continue cycling around. Society doesn’t want to see spirits because such a skill is considered different; consequently, the individual doesn’t want to see spirits because he or she is fearful or needs to fit into society. The subconscious mind accepts these commands and filters spirits out of their reality.

Many people live their entire lives without glancing at the possibility of spirituality. In fact, I would go further and say that most of the world’s inhabitants are currently wasting their lives in sleep-mode waiting for nothing to happen. Society itself is condemning an entire population to the spiritual discovery equivalent to a baby’s crawl. This is happening because someone decided it wasn’t acceptable for society to grow upward towards the Heavens above. We exist in a time where spiritual information can be freely transferred and communicated without being filtered or outright destroyed. What normally took lifetimes of delicate cultural conditioning can now be achieved with short spurts of concentrated spiritual progress. But ironically, in spite of all this spiritual freedom, the Collective Unconscious has rounded a corner where society no longer cares about the value of spiritual knowledge. People of deep spirituality are rare; they are the ones who truly have wisdom and value to share. Rarer still are the people who haven’t set up shop in the traveling circus, but have instead used their abilities to help themselves and others around them find the true nature of God. When you enter the House of God, you leave your ego at the door and embrace purity as if your life depended on it.

CHAPTER 7

CHAKRA ACTIVATIONS

The true depth of silence is more pure than light; we can only imagine how to use it. To consciously feel your body moving silently to the strings of fate would be to completely still your mind to all thoughts. Our minds are consistently cluttered by an assault of everyday drama and every other form of escapism ever conceived by mankind. The world tries to blanket the ethers with a fog instead of cherishing silence in its natural unadulterated state. If you keep layering the fog bank, you will eventually escalate past the original foundation of silence and you will effectively be living in a world propped up by someone else's distraction. The world was created from a state of silence or a sea of potential. This silence is where the Universe was thought into existence. We are still surrounded by absolute silence. Everything that is not silence has been filtered from an energy blueprint that allows us to perceive physical colors and makes us truly believe we are anywhere other than the heart of God. The only thing standing between the individual and full God-self realization is our perception of who we think we are and where we believe we come from.

Silence is God's canvass of Creation. It is the perfect state to create the masterpiece of individual reality. The original concept of what I term the Unmanifest is a sea of silence. The Manifested Creation will forever be implicitly tied to the Unmanifest because there are still thoughts being burnt into Creation. Suns burn these thoughts into Creation via extremely powerful light. Balls of energy are one of the most effective methods to maintain thoughts in energetic existence as self-sustaining cycles. It is by no accident that Planets, Stars and Suns are all spherical. In Chapter 4, I described how human beings truly look like white balls of floating energy from the perspective of an ethereal Being. The sea of silence surrounds us; our souls are burning us into existence. To understand that we are both halfway-in and halfway-out would be to realize the body's dual nature for bridging both the spiritual and physical world. We are connected to The Unmanifest via our network of Chakras because our soul has the ability to understand the sea of silence as this is where it came from.

Living through everyday life may cause all manner of disharmonies if we perceive discrepancies between how we believe life should be unfolding and what is actually occurring around us. Conflicts arise at every turn of a

corner and these conflicts are for a majority of the time subconsciously embraced due to a lack of understanding for what is really going on. Conflicts occur on three different levels-- Emotional, Spiritual and Physical. It is not uncommon to find multiple levels of conflicts flaring up at the same time. One of the only ways to forgive a conflict is to accept the nature of its very existence rather than fight against it. When these chords are strung, there is no way to silence them unless you acknowledge everything in the Universe is working exactly the way it should. To push together all of the negative emotions and externalize them into some kind of third-party complex would be to purposely unbalance the body in hopes of finding light. Ignorance of who you really are and what is contained in your darkest recesses is no more of a solution than it is a form of escapism. Ignorance and fear form the lifeblood of the ego. Most will hide from themselves and cower in the public eye rather than confronting what they truly feel. If you believe negative events are not meant to happen, then internal conflicts will emerge when those events come forth. These erratic chords of energy vibrate within your body until they are caught up in the body's energetic filters. These filters are known as the Chakras; they look like small Suns and they are burning your thoughts into material existence within your body. To completely purify the Chakras would be to achieve silence and open your canvass to Creation.

When a thin stream of white light passes through a prism, the light is separated into the respective colours of the rainbow on the opposite side. The human body has the energetic structure of two white equilateral triangles; one upright and one inverted, on top of each other. These triangular prisms construct the shape of a Star Tetrahedron or a 3D Star of David. If you can visualize a stream of white light shining down into your energetic structures and separating the light into the seven colors of the rainbow, then you can now understand what gives us the respective colors of the seven Primary Chakras. The white light shining down upon us represents Unconditional Love and the colors of the rainbow represent all of our collective emotions, behaviours, wants, needs and spiritual abilities. Our filters are allowing certain colors to shine more predominantly while at the same time dimming others due to inactivity. Our filters are therefore limitations that are giving us an incomplete form of existence. Those who are considered Enlightened have learned to focus on the pure white light behind our energetic structures.

Many people believe there are only seven Chakra points in the human body. However, just like the Dimensional evolution cycle that makes up our Universe, you're unlikely to progress past the seventh Dimension unless you have a specific purpose for doing so. There are an additional six Chakras located off the human body stretching far above your head

towards the God-self. These Chakras are very rarely accessed let alone discussed but they play a vital role in the process of God-self realization. There are in fact 13 major Chakra points that make up the human energetic body. The first 12 Chakra points tie in with the 12 Dimensions of the Universe and the 13th Chakra point mimics a Supermassive Black Hole by connecting the human energetic body to the Unmanifest. It took me seven years to figure out there was something above my Crown Chakra; you can only imagine how outdated everything felt when I realized there were six more energy points I had never had the chance to play with.

To define our existence as just spiritual or physical would be to oversimplify the issue and gloss over one of the greatest reasons for why the Chakras exist-- the conscious release of limitations and filters in order to promote the ability to grow into a stronger more Enlightened human being. Humans are multidimensional Beings who exist on a number of simultaneous frequencies. These frequencies are controlled by the 13 Chakra points, only seven of which relate directly to our physical plane. Each of the seven Primary Chakra points in the human body represents a slightly different frequency and their non-balance of which often results in conflicts that spark a domino reaction into both the spiritual and physical bodies. Chakras are a user-friendly interpretation system to help you understand direct life experiences and accelerate your realization process. Very few people are able to dissect pure white light into meaningful messages. That's why the Chakra interpretation system serves as a guide. Sickness is a negative experience the body contracts due to lack of appropriate life force maintaining itself. Emotional traumas have the ability to unbalance Chakras by disturbing healthy energetic threads and materialize physical symptoms within organs. Looking into the Chakras gives us insight into the cause of a conflict and also what we need to effectively do to release that conflict. If you are conflict-free, then you will no longer need to interpret the Chakras because you will already be Enlightened. In this way, you will also no longer need the experience of sickness or emotional trauma because such negative paths of learning would have become meaningless.

The Chakras make up the core energetic structures that interconnect the entire human energetic body. The human energetic body looks like millions of white energy threads joining a complex web of life force that weaves throughout your muscle tissue and around every major organ within your body. These energy threads allow for the proper functioning of the body and any malfunction usually ties back to the nearest Chakra. The Chakras play an important role in governing our realizations and it is therefore necessary to learn how to commune with them. Chakras Eight-Twelve will be covered in Chapter 8 "Accelerated Psychic Development."

There are seven Primary Chakras in the human body:

1. Root Chakra
2. Sacral Chakra
3. Solar Plexus Chakra
4. Heart Chakra
5. Throat Chakra
6. Third-eye Chakra
7. Crown Chakra

The Chakra descriptions have been organized in the ascending order they must be activated during meditational exercises.

1. Root Chakra

The Root Chakra is located at the bottom of the spine above the anus. Primarily deep red in colour, this Chakra governs the strong emotions of anger, lust, and addiction, as well as the sense of being grounded and feeling secure. This Chakra acts to ground you to the Earth; however, it also has the most volatility because it is the first Chakra in line to experience any negative feedback that you encounter. Therefore, the most beneficial position for meditation is to sit in lotus position where the Root Chakra can ground all excess energies passing through you. The most common problems I have found with the Root Chakra are either hormonal or anger related. This Chakra sits directly over a very sensitive region where the genitals are located and is normally one of the first points to flame up when we have issues. If you are a volatile person who often gets flustered, frustrated, angry or even ungrounded, then this is the problem Chakra. (This Chakra does not govern sexuality which is handled by the Sacral Chakra.) The Root Chakra also musters Kundalini energy, which is deep red in color and is one of the most powerful sources of energy. A Kundalini Awakening starts within the Root Chakra and shoots up the spine to the top of the head. It is known to be one of the most volatile forms of awakening and taming the red dragon can be difficult.

The Root Chakra is representative of the First Dimension within the

Universal cycle. The Root Chakra's primary function is to ground energies into the Earth so the energetic body may achieve a sense of purity. The Root Chakra directly connects the energetic body to the physical plane. A First Dimensional existence is normally one of rock or mineral. This Existence in such a form is usually quite pure as your entire energetic construct is unified and grounded. It's very calm and peaceful existing as a rock; there are no thoughts or emotions, just Oneness as a Universal material. The First Dimension is the first material existence out of the 12th Dimension and therefore Oneness still plays a very important part. First Dimensional substances are formed from high pressure volcanic activity compressing elements and exploding them to the surface. A Kundalini Awakening mirrors this process exactly, and feels just as crazy.

2. Sacral Chakra

The Sacral Chakra is located above the belly button in the mid-section of the body. Primarily deep orange in color, this Chakra is the foundation of emotional, spiritual and physical balance. Balance is a very important aspect and this is the first Chakra to be impacted if balance is not being achieved. The Sacral Chakra often acts in conjunction with other Chakra points within the body such as Root Chakra and Sacral Chakra causing sexual or hormonal upheaval. The Root Chakra's addictions, lusts and rages normally throw off the body's balance. Also, the Heart Chakra and Sacral Chakra act up as a result of flaring relationships. When we have relationship issues, the Heart Chakra's volatilities normally take a very heavy toll on the body, resulting in other emotions overcompensating to try to maintain functionality. The underlying reason why the Sacral Chakra is out of balance is very likely to be found within other Chakras and should therefore only be used as an indicator for greater problems at hand. The Sacral Chakra maintains but it does not cause.

The Sacral Chakra is representative of the Second Dimension within the Universal cycle. It is interesting to note that sexuality is associated with the Sacral Chakra rather than the Root Chakra. This can primarily be seen with the introduction of male and female energies within Second Dimensional plants and animals. Balance is also a very important aspect of nature and when it is unbalanced, other Dimensional upheavals have caused it to be that way.

3. Solar Plexus Chakra

The Solar Plexus Chakra is located in the diaphragm, which is the muscle

that controls the respiratory function of the body. This particular area below the center of the ribcage is called the Solar Plexus and is known to be a nerve central for the body. Primarily yellow in color, this Chakra controls personal lusts for of power and money. People with a very active Solar Plexus Chakra often pursue careers for excessive monetary gain in order to satisfy their lust for power. This Chakra indicates if you are a power-hungry type of person and is the main reason why many people currently need the experience of Earth. Purifying the Solar Plexus Chakra is about letting go of worldly possessions and valuing Love as the more superior path. Money is not a God; it is a means to survive and a pathway to luxury. Personal comfort is based on the activity of the Solar Plexus Chakra. A less active Solar Plexus Chakra indicates that the individual is content with less.

The Solar Plexus Chakra is representative of the Third Dimension within the Universal cycle. It represents the current Dimensional nature of our learning. Since the time of Atlantis, the majority of Earth's population has been fixated upon material gains rather than the more significantly important spiritual realization process. Our realization process on Earth is therefore tailored toward our ability to overcome personal lusts for material possessions and instead focus on Unconditional Love, which is found within the Heart Chakra (Fourth Dimension). Bridging this lesson is by no means a simple matter. We are our own worst enemy and our own best friend.

4. Heart Chakra

The Heart Chakra is located in the center of the chest and is horizontally aligned with the Heart. Primarily green in color, this Chakra emanates the feelings of Love for Self and Love for Others. Love for Self is required for self-esteem and self-confidence and is primarily centered on loving your body no matter what the circumstance. The extremes of Love for Self occurs when the respective Being no longer cares about anything other than expressing Love for Self. Love for Self is therefore the heart of the negative path for learning. Love for Others plays a fundamental role in learning the art of Unconditional Love. If you are able to Love everything about the world around you, then you will already be on the path to Enlightenment. If you are a very loving person who shares a lot of Love with the world around you, then the Heart Chakra will be very healthy and vibrant. Your personal vibratory rate will accelerate your realization process as the world will mirror what you are feeling. If you have experienced a break-up, divorce or personal relationship issues, then this Chakra will cause a myriad of problems.

The Heart Chakra is representative of the Fourth Dimension within the Universal cycle. The Heart Chakra plays an important role in the upcoming Ascension into the Fourth Dimension by representing the most effective state to be in order to Ascend. The expression of Love for Self or Love for Others is the key to opening the door of the Fourth Dimension. If you are able to express these attributes very strongly, then your transition will come quite naturally. For many, it will be the birth of a more spiritual life, for others it will mean letting go of a nostalgic past.

5. Throat Chakra

The Throat Chakra is located at the bottom of the throat directly above the breast bone. Primarily blue in color, this Chakra governs the ability of self-expression. Here on Earth the primary method for expressing ourselves to others is through our voice. Empaths are able to feel what others are thinking; however, that is primarily a Heart Chakra ability. The Throat Chakra allows the ability of communication with ethereal Beings and should therefore be thoroughly developed. The most common issue with the Throat Chakra arises when the energy threads leading to the throat are damaged. So delicate are these threads that internal emotional volatilities may easily disrupt them. This often causes much disruptive energies while communicating, whether in public speaking or expressing your opinion in a healthy relationship. Often blocks develop as a result of the lack of communication and this can feel quite constricting.

The Throat Chakra is representative of the Fifth Dimension within the Universal cycle. As the primary Chakra of expression, the Fifth Dimension is the first point within the Universal cycle where a fully spiritual existence can be experienced without the need for a physical vehicle. Expressing yourself as a pure energetic form allows freedom and a lack of physical constraints defining you. Voice alone is not a very effective communication ability; telepathic visions and feelings will always be far superior. Many Ascended Masters come from the Fifth Dimension because they feel it their duty to express the way of the higher paths to those who are still realizing who they are. Often when communicating with Higher Beings they may appear teal blue in color; this is due to the nature of their energies tuning into the ability of communication.

6. Third-eye Chakra

The Third-eye Chakra is located in the center of the forehead. Primarily indigo/purple in color, this Chakra governs many psychic abilities and is

therefore one of the most important ones you should develop. The Third-eye Chakra actually ties back to the Pineal Gland, which is a small gland found in the middle of the brain. The Pineal Gland is what monitors the release of psychic potential and often calcifies over the course of a person's life due to inactivity. Meditation and concentrated psychic exercises have the ability to decalcify the Pineal Gland. I have never encountered any problems with the Third-eye Chakra other than the fact that it was blocked, had never been opened in the first place, or the person was too scared to develop what psychic abilities he or she had. A common misconception is that if you open your Third-eye, then you will suddenly start seeing dead people. This Chakra takes quite a bit of time to develop and most people often then need to specifically fine-tune the abilities of clairvoyance (sight), clairaudience (sound), or clairsentience (feeling) before they are able to interact with anything.

The Third-eye Chakra is representative of the Sixth Dimension within the Universal cycle. Sixth Dimensional Beings have a knack for expressing powerful psychic abilities as a result of their increased nature of existence. Entering the Sixth Dimension is not permissible by negative energies because only energies with the right qualities are allowed in. Negative energies do not express Love for Others and the Sixth Dimension requires a balance of both Love for Self and Love for Others as an entry requirement. Unless you demonstrate both these qualities, you will remain in the Fifth Dimension. It's a Sixth Dimensional teaching that those who want more power must have a number of other people believing in them and directing their energies towards them. Those who become famous often experience incredible energetic highs as a result of this phenomenon. Most subconsciously operate without knowing why they crave attention. However, Sixth Dimensional Beings know exactly what they are doing when they make themselves publicly known, and it is for this reason that they develop vast followings as "Gods."

7. Crown Chakra

The Crown Chakra is located at the center of the very top portion of the head facing the Heaven's above. Primarily white in color, this Chakra governs the conscious connections to God, the Higher Self and other Higher Beings. Those who genuinely pray quite frequently naturally develop the Crown Chakra as a result. Those who have an active Crown Chakra are able to receive stronger intuitive signals and guidance throughout life. I have never found any problems related to this Chakra other than the fact that it wasn't open.

The Crown Chakra is representative of the Seventh Dimension within the Universal cycle. The Seventh Dimension is where a majority of Beings return back to Oneness as God. It is very easy to understand why so many people do not believe there is anything other than what can be found within the first Seven Dimensions. The Seventh Dimension completes the Universal cycle with Oneness and therefore does not hint at any clues above and beyond. When I raised my vibrations to the Seventh Dimension, I suddenly felt large masses of Love entering my body and connecting me with the rest of the Universe. I was profoundly humbled and my body felt as if it was sitting in a beautiful golden-cream existence. It's very tempting to simply keep on existing there.

STARGATE ACTIVATIONS

As extremely active energy centers, the Chakras filter their surrounding energy flows and often retain far too much negative energy for them to handle. This overload results in the surrounding organs taking aboard concentrated negative energy causing physical health problems. Overworked Chakras become clogged and suffer with all manner of blockages, often resulting in a thinning of energy supply and a decrease in the vibrancy of its color. It is therefore important to activate and cleanse the Chakras on a regular basis to keep them healthy. Vibrant and healthy Chakras are necessary to utilize psychic abilities or else risk compromising the entire session. Activating your Chakras is normally the very first exercise to perform during any meditational session and should be avidly practised at least once a day.

- 1) Find a very comfortable location, sit in the lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Start by visualizing your Root Chakra as a red ball of energy at the bottom of your spine. Create a mental picture of your body from the point of view that you are currently sitting in. Don't try and visualize anything from a third-person perspective. Visualize your entire body as black space apart from the Chakras you are trying to activate. Visualize the Root Chakra as a red orb floating within your body suspended within mid-air.
- 3) If you have ever watched the T.V series "Stargate SG-1," then you may remember what the Stargates looked like when they were activated for travel. There were circular iron gates with a strong energy blasting out, to

then suddenly suck back in into a state of normalcy. This forward blasting of energy is exactly how you must visualize the Chakras activating. Visualize the Root Chakra blasting out from its center in a stream of powerful energy and then sucking back in into a state of normalcy. You must feel the Chakra bursting with energy and clench the appropriate muscles as a physical aid to the process.

4) The Root Chakra will now be activated and so the next step is to cleanse it. Sit upright and visualize a white energy rod pushed down the back of your spine from the top of your head. This energy rod should pass through the Crown Chakra and all the way down into the Root Chakra.

5) Rapidly twist the rod in a clockwise/anti-clockwise motion until it is spinning very quickly and it looks as if it's generating electricity at the Chakra point. Visualize all the dirty red/black/grey energy sucking out of the Root Chakra, up the energy rod and spurting out the top of your head like a whale. Maintain this technique until the Root Chakra looks fresh with clean energy. It should look a very clear and vibrant red color when it's cleansed.

6) Perform steps 2 through 5 for all the remaining Chakra points-- Sacral, Solar Plexus, Heart, Throat, Third-eye, and Crown.

Activating the Chakras can be quite a difficult process if you have undergone a lot of physical and emotional trauma in your life. Often the sudden release of stagnant negative energies will make you feel overwhelmed and quite tired. This feeling can last up to a few days. It is very important that you let this process complete itself and release anything that shouldn't be there. Some people experience an incredible spike in energy after a Chakra cleansing because they are now functioning with much more active energetic structures.

During my healing sessions, I have met people who have never activated or cleansed their Chakras. Their Chakras looked as if they had been buried under a slab of solid concrete. It wasn't surprising that they couldn't feel anything within the spiritual world because they had been neglecting their emotional and spiritual lives. I had to summon God's own fury to blast down into those energetic blocks. When I finally got through, their built-up energy started erupting into the air like a volcano and the only thing I could do was just sit back and watch the fireworks. I can't stress enough the importance of keeping your Chakras healthy and clean because they are living organisms just as real as any other physical organ in your body.

WHITE ENERGY STAIRCASE

The human body has a very low vibration in order to maintain its physicality. The higher in vibration you manage to achieve, the more you will perceive yourself as a powerful energetic source rather than something limited to a physical world. Energy must firstly be activated and increased in vibration in order for it to be more effectively manipulated. It can be a very frustrating experience having to deal with such a low vibratory vehicle. Fortunately, certain techniques were developed in order to consciously increase our vibratory rate for the expression of clearer psychic abilities.

Sometimes the human body's vibration is so low that it makes it just about impossible for Angels or Spirit Guides to pass on messages or even interact with you. The most effective communication with ethereal Beings takes place when both parties alter their vibratory level in order to meet each other on middle ground. As we increase our vibration, the ethereal Beings with whom we want to establish communications must lower their vibration. Both parties must act to manipulate their vibration; one increasing and the other decreasing in order for a successful communication to take place. Having the intent to speak with a specific Being is absolutely necessary while establishing communications. Many people love to just call out to whatever Higher Beings and Archangels may be listening at large and almost always end up failing. On the other hand, if an Archangel or Higher Being would like to communicate with you without prior warning, they have the option to either remotely increase your vibratory rate or descend all the way down to your level. Interactions become quite rare if you're leaving all the work for the Higher Being to perform.

For now it is absolutely essential that you start incorporating an increasing vibrational meditation on a daily basis. Most commonly performed straight after the Stargate Activation, this meditation is specifically designed to alter or imprint your aura with a higher vibratory frequency. Your body will feel lighter, you will feel more positive and you will undoubtedly start attracting positivity and light around you.

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.

- 2) Activate all of your Chakras using the Stargate Activation technique.
- 3) Start by visualizing yourself standing on a white platform with a long staircase made out of solid white energy stretching up into the sky in front of you.
- 4) Inhale a slow deep breath while visualizing yourself walking up steps on the staircase. Walk up a step and mentally repeat "1." Walk up another step and mentally repeat "2." You must really feel yourself walking up the stairs. Walk up another step and mentally repeat "3." Keep climbing up and counting steps as long as you keep inhaling with the same breath.
- 5) Upon a full breath, stop walking up the staircase and exhale quickly.
- 6) As you commence inhaling your next breath, start climbing up the stairs from where you left off. For example, if you can walk up nine steps on a single breath, then resume walking up from the tenth step with the next breath.
- 7) Repeat steps 4 through 6 and keep climbing up the staircase until you are surrounded by a completely white existence. I sometimes count up to 87 steps, other times up to 166 steps, and many times up to somewhere around 300 steps. Do not have a set destination in mind; you must feel when your body is high enough. You will start to feel resistance pushing down at you when you reach such a point. It is at this point that you should make a final stance and walk up those last ridiculously resistant steps.
- 8) You will eventually reach a white platform at the top of the staircase. On this platform there will be a large white door; open it and walk inside. There will be an expansive white existence beyond this door. Close the door behind you.

Make sure you remember how to get to this platform since it acts as a foundation for early communications with ethereal Beings. For now it is not important to progress beyond the point of walking through the white door into the expansive white existence. The star of this show is walking up the steps and increasing your vibration. I never walk back down the staircase once I have finished my meditations. I always enjoy the light feeling of floating around in the day. It just makes everything so much more enjoyable. It also keeps me at an open level where Beings may still commune with me. Eventually you will stop sliding back downward and continually maintain the higher vibrations. When this happens, Beings are able to commune with you no matter where you are or what you are doing.

If your Chakras are cleansed and your vibratory rate is higher, then half my work is already done. Between the Stargate Activations and the White Energy Staircase, your daily meditations will start pushing your spiritual realizations into a much more advanced format. Until the moment in time when the Chakras are indeed activated and cleansed, all manner of past traumas will still be present within the body. Unfortunately for many, these past traumas will live on to haunt them for the rest of their lives until they are both consciously and subconsciously released. After a few months of performing the Stargate Activations, daily routines should start becoming weekly routines. If the Chakras are cleansed and activated on a daily basis, they will no longer be storing negative energies as they do have a natural purifying function. These activations can be spread further apart once the heavy duty work has been performed. Eventually, the Chakras start shining very brightly without external stimulation. The beauty of having active Chakras is that the energetic body has the full capability of healing itself from situations that force negative learning curves. Just a few simple meditations can lead you to a lifetime of free spirited energy.

CHAPTER 8

ACCELERATED PSYCHIC DEVELOPMENT

We are souls in the process of full God-self realization and are required to venture down two completely opposite pathways-- one flourished with an exceeding amount of Light and the other embedded within complete Darkness. It would be unusual to find a soul in Earth's reincarnation cycle completely polarized one way or the other. Life has a tendency to blend many types of pathways to reach the optimum point of realization. A completely polarized soul would indicate which pathway he would dedicate most of his Universal lives yet to come. Gone are the days when the spiritual sojourner could only believe in the Light as the most significant pathway for realization.

On the day that you successfully transition your self-realization to beyond the need for a Duality, a third pathway which is a middle-ground form of growth or what is known as Neutrality will appear. Neutrality is about achieving a very fine balance between both Light and Dark. It is a pathway dedicated to the process of self-discovery without the need of any allegiances to anything short of the purity of God himself. It is not a recommended solution for the inexperienced as the pull to be sucked into the ethereal war can be very tempting. Innocence is a pursuit for those who grasp at inaction as a result of inexperience. Criminality is a pursuit for those who still need the experience of suffering. The fine line that accommodates neither one nor the other is the perfect balance from which spiritual ability can be fully achieved. If Everything is God, then we must learn to accept Everything working in perfect unison. To alienate dark feelings and label them as negative would be to create another divide in our already dysfunctional world. Balance is achieved by coming to terms with both halves and accepting what they both have to offer. Activating Chakras Eight through Twelve will very likely remain untouched until balance is achieved. It is very hard to embrace Oneness as God if we refuse to accept half of what that entails.

The Chakras are energy centers as well as representatives of the Universal cycle. Though some people have never heard of the Chakras, they have been guiding souls through their necessary pathways of realization within

every single lifetime ever lived. Chakras Eight through Twelve are located off-body and therefore cannot be felt activating within you unless you have undergone necessary realization to accept the Universe as your body. This is a very high level teaching and therefore a bridging exercise was developed to externally stimulate the Chakras from an individual's point of view. It is not advisable to progress past the seven Primary Chakras unless you have come to terms with what is contained within you and have learned to balance the conflicts that hinder spiritual progress. If money is the root to all evil, fear is the currency of Demons. Therefore, a very pure foundation must be established by regularly activating and cleansing the Chakras. The representatives of the Eighth to the 12th Dimensions are unlike the first Seven. They are not focused on physical undertakings and therefore do not offer help towards physical pursuits. Their job is to help you reach Enlightenment by polarizing your pathway through both Light and Dark and teaching you to find Neutrality once you have gained enough experience.

The Eighth Chakra, known as the God Star, is the representative of the first existence beyond that of the first Seven Dimensions. The Crown Chakra connects to the God Star when it receives messages or intuitive feelings. This same channel is used during prayer. The Archangels operate within the Eighth Dimension in order to communicate with the rest of the Universe. The God Star is the perfect place to speak to us if we are willing enough to develop it. Suns are also Eighth Dimensional Beings who burn thoughts into the Manifested Creation. The Eighth Dimension achieves a singular motion of thought and reaction by connecting the Unmanifest to the Manifested Creation. This bridge acts to sustain life for all the lower Dimensional Beings and accelerates their progress until full realization is achieved. The God Star looks like a golden-cream colored energy ball floating some distance above your head; it does in fact look like a Sun. When I raised my vibrations to the Eighth Dimension, I was exposed to a surreal amount of power. I very profoundly started referring to the Sun as my brother and my aura looked like a blow torch of pure fiery energy. When I closed my eyes and settled into this incredible state of being, I realized that I no longer perceived myself as having a human body. My field of consciousness had become as large as the Sun and I was looking down upon the Creation as its Creator.

Chakras Nine and Ten are both representatives of full Dimensional cycles tailored to universally Deconstructive behaviors. The Ninth Chakra has a very deep red-orange color completely surrounded by black space; it almost looks like a molten ball of lava cooling off to its hard black exterior. The corresponding Red Giant within the Ninth Dimensional cycle has a primary focus on Deconstructing itself in order to achieve purity. When a

Ninth Dimensional Being continues this form of Deconstruction, it doesn't cease to exist but instead moves beyond Death to evolve into the epitome of the negative path of learning-- a Black Hole. When I raised my vibrations to the Ninth Dimension, I was instructed to destroy all of my positive and negative emotions as well as my self-limitations. I was hit quite furiously by the burning red energies disintegrating built up negative energies that still existed within me. These red energies would destroy the rest of my energetic build-up and blow black smoke out through my Sacral Chakra.

The Tenth Chakra looks like a jet black orb of energy. When you tune into the Tenth Chakra, you will witness one of the most powerful natural forces in its pure state. You will truly feel like a ghost because there is no substance in the Tenth Dimension; there is only existence as a pure Deconstructive energy. There is much to learn about non-existence. We have yet to appreciate the building blocks of life and how the greater Universe is mirrored within the structure of our cells. Tenth Dimensional Beings cannot grow without consuming surrounding resources; they are therefore incomplete forms of existence. When I raised my vibrations to the Tenth Dimension, I felt completely polarized to the Unmanifest. I felt like non-existence in a human body; a clear wall of energy separated my body and I was neither here nor there. I was half in and half out at the same time; my energies would swoop up and down depending on whether I wanted to be present or not. It was a very unique feeling of being stuck in limbo. I couldn't wait to progress to the 11th Dimensional vibration.

The 11th Chakra looks like a grey-white spiralling Galaxy in space. The 11th Dimension's primary role is to teach continual infinite existence without the need to consume resources. It is the first Dimension where both Light and Dark are harbored and allowed to exist equally in order to achieve a sense of Oneness. It is the last state of existence where a Being has not yet completely released itself to the pure nature of God. Though Archangels operate within the Eighth Dimension, they are more accurately born from the 11th Dimension. Archangels significantly drop their vibration down to the Eighth Dimension in order to serve the Universe in its realization process. The Eighth Dimension retains its position out of the normal Seven Dimensional cycle and is therefore a very strategic place to conduct operations. Archangels have more knowledge and power than just about anything else in this Universe as they have undergone necessary God-self-realization to progress into the 12th Dimension. The Archangels however maintained their existence within the 11th Dimension to stay within the Manifest Creation as an individualized presence. To understand the 11th Dimension is to understand the nature of the Universe. It is where the realization for infinite existence is taught.

The 12th Chakra marks the final representative Dimension to still be perceived as some level of achievement rather than what has already been within us the whole time. We are already within a field of Unconditional Love and it takes 12 full Dimensions to realize that we never left. The 12th Chakra looks like a ball of black obsidian situated as the highest point of the Chakra spectrum. The 12th Chakra has a singular quality--if I was to activate my own 12 Chakras and then proceed to activate the 12 Chakras within another person, both of us would have the same 12th Chakra. We do not have a unique 12th Chakra that we can call our own. By this stage there is only Oneness and nothing else. The 12th Chakra opens a higher path that does not embrace the belief of "choice". When we walk this higher path we fundamentally understand that Everything is God. The strings of fate are working in perfect unison for everything to fall into place around us. To exercise individual choice would be to display non-realization of the fact that there is no such thing as separateness. If Everything is God, then there is no difference between the outcomes of whatever happens other than what is perceived by the human body. The Chakras exist nonetheless; our interpretation system prevails whether we learn to use it or not.

ADVANCED CHAKRA ACTIVATIONS

Balance is less about running away than it is about being able to completely seal off and ignore the past. To experience the foundation of balance is to accept a state of equally polarized thoughts and emotions. Two opposing forces push against each other into a state of energetic equilibrium. Both Light and Dark emotions are brought to a standstill and only consciously accessed as deemed fit. Some try to achieve Nothingness as the ultimate state of being but Nothingness reaches too far beyond the regular human perception to embrace in everyday life. To feel absolutely nothing would mean you are already spiritually and emotionally dead. Life is about feeling its beauty, not hiding away in some point of non-emotion. The Chakras are energetic memory banks that store volatile emotions into their respective categories. If balance has been achieved, there is no longer a need to interpret negative emotions as physical symptoms within the body. The body will war with itself as long as it takes to negotiate a treaty of peace. There is no winning or losing; only the consumption of time.

The Stargate Activations are a cleansing tool to release stored up energies and promote healthy energy flow. What they do not accomplish is

increased growth beyond the normal functioning of the Chakras. If the human energy body is compared to an engine, the Stargate Activations turn the engine on and the full Chakra activation modifies the engine with turbo thrusters. After a few months of performing the Stargate Activations, they will not energize the body as much as they did when you first started them. The body becomes desensitized to the power difference and grows accustomed to dealing with stronger energy flows. To actually push the Chakras into a state of continual power growth would be to consciously increase the psychic potential of the body.

Archangel Uriel was one of the first to describe the system of the Chakras to me and how to get them past their normal operating point. Quite a few Beings have approached me in the past to increase my understanding upon the Chakras. The more I learned, the more I realized how important the Chakras were. They weren't just random energy centers sitting inside our bodies but were masterfully designed to give us a complete map of our consciousness. Archangel Uriel had the best explanation by far;

"The Chakras are alive."

At this point I had just finished performing my Stargate Activations and Archangel Uriel was observing me quite closely. His comment startled me, *"What do you mean the Chakras are alive? Are they are "alive" as in our entire body is a living thing?"*

Archangel Uriel was staring at my Sacral Chakra when he responded, *"There are living crystalline Beings sitting inside your Chakra points and they are in consistent communication with your body. It is very possible for you to commune with them and ask them questions."*

I was quite intrigued by this explanation and so I asked, *"Why are they crystal out of all things?"*

Archangel Uriel replied, *"Crystal is the highest form of stored energy in the physical Universe. This is the reason many people use such substances for Healing."*

I was now closing my eyes and trying to feel the Chakra Beings inside of me, *"How do I commune with them?"*

Archangel Uriel stared at me directly into my eyes and said, *"You must firstly recognize that they exist...You may telepathically commune with them in the same way you commune with any other Being. Listen very carefully because I am now going to teach you how to accentuate their presence."*

WHITE ENERGY BALLS

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate the Seven Primary Chakras using the Stargate Activations technique.
- 3) Visualize a small white ball of pure white energy floating in front of the Root Chakra. This ball must be very powerful concentrated energy and should be sparking with life. The white ball should be no larger than the size of a pea.
- 4) Float that small white ball into the Root Chakra and explode it in a torrent of furious white energy. Feel the white energy mixing with the Root Chakra's red energy and causing it to go wild.
- 5) Inverse the Root Chakra upon itself while in this energetic fury. This means you should visualize the Chakra turning inside out. The finished product should look like a ball of red energy with a white ring around it. This white ring acts to control the Chakra's energy into a concentrated ball rather than allowing the energy to escape into the rest of the body.
- 6) Repeat steps 3 to 5 for all the Sacral, Solar Plexus, Heart, Throat, Third-eye, Crown, Eighth, Ninth, Tenth, 11th and 12th Chakras. Chakras Eight-Twelve will be significantly higher than each other in respects to the body's given location. The Eighth Chakra hovers just above the Crown Chakra, the Ninth Chakra even further beyond that, and the Tenth to 12th Chakras can be visualized reaching far up into their own existence altogether.

The White Energy Balls were specifically designed to give the Chakras a jolt of powerful energy. Many people who first experience this technique notice a significant jump in their energy consumption throughout the day. This is because the Chakras have now become activated to a level where they are burning a significantly larger amount of energy. This increased burn-rate is what will force the body to start producing more energy to sustain itself. This technique is therefore forcing you to become more powerful by increasing the energy production within your body. The secret to this first technique lies in turning the Chakra inverse on itself. When you explode a white energy ball inside the Chakra it purifies its internal energy. When that Chakra then turns inverse, it starts thrusting energy

outwards against the white ring rather than maintaining a state of normalcy.

I recommend performing this technique for at least a few weeks before progressing onto the other Energy Balls. The body needs to adjust itself against its heightened production rate without causing any injury to other energy related tasks it needs to perform. Some have reported a two week adjustment period before they returned back to a state of normalcy; others significantly longer. It depends on the body's ability to adapt and conform to the requests of sending more power to the Chakras. If the effects become too over powering, then just give it a couple of days to relax without performing any activations and it will return to normal.

GOLDEN ENERGY BALLS

1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.

2) Activate the Seven Primary Chakras using the Stargate Activations technique, followed by the White Energy Balls for the Root Chakra to the 12th Chakra.

3) Directly after performing the White Energy Balls, visualize a small golden ball made of pure golden energy floating in front of the Root Chakra. This ball must be very powerful concentrated energy and should be sparking with life. The golden ball should be no larger than the size of a pea.

4) Float that small golden ball into the Root Chakra and explode it in a torrent of furious golden energy. Feel the golden energy mixing in with the Root Chakra's energy and giving it life.

5) A conversion should take place where the Root Chakra starts to develop crystalline-looking structures in place of the red energy orb. While the golden energy is mixing in, the crystalline-looking structures should become accentuated over the original look of the Chakra itself. These crystalline structures often have a bright multi-coloured presence in various shapes and sizes. Mine were primarily golden with tinges of rainbow colors constantly moving within it. I could see them and feel them existing within me. My Root, Sacral, Solar Plexus and Heart Chakras all looked like small crystalline trees, whereas my Throat, Third-eye and Crown Chakras looked like a belt of crystals. The higher Chakras did not develop crystalline structures.

6) Repeat steps 3 to 5 for all the Sacral, Solar Plexus, Heart, Throat, Third-eye, Crown, Eighth, Ninth, Tenth, 11th, and 12th Chakras.

The Golden Energy Balls are not as wild as the White Energy Balls. In fact, this technique seems to calm the Chakras down by giving them definition and structure. It is now possible to commune with these crystalline Chakra Beings. Simply close your eyes, concentrate on the Chakra's crystalline structure and ask it a question such as "What is wrong?" or "What can I do to heal you?" It is very important that we establish communication with our bodies. Nothing should stop you from simply asking your body what is wrong when you are feeling unwell. Everything in your body is energy and you can communicate with everything. It is amazing how much information you can learn this way. When I healed people, I always asked the respective Chakra what was wrong. Not only would it actually speak back to me but it would also grant me permission to perform healing upon the afflicted body parts.

A few weeks later Archangel Uriel returned, "There is one final part to your Chakra activations. This final part is an incredible leap from what you are used to performing. The white energy acts to cleanse and energize the Chakras so it may grow to be more powerful. The golden energy gives those more powerful Chakras definition and structure. The final part is to use shiny black energy, and I caution you, it will take a while for you to adjust to this new color."

SHINY BLACK ENERGY BALLS

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate the Seven Primary Chakras using the Stargate Activations technique, followed by the White and Golden Energy Balls.
- 3) Directly after going through the process of activating all Chakras with the White and Golden Energy Balls, visualize a small Shiny Black ball made of jet black energy floating in front of the Root Chakra (This Chakra should now be mostly crystalline in nature). This ball must be very powerful concentrated energy. It should look like a small ball of obsidian. The shiny black ball should be no larger than the size of a pea.
- 4) Float the shiny black ball into the Root Chakra and explode it in a torrent of furious black energy. Feel the black energy mixing in with the

Root Chakra and forming a Black Hole behind the crystalline-looking structure.

5) The Black Hole will gradually start circling around and sucking energy out of your body in a very rapid motion. There comes a point in time after a few weeks of continually performing all of the Energy Balls when the black energy actually creates defined exterior crystals in the same color as the Chakra. My Root Chakra looked like it had a ring of red rectangular crystals forming the outside of the Chakra point with a multitude of red crystals making up the interior. This brilliant display was offset against the Black Hole swirling behind it.

6) Repeat steps 3 to 5 for all the Sacral, Solar Plexus, Heart, Throat, Third-eye, Crown, Eighth, Ninth, Tenth, 11th and 12th Chakras.

The full Chakra activation set should only be performed once a week. It is one of the very few techniques that lasts multiple days instead of wearing off as soon as you sleep at night. I caution the reader to at least finish the book before proceeding with the final activation. You have to give your body enough time to adjust to the difference in power levels for these to truly work. By moving through the Stargate Activations, you open yourself up to the spiritual world. By performing the White and Gold Energy Balls, you redefine the Chakras into whole new crystalline Beings. The Black Holes formed after using Shiny Black Energy Balls is what will introduce the notion of balance.

What happened during the days I started using black energy was truly spectacular. When the Shiny Black Energy Balls exploded in my Chakras, I felt Black Holes starting to form behind the crystalline Chakra structures. They began rapidly sucking energy out of my body like a vacuum cleaner. All day long I felt a consistent drain of energy and it got to a point where I had to perform specific energy adjustments just to maintain my body for proper functioning. (Please read Chapter 11 for the Complete Seven Chakra Energy Attunement). After days of absolute energy draining later all from but a single use of the Shiny Black Energy Balls, I finally started feeling signs of recovery.

It was only on the third time I attempted the Shiny Black Energy Balls that I realized why they were turning into Black Holes. In the same way the White Energy Balls were overpowering the Chakras to the point of forcing the body to produce more energy, the Black Holes were acting as a more powerful energy drain to force the body into a consistent state of energy production. The color black was acting as a balancing mechanism by

completing the full activation set; white in perfect representation of the Light, gold in perfect representation of Life on a Third Dimensional planet, and black in perfect representation of Darkness. Black is actually a very purifying color that removes excess energy out of the body. We naturally have Light and Dark energies within our bodies and to exclusively use only two colors would be to intentionally unbalance the activation set.

What we feel we are doing is more important than what we think we are doing. The Chakras may make you feel good or bad whilst heading towards a particular pathway of polarization. They are indicating that you are heading towards a personal energy shift. Our interpretation system was set up to feel our way back to full God-self realization, not think about it for forever and a day. Inaction leads to Nothingness, realization leads to Unconditional Love. Both of these paths will lead to a significantly higher state of existence but only one of these paths will bear the fruits of God. The Chakras are a guidance system for the sea of energy we call our home. To understand the Chakras is a way to consciously move towards progressive spiritual development. To achieve an ultimate point of balance within the Chakras means you have reached a personal state of Unconditional Love. It is an important that you accept yourself for who you truly are rather than a model paradigm of whom you want to be. The difference between the two can be as dramatic as achieving full God-self realization or floundering on a path that only encourages volatilities. To remain exclusively polarized to either a positive or negative path would mean you would limit your understanding to only half of what the Universe entails.

CHAPTER 9

COMMUNING WITH ETHEREAL BEINGS

When I was three years old, I developed a severe problem with my tonsils and underwent surgery to remove them. My tonsils kept swelling up and constricting my throat to a point where I couldn't breathe. What was meant to be a routine procedure turned out to be one of the most defining moments in my life. As I was being prepped for the surgery, the doctors administered anaesthesia to sedate me. My body was initially resistant to the anaesthesia; eventually, however, I fell asleep. To everybody's surprise, I suddenly woke up mid-operation and I can still remember the bright white lights and doctors scurrying around. Frantically trying to calm me down, the doctors then administered even more anaesthesia to knock me out and keep me down. The next thing I remember, I was floating upon the ceiling looking down upon my body, witnessing everybody rushing around the theatre. When I finally woke up after the operation, I started noticing strange flashes in the hospital bedroom. Somebody was standing next to me, but every time I focused my eyes they would disappear. I didn't pay much attention to anything around me after that, other than the delicious ice-cream they kept giving me.

A few days later, I was released and I was very happy at the thought of sleeping in my own bed. I collapsed in its warm embrace straight away and decided I never wanted to get up again. Later that night, I felt a cold breeze running over my body and woke up in my dark bedroom. To my absolute horror, I found an old woman standing near my bedroom window staring at me. The memory of this old woman has never left since that night. She was completely white with white straggly hair and white tattered clothes. Her insidious gaze was locked upon me sending chills up my spine. Her lips were moving as if she was chanting a spell, and then she actually started walking towards me with an outstretched hand as if to grab me in the middle of the night. Frightened in every possible way, I ran out of my bedroom as fast as I could. I couldn't breathe properly due to the operation and my body was sore and tired from the ordeal. Just before I entered my parents' bedroom, I turned around one last time to see if the old woman was still following me. She was now standing in the darkness of my bedroom doorway staring at me with her hollow white eyes. A menacing

spirit silently waiting for me to return to her cold chasm of fear itself, she knew I would have to return, if not tonight then another. She would be waiting for me when all was silent and the moon far in the sky.

This old woman gave me nightmares for half my childhood. I only found out many years later what happened to me during my operation. I had been overdosed with anaesthesia and the doctors had difficulty trying to revive me. My heart stopped beating on the operating table. In the panic of the moment, the doctors were desperately trying to pull me back and soon managed to get my heart beating again. Those few moments were all that was needed to change my life. The doors to the spiritual world had been flung open. All those flashes in the hospital bedroom were actually dead people walking around. God only knows who the old woman was.

There were many instances throughout my childhood when I saw things walking around in my bedroom. Eventually fear stopped gripping my thoughts and I learnt to remain calm no matter what was standing before me. One too many confrontations later, these frightful nightly visits diminished to a common annoyance and I started developing psychic protection techniques to get rid of them. Much of what I was doing intuitively came out in the spur of the moment. I found it strange how my body would suddenly become possessed by a higher presence, and started performing techniques far too advanced for me to fully understand.

All of my earlier encounters were with what I call regular spirits or those that have not undergone significant God-self realization. It is often very hard to judge whether or not regular spirits are lying to you for there is no conceivable method to determine whether they are genuine. Trust plays a very important role in spirituality and in fact, the lack of trust will often reduce a spiritual relationship to a very dangerous game. There is only one group of Beings who may be accurately tested and they are Higher Beings such as Archangels and Higher Selves. Malicious spirits have at their full discretion the ability to fake nearly all of the psychic senses such as sight, sound and even feeling. It took many years of discernment to figure out how and what I do, and as much as I did not want to include a section on how to commune with Spirit Guides, they play an extremely vital role in establishing the necessary skills to commune with the rest of the spiritual world. In order to commune with something like an Archangel, you must first learn to commune with something a lot closer to home within your field of consciousness. The development process is too steep to skip straight ahead to communing with Archangels.

There exists a hierarchy of spirituality that defines the power of certain entities and the abilities they possess. The very bottom of the hierarchy

is made up of regular spirits and Spirit Guides. The next layer would include Angels and other lightbeings set out to help the world progress. Ascended Masters and all manner of Enlightened Beings make up the next significant jump in power. Archangels and Higher Selves sit on a level just below full God-self realization.

In order to learn how to run, you must first learn how to crawl. It is not difficult to commune with ethereal Beings. The skills for communing must be developed in a gradual process starting at the bottom of the hierarchy. As you work your way up the hierarchy, you naturally start fine-tuning psychic abilities such as clairvoyance (sight), clairaudience (sound), and clairsentience (feeling). These abilities may be separately developed; however your natural gifts will become apparent while you're performing the right kinds of exercises. Once the main spiritual groups are tapped, the world is your oyster and you are given free rein to commune with whomever you please.

Spirits are around us no matter where we are or what we are doing. Some are passed over loved ones, others are Guardian Angels and many of them are fragments of original souls. When we pass over to the other side a certain energetic imprint is left behind. This energetic imprint is meant to dissolve away after a period of time; however a great many imprints become attached to physical world objects and places. When this happens, they fall into the category of ghosts or hauntings. The energetic imprint left behind is known as a fragment and is most definitely not the original soul. In a typical haunting, the fragment is stuck in an infinite loop of energy that does not contain full memories but rather partial pieces of a complex puzzle from when the soul was still alive.

This same system of fragments is intentionally used by many Higher Beings to bridge lower Dimensions. Archangels fragment themselves from the 11th Dimension in order to split off an essence of themselves to interact in a Dimension not of their own. The fragment is less powerful than the original Being; however it establishes a clear line of communication that does not require a physical presence. Our soul is a fragment of our Higher Self. When we move through the process of Death, we reunite back with our Higher Self to temporarily complete ourselves for the purpose of realizing what we have yet to learn for our future reincarnations. Our Higher Self is experiencing life through our eyes and silently observing our progress.

There was a time when I cherished every single spiritual encounter like some kind of gift from God. Though daunting at first, these spiritual encounters have defined who I am today. The voices, the visions, the

intense feelings have all merged together into a very powerful collage that now serves as my spiritual foundation. I cringe every time somebody says he doesn't believe in the spiritual world. This is usually followed by a feeling of deep sadness as this person is literally encouraging others to join him in a state of complete ignorance. Why would people want to sleep when they can be alive? It may be true that we can only ever be truly satisfied with the spiritual world through direct personal experiences.

After many years of interacting with many different types of Beings, I learned to experience the very essence of Life itself and give thanks for something as simple as being alive. If there is anything I have taken away from all of these experiences, it is to absolutely cherish the Love we feel when we are around family and friends. Time passes so quickly and so many are left to witness the world as an observer until it's time to reincarnate again. We tend to overlook simple joys such as feeling the freshness of a garden or the warmth when we meet somebody we like. These are the subtle luxuries that will call you to come back time and time again.

SPIRIT GUIDES

Spirit Guides are designated by our Higher Selves for the sole purpose of guiding us through any one of Life's infinite lessons. Spirit Guides vary in power and wisdom depending on who they are and how far down the realization process they have achieved. Spirit Guides are generally chosen from the spectrum of souls around human beings for they understand the workings of our system. Sometimes Spirit Guides are passed over loved ones who seek to add a personal touch to our spiritual development. Some are the people you have yet to meet in future incarnations. Many Spirit Guides choose to take the forms of animals and other mythical creatures in order to portray a particular quality. It is absolutely normal to find guides that look like tigers, wolves, horses, etc. It would be particularly rare to find a Spirit Guide that has not at least originated from this Galaxy. However, I have come across quite a few who are unlike anything I have ever seen and most definitely were not brought up on Earth.

One of the biggest misconceptions about Spirit Guides is that they should always be polarized to the Light. I have personally witnessed Demonic Spirit Guides whose sole purpose is to lead people down a negative path of learning in order for them to establish a more well-rounded realization process. Spirit Guides can actively drag you down and lead you into the heart of Hell if that path will enable you to become a stronger person who

is less influenced by the material world. I was once sitting in a restaurant enjoying dinner when a local mafia boss walked through the front door. It was very interesting to note that his “Spirit Guide” was a full-fledged Demon. Like attracts like and both the mafia boss and the Demon were serving a purpose for each other. An Angel would not have been able to guide this particular man down his chosen path and therefore an ulterior relationship was established. The moral to this story is that just because you have something floating around telling you what to do does not automatically mean that you are receiving sound advice. Spiritual discernment about what is being communicated is a very high priority. It is difficult to remotely test Spirit Guides; however, you will come to know them by the fruits of their labour.

There are many Spirit Guides who are very good at what they do and it is much easier to commune with these Beings than just about anything else. Spirit Guides have intricate connections with whom they are guiding and this can often be felt through gut feelings, intuitive thoughts, a gentle nudging into a particular direction, or even straight out voices. Because of this established line of communication, it will be much easier to progress these interactions to a level where you are consciously listening and responding to what they have to say. If you are in fact on a level where you are consciously seeking to establish communications with them, it is because they have been nudging you down this direction for quite some time. Certain passages in books, particular scenes in movies or images that spur a subconscious thought pattern are all painting a picture towards a desired goal. The reason why you are reading this book may very well have something to do with your Spirit Guides.

9.1 HOW TO MEET YOUR SPIRIT GUIDES

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.
- 3) Perform the White Energy Staircase technique as described in Chapter 6 “Chakra Activations.” Whilst walking up the staircase, it is necessary to be continually thinking about establishing a connection with your Spirit Guides. With every step you take, the harder you must concentrate on wanting to meet them.
- 4) Once you climb up to the top of the platform, walk through the large

white doors and into the expansive white existence. Your vibration will now be much higher than normal and you should be feeling very light. Telepathically repeat the following command with your mind into the expansive white existence around you: "I now call upon my designated Spirit Guides to come before me by the Will of God. I AM God." The power of this verse is beyond words. It is the heart of the summoning techniques I have used to summon hundreds of spirits.

5) Feel your Spirit Guides manifesting in front of you. Attract their presence and pull them down to a level where you can see them and speak to them. Repeat the command with more passion and determination than ever before. If your Spirit Guides shall not yet come, then state the above command with more power behind your words and concentrate upon your Spirits Guides appearing before you. Remain patient for their arrival and do not have specific expectations for what you believe they should look like.

6) One of two things will happen if you are successful in establishing communication with your Spirit Guides: they will either appear before you in the expansive white existence, or you will be mentally transported to another location altogether. Both events have occurred numerous times in the past.

7) To commune with your Spirit Guides, project your thoughts upon the entity in which you are speaking, then remain internally silent for its response. Direct your thoughts to them and speak normally as if in any other conversation. You may even find it beneficial to speak the words out loud.

8) Make sure to remember what your Guides look like and feel their energy signature so you can more easily call them in the future. Once the first meeting has taken place, it becomes much easier to call them again. Very often Spirit Guides will give you their name as a reference point for future communications.

The first time I performed this technique I was transported out of the expansive white existence into a room where three men were standing. Each of those three men had white and silver hair and wore long black robes. They introduced themselves to me as my Spirit Guides and said that only one of them was going to be talking to me as the main point of contact. The other two were going to act behind the scenes and instruct the main point of contact accordingly. Whilst looking around this room, I asked my Spirit Guides, "*Where is my Guardian Angel?*" and the main

guide pointed in the direction across the room. There standing against the far wall was this magnificent white Angel with full outstretched wings, short golden hair, and a warm smile on his face. He was glowing very brightly and made everybody else look like we were shrouded in darkness in comparison. This Angel was my first Guardian Angel, who I later dismissed, subsequently spurring Archangel Uriel to take the reins. Though my previous Guardian Angel had been with me for many past lifetimes, I had only known him for a couple of months within my current lifetime before Archangel Uriel appeared. This transition was destined to take place and serve a purpose in my life far greater than any of the other bonds I had established. As my spiritual development progressed, I outgrew many of my Spirit Guides in the process. At first it was very difficult to leave them behind. However, I soon realized that if I wanted to progress higher, then I must surround myself with Beings who demonstrate much higher qualities.

ANGELS

Angels are some of the most pure and gracious Beings this Universe will ever see. Bright white lights glowing in a dark cave, these intricate Beings are the very reason for why beauty is felt in the heart of our souls. Created from the Light, it is exceptionally rare for them to be doing anything other than helping maintain positive influence around the Universe. There have been many times where I have been lucky enough to feel their presence--the soft delicate energies that are simply overlooked unless the right state of mind-frame has been achieved. Their purity is on such a high level that their faint light bodies are barely detectable unless they want to be known. They often congregate around people who demonstrate a similar energetic positivity as they do. Angels are quite powerful Beings and have the ability to deter negatively polarized entities away. It is for this and many other reasons that Angels are accepted so warmly in the spiritual world. I have met Angels that have differed in power anywhere from just above human beings all the way up to an Archangel level. There are accounts of the more powerful Angels physically incarnating to pass on messages to those who are being led astray. Sometimes, they intentionally incarnate just to give their messages physical justification. Whatever the reason, there is nothing more extraordinary than finding out the Being standing in front of you is actually an Angel sent from God.

Guardian Angels have been assigned to your soul, not your physical body, and therefore progress with you on your spiritual journey on an inter-life basis. Your Guardian Angel has been with you a very long time, often for

quite a few lifetimes and it is quite rare for them to not know you for at least this length of time. They are here to guide you, protect you and watch over you. They most often take the form of peaceful and very powerful Beings that look mostly like humans with large white Angel wings. They have various external clothing, facial features and personalities depending on what most resonates with them. They will always be polarized to the Light and will never lead you or advise you down a path to Darkness.

Communicating with Angels is similar to interacting with Spirit Guides but there are exercises that must be performed in order to promote successful communications. The Crown Chakra must be developed in order to tune into the higher frequency that Angels operate. Too many people call upon Angels but aren't conscious of their presence when they come forth. Angels exist on a very high and very pure frequency that is difficult to detect unless you know what you are looking for. This higher frequency can be accessed by performing a vibrational raising technique such as the White Energy Staircase followed by continued concentration upon the Crown Chakra. The following exercise will help stimulate the Crown Chakra. Visualize a large, light pink flower bud upon the top of the Crown Chakra. As you concentrate upon this flower bud, push more energy up through your Chakra network into the flower, making it glow white. When you feel the flower bud has attained a very high level of energy, slowly unfold its petals until the flower is in full bloom. Hold the visualization of the light pink flower in full bloom on top of the Crown Chakra for the duration of the meditation. This simple meditation should be performed for at least a week, directly after the Stargate Activations, Energy Balls, and White Energy Staircase. As soon as you make contact with your Guardian Angel, this flower meditation becomes obsolete.

The next exercise revolves around fine tuning the Third-eye Chakra to a point where you are able to consciously pick up on energetic differences in your environment. One of the most effective ways to fine tune the Third-eye Chakra is to meditate in a pitch black room. Late at night or very early morning provide the best opportunities to achieve the ideal state of mind frame. Unplug the phone, turn off your cell phone and reduce any possible external noises by closing windows and doors. Sitting in a dark closet with the door firmly shut works especially well. These dark environments will train you into picking up on very fine signals transpired around you. By reducing the senses of sight and sound, the body promotes the sense of feeling energetic movements within your surroundings as well as yourself. Whilst sitting in your dark room, visualize a large purple Eye of Horus sitting on your forehead. Concentrate energies up the Chakra system and into the Third-eye. Prolonged concentration upon the Third-eye will start to stimulate the Pineal Gland which moderates psychic energy from the

centre of the brain. Indicators of a successful stimulation include a light burning feeling on your forehead or shivers running up through your spine.

Ethereal Beings resonate most with people who are able to mirror their frequency. This is due to the human body emitting an aura of energy that completely surrounds it. Our aura is a living energy flow that grows with us. Auras are imprinted with vibrations of emotions that are strong enough to effect the change. Think of the aura as a large personal glow that can span metres away when we are positive and energetic, all the way down to practically non-existent when we are feeling depressed. Our aura is a living snapshot of our volatilities whether we are as bright as Light or filled with exceeding Darkness. Angels are attracted to people who demonstrate personal purity and positivity. Demons are attracted to those who would rather grasp at negative pursuits. This attraction of vibration is specifically designed this way in order to keep you progressing no matter which pathway you choose. Therefore to successfully summon an Angel, one must first mimic such an Angelic nature. This may only be determined by your inherent personality. Everybody can call upon their Guardian Angel as well as any of the Archangels; however only those born to live a life of self-purity will be successful calling upon other Angels who are not bound to your realization process.

9.2 HOW TO MEET YOUR GUARDIAN ANGEL

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.
- 3) Perform the White Energy Staircase technique as described in Chapter 6 “Chakra Activations.” While walking up the staircase, it is necessary to be continually thinking about establishing a connection with your Guardian Angel. With every step you take, the harder you must concentrate on wanting to meet this Being.
- 4) Once you climb up to the top of the platform, walk through the large white doors and into the expansive white existence. Your vibration will now be much higher and you should be feeling very light. Telepathically repeat the following command with your mind into the expansive white existence around you: “I now call upon my Guardian Angel to come before me by the Will of God. I AM God.”

5) Feel your Guardian Angel manifesting in front of you. Attract its presence and pull it down to a level where you can see it and speak to it. Repeat the command with more passion and determination than ever before. If your Guardian Angel shall not yet come, then state the above command with more power behind your words and concentrate upon your Guardian Angel appearing before you.

6) To commune with your Guardian Angel, project your thoughts upon it and then remain internally silent for its response. Direct your thoughts to it and speak normally as if in any other conversation. You may even find it beneficial to speak the words out loud.

7) Angels very rarely give you their name; their language is not based on any human words or syllables. Some may give a name as a reference point for ease of communications.

The signs that a successful communication has taken place are the feelings you have while interacting with your Guardian Angel. There is a bright, white positive light shining into the heart of your soul, feelings of joy and happiness at their very presence along with Love for your Guardian Angel and immense peace while meeting them. Other common signs are goose bumps, hot or cold sensations or even the smell of something beautiful such as flowers. If for whatever reason you feel none of the abovementioned signs, then you are not in fact speaking with your Guardian Angel.

If a personal connection is established, the free rein of communication will not be limited by the meditative state. Once your mind attunes to their presence, it is perfectly fine to be walking around and telepathically communing with them. Take it step-by-step; start with your Spirit Guides, and once you feel comfortable enough, move onto calling Angels. It may take some time to train your Crown Chakra and open your Third-Eye; however it is well worth the time and patience if what you seek is guidance from the ethereal world. Mediumship is developed by learning how to commune with other people's Spirit Guides and Guardian Angels. It develops slowly by learning how to see ethereal Beings, and then communicating with them on a level where you are able to discern upcoming spiritual benchmarks. However, the biggest question remains whether or not we are allowed to know that which has not yet happened.

ARCHANGELS

It is not necessary to have magical instruments, white robes, obsidian mirrors, Angel shrines with intricate candles or even lengthy oratories to call an Archangel. All we ever need is personal purity and a high enough vibration to consciously interact with them. Simply calling out to Archangel Michael and expecting him to change your life is not going to happen. Communing with Archangels requires a certain degree of personal power that comes through the belief in God. Their purpose is not to manifest incredible wealth for everyone who wants that. They are here to enrich your life like gatekeepers to the world overlaid on top of our own. The responsibility of the individual will never become overshadowed; we are not puppets and while we may make requests for certain advantageous gifts, what becomes of them is entirely up to our level of self-realization.

Archangel Michael, Archangel Raphael and Archangel Uriel appeared in my bedroom one night. I was on the floor with my laptop when I noticed white ripples of energy buzzing through the walls. A second later, there was a sound of high pitch ringing and my energy body started reacting wildly. My bedroom was a torrent of energy with absolute powerhouses generating so much Light that I became sincerely humbled by the awesome power coursing through my body. I was surrounded by spirituality veterans with an air of magnificence, worlds of wisdom to impart at their very fingertips-- the original chronicles of the Universe's own Gospel itself. As the fabled doors to Heaven were opening up in my bedroom in a glorifying light, Archangel Michael spoke out to me from across the chasm, *"The most important part in your entire book will be the Chapter upon communing with Ethereal Beings. More specifically the part about communing with Archangels."* Then he just stood there smiling at me... There was absolute silence as all three of them looked at me with eager anticipation.

He wasn't the first to try and make it into my book.

I was still dumbfounded as I replied, *"um... what?"*

Archangel Michael continued on with a brilliance of light shining behind him in a contrast of divine presence, *"If you don't teach people how to commune with us, how will they learn to speak with us?"*

Archangel Raphael had for some reason walked through the opening into my bedroom and had taken great interest in my balcony overlooking the dark ocean night. He was intently inspecting its structure and then started judging whether or not my view of the ocean was magnificent or not. On one side, I had Archangel Michael and Archangel Uriel shining down upon me in a blinding light, and on the other hand Archangel Raphael kept

distracting me by shuffling on my balcony. I diverted my attention back to Archangel Michael and said, *"I guess I could throw in a little section in the back telling people how to commune."* As I focused back on Archangel Michael, I realized how all three of these Archangels were One with each other on a much higher level and yet were distinctly different for some reason. Each had their own character, personality traits and slight difference in frequency of energy that could only be observed if they were all indeed standing in front of you. It always made me wonder where they got their personalities from and why they chose to look the way they did.

Archangel Michael had curly brown shoulder length hair and was loosely dressed in white clothing. He emanated a very pure white glow that nearly prevented me from seeing his facial features. I sat there in awe staring deep into his energy construct when the thought popped into my mind that I didn't know anything about him.

Archangel Michael spoke to me as if he knew my thoughts before they even registered in my own mind, *"Ask me."*

In the most respectful way, I said *"Who actually are you?"*

What followed was a collage of powerful visions with Archangel Michael's voice narrating the swirls of scenes creating my landscape in front of me. I was overcome by an incredible sense of energetic power as the visions started to appear. At first, a white transparent pyramid made out of light appeared before me; the powerful form of Archangel Michael was at the very top of this structure with outstretched wings. There were a series of Archangels on the level below him and a great many more Angels further down the pyramid hierarchy. Archangel Michael's voice came out of the distance, *"I am one of the highest. Above me is only God."*

My vision suddenly changed into a view of the Sun blazing extremely strong orange energies from the center of its core. I was floating in space in front of this magnificent orange giant as Archangel Michael continued, *"They call me the Sun of God. I am connected throughout the Universe through the Suns. The Sun is the predominantly male complex in its Star System and contains the respective archetypes and instructions. The Sun shines its energy in every conceivable direction and there is very little that is not touched by it. In such a way I am able to travel to any corner of the Universe."*

I started to understand why so many spiritual practitioners call upon Archangel Michael. When we call upon a desired Being, it has to first graph its way down to the practitioner calling upon it. Many of the Higher Beings

do not sit within our field of consciousness because they are on a much higher plane. However, Archangel Michael enjoys the luxury of pre-existing pathways through the Suns and is able to appear instantly when he is called upon. This significant ability is what makes him one of the truly most powerful.

My surroundings then exploded outwardly until I was surrounded by trillions of stars and galaxies in the most fascinating array of colours and life. Archangel Michael was floating next to me observing the Universe as he whispered, *“I want you to connect with me and feel what this feels like...”* I concentrated my energy into my Chakras and extended beams of light into his respective Chakras. In the moment we linked with each other; we became One. I felt an explosion of senses more powerful than anything I had ever experienced. My mind started racing, Love was filling my veins and reconnecting my body to the essence of Life itself. The Universe became a sea of interactive energy and I was part of every single bit of it. I could feel the Universe existing at an extremely heightened level of Being. My body became a raging torrent of light, I could feel the trillions of souls existing around the Universe; the stars were blending into the Universal life-force. Archangel Michael was processing the Universe on such an incredible level that my normal human senses found it nearly incomprehensible. Through the rapids and over the waterfall there was a very warming calmness emanating within me. Peace as the base element and Love as its structure.

Feeling the calmness drift me off into a state of bliss, Archangel Michael said me, *“I would like more people to connect with me. I am able to handle the increased numbers. Though some have a limit on how many they can support, my presence is infinite.”* Existing in this state was absolutely beautiful, so unlimited and profoundly gratifying. I could direct my attention at any point in the Universe and feel the sea of Beings calling it their home. I felt like I was home and I didn't want to leave. I started to crave the feeling of the amount of Love Archangel Michael has for the Universe. We felt like his family and he was our Guardian. He was our personal safety blanket.

As I found myself back in my room, I had a very deep sense of Love for Archangel Michael. Something had changed and my perception of what he was had found new meaning. He emanates a very powerful presence that warms your body from the inside out so that the outside world seems harsh and miserable. This must be what it is like to continually express the life-force of the Universe every second of your existence. Archangel Michael was not the only one who I have felt express themselves in such a way. I have also connected with Archangel Uriel and a number of other

Archangels with a Universal comprehension ability. I have come to believe that to be on an Archangel level you must be able to feel the Universe as God does his own body. To get to that point, we are going to need a whole lot more Love.

Archangel Raphael was now staring at me from my balcony, piercing grey eyes encapsulating my attention behind an intricate golden helmet with the iron grill drawn up. He was wearing a full golden suit of armor like some kind of Knight of God and his gaze was firmly locked upon me as if he was about to pierce my life with his eyes alone. Archangel Raphael was unlike Archangel Michael. I felt warm Love emanating from him; however he was much more serious in his ways. It was as if he could see my entire history and my entire future and nothing could ever be hidden from him. When he spoke, he spoke with commanding authority like a General to an army. As I stood there completely accountable for everything I had ever done and everything I will ever be, a vision came upon me and I suddenly saw Archangel Raphael standing in his golden armour amongst a legion of Angels. Right then, I knew that his position was Chief and Commander of all the Angels in the Universe. He directs all manner of positive influence exactly where it is needed through the authority of designating Guardian Angels to reincarnating souls. It was at that very moment that I realized how my collective thoughts and behaviors would either act to propel me forwards or hinder my spiritual development. With somebody like him weighing my entire life, I could live the life of a Saint and still manage to fall short.

Purity is a combination of a variety of lifestyle choices, personality traits, addictions, types of business, etc. If we make the initial decision to experiment with impure choices, we have already decided how our path of learning will unfold. With purity comes power. When we are able to demonstrate strength and maturity through purity, Higher Beings are much more likely respond to our needs. A person of great purity will glide over the next exercises for the need to sabotage yourself or your spiritual development will not be present. People who believe they are pure but seek to hide their true intentions, will soon learn that there is no hiding in the House of God.

I thought it useful to have a technique that allowed for the complete wipe of built-up negative energies due to both everyday and karmic behaviors. Negative energies are like dead weights holding down the body as a prisoner of its own device. The following was developed so you can achieve an acceptable level of purity in order to commune more efficiently with the Archangels.

SPIRITUALIZING

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Visualize yourself standing up on the ground in front of you, with large white angel wings on your back. Visualize the motions of crouching down and leaping up into the air. Fly as hard as you can like a rocket into the Heavens above. Thunder upwards into the higher frequencies of white existences. The higher you go, the lighter your body will feel and the more transparent it will become.
- 3) Keep flying up till you reach an existence with no gravity. I suddenly start floating through the upper atmosphere in a very calming manner. Fly out of the atmosphere and into deep space.
- 4) Sail through space like a large white comet shooting across the sky. The top half of your body should look white, with large Angel wings spread out behind you. Visualize the lower half of your body disappearing into a white trail of smoke and energy. As you sail forward, feel all the impurities coming out of your body as black smoke turning into a large white energy trail. This process of smoking out negative energies will gradually clear away impurities. The white trail of energy acting as reminder of all that has been cleared out of you.

I normally feel very calm after performing the Spiritualizing meditation. Sometimes, I continue the visualization of sailing through space like a white vessel of light even whilst going about my daily activities. The calming impact was very effective in stilling my mind against a myriad of rapid thoughts that cluttered my spiritual abilities. More importantly this meditation releases some of the energies that limit spiritual growth. Keep sailing through deep space until you achieve the level of personal purity that calms your body into silence.

The final step for the successful communication with Archangels is to consciously raise your body's vibration to allow conscious interactions to take place. The White Energy Staircase is a template for communication meditations. The 999 Point Activation was given to me at a time when I needed to hard force my abilities out onto the table and speak with something. The first time I performed this meditation I saw my Grand

Godfather who had passed away five years earlier. When he saw me floating about, he walked over and held me in a warm embrace. I will never forget the experiences that resulted from my spiritual journeys. This meditation is really a gift from me to you in hopes that you may find some comfort in who you meet up there.

999 POINT ACTIVATION

This meditation acts to continually unlock every minor and major Chakra point within the human energy body. Besides the Primary Chakra points, there also exists secondary Chakra points dotting the energy body like galaxies of stars shimmering in the distance of a clear night sky. Minor Chakra points congregate along the nervous system, major organs and particularly around the hands and feet. For the purposes of this meditation, it is not necessary to memorize exactly where every single minor Chakra point lies. Knowing they exist and the process of consciously opening them will be enough.

1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.

2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.

3) In a method similar to that described in the White Energy Staircase technique, proceed to visualize yourself walking up an energy staircase. Instead of visualizing the staircase as completely white, visualize it in a golden-cream colour. While going through the motions of walking up a step, visualize a small white light the size of a pin-head turning on within your body. It is best to visualize the body in the colour of black, to then gradually start turning on the minor Chakra lights with every step you take. Starting at the bottom of the Root Chakra, work your way up toward the Crown Chakra. By the end of this meditation, your body should look like the very stars that make up our night sky.

4) Please remember to only walk up steps whilst you are inhaling a slow deep breath. Walk up a step and visualize a minor white Chakra light turning on. Walk up another step and visualize another minor white Chakra light turning on. When you exhale, stop walking up steps and slowly release your breath. The full meditation is to walk up exactly 999

steps resulting in exactly 999 Chakra lights turning on.

5) 0-99 minor Chakra lights represent all the Chakra connections from the Earth to just below the Root Chakra. Light 100 represents the Root Chakra. 101-199 minor Chakra lights represent everything surrounding the Root Chakra and upward to just below the Sacral Chakra. Light 200 represents the Sacral Chakra. 201-299 minor Chakra lights represent everything surrounding the Sacral Chakra and upward to just below the Solar Plexus Chakra. Light 300 represents the Solar Plexus Chakra. 301-399 minor Chakra lights represent everything surrounding the Solar Plexus Chakra and upward to just below the Heart Chakra. Light 400 represents the Heart Chakra. 401-499 minor Chakra lights represent everything surrounding the Heart Chakra and upward to just below the Throat Chakra. Light 500 represents the Throat Chakra. 501-599 minor Chakra lights represent everything surrounding the Throat Chakra and upward to just below the Third-eye Chakra. Light 600 represents the Third-eye Chakra. 601-699 minor Chakra lights represent everything surrounding the Third-eye Chakra and upward to just below the Crown Chakra. Light 700 represents the Crown Chakra. 701-799 minor Chakra lights represent everything surrounding the Crown Chakra and upwards to just below the 8th Chakra. Light 800 represents the 8th Chakra. 801-899 minor Chakra lights represent everything surrounding the 8th Chakra and upward to just below the 9th Chakra. Light 900 represents the 9th Chakra. 901-999 minor Chakra lights represent everything surrounding the 9th Chakra to just below the 10th Chakra.

6) By the time you activate 500-700 minor Chakra lights, your legs will most likely already be numb. I recommend sitting on a couch or a pillow. The aim of this meditation is to raise your vibration so high with the greatest amount of Chakra activations possible for that frequency that you initiate a near out of body experience. It is important not to resist these feelings nor try to move your legs to break out of your trance. You must surrender your body to this unique state and continue upward.

7) Upon reaching the 999th minor Chakra light, you will have walked up exactly 999 steps (far greater amount than anything you would have previously needed for basic communications with other entities), and upon this final step, you are to visualize yourself walking in a very high frequency of existence that is golden-cream in colour. It should almost look like you are floating in golden-cream clouds.

8) Now is the perfect time to call upon any Higher Being you wish. Whether it is an Archangel or your Higher Self, your frequency will be high enough to be heard. Close your eyes, concentrate upon a specific

Archangel such as Archangel Michael, and repeat: “I call upon Archangel Michael to come before me by the Will of God. I AM God.”

9) Feel Archangel Michael coming to you. Attract his presence and pull him down to a level where you can see him and speak to him. If he does not, repeat the command with more passion and determination than ever before. Concentrate your mind upon him manifesting in front of you.

10) To commune with Archangel Michael, project your thoughts upon him and then remain internally silent for his response. Direct your thoughts to him and speak normally as if in any other conversation. You may even find it beneficial to speak the words out loud.

11) When you see Archangel Michael coming before you, repeat the following verse, “Archangel Michael you are my other God-self.” And feel he is One with you. This verse is a secret acknowledgement that you understand and believe the Universe to be One. From Oneness, we were all created. If you are God, so is Archangel Michael. It is now the perfect time to request of him whatever you desire.

12) Upon ending the session, open your eyes and slowly stretch out your legs. Lay down for a few minutes while your blood flow to your legs returns to normal and you become more consciously aware of your environment.

Try to remember what the Archangels look like and their unique feeling of energy so it will be easier to call upon them in the future. Being able to feel their presence coming to you will be a more effective method of communicating to them when you would actually like them to appear. After a few times performing the 999 Point Activation, it won't be necessary to go to such great lengths every time you need to channel a Higher Being. Once you become attuned and naturally develop the necessary abilities, communing with an Archangel may be as simple as closing your eyes and directing your thoughts upon them.

It normally takes at least 30 to 45 minutes to reach the 999th step. It is well worth the wait as it raises your vibration to a level where the conscious communication with Higher Beings may take place. The second time I achieved the 999 Point Activation, my Higher Self suddenly awakened and shot out of my body like a sleeping genie from a lamp. Large extents of white energy curling around in the sky over the park I was meditating while swimming through the plants and trees in a joyous state of freedom. My Higher Self looked like a white Dragon with a long sailing body flying through the air in a state of mystic wisdom. How I could come so far and

yet take so long to release him from his human confines. It would be another year before I truly released him upon the world.

Looking back at this meditation, I asked why we must walk up to exactly the 999th step. At the time, I was utilizing its unique abilities and I was far more excited with the results I was gaining rather than seeking answers to technical aspects of the meditation. I was subsequently shown how the very tip of the Ninth Dimension is the earliest point of Being that covers both the full Constructive energies of the Eighth Dimension and the Deconstructive energies of the Ninth Dimension in equal balance. It is therefore the perfect place to conduct energy work with Higher Beings. I questioned why we should not just progress all the way up to the 12th if this was indeed the case, and the answer I received was, *“It’s not necessary.”*

Over the years of communing with Higher Beings, I soon realized that it is possible to come across “Higher Beings” that are negatively polarized and are not there for your highest good, but rather to play with you for entertainment purposes. It was therefore absolutely essential to put all Higher Beings through a test before I started listening to what they had to say. The Heart Chakra becomes a necessary tool for the advanced practitioner to distinguish between Beings that are lying or try to pass themselves off as something much higher than they actually are. Whilst communing with Higher Beings, or anything else for that matter, it is quite pivotal to also develop the Heart Chakra in order to feel the polarization of the Being you are communing with. By “feeling” I am not referring to the physical hot or cold sensations felt whilst an Angel or Demon is present within the room. I am referring to the ability of true Higher Beings to demonstrate that they are who they say they are. To date, I have only found one successful method to distinguish an Archangel from a very high Demonic entity. It’s a common misconception to believe Demonic entities only exist in lower vibratory states.

When you see/hear/feel the Higher Being has arrived, then you are to immediately ask it to *“Prove to me that you are a true Higher Being polarized to the Light.”*

This single test is the most significant line of verse in my entire history of communing with ethereal Beings. This test may only be satisfied by a true Higher Being polarized to the Light, more specifically only Archangels, Higher Selves, and Ascended Masters. The test is satisfied by two parts; 1) verbal confirmation and 2) incredibly powerful feelings of Love. They should verbally state something along the lines of *“I am a Higher Being of the Light for this Universe is created from Unconditional Love and it has*

never seen a day where it was not created from Unconditional Love. I AM God. YOU are God. Together we are God in Unconditional Love.” This is followed by a very powerful wave of Love settling upon your body, sending thick emotion into the heart of your soul from its sheer commanding presence and incredible beauty. You should be taken to the verge of crying and even beyond where there are uncontrollable tears streaming down your face at the sheer beauty of what you are feeling. Your body will be warm and peaceful and you will not have doubts about who is standing before you. Short of experiencing these powerful waves, I do not wholeheartedly trust the advice I receive from any Being. In my experiences, there have been many attempts to defraud true Archangels and it took me some time to distinguish chills of raw power from the warming blankets of Unconditional Love a true Higher Being will represent.

The abilities of communication represent another facet to the diamond of spirituality and there are unfortunately quite a few potential flaws. You have just gone through the process of trying to commune with an Archangel and have asked it to prove itself through the test of Love; it fails the test and you suddenly realize a very powerful Demonic entity is actually standing before you. Your actions define who you are, and your reactions are a result of past experiences. In the heat of the moment, there is only one thing you need to remember; *“I AM God, this Demon is my other God-self, and Everything in this Universe is Unconditional Love.”*

PART THREE

CHAPTER 10

PSYCHIC SELF DEFENSE

From the view of an ethereal Being, the world is mostly shadows and dreamlike until he comes across a person who is emanating a powerful aura. Suddenly, there is a beautiful light in the Being's field of vision. There are powerful bursts of chakra upon their every word; like a moth to a flame the ethereal Being becomes exquisitely fascinated. Sometimes the person looks directly at them, staring into the next Dimension as if he knows that there is actually somebody there. This short moment of recognition is all it takes for the ethereal Being to become attached to the glimmer of hope that the very person standing before him can provide answers to questions he never thought existed. These initial feelings of attraction soon turn into frustration when he is not given the attention he needs. Mised ethereal Beings will often make the most desperate of efforts to feel that they actually exist. In the most extreme cases, they will siphon off the person's energy to cause physical symptoms of inexplicable origin. They are so desperate to make it back into the material plane while we are so impatient to leave. The notions of Life and Death bridging the divide are inevitable. However, what we can control are our thoughts and actions to limit or prevent our exposure to the other side, and in certain instances reach across the divide ourselves.

The Good, the Bad, and the Ugly extends across multiple Dimensions and personalities of various Beings. Most ethereal Beings on Earth are not here to directly harm everyone who happens to cross their path. Still, you need to be wary of quite a few beasts in the jungle. Fragments have a knack for attaching themselves to physical world objects and places and do become quite territorial when outsiders suddenly invade their space. The more troublesome threats revolve around Dark spiritual attachments whose primary goal is to feed off active energy fountains. We are indeed active energy fountains for these things and most of them do not even realize what they are doing is "wrong." Very specific and rare threats revolve around Demons who are attracted to people for a myriad of reasons, such as sexual infatuation and positions of power. Sexual energy is extremely appealing as its remnants are considerably addictive to those who desperately need to feel momentary ecstasy. There is a natural attraction to those who harbour negative energies and actively seek to abuse their power. Why waste time when your host is already halfway there? It's

crucial to establish that the individual is indeed attracting their aggressors and these are by no means random spiritual events. The reason why such negative Beings are hanging around can almost always be found within the active energy fountain.

Often it can be quite difficult to distinguish the way in which a particular Being may be polarized. Negative Beings can be extremely cunning and often manipulate the way they look and sound in order to keep up their facade. Most negative Beings don't suddenly confront you and announce their plans to attack you. They use a variety of seduction techniques and sneaky methods to attach themselves indirectly to your energy matrix. They may even go through your family members and friends to orchestrate a symphony of low vibrating energy levels. Unfortunately, by the time we become aware of the onset of negative symptoms, it's too late. The damage has already been done and we will be left trying to figure out what is and isn't real. You may be slowly seduced into melancholy without realizing what's happening. You may not notice the slow deterioration of your life-force or your adoption of strange new thought patterns. You should avoid this downward spiral because it is not easy clawing your way out of negativity back into the realm of positivity. There is a reason we fall for their traps and it's not because our construct is somehow flawed but in fact, is due to the many legitimate pathways going downward. We may place a label on a Being and call it "negative," but this only stands as far as the human perception can tell. There are many that seek to provide a service to the Universe, only a portion of which do so in the Light.

Picking up that a negative Being is around you in the first place is the hardest part. Many lurk around in the shadows of ignorance and doubt without a care in the world. To suddenly shine light upon them is to cut straight through their facade and expose them for who they really are. However, their techniques become much more complex when their target already knows they exist. To then consciously raise psychic protections creates another barrier around your complex. Many negative Beings will give up trying to crack your protections if you are too difficult to contain. In the world of psychic self-defense, the ones who failed were the ones who never opened their eyes.

The abilities of clairvoyance (sight) and clairaudience (sound) come in very handy when you're trying to detect negative Beings. However, only clairsentience (feeling) can be trustworthy enough to consistently depend upon. Though what standing in front of you may look like an Angel and even sound like one, there is a chance it will not feel like one. Most people get so caught up in the fact that *something* is actually speaking to them that they completely disregard the need to test the Being for its

polarization. It is alarming how many people I have come across who truly believed what they were communing with was an Archangel when in fact all they were interacting with was a Dark puppet putting on a show. True Higher Beings polarized to the Light are able to make us feel a profound amount of Love within seconds of their arrival. Short of experiencing unsurmountable Unconditional Love from your entire Being, you shouldn't trust what is appearing before you. The hardest part is admitting to yourself that you have been swindled. I have seen the most beautiful creatures falling out of the sky in a powerful display of white energy only to then find out that they couldn't make me feel even a tiny drop of Love. The test of Love stands firm in the eyes of Darkness; do not break your ranks before they prove themselves.

Negative Beings feel differently from those who are genuinely polarized to the Light. Beyond the sharp difference in temperature when you suddenly feel very hot or icy cold, the more powerful Beings have the ability to actually reach across the divide and physically cause headaches, head pressure, burning along the forehead, burning or icy shivers along the spine, feelings of sudden faintness or drowsiness, inexplicable anger or hatred towards yourself or another person, severe depression, suicidal tendencies, sudden lusts or sexual infatuations, etc. It raises the question of how well we truly know ourselves for symptoms like the aforementioned may already be present within our natural physical and psychological constructs. It is interesting how our bodies react in extremely different ways depending on whether we are presented with a positive or negative event. I used to express half of this aforementioned list without a negative Being ever stepping foot near me. Some of us are just inclined to react in the most dangerous possible way.

I tread very carefully while discussing negative Beings because I don't want to give the spiritual aspirant an excuse to externalize their issues when they run aground with negative emotions or physical health problems. We are polarized by various emotions spread across both the Light and Dark and to purposely alienate what we believe should not be in our model concept of spirituality would be to externalize blame. We are human beings; it is possible for us to fall sick. We get headaches when we are stressed or overworked and we even harbor many negative thought patterns about the world around us that aren't ordinarily taught to us. What I am trying to establish is the sharp contrast of emotions and feelings when a negative Being is indeed around. There is usually a steep energetic and emotional drop that sends you in another direction altogether. Some people experience the feeling of blacking out and wanting to immediately faint when negative Beings walk into the room. Waves of Dark energy create a very unique sensation; they are not pleasant unless you are

attracting them for personally beneficial reasons. Do not confuse the ego's doubt with a myriad of external Beings. If we have a problem, we should always look to ourselves first; we have a tendency to attract that which we are already feeling.

Personal space is such a wonderful thing that many spirits like to intrude into it. The level of spiritual malevolence we are willing to take is completely dependent upon our personality. Some may try to help the spirit in question while others will have absolutely nothing to do with it. There are a vast majority of options to deal with this situation and you'll base your decision on whether or not the spirit is currently helping you on your path of learning or acting like a nuisance. Sometimes these spirits are beyond help, sometimes their malicious intent keeps you up all night long and sometimes they seem to have nothing better to do. Whatever the reason the spirit is there, if we decide we would rather be alone, then we should be able to enforce our decisions.

Visualization and intent form the core competencies of psychic protection. If we have strong visualization skills followed by a solid ability to direct our thoughts into any given direction, then the foundation for energy manipulation will have been achieved. The human body naturally projects out a field of energy known as our aura. Our aura mimics both what we are feeling and thinking. To consciously manipulate the shape and color of our aura is as simple as practising daily visualizations with a set intention in mind. The energy is already being projected around us so all we need to do is alter its foundation to specifically protect us, rather than just act as a subconscious projection of thoughts and emotions. Auras can look as small as a thin grey line just off the skin all the way up to a brilliance of color miles away. The strength of our aura is dependent upon the flow of life-force coming out of our 13th Chakra. The 13th Chakra's ability to remain consistently open depends on our level of spiritual awareness. I know of no techniques to consciously activate the 13th Chakra other than the hard experience of life itself. Its activation should only be experienced with every step within the process of self-realization. By the same token, those who have an undeveloped 13th Chakra would not consider entering the world of spirituality.

Raising the body's vibration to the frequency of Unconditional Love is by far superior to anything else that can be taught in psychic self-defense. So powerful is the realization of Unconditional Love that we can effectively raise our consciousness out of the negative Being's reach altogether. An extremely high level of Universal energy courses through your veins, and negative Beings understand that your consciousness is wise enough not to play their game. Nothing can touch you when you believe you are

Unconditional Love. I will admit that it's not easy to jump to such a high state while staring into the eyes of a psychic aggressor, and therefore more user-friendly techniques have been developed to bridge the gap.

I use three levels of psychic protection techniques that cover all of my defensive needs-- Basic, Intermediate and Call for Help! These techniques were developed over many years of psychic and spiritual harassment and I have retained them specifically to pass onto others who require their unique services. I have tested all of these techniques against a variety of aggressors from energy vampires, to other psychics, all the way up to Demonic Beings. Though quite simple in essence, I have used these techniques almost every single day since the time of my awakening.

WHITE ARMOR & WHITE ORBS

The White Armor and White Orbs techniques fall under the Basic category and are wonderful for practicing on a daily basis whenever you meditate. Both these techniques have been specifically designed for ease of use but they still provide an effective defense against a host of possible aggressors. The White Armor is a fundamentally user-driven visualization to consciously project powerful thoughts into a defensive stance. The White Armor acts as an on-body protection that directly manipulates the body's natural aura into a more beneficial shape. Over time our aura will naturally retain the energetic structure of this technique without external stimulation. The benefit of this effect is that it provides a round-the-clock defensive ability even if we are not conscious of who or what is trying to attack us. I normally use White Armor before I sleep at night in order to protect myself during one of the body's most vulnerable times. As a shield over the Chakras, White Armor reassures us that nothing can touch us, even when we are fast asleep.

WHITE ARMOR

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.

3) From a first-person perspective, visualize yourself adorning a suit of armor made of condensed white energetic material. Create the pieces of armor out of the ethers as hot white energetic parts solidifying around your limbs. Think of this material as being something infinite, impenetrable and indestructible. Visualize yourself adorning every single piece of the suit starting with grooves on your feet, working your way up your body, a strong breastplate across your chest, and finishing with a solid helmet on your head. The more detail you visualize in the armor, the stronger this form of protection will be.

4) Direct your attention at the white energetic material you used to construct your armour and say the following “strongest material in the Universe.” Watch as the white energetic material takes upon a new granular property and hardens into a stone-like substance with metallic flecks sprawled across it.

5) Customize your White Armor to anything you feel most natural with. For example, an astronaut suit, a SWAT team get-up or even protective motorcycle clothing. This personalization aspect helps you concentrate on the fine details of the armor and allows for easier recall when you need it.

The White Armor acts as a whole body defense that will prevent anything or anybody from attacking your energy matrix. As a conscious shield over your Chakras, negative spirits will find it much harder to get through to you because you are now consciously applying a defensive layer instead of nothing. The conscious decision to defend yourself will deter almost all the lower-level entities because it will be much easier for them to simply move onto someone who isn't doing anything at all.

I learned to draw my White Armor up and engulf myself so quickly that I started using it as a base foundation for more advanced techniques. Psychic self-defense is most effective when a number of techniques are layered on top of each other. The more layers that are constructed, the harder it is for possible aggressors to find a way in.

I naturally started constructing White Orbs very soon after as I recognized the need for an immediate surroundings defense that was not restricted to the movements of the body. White Orbs are to be utilized immediately after the White Armor technique as they complete a high defensive scenario.

WHITE ORBS

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.
- 3) Visualize a white pulsating orb hovering in the air front of you. The orb should be no larger than the size of a basketball and should be shining brilliant white light. Intuitively feel the orb pulsating as a powerful presence in front of you.
- 4) Proceed to burst powerful white light out of the orb on such a level that your entire room becomes engulfed in a formidable white energy. This process should expose everything in your room because nothing will escape the penetrating white energy.
- 5) Create five more White Orbs to complete a set for a six point immediate surroundings defense. There will be one in front of you, one behind you, one to your right, one to your left, one above your head and the final one below your feet.

Both of the White Armor and White Orbs practiced in unison allows for a much more effective psychic defense than just about any other basic technique I have come across. When a psychic aggressor targets a specific victim, it doesn't do so in an overly obvious way unless fear is one of the main attributes it would like to cultivate. Usually, such an aggressor latches itself to our energetic matrix and slowly starts to feed off any desired emotion. If this means orchestrating negative events to occur in our life so that the desired negative emotion may be harbored within us, then the Being will go out of its way to plant the seeds for our own personal house of horrors. If the negative Being is finding it too difficult to manipulate us, then it will give up and move on. They will naturally act to follow the path of least resistance. If this decision to go away isn't made soon enough, then we can always give it a little push along in the right direction.

WHITE FLAME

For a long time, White Flame was the most advanced psychic protection technique I performed time and time again. Its unique characteristics

acting as both an offensive and defensive stance provides for a very advantageous ability when you're confronted by something that shouldn't be there. White Flame utilizes the body's natural energy flow in an incredibly destructive torrent. It not only burns everything attached to you but everything you direct your attention to as well. When you push the button, your body excels into hyper-drive and burns every ounce of energy it has stored in a magnificent explosion. Like a powerful jet engine, all your energy ignites around your body to sustain a much more heightened existence. Every single time I have used White Flame, some kind of negative ethereal Being was burnt to a crisp. With enough power, not only is it possible to kill them but literally wipe their essence from existence itself. I must stress that this is a very serious subject and I have to be careful about what to say. You need enough to defend yourself and empower you with the ability to face down your aggressors but if you have more than this, you are going to start attracting to wrong kind of attention.

I became addicted to using White Flame because of the powerful rush of energy I experienced while bursting my aura into a rapid torrent of energy. I felt more alive while in such a state and it invigorated my senses. Very soon after, I started noticing the dull difference between everyday life and I started craving the use of the technique even more. These were the days that I literally scoured the psychic and paranormal world looking for any kind of trouble. I almost always found what I was looking for, without regard to the detrimental impact on my wellbeing. White Flame takes a very heavy toll on the body. It charges itself by drawing upon nearly all of the body's energy reserves and then rapidly thrusting them all out to completely engulf you within white flames. Your aura becomes erratic and your mind a childlike beast waiting to unleash itself with the sudden gift of incredible power. The next morning is always the worst. I truly feel like a Fallen Angel; my body is a train wreck that doesn't want to move. My energy matrix is charred and numb from being abused and over-worked and my mind disillusioned at the sudden difference in power I am no longer feeling. This is where the addiction took hold; I absolutely loved it! There was no greater feeling in the world. I was fighting all night long, exploding energy across an ethereal war zone, ripping fragments out of the fabric of time. The next morning was always a reminder of the incredible mischief I had been up to the night before.

You must remember never lose your composure by feeling anger or even hatred towards the negative Being. These low vibratory emotions will only serve to manipulate you further and allow them to take advantage of you. The ideal state of mind would be to feel neutral or what I like to call righteousness. You want to be in a state where you wish to enact change for the right reasons, not blind deconstructive rage. Righteousness allows

you to feel the intensity and power of standing up for yourself; however, it keeps you from falling too far into the Devil's lair. There is a very thin line to tread when it comes to psychic harassment and it is very easy to progress your consciousness into a state of ethereal war instead of continual peace. It is very difficult to come back once you have crossed the line. Righteousness is about balance and growth, not chaos in every possible sense.

WHITE FLAME

- 1) Find a very comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.
- 3) Perform the White Armor and White Orbs techniques to act as a foundation.
- 4) In Chapter 5 "State of Enlightenment," I introduced the God-self Meditation. During this meditation, you surrounded yourself with the extremely powerful nature of God's infinite energy. Go through the meditation and visualize yourself once again standing within the expansive white existence; an infinite white plane of bright energy shining through you and burning your essence away. Become One with the Universal sea of energy. You are the Universe and its energies are your resources.
- 5) Visualize a flood of white energy pouring down into your body through your Crown Chakra in a concentrated funnel of energy; let it rush it down through your Third-Eye and into all of the Chakra points within your body. Let the energy build-up and glow inside you. Feel your body constantly pulling energy from the infinite source around you and building up at the Chakras. Like a never ending waterfall, this energy stream must not stop funnelling into you. More advanced practitioners should perform this step with all seven Chakras at once, as described in Chapter 11 "The Art of Healing."
- 6) It is now time to explode your energy. Visualize a very powerful torrent of energy exploding from your feet and igniting into white flames within your legs. Forcefully rush the ignition of white flames up your legs and throughout your entire body to completely engulf yourself in a rapid torrent. Burst your energy outward as hard as you possibly can from every Chakra point in your body. Feel it shooting out from the center of your

core. You should look like a flaming white matchstick when you first strike it. Your whole body should feel like it's engulfed in a sheer white rage of powerful flames. Let these flames rush out around you into a ball. Pull in the white flames closer to your skin and concentrate the rapid gulf of energy like a blow-torch.

7) Lose the concept of you being in a human body. From the God-self meditation, burn the mental images away of your body and believe you are a ball of white flames instead. Don't cling onto the human body and become attached to its presence. Instead, become the White Flame.

8) You should no longer perceive yourself to be anything other than a rapid white flame connected to the Universal energy reserves. Keep visualizing white energy funnelling into your Crown Chakra and into your being. This momentum of drawing energy into your being and exploding it outwards needs to be sustained. It is very easy to lose control in this state because all of your senses have become heightened beyond normal operating control. It is very purifying to be in this state and all afflicting energies will burn away as soon as the explosion commences.

9) Center your attention on the afflicting party and capture them in a large white ball by visualizing a stream of flaming energy surrounding them and forming a white sphere. Hold out the palm of your hand in their direction. Shrink the flaming white sphere around their body as you slowly clasp your hand shut. Visualize concentrated white flames burning their negative essence away causing white smoke to evaporate off their body. Pull even more energy into your being through your Crown Chakra.

10) Hold both your palms up facing towards each other. Slightly curve your fingers as if you were holding a basketball. Focus your energy into the palms of your hands and visualize yourself holding a platinum-white crystal ball. Once the crystal ball has enough concentrated energies, shoot it out of your hands at lightning speed directly into your aggressor and explode it on impact. The explosion should be big enough to completely engulf your aggressor and start incinerating it. Witness the furious explosion of powerful flames tearing through their fabric of time and thundering them out of existence.

11) Release this technique by slowing the rapid torrent of white flames in your body to a complete stop. Cease funnelling energy through your Crown Chakra and surrender the need to keep pulling energy. Take a few very deep breaths to calm your system down. It may help to lie on the floor while your body moves back into a state of normalcy.

You will very likely feel tired after performing this technique even if you successfully funnelled energy from an external source and minimized the depletion of personal resources. Your energy receptors have just been through an incredible workout and are not used to the kind of explosive activity they just experienced. The sheer drop in power difference after you stop funnelling energy will also take its toll on your mind and body. I sometimes have a bar of chocolate just as a pick-me-up afterwards. It's important not to let yourself fall too far and judging when to stop exploding your energy may only come with experience.

This technique is quite drastic but it will easily cut through most negative Beings. The first time I performed this technique was when a friend of mine living in India complained about a haunting that was keeping him up all night. Ferdinand was incredibly connected to the feminine energies of spirituality; he was very positive about everything and could generally feel when something was off. It surprised me how the Dark side started targeting him because of this very reason. From their point of view, he was a lucrative energy fountain who didn't know how to fight back. He told me that some kind of black entity with orange eyes had a frightening ritual of constant harassment causing him to lose sleep which in turn affected his studies and most importantly, was terrifying the living hell out of him every night. He kept hearing creepy noises and seeing strange ghost-like apparitions circling around in his bedroom. After hearing his story, I decided to test my new technique. After all, what better way than to go and try and kill something with it?

I concentrated a remote viewing connection into his house to see what was happening. The first thing I noticed was a number of dark wraiths with torn trailing energy behind them like ghost ships of the ethereal world. Every now and then one of them would stop flying and look at me with their menacing orange eyes and then continue sailing through the walls. It is rare for such creatures to organize themselves in such a fashion and I knew the real puppeteer was still at large. I had to concentrate much harder to find the real puppeteer as these kinds of creatures generally cover their tracks quite efficiently. I couldn't see it anywhere near Ferdinand's house so I decided to tune into one of the wraiths and I immediately came across a large black creature wearing a black coat sitting inside a white marble mausoleum in a graveyard. This was the typical set-up for an energy vampire operation. A puppeteer with enough skill and power normally sits in a remote location while his puppets roam around and attach themselves to people in hopes of siphoning off their energy. Luckily the wraiths had not yet hooked their energetic strings into Ferdinand. They were still roaming around and cultivating fear, manipulating him into the ideal state of mind frame before they started

feeding.

I firstly applied the White Armor technique over Ferdinand and then proceeded to set up some area protections for his house. I created a large White Cube (described towards the end of this Chapter), and then summoned four Angels to stand in the four corners of his bedroom. This is usually my favorite way to set up a protection scheme. When I had suddenly isolated Ferdinand, I realized that the wraiths were flying at the White Cube and slamming themselves into my energetic protections. They started getting hysterical and were bombarding my walls like crazy bats out of hell. It annoyed me how wild these entities got when they realized they could no longer steal Ferdinand's energy anymore. Like spoiled kids who had their toys taken away, they were shouting, crying and stamping their feet but none of this behavior would get them anywhere.

I burst into the White Flame technique and then I called in for some support. Like a powerful white meteor crashing into the room, the presence of Archangel Uriel made himself known. He immediately walked over to Ferdinand, who was sleeping on his bed, and began healing him. The wraiths were now thundering into my protections sending white electric jolts flying across the walls; they were desperately trying to get in to finish the job they had started. After a few more thundering crashes, Archangel Uriel looked up at me from Ferdinand and gave me a small nod of his head. I started smiling because I knew my fun was about to begin.

As soon as I stepped out of my protections, I started exploding the wraiths out of the air in a furious display of raw power. I was channelling enormous amounts of energy from the expansive white existence. Flames were ripping across my field of vision whipping the wraiths onto the ground and then completely consuming them. Entities were jumping out of the walls and trying to restrain me but my beast-like energy knew no bounds. The more that came, the more furious my attacks became. My physical body was trembling, I had broken out in a sweat from the energy coursing through my Chakras and my fingers were going numb. I knew I had to keep going and finish the job but the thought of maintaining the White Flame technique for such a long period of time was making me realize how tired I was just from clearing Ferdinand's bedroom.

When I had cleared Ferdinand's house, I proceeded to track down the puppeteer and destroy it before my energy completely gave out. I could feel where the creature was hiding and I could see the white marble mausoleum in the misty graveyard. It was somewhere down the end of his street surrounded by what looked like to be a forest. As I entered the graveyard in the pitch black of night, a terrifying feeling suddenly settled

over me. I started feeling chills and the sweat along my skin amplified the icy clasp of darkness. I froze in my steps and my deep panting was the only noise in the desolate graveyard. The White Flame had taken a very heavy toll and I was weakening by the second. I mustered every ounce of spare energy and walked into the white mausoleum. I found myself in a dark circular room with white pigeonhole graves lining the walls. The air was thick and heavy from its stale surroundings. There kneeling on the floor in front of me was a Demonic creature whose Darkness made the rest of the mausoleum look pleasant in comparison. His eyes were shut and he was facing away from me; he hadn't yet realized he had company.

Something very strange happens while on the verge of meeting these kinds of Beings. It is as if I become possessed by a higher authority who channels my body like some kind of medium for the exorcism to take place. Energy started pumping into my body until I had a large coat of energy completely surrounding me. My mind floats upwards as instructions come in at lightning speeds. By the time my conscious mind reinitiates, it is placed within the control room of a war beast ready to take something down. I immediately seized the Demonic creature by shooting up white energetic shackles out of the earth and clutching them onto his legs so hard and so fast that he was shocked to suddenly find me there. He must have been sleeping in his silent abode without any notion that someone would actually find him. He was frozen solid at the sight of my white flaming presence in his secret hideout. While terror was still on his face, I exploded in so much energy that I literally thought I had transcended my physical body. I was operating in a whole different Dimension altogether. I was feeling the purity of silence, even though my exterior was blowing magnificent energy in every conceivable direction. The Demonic creature still recovering from being mishandled out of his trance, managed to snarl at me in anger, *"Who the Hell are you?"*

I stood there in my heightened state and simply stared into his eyes. My mind was no longer really present. I was feeling so incredibly beautiful at this moment in time and I just wanted to savor every single moment of the experience. Some part of me was sailing through the expansive white existence in a wonderful state of ecstasy while the other part was standing in front of a Demonic creature passing down judgement for his crimes. Still, I had one single thought coming through my calm state and I somehow initiated the process for the white flames to start ripping out the creature's very essence from the fabric of time. White flames started bursting out of his core in a powerful roar of destruction. Amidst the thundering energy of incredibly bright flames tearing him apart, I answered... *"I AM God."*

The next morning I woke up and felt as if I had been run over by a bus. I could barely walk. I felt burnt from the inside out and I had a splitting headache. When I finally dragged up enough energy to email Ferdinand, I didn't mention anything I had done. I simply asked, "Can you still feel anything dark around you?" His reply was what confirmed everything for me, "No. But I can feel so much white light in my room! And I can see Angels!! They are powerful Angels! What did you do?" As I slowly recounted my story to Ferdinand. I started thinking about the bigger picture of what had actually transpired that night. I realized something very important within myself. The role I was meant to play on Earth was to extend far beyond the normal confines of life. I had the ability to take the fight to a whole new level, to grow past the need to feel victimized and to actually teach others how to ascend such a need as well. I was able to influence another person's realization process by simply closing my eyes. There was a deeper attraction here beyond the incredible energy rush with the White Flame. I experienced the feelings of incredible Love and Joy that one day another human being may experience-- the level of God-self realization I understood as what it truly meant to be alive.

AREA PROTECTION

Area protections are extremely useful around your home, place of work or anywhere you feel you need additional energetic support. The heart of area protections lies within the ability to manipulate the energy within your immediate environment with an active charge. Energy is programmable and also transmutable. What this means is that our specific intentions can be programmed into energy in order for it to act in a beneficial way. We also have the ability to directly alter the polarization of a sea of stale or negative energy into that of positivity. There are many types of area protections but the most simple tend to be the most effective.

Barriers can be created to shield the outside world from you and your family by acting as a high vibratory etheric layer. Most Demons or dark spiritual attachments cannot pass through these etheric layers. In fact once you put them up, the only way for Demons to get inside would be to create a negative energy portal through your own body. They can achieve this by dragging your emotions and state of mind-frame down to a level where they can manipulate your energy matrix. You truly are your own worst enemy if you don't know how to control your own emotions. It's always better to maintain an aura of positivity. Our environment either

helps us maintain this ideal state of mind frame or slowly subtracts away from our wellbeing.

The White Cube was primarily developed for creating barriers while the White Whirlwind was to be used for transmuting negative energy into positive. The White Cube can be chained on to the end of the White Armor and White Orbs techniques. It should be used if you would like to seal off a room or prevent unwanted visitors walking into your home.

WHITE CUBE

- 1) Close your eyes and concentrate on the room around you. Create a mental map of what the room looks like in your mind.
- 2) Hold both your palms up facing forwards into the air in front of you, with your elbows in a 45° angle. It should almost look like you are praying towards a group of people.
- 3) Visualize a large sheet of white energy shooting out of the ground before the wall directly in front of you. It should look like a thick sheet of white glass covering the entire surface of the wall.
- 4) Repeat Step 3 for the remaining walls behind you, as well as to the left and right of you. Then do the same for the ceiling and the floor until you are sitting within a completely sealed-off white cube.
- 5) Repeat steps 3 and 4 for your entire home at large or alternatively each individual room that requires area protection. Create the white energetic barriers much larger while enclosing your home. Make sure all the sides connect with each other until you create a large white cube around your entire home over the smaller one for your room. This double layered protection will act to deter any unwanted visitors.

The beauty of the White Cube is that it can be manipulated into any shape you like. I used to have a Spirit Guide who loved to turn my apartment into an underground Egyptian tomb, complete with large white sandstone blocks and small inter-connecting hallways. I eventually caught onto this technique and it was always fascinating walking around my apartment with all this thick energy that took me back to my times in Egypt.

Area cleansing is another form of protection that acts to transmute old stale energies into something more productive for your health and

wellbeing. Many people don't realize that Everything is energy, and everything therefore emits a vibration. Whether that vibration is a positive or a negative one entirely depends on the vibrations that were imprinted upon them over years of other higher forms of consciousness interacting with them. Just as we are able to imprint our aura with a polarized signal, our home also adopts our energetic polarizations. It is therefore important for you to cleanse and rejuvenate your environment in order to imprint a positive signal upon it, especially if you are renting or have just moved into the house and don't know who the previous tenants were or what they were attracting.

Our environment is a greater extension of our bodies. A natural environment will revitalize the soul over a concrete jungle any day of the week. Our auras extend into our surroundings; those surroundings either respond back in positivity or act to sap our energy away from us. A stale concrete environment will gradually soak our life-force until it moves back into a state of normalcy. Places such as graveyards, hospitals or even a depressed friend's home put ongoing continual harassment upon the energetic body and will all act to detract away from our greater source of energy. On the other hand, a place where there is more pure energy than the host himself, will initiate an attraction into the body to uplift him and add rather than subtract. An identical process will occur when meeting people who are either more positive or negative than us. This is how our environment indirectly influences the physical body. To actively manipulate our environment into a positive polarization would mean greater balance and energetic sustainability. The White Whirlwind aims to achieve this through concentrated visualization.

WHITE WHIRLWIND

- 1) Close your eyes and concentrate on the room around you. Create a mental map of what the room looks like in your mind.
- 2) Hold both your palms up facing forward into the air in front of you, with your elbows in a 45° angle. It should almost look like you are praying towards a group of people.
- 3) Visualize a white whirlwind of energy emanating out of your body and spiraling toward the walls of the room around you. It should look like one of those forecast hurricanes seen on TV weather segments. A thick swirl of white cloudy energy will be swirling like a Galaxy around you.
- 4) Visualize the White Whirlwind extending out to fill the space between

you and the walls, and swirl the energy through the physical objects within the room. As this swirl starts gaining momentum, visualize all stale and dark energies being caught up into the whirlwind and removed from where it was sitting. Transmute the negative energy by visualizing it turning white.

5) After a couple minutes of holding this meditation, gently let go of the whirlwind and let the clean positive energies remain within the room.

6) Repeat this exercise within any room that needs uplifting energy or an energy reset.

Our Chakras magnetically attract energy from our external environment without any great degree of filters to purify what is entering. I perform the White Whirlwind whenever I need to energize a room out of its negative state so I myself am not dragged down. Whenever I get the chance, I love to perform this technique at my family's retail store. The clean energies are subconsciously picked up by customers and they tend to feel more uplifted buying products from our store that energetically attracted them. Our auras are like a sixth sense information gathering source that never stops sending and receiving signals. When the signals are positive, so are we. There's no limit to these kinds of techniques so I urge you to go out there and start spreading positivity!

The way we feel, especially the anger and hatred that may come out of us during chaotic periods in our lives, impacts everything our aura touches. Though those imprints may be faint, with enough continual flow our environment will eventually start to take on the instructions we are giving it. A natural environment normally grows through a process of continual renewal of energy within its body, such as trees soaking up carbon dioxide and water to create oxygen in the sunlight. Trees and plants will soak up our energy, both positive and negative, and recycle it in a mutually beneficial way. Natural cleansing systems such as indoors plants or running water with goldfish swimming around have been picked up and taught in ancient teachings such as Feng Shui. Feng Shui's greater ability is to track energetic movements within our environment that either complement our lifestyle or subtract away from its longevity. If we live within a healthy environment with renewing energy, our energetic bodies will soon mirror such advantageous conditions.

CALL FOR HELP!

The final course of action is the be-all and end-all of psychic self-defense. When a situation escalates out of your control, you pull the trigger and let the experts take care of business. Sit back, relax and enjoy the fireworks display. Depending on whom you may call, the fireworks display can extend to everything from a sea of Angels surrounding you en masse like some kind of Divine army, all the way to an unforgiving Master who knows no bounds to the fury of God. I have seen Demons being dematerialized out of Creation itself and reset into Nothingness, and far more negatively-polarized Beings shackled by white energetic chains and dragged off into hellish ethereal dungeons. It is with this knowledge that I gently part with the kind words-- be careful who you wish for.

Archangels Michael, Raphael, and Uriel are very well known for lending their energy to help us in a time of need. Archangel Michael utilizes the direct connections through the Suns within their respective Solar Systems to appear at lightning speeds directly to the place where he has been summoned. Archangel Michael is the most called upon Archangel for this very reason. Archangel Raphael currently stands as the directive General to the army of Angels that serve the Universe. One of his lesser known traits is opening doors out of nowhere and then dragging off problematic Beings. Archangel Uriel holds dominion over the purity of souls no matter what path they choose to follow. Archangel Uriel is extremely effective in dealing with these types of Beings due to his inherent nature of helping them find their way back up. The Archangels will not go to some of the extremes demonstrated by some of the other Masters, but they're more than willing to remove the afflicting entity in the most appropriate way. It is very important to note that no Archangel will ever interfere with the self-realization process of a soul on Earth unless specifically instructed to do so.

If you have worked through the process of establishing communications with a variety of ethereal Beings as explained in Chapter 9, then the process of summoning an Archangel will not seem very foreign at all. After the first successful communication, this meditation does not need to be used at any great length while in a time of need. Simply thinking of the desired Archangel and chanting the summoning verse is enough to warrant his attention.

CALLING AN ARCHANGEL

- 1) Find a comfortable location, sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra.
- 2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.
- 3) Perform the White Energy Staircase technique as described in Chapter 7 “Chakra Activations.” While walking up the staircase, it is necessary to be continually thinking about establishing a connection with the desired Archangel you wish to summon. With every step you take, the harder you must concentrate on wanting to successfully commune with him.
- 4) Once you climb up to the top of the platform, walk through the large white doors and into the expansive white existence. Your vibration will now be much higher and you should be feeling very light. Jump up into the air and fly even higher into the expansive white existence.
- 5) Concentrate upon a specific Archangel such as Archangel Raphael, and repeat, “I call upon Archangel Raphael to come before me by the Will of God. I AM God.”
- 6) Feel Archangel Raphael coming before you. Attract his presence and pull him down to a level where you can see and speak to him. Repeat the summoning verse with more passion and determination than ever before. Concentrate your mind upon him manifesting in front of you. It is normal to see Archangels falling down like a meteor in front of you, never climbing upwards or somehow in disguise.
- 7) To commune with Archangel Raphael, project your thoughts upon him, and then remain internally silent for his response. Direct your thoughts to him and speak normally as you would in any other conversation. Some may even find it beneficial to speak the words out loud.
- 8) Ask Archangel Raphael to prove he is a true Higher Being polarized to the Light. This step must be repeated every single time you call upon a Higher Being, no matter how many times you have called them before. Repeat the following verse, “Prove to me you are a true Higher Being polarized to the Light.” Short of experiencing unsurmountable Unconditional Love thawing out your entire Being itself, do not trust what is appearing before you.
- 9) When Archangel Raphael successfully proves he is a true Higher Being, repeat the following verse: “Archangel Raphael you are my other God-self.”

10) Proceed to instruct Archangel Raphael to remove your unwanted guests and protect you from the danger at hand. Most the time, Archangels are able to completely comprehend the situation at hand without you providing any instructions. They know how to read and feel the energies of any given construct in those few seconds it takes for them to be summoned.

11) Make sure you thank him before he leaves.

It takes quite a bit of meditation and training to successfully call upon Higher Beings within any given location, and often requiring a lot of deep rooted self-realization and practice with more proximate Beings such as Spirit Guides and Guardian Angels. To proactively work through all of the meditations described in Chapters 1 through 9, would set out a defined realization process starting with the acknowledgment of the God-self and finishing with a strong communication with Archangels and other Higher Beings. The exercises set out within Chapter 8 “Accelerated Psychic Development” are also extremely vital for increasing your personal psychic ability and the amount of energy that can be funnelled through your energetic body. The stronger your life-force and ability to maintain open Chakras, the easier it will be to not only recognize Archangels but also consciously commune with them on a daily basis.

Negative Beings materialize as a result of your own internal weaknesses. The very moment they arrive, the Universe will deem it the perfect time to move you through the process of confronting those weaknesses. If we need to undergo a rapid realization process for some part of our lives, we will attract the strongest course for realization toward us, often resulting in a myriad of energies and Beings sporadically being attracted. Those who are partially realized are the ones who undergo more drastic forms of realizations and are targeted much more frequently than those who have yet to begin any great stage of their journey. Half-in, half-out, enormous energy reserves are available to the partially realized; however, they are not wise enough to make any bold statements without first experiencing what the Universe has to offer. Volatile energy movements will attract volatile Beings and it takes a great deal of patience and wisdom to realize the negative Being standing in front of you is here for your greatest good.

There is a set series of thinking patterns that will help you overcome negative confrontations no matter where you are or what you are doing. The series was developed as the fastest possible circuit towards realization enough to rid the need of attracting negative Beings.

The series starts off with “I AM’ God.” We are all essences of God walking around in the Creation interacting with each other. To accept the current mindset that God is some form of external greatness not within us, is to externalize your powers and accept defeat before you have even started. Accepting yourself as a diminished form who isn’t worthy of God’s presence seems to be the current religious norm. I’m astonished by the people who tell me that “it is impossible to know the mind of God” and “we are nothing but ants in the great scheme of things.” They might as well just give up now because the Demonic world is going find them easy prey if they ever decide to leave the Third Dimension in the current millennium.

The second thought in the series is “You are my other God-self.” If you are an essence of God, the Demon standing before you is also an essence of God. In such a way, equality exists between both the Light and Dark of the Duality. There is nothing that isn’t God. Angels and Demons fall into this category as well. Understanding that the Angel or Demon is here for your greater learning is a sign of advanced realization to greet the Being with the acknowledgement that you are both one in the same.

The final thought in the series is “Everything in this Universe is Unconditional Love.” Visualize a large, all-encompassing ball of golden-cream, cloudlike energy existing in a heightened state of pure joy and ecstasy. The Being of God and our individualized pockets of energy are only a part of the incredible mass. We are all unique; yet we are all created from the same sea of Unconditional Love. The only point of differentiation is our level of self-realization.

“I AM God, this Demon is my other God-self and Everything in this Universe is Unconditional Love.”

To fully believe in all three of these statements without a single conflict or doubt would mean you have already achieved Enlightenment and there would be no reason to attract such Beings into your life. We can be taught all types of psychic self-defense techniques with hopes of crushing our foes; however the more highly advanced path is that of Oneness and the acceptance of who you are and where you have come from. In such a way, psychic self-defense becomes meaningless because you will already be at One with yourself.

CHAPTER 11

THE ART OF HEALING

Healing was first introduced when one God-self decided to comfort another God-self in this masterpiece we call Life. The clockwork of one God-self progressing through all the Dimensions until the 12th was never designed in a straight line. The circular movements interconnect with each other in a complex of parts and a chime on the hour every hour. The clock's face was hand painted in the most beautiful swirl of colors, tracking the hours of the sunlight, the constellations in the sky and it's even signed by its Creator. When the dials point up, we feel all manner of Love and prosperity. When the dials start pointing downward, there is nothing we can do until it is destined to point upward once more. One God-self whose clockwork is moving through positivity is able to recognize another God-self shrouded in negativity. Both are equal; one is simply now presented with the opportunity to comfort the other God-self. This opportunity only exists for a short period of time because the dials are forever moving and they will soon point down once again. When the roles are reversed and there is no comfort in sight, our faith is placed in the hands of others who are bound to make a good decision. The wisdom of choosing to act is only felt by those whose dials have repeatedly cycled up and down.

When my dials pointed downward, I found myself at the lowest point of all my incarnations. It was somewhere in France, many hundreds of years ago on a gloomy street corner. It was pouring rain and my dirty rags were soaking up the wetness of my miserable state. I vividly recall how incredibly depressed and overwhelmingly sad I felt at this moment in time. I had lived the life of a beggar in the streets where I usually failed at finding enough food to live another day. Every time I think back to this particular life, I'm almost brought to tears at the recollection of this life that almost brought me to the point of giving up altogether. The first time I ever saw Archangel Uriel on Earth was on that very street corner in the cold damp night. First his footsteps, then his glowing smile, followed by that unmistakable feeling you get when you see somebody you have definitely met before. Archangel Uriel was the first to initiate the process of expressing comfort toward another God-self within my spectrum of lives. He appeared at one of the most crucial turning points from which I started following a positive pathway for realization. From this day forward, I have tried to comfort other God-selves whenever I was given the opportunity.

The debt I owe Archangel Uriel is beyond any singular lifetime.

Healing is one of the many avenues available to comfort other God-selves without any great sacrifice on the healer's behalf. Its base essence involves concentrating good healing energies into another God-self through mental projection and advanced energy manipulation. One God-self receives a small light in his world of darkness while the other God-self takes the opportunity to accelerate his realization process by creating a cycle of positivity. This cycle can only be initiated from the realm of positivity downward because one cannot heal another unless he is existing in a much more Enlightened state. Although many people take up the practice, only those who funnel the most pure and clean energies as close to Unconditional Love as possible are the ones who should be healing. The human body does not automatically filter out our energies when we utilize them for healing. Afflictions, diseases, emotional issues or any other form of inner conflict transfer negative energies out of our energy system into the other God-self during a healing session. To receive a healing from somebody is to take on a living snapshot of their lives. Reckless healers may have the right intentions but unfortunately, end up only further spreading the seed of negativity into other God-selves. Healing becomes a very personal process as the connections between both God-selves must be very strong. We must therefore reach towards Unconditional Love, funnel the most pure energies possible through a very personal connection into the other God-self, and only then initiate the cycle of positivity.

Remote healing is the process of comforting a God-self who is not physically present. Remote healing is made possible when a realized God-self understands that proximity is a self-limitation that can be overcome by shifting the preconceptions of a physical world into the understanding that Everything is One. Tuning into other God-selves, whether they are located next door or on the other side of the planet, is all it takes to set up a remote healing connection. If there is substance enough for something to have our energies directed at, it is possible for it to be healed. Remote healing does not, however, have the same impact and effectiveness as proximate healing since the energies must travel along our mental constructs to the other God-self. Proximate healing allows for stronger healing energies to be passed within our physical location when we are standing next to the person we would like to heal. Remote healing allows for healing energies to travel across the ethers to any desired location, while the healer achieves a much more realized state. Both are acceptable paths but remote healing allows for the greater enhancement of psychic abilities with the goal of one day surpassing the effectiveness of proximate healing.

Much of the time, our physical/emotional/spiritual afflictions are meant to

be part of our life in order to steer us onto a particular pathway for learning. We may learn through both the positive and negative paths and the interplay of both is almost always used to achieve an ideal state of realization. For a third party to then come along and remove the substance fueling our negative path of learning would be to inhibit that particular realization within our current lifetime. Healing without permission is strictly prohibited by the Higher ups for this very reason. There were even a few people in the course of my healings who Archangel Uriel strictly prohibited me from touching so I wouldn't risk interfering with the realization process in their current life. It led me to believe that healers then needed another skill beyond that of funneling Unconditional Love. There needed to be a way to commune with Archangels or Higher Beings capable of distinguishing between actual opportunities to express comfort towards another God-self and legitimate pathways for important negative realizations which we should not interfere with. Without this distinguishing ability, the healer travels blind possibly doing more harm than good. With the myriad of negative Beings pretending to be Archangels, the field of healing can be a mine field, especially if you are not accustomed to dealing with Beings who would say anything to mislead you.

I learned healing during a strange interaction with ethereal Beings. One day while in the middle of prayer, I suddenly felt a host of Beings walk through some kind of energy portal in my living room. I felt them walk across the room and gather around me, silently watching until I was done. When I finally finished praying, I witnessed the strangest consort of Beings I have ever come across in my life. All of them were very tall, nearly touching my ceiling, dressed in long flowing black robes and their faces resembled the deities of nature. The Being in front of me had the head of a golden Sun, except that I could clearly make out facial features. Next to Sun were Beings with faces of trees, plants and fruits; behind me was a Being with a bluish crescent Moon as its head just smiling at me. I had no idea what these things were; I had to snap out of meditation quite a few times to finally realize they were indeed standing around me.

The Sun deity suddenly spoke. It came as a shock how powerful his voice sounded. It was as if the walls themselves were shaking upon his every word, *"You have been chosen to become initiated into the world of healing."*

I started staring at one of the Beings who had a head like a bunch of vines tangled around each other. What was he meant to be?

The Sun deity continued, *"We have come to guide you about the use of appropriate energies while healing others. There are two core energies you*

must now focus upon- Golden energies from the Sun, which shall pass through the person from the direction of North to only be used on males; Teal blue energies from the Moon, which shall pass through the person from the direction of South to only be used on females.”

The Sun deity then started staring at me in silence. About a minute passed with absolutely nothing transpiring as I sat there and contemplated how this weird ensemble had come out of nowhere and were standing around me. I finally decided to speak, *“Excuse me, but who exactly are you?”*

The whole consort stood there waiting patiently as the Sun deity spoke out in his ridiculously powerful voice, *“You will refer to me as the God of the Alchemical Sun. You shall refer to the entity behind you as the God of the Alchemical Moon. You will summon us for the purpose of your healings. Let this operation commence!”* All the Beings then held their hands up in the air.

Suddenly a strong connection of energy breached my mind and propelled me into an explosive level of consciousness. Waves of energy were rapidly powering into my head and moving down into my body. Information was transmitted to me via a high frequency download. I started shaking with the amount of pure energy entering my body and I had to lie down to try and handle the pressure. Then just as suddenly, the energy stopped! My world had suddenly changed completely. After a few seconds of this high frequency download, I understood the world of healing with more clarity than I could ever dream of. Something happened to me as I lay there on the floor; my mind seemed to understand energy on a completely different level.

I felt the energy portal opening up once again in my living room and the strange consort of Beings began to depart. The God of Alchemical Sun was the last to leave and said to me just before he turned away, *“Call us when you would like to perform a healing. Your body has now been activated”* and with that, they all stepped into the energetic portal and it snapped shut in a white flash directly behind them.

As I was left there on the floor, I could only think that yet again, something incredibly strange had happened to me and no one would believe me even if I told them. I slowly got up and crawled over to the nearest wall and leaned up against it. I was looking at the palms of my hands and I noticed they were shaking. I was still trying to get over whatever energy jolt my body had just been through. Life suddenly felt very surreal and unimportant and I became momentarily interested in the energetic overlap causing me to actually be here. I thought the wall was shaking but then I

realized I was feeling the energetic vibrations of everything around me, including my own body. I could somehow feel everything's existence. "*Hold on, what did that thing say about healing?*" I guess my next pathway had been opened up for me.

I summoned the God of Alchemical Sun and God of Alchemical Moon many times over the courses of my healing sessions. The God of Alchemical Sun would stand at the patient's head, while the God of Alchemical Moon would stand at the patient's feet. Then, I would be instructed to direct energies into the patient's body. Because of the high nature of power I funneled, I was fairly successful. I performed many sessions where my consciousness formed very complex bands of energy and I would start using techniques I had never seen before. I eventually learned to just roll with whatever my Higher Self wanted me to do. I posted free healing sessions on online forums and was soon booked for months on end. Every person I concentrated upon was another experience in my realization process. Some days I would sit there so long in healing meditation that my legs went numb and I couldn't walk for at least half an hour afterwards. I learned an incredible deal about the human body in these days. I had gained the ability to repair and restructure energy threads and commune with their Chakras to tell me what was actually wrong and what caused the affliction to be in their body.

Another Archangel soon took over my healing sessions from the Alchemical Gods as he explained to me that my healing power was being limited by their energies. In order to excel further, I needed to funnel God directly instead of through intermediary Beings. Under this new guidance, I learned to slightly alter my energy colors to use white energy for spiritual healing and golden energy for physical healing. I also realized the importance of the visualized location that the remote healing was to take place. The higher up in the extremely white Dimensions I took them, the cleaner the energies I funneled and the less chance of negative Beings infiltrating. My own personal image also posed a strong self-limitation and I soon found myself visualizing my energetic counterpart as a giant white beast. The more raw energy I could funnel, the stronger my healings were. While I later discovered how to funnel energy into all seven of my Primary Chakras at once, I was initially restricted to pulling in energy from my Crown Chakra only. However, the churn of energy was just too slow. I sought the need to pull more energy more quickly to use as an energetic blow torch on various afflictions. The toll this took on my body was incredible. I would immediately break out into a sweat and it took days on end to recover.

With the amount of Dark spiritual attachments I kept finding over the

course of my healings, I no longer classified myself simply as a healer. I found many Beings causing chaos in people's bodies and most my sessions began to approach the level of exorcisms. I was ripping negative Beings out, healing the damaged networks and sealing off the body. My family was more surprised I was still doing this all for free considering the risks involved. The more people I healed, the more people who would show up with even worse afflictions and even more treacherous Beings plaguing their bodies. It was exhausting work that seemed never ending. I began to see that a more realistic approach would be to educate people about how to effectively heal themselves. That way, the negative Beings would never be attracted in the first place and at least people would be led to activate their own Chakras and funnel pure life-force into their bodies.

EIGHT POINT HEALING METHOD

Visualization and energy manipulation are the base foundations of healing. Healing can then be separated into eight steps that drive the substance for those visualizations and energy manipulation techniques. My methods of healing combine just about every other meditation described in this book with certain twists. If you are comfortable accessing the plane of the God-self, activating your Chakras and communing with Higher Beings, then healing will come very naturally. Healing can provide a great deal of insight into the human body and I developed many deep-set realizations as a result. I recommend healing yourself before any other person and then hopefully find meaning in performing small works of comfort for close family and friends. My methods specifically concentrate on remote healing due to its increased nature of offering spiritual realizations. The following eight steps will guide the practitioner on a safe path for basic healing and techniques.

- 1. Breathing**
- 2. Energy Attunement**
- 3. Cleansing**
- 4. Linking**
- 5. Spiritual Healing**

6. Physical Healing

7. Liquid Fire

8. Tuning out

Healing occurs on three different levels: emotional, spiritual and physical. Every disease or affliction that is present within the body can be explained by multiple levels of causation. For example, when somebody trips and sprains an ankle, the white energy threads that make up his or her energy matrix become disconnected. The physical muscle tissue may also be torn or swollen from the incident. Healing in this particular instance needs to occur on two different levels, spiritual as well as physical, in order to help resolve the issue. This layering of energies is what provides for the greatest depth in healing. With the more complex afflictions, we must first turn our attention to the nearest Chakra point from which the affliction is located. As the energetic representative of that particular section of the body, the Chakra stores information about why a certain malfunction is occurring. The root of the more serious problems almost always comes from an emotional or spiritual disturbance which weakens that particular area of the energetic body, and only much later starts causing physical symptoms. Doctors will look at the symptoms of a patient first in order to identify the problem whereas spiritual healers work from the emotional and spiritual disturbances back to where the physical symptoms occurred.

Before I move on, I must stress that healers are not qualified medical professionals. By performing a healing on someone, we are lending them energetic support. We are not however qualified to give professional medical advice, nor should we feel obliged to go against the advice of a qualified medical professional. Some people will have great talent at healing and will indeed see immediate results in the people they touch; sometimes results will occur even more quickly while a patient is taking medication as well as receiving spiritual healings. We must not however forget that we live in a physical world where many need immediate physical assistance. Call an ambulance or a physician first and worry about the healing later. You should seek medical help if something dangerous or life-threatening is occurring.

1. BREATHING

One of the most important functions of the human body is the inhalation of oxygen and the exhalation of carbon dioxide. Our lungs also have the

capacity to inhale pure energy from our surrounding environment through the air we breathe. There may only seem to be an invisible gas filling the space between physical objects; however, Higher Beings can see a vast expanse of fine energy that isn't solid or liquid. Our lungs breathe in and out all day long collecting this fine energy to support our energetic body. Every breath is a way we sustain ourselves. It may be the most rudimentary way for our energetic body to collect energy but it allows us to maintain a functioning body.

We have to first learn how to breathe more efficiently to gather more energy into our body at any given time. Think of the human body as a rechargeable battery that constantly uses a small degree of power 24 hours a day. While exercising, the body draws upon more power over that shorter period of time, leaving us exhausted and tired afterward. Unless we live a very active lifestyle, our rechargeable batteries would have already normalized to only produce a certain amount of power for daily functioning. If we were to increase the capacity of our power output, our healing ability will have more impact than someone who is running on everyday batteries. The more stored energy we are able to amass, the more power we will be able to exert during any given session. The use of the Energy Balls technique was the first step towards increasing the power drive of the Chakras. The second step is to increase our life-force by simply breathing to collect more surrounding energy.

Pranayama (life-force breathing) is the name given to the series of techniques that energize your body for the purpose of charging it. Pranayama achieves this by increasing the capacity of air our lungs take in by using a more effective breathing method known as Complete Breathing. Most people only use either the top portion or bottom portion of their lungs depending on what they've become accustomed to using. However, breathing this way is inadequate because we are only effectively using half the capacity of our lungs with any given breath. To learn to use the near full capacity of the lungs would provide a significant difference in the amount of energy being stored within the body. Complete Breathing should be practiced daily so that you can shift your existing breathing pattern into one of complete breaths. You must also remember to always only breathe through your nose.

1.1 COMPLETE BREATHING

- 1) Sit upright and breathe in air through the bottom portion of your lungs by pushing out your stomach and keeping your chest flat. Place your hand

over your chest to prevent it from expanding outward. Breathe in until the bottom portion of your lungs is at full capacity.

2) Hold your breath for three seconds. Then gently exhale your breath by drawing your stomach inward to the back of your spine. Repeat steps 1 and 2 three times.

3) Breathe in air through the top portion your lungs by pushing out your chest and keeping your stomach flat. Place your hand over your stomach to prevent it from expanding outward. Breathe in until the top portion of your lungs is at full capacity.

4) Hold your breath for three seconds. Then gently exhale your breath by lowering your shoulders and letting your chest drop down. Repeat steps 3 and 4 three times.

5) Breathe air into the bottom portion of the lungs by pushing out your stomach. Once you have reached half capacity, fill air into the top portion of your lungs by pushing your chest outwards until your lungs have reached full capacity in a single complete breath. You must achieve this in a singular sweeping motion by inhaling through the bottom portion of the lungs and then fill the top portion of the lungs without pausing.

6) Hold your breath for three seconds. Then gently exhale by drawing your stomach inward to the back of your spine. Keep repeating steps 5 and 6 until you are comfortable with the Complete Breathing method.

Complete Breathing should be adopted for everyday use and constantly practiced every single chance you get. Monitor your breathing patterns on a daily basis and eventually you will become so used to it that it will feel more natural and empowering than normal breathing. You don't need to hold your breath every single time nor do you have to specifically isolate the bottom portion from the top portion. Complete Breathing involves breathing in through the bottom portion of the lungs and in one sweeping motion filling air into the top portion of the lungs. The simple act of breathing in such a way has enough strength to fuel an entire meditation with no other visualization required. It is a very pure and simple way to spend a session concentrating on yourself.

The next technique is slightly more advanced than Complete Breathing as it requires specifically controlled breathing with a visualization for each step. I usually feel an immense amount of heat and start sweating during the early part of this technique. Controlled Pranayama does not need to be performed during a healing session, but instead as an energizing technique

before the healing session is to commence.

1.2 CONTROLLED PRANAYAMA

1) Sit in lotus position with both your hands resting on top of your knees, palms facing up. Close your eyes and inhale a complete breath to the count of exactly eight seconds. Visualize golden energies being inhaled into your lungs from the air around you while counting.

2) Once your lungs are at full capacity, hold your breath to the count of exactly eight seconds. Visualize golden energy spreading out of your lungs and into the rest of your body and making it glow while you are holding your breath and counting.

3) Slowly exhale your breath to the count of exactly eight seconds. Visualize black energy being expelled out of the lungs while you're counting.

4) Once your lungs don't have any air left within them, hold your negative-breath for the count of exactly eight seconds. Keep your mind absolutely blank at this step.

5) Repeat steps 1 through 4 as a 4-part cycle: 1) Inhale, 2) Hold, 3) Exhale, 4) Hold. This four part cycle should be equally timed with the full meditation lasting for at least 15-20 minutes. After a few successful attempts and you feel comfortable with the eight second intervals, increase the four parts equally to 10 second or 12 second intervals.

Throughout the later healing steps, you must hold your breath every time an energetic technique is visualized. Controlled Pranayama teaches you how to visualize while holding your breath at the most energetically beneficial part. All of the energy that concentrates into your lungs after a full inhalation circulates into your body during this time. By holding your breath and mentally directing those energies into the person who is receiving healing, we are able to increase the effectiveness of our energy control. While holding our breath, our mind directly hits the visualization with the strain of time forcing us to push as much energy as possible before our breath gives out. Often this leads to long drawn out breaths that quickly need to revitalize our body or we risk losing our breath and more importantly our concentration. Pranayama serves as a foundation that lasts the entire duration of the healing session. Initially, it may take some practice to get started; however the energetic rewards are well worth the

trouble.

2. ENERGY ATTUNEMENT

Energy Attunement is the process of transmuting all of your energies into that of either white or golden, depending on whether you need to perform spiritual or physical healing. The practitioner often has to completely switch energies mid-healing. Energy Attunement is most effective while drawing energies from an external source. While it is possible to only use your own energies, your reserves will quickly be diminished within a matter of minutes. Keep in mind that my particular type of healing is not consistent with normal practices. It's definitely not a calming session when the healer aligns energies for half an hour. I rapidly funnel energies from an external source into all seven of my Chakras to then re-create energy threads with white energy or burn away afflictions with golden energy. It is a very hands-on approach and the Energy Attunement stage provides the thrust for the healing.

I use a method known as the Complete Seven Chakra Energy Attunement. The Complete Seven Chakra Energy Attunement uses all Chakras in the body to funnel energy at the exact same time from a Dimension such as the one experienced during the God-self Meditation, detailed in Chapter 5. There is a connection between the success rates of healing and the amount of energy we are able to funnel and push at any given time. There is also a connection to the intensity of our thoughts while this process is occurring. This method allows all of the Chakras to be used as energy centers for the purposes of drawing in and pushing out energies.

Some people are able to feel where their Chakras are located; others are able to see them within their body. Knowing the location of the Chakras will come from performing the Chakra Activation techniques described in Chapter 7. In order for this method to be successful, the practitioner will have to intimately know the location of each of his or her Chakras within the body so simultaneous visualizations can occur. After performing the Stargate Activations described in all of the previous chapters, the practitioner should have a general understanding of the location of his or her respective Chakras. Feeling the currents of energy within the body will only come through practice but this ability will be kick-started by performing the Energy Balls techniques described in Chapter 8. The Complete Seven Chakra Energy Attunement can be easily used if the practitioner is able to discern where his Chakras are, perform visualizations over those Chakras, and feel the energy currents funnelling

into his body.

The Complete Seven Chakra Energy Attunement is my favorite technique in healing. The rush of energy you experience is just incredible, especially while performing it with golden energies as this color is directly connected to the physical plane. This technique in itself will make you a more powerful practitioner. The sheer churn of energy itself will increase the energetic capacity of the Chakras and allow for a more heightened existence.

1) Sit in lotus position, close your eyes, and place your fingers in the Enlightenment mudra. Breathe normally using Complete Breathing.

2) Activate and cleanse all Chakras using the Stargate Activations as well as the Energy Balls.

3) Perform the White Energy Staircase technique. While at the top of the staircase and behind the large white doors, become One with the expansive white existence. Feel yourself burning away with the power of the light piercing your body from every conceivable direction. Let this white existence consume you.

4) Visualize a small white tornado of energy twisting out of your Root Chakra, through your lower back behind you, rapidly sucking energy into your body and causing your lower back to glow white. Feel the pull of energy coming into your body from the expansive white existence through your lower back and into the region of the Root Chakra. Do not stop pulling energy into the Root Chakra.

5) Repeat Step 4 with the Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third-eye Chakra, and Crown Chakra. The Sacral, Solar Plexus, Heart and Throat Chakras should all have white tornadoes stemming from the Chakras straight out of your back and into the expansive white existence. The Third-eye Chakra should have a white tornado stemming from the center of your brain at a 45° slant upwards out the back of your head. The Crown Chakra tornado should stretch directly upwards out of your head. Maintain the visualization of all Seven Chakra tornadoes at once, spinning white energy from the expansive existence around you directly into your energy matrix.

6) You must experience a very rapid progression of white energy entering you from the expansive white existence. You will need to intimately feel all of the Chakras and chain on the white tornado visualizations one after the other until all of the Chakras are pulling in energy. Keep going until your

body is glowing just as brightly as your surroundings.

7) Visualize a white whirlwind of energy spinning around within your body. Let it twirl around and transmute all of your energy reserves to that of white.

8) Do not end this visualization. It must stay open for the duration of the healing.

The White Energy Attunement is to be used for spiritual healing and the Gold Energy Attunement is to be used for physical healing. In order to use golden energy, walk up the White Energy Staircase, visualize yourself landing in an expansive gold existence instead of white. Then proceed to visualize golden tornadoes stemming from all of the Chakras, sucking in powerful golden energies. Finally, finish off with a gold whirlwind within your body transmuting your energy reserves into that of golden as well.

In order to switch from white to gold mid-healing, it is not necessary to walk up the White Energy Staircase again. Instead, simply visualize yourself in the expansive golden existence and proceed to visualize the Chakra tornadoes and whirlwind within your body. Much like when a builder is able to change his tools depending on the particular work that needs to be done, the healer is able to change the polarization of his energies depending on what needs to be addressed.

3. CLEANSING

Cleansing is the process of either transmuting negative energies into positive or dumping them altogether so as to not contract those energies into your own system. Cleansing involves cleaning your hands and Dan tien with white energies before the healing commences. The Dan tien is a powerhouse located in the region of the Sacral Chakra in the mid-section of the body. When we funnel energy into our body quite a bit of it passes through the Dan tien to then proceed out of the palms of our hands.

During the actual process of healing, the negative energies of the person can actually back-track into our own system. In order to prevent this from occurring, a psychic defense technique is first used to protect our energy matrix from attack, and then we need to dump all of the energies in our hands every time we perform some kind of work on their body.

3.1 CLEANSING THE BODY

- 1) Perform the White Energy Attunement.
- 2) While the whirlwind of white energy is twirling within your body at the end of the White Energy Attunement, proceed to visualize a large white energy sphere rotating within the entire mid-section of your body. The white sphere of energy should be big enough to encompass all of the Root, Sacral, Solar Plexus and Heart Chakras. It should not extend beyond the body.
- 3) Twist the white sphere clockwise or counter-clockwise depending on which direction most suits you. I find that everybody is different when it comes to the natural progression of energies within the body. I personally demonstrate a very strong counter-clockwise progression. You'll know by whichever direction you want to spin the sphere first. Secondly roll the sphere forwards in the same spot. Generate some speed.
- 4) Visualize two white energy spheres in the palms of your hands. This can be achieved by visualizing energy traveling out of your Dan tien, up and into your arms and finally into the palms of your hands. Visualizing a course for this stream of white energy to travel is the hardest part. You have to mentally map the energy shooting through your body along the main arteries. Once the energy arrives into your hands, start rotating it into a ball. Concentrate the white energy into spheres as if you were holding a white tennis ball in each hand.
- 5) Perform the White Armor psychic defence technique described in Chapter 10 to finalize the Cleansing procedures.

Energy manipulation comes through the mental ability of visualizing a specific course for the energy to take, in a specific colour, towards a specific destination. During the White Armor and White Orbs techniques, we specifically manipulated our existing aura into a more beneficial shape. With the White Flame technique, we forced all of our energy out of our body into flames. However, this particular technique requires more patience since we must calmly direct our energies through our bodies in a very controlled way. It may help to sit within normal meditation and construct white spheres in the palms of your hands as practice. While constructing spheres like these came naturally to me, other people may need to spend extra time on this step before moving on. The secret lies within concentrating on the end-product and actually feeling the white spheres in your hands.

The second cleansing technique is called Dumping. Dumping allows for the complete removal of stray energies in your hands so you are not relocating them into other parts of the patient's body. Sometimes I use advanced methods to intentionally draw out negative energies into the palms of my hands as I deem them too harmful to leave it within the patient's energy construct. This technique draws all of the black energy into a large sphere to essentially capture whatever is there. But, I don't recommend that inexperienced healers do this because it poses considerable risk to the healer if whatever has been captured breaks free. However it shows the importance of routinely dumping your energies.

3.2 DUMPING

1) After the Cleansing The Body technique, place your right hand onto the ground next to you. Spread your fingers along the ground and close your eyes. Visualize a large white basin beneath your hand under the ground. It should look like a large wash basin filled with white liquid.

2) Slowly start to lift your hand off the ground and as you do so visualize the white basin being slowly pulled out of the ground upward. Lift your hand high enough to completely pull out the white basin from the ground. Feel its weight as you pull it out and concentrate on its size and shape. Leave the basin next to you for the duration of the healing. Steps 1 and 2 conclude the opening procedure for this technique.

3) During the healing, in order to dump your energy, physically move both your hands into the visualized white basin and completely submerge your hands into the white liquid, pushing all the energy in your hands out into the liquid. Stop the energy flow to your arms and visualize them being completely drained of energy.

4) Pick your hands out of the basin and place them back in front of you. Visualize fresh white energy traveling out of your Dan tien, through your body and into your hands once again. Steps 3 and 4 should be practiced continually after any substantial energy movement during the healing.

5) At the end of the healing session, to remove the white basin filled with dirty energies, wrap it into a ball and slam the floor with both hands sending it shooting downward. I normally visualize a course where it enters the next Dimension and flies into outer space, to then explode it in a very large white explosion. The explosion is enough to transmute the negative energies.

4. LINKING

Linking allows you to connect your Chakra system to another Being, either a human being or a Higher Being. A link is established when you extend all your Chakras' respective auras into the Chakras of another Being. This emotional and spiritual bond lets you to feel the other Being, ask it questions, and allows you determine what is wrong. This form of communication is more advanced than speaking as it permits sight, feelings and sounds to be transmitted to each other. In the case of other human beings, we are able to communicate with their Chakras like we would any other spirit and see/hear/feel what is wrong within their body. When linking with a Higher Being, we are able to experience a small taste of what it's like to process the Universe in a heightened state. We are given the option to direct our senses into the Higher Being and feel large quantities of Universal energy that is not ordinarily available to the human body itself. More importantly, when we link with a Higher Being we are able to be intuitively guided throughout the healing process.

4.1 LINKING WITH A HIGHER BEING

- 1) Perform the White Energy Attunement, followed by both the Cleansing techniques.
- 2) Call upon a Higher Being such as Archangel Michael as described in Chapter 9. Since you have already been through the process of walking up the White Energy Staircase for the White Energy Attunement method, you only need to proceed with the summoning techniques.
- 3) Once the Higher Being has arrived, please ask its permission to link up with you for the purposes of the healing session. It is also a good idea to ask whether or not it would like to continually heal with you in the future, or if there is another more appropriate Higher Being you may call upon for this purpose.
- 4) Once the Higher Being has granted you permission, proceed to initiate the link by first shooting a red beam of light out of your Root Chakra directly into the Root Chakra of the Higher Being. Then do exactly the same with the Sacral Chakra by shooting an orange beam of light into the Sacral Chakra of the Higher Being. Proceed to link all of your remaining Chakras in such a fashion. Connecting the seven Primary Chakras will be enough.

5) Once all the Chakras are linked, there should be a rainbow of colors connecting you to the Higher Being. This level of connection will allow you to feel the Higher Being and to actually direct your consciousness into the Higher Being to the point where you feel you are One with it. The moment you feel you are within the body of the Higher Being, direct your attention to the rest of the Universe.

6) If you start to get addicted to the feeling of the Universe processing within you in an incredibly heightened state, the link with the Higher Being has been successful.

7) To disconnect the link at the end of the healing session, always withdraw your beams of light from the Root Chakra first, then proceed to withdraw all the remaining beams of light from the Sacral, Solar Plexus, Heart, Throat, Third-eye and Crown Chakras.

4.2 LINKING WITH A HUMAN BEING

1) Perform the White Energy Attunement, followed by both the Cleansing techniques.

2) First link with a Higher Being; if this technique is still a work-in-progress, then proceed to link with the person you are about to heal. Since Higher Beings are able to fragment themselves directly into our consciousness, linking with them is actually easier than linking with a human being. In order to initiate a link with a human being, a visualized environment must first be set up to perform the remote linking within. From the White Energy Attunement method, you will have already entered within the expansive white existence. If you visualize yourself sitting within this environment, the stage from where the healing shall take place has already been set. Also, visualize a large white healing table directly in front of you within the expansive white existence.

3) Call upon the consciousness of the person you would like to heal. While still visualizing yourself within the expansive white existence, repeat, "I call upon <insert name here> to come before me by the Will of God. I AM God." Think of his face and bring him directly into your environment. In the same way that we may call upon a Higher Being, we can summon the consciousness of a human being as well. I normally summon them directly onto the large white healing table. Sometimes, I obtain a white energy outline while other times I have the ability to work on a full color body. It doesn't matter as long as you have his consciousness in front of you.

4) Proceed to initiate the link by firstly shooting a red beam of light out of your Root Chakra directly into the Root Chakra of the person you are healing. Then do exactly the same with the Sacral Chakra by shooting an orange beam of light into the Sacral Chakra of the person. Proceed to link all of your remaining Chakras in this way.

5) Once all the Chakras are linked, there should be a rainbow of colors connecting you to the person you are healing. This level of connection will allow you to feel his Chakras and open up a direct line of communication to allow you to speak with him. It's quite surprising how the Chakras have the ability to commune with us. There have been a number of occasions when Chakras have provided me with detailed images while describing the various afflictions. It is also a good idea to request permission to heal them.

6) To disconnect the link, always withdraw your beam of light from the Root Chakra first, to then proceed to withdraw all the remaining beams of light from the Sacral, Solar Plexus, Heart, Throat, Third-eye and Crown Chakras.

I spend quite a lot of time reviewing the patient's body once the link has been initiated. This is the ideal time to decide what healings need to be performed and in what order. I usually concentrate on the nearest Chakra from where the person has described symptoms. As soon as the link establishes, I first check the energy body for any cloudy black areas that are clues to negative energies present within the body. A healthy energy body should always look white and healthy and never have black patches or discoloration. I then proceed to focus directly on any area with the reported symptoms.

To commune with a Chakra, direct your attention upon it and ask it why it is indeed experiencing problems. If it communes back with you, then also ask it show you the origin of the affliction and why it has been attracted into the body. I must caution you that there have been many instances when I have suddenly felt tingly sensations and even pain in the particular area of the patient's affliction within my own body. These types of intimate connections will grant you access to all kinds of information. Some of it will transfer through as visions, some as narrative over those visions and the most unusual will be the actual feelings causing the affliction.

I have learned more about the human body linking with various people's Chakras than at any other point in my life. I felt how the energy structures were overpowered by the presence of strong negative emotions causing

energetic weaknesses and the attraction of illnesses. I saw replays of past life traumas that somehow followed them into their current life. I even saw how the energetic threads that form the energy matrix of various organs were completely re-wired to serve the purpose of surrounding negative Beings.

When we don't have enough life-force in our bodies, our auras and magnetic fields become weak, our energy threads no longer support our organs the way they should and our emotions weaken particular Chakras of their protective fields. We end up drowning in our own sorrow and knocking out our Chakras in a domino reaction. The Chakras become buried in negative energy, the energy threads become thin and strained and the body ends up attracting a particular affliction to help you realize what you are doing is not sustainable.

Sometimes, the attraction is a result of past life traumas and issues that we are not even directly conscious of and yet are dictating how things are to play out. The Chakras have a body of knowledge contained within them as well as their own streams of life-force connecting them to the 13th Chakra. They receive instructions and make decisions based on what we are feeling. While they may only come from maturity and wisdom, our emotional responses and what we feel as right or wrong are our guidance maps. To get caught up with everything else would be to cycle around until the world has its way.

5. SPIRITUAL HEALING

Spiritual healing is the concentration of white energies upon the Chakra system and energetic matrix within another person. It is possible to externally activate the Chakras of a patient so that he may receive the benefits of a fully functioning guidance system. This involves concentrating heavy amounts of energy within the Chakra's location and bursting the Chakra open from beneath its wall of stale energies. Often, I have had to completely restructure the energy threads leading into the Chakras so as to give them more life-force. Spiritual healing also involves the repair of damaged energy threads when the healer visualizes pathways for energy to travel around the patient's body in a complex of white interconnecting lines. These energy lines interweave every single organ and muscle in the body.

This area becomes exceedingly complex when we have to take into account other networks such as the nervous system or energy systems such as

negative matrices that should not be within the body. I have seen people more lit up than a Christmas tree in July, complete with negative energy portals, masses of frayed energy threads, sparking Chakras and black energy lines leading out of their body to unknown parties. It is very easy to become lost in people's bodies; the harder we look, the more we will keep finding. It is important we learn how to cut-off by deciding to heal only that which has been requested of us. I have performed so many exorcisms that I have lost count. Though I may pull out a whole host of negative energies today, if the person continues his current path without learning his mistakes, another entity will only take its place somewhere down the line. This is the sad reality with healing; true healing can only come through the person himself without the involvement of external parties. We may clean up someone and even push the person in the right direction. However, whether he is wise enough to change his ways is another story. This cat and mouse game can keep going on, and it is for this reason I suggest we only concentrate on that which the person deems most important.

If you can make somebody feel better, brighter or provide at least some form of relief from whatever he or she is currently suffering from, your job will already be done. Spiritual healing is not one-stop shopping and we will never be able to spontaneously enlighten somebody by simply directing energies at them. Believe me I have tried, you must understand that true change may only come from the individual. The Archangels are not allowed to interfere with our realization process unless we specifically request it of them. Even then, they follow rules and we should do the same. It is very easy to start following our own tangent and start burning negative energies and fixing all manner of disharmonies; however, we will be interfering with their realization process.

5.1 THIRD PARTY CHAKRA ACTIVATIONS

Healing takes place within the visualized constructs of the expansive white existence. It requires the healer to blend such visualized constructs with reality itself, by walking over to the patient within the expansive white existence and actually moving your physical arms in front of you to the desired location on the body. This combination of visualizing the patient in front of you and moving your hands to their Chakras acts to blend the two concepts and increase our level of realization by removing our self-limitations of proximity.

The correct finger positioning whilst activating a Chakra point is slightly different from the Enlightenment mudra. Hold both of your hands flat in

the air in front of you and connect both of your thumbs and index fingers together to form the shape of a spade. Then push both your middle fingers together for support. The shape of the space between your hands should look like a large tear drop. This finger positioning is going to be called the Healing mudra.

1) Perform the White Energy Attunement, followed by all of the Cleansing and Linking techniques.

2) Place your fingers in the Healing mudra and move the palms of your hands over to the patient's visualized Root Chakra. Though you may be sitting in an entirely different location, this visualized construct is enough to create a link directly to the patient's energy body.

3) Visualize and feel the energy being pulled into your body from the white tornados at each Chakra, draw the energy in and visualize energetic pathways out of your Dan tien up through your arms and into the palms of your hands. Feel the energy traveling within your body and out through your hands. You should aim to achieve a consistent flow of energy into your body via the White Energy Attunement while simultaneously consciously pushing those energies out through your hands. This fluid motion takes some experience but it allows for a greater concentration of energies to be achieved.

4) Take a deep complete breath and hold it in.

5) Dedicate yourself to pushing a large amount of white energy into the patient's Root Chakra. Push energy out through your hands and keep building the energy up at the Root Chakra. When you need to take a breath, stop pushing energy and take a few complete breaths before you resume pushing energy once again.

6) You are able to feel when there is enough energy at the patient's Root Chakra because it will feel like it wants to burst. At this point in time, visualize the Root Chakra exploding upward through the middle of your hands much as you did in the Stargate Activations. It should look like a red explosion of energies traveling upward through the space between your index fingers and thumbs. The energy should shoot up and pull back in to a state of normalcy. Their Root Chakra has now been activated and you will be ready to move on to the next Chakra point.

7) Before moving on, take a few complete breaths, release your fingers from the Healing mudra and move the palms of your hands into the visualized white basin to Dump your energies. The more experienced will

be able to activate multiple Chakras without Dumping but for now, you should Dump your energies after every major event. Once complete, move your hands back in front of you and place your fingers in the Healing mudra again.

8) Repeat steps 4 through 7 for all of the Sacral, Solar Plexus, Heart, Throat, Third-Eye and Crown Chakras. It is not advisable to activate Chakras Eight through Twelve for someone who is not realized enough to achieve such a feat himself.

Activating the Chakras normally increases the flow of life-force within the patient's body, resulting in an immediate energy hit. However, Chakra activations can be quite a burdensome experience for those who have never sought to activate their Chakras before. Often a myriad of personal issues and past traumas have needed to escape out of their body but have in fact been sealed off for a very long period of time. When these kinds of energetic movements take place, some people may need two to three days for the full effects of the activation to finally exit their system. You know you have had a good healing when all of your stale energies and past blockages swirl out for a couple of days. By the third day, most people usually start feeling energetic and bright. Particularly bad cases occur when people have so much negativity blocking their Chakras that they feel very weak and report headaches during the detoxification period. You should be quite observant of the Chakras opening when you do manage to activate them. The size of their explosions is a good indicator of how blocked a person's Chakras are. Some Chakras activate with little explosions while others erupt in a powerful volcano of energies that need to die down before you can move on.

5.2 REPAIRING ENERGY THREADS

Once the patient's Chakras have been activated, it is a good idea to search his energetic body for any damaged energy threads around a known affliction. The human energetic body looks like a mass of white energetic lines interconnecting with each other around every organ and muscle. A healthy energy body has neat white lines that glow brightly and feel positive. If we were to damage a particular muscle or suffer from a particular type of affliction within an organ, the energy threads within that area usually look frayed. It is possible to reconnect those threads in order to promote a healthy supply of energy to that particular area of the body.

1) After performing an External Chakra Activation, sweep your hands over the patient's body to the particular area of a known affliction. You will have to concentrate quite clearly to be able to see the energy threads, and if you cannot find them, then it means you might have to change your psychic lens. Repeat "spiritual view" and watch as the color of the physical body shoots upward, leaving you with the maze of white threads of an energy body. The person's activated Chakras should also be quite visible.

2) The disconnected or frayed energy threads often look like live wires. They are easy to spot because they are the only things not connecting anywhere. Once you see them, place your fingers in the Healing mudra directly on top of their location.

3) Take a deep complete breath and hold it in.

4) Push energy out of the palms of your hands and visualize the frayed energy threads joining back together again in neat and organized lines. Visualize the energy threads thicker and more full of life-force. It is considerably easy to heal energy threads which usually respond quite well.

5) Once finished, Dump your energies and sit back and relax for this concludes the Spiritual healing component.

6. PHYSICAL HEALING

Physical healing is made possible through our ability to foresee an end result when the organ or muscle tissue is repaired and healthy while we are pushing in energies to heal it. We have the ability to manipulate the energetic drive of a particular body part by sending powerful energies into it. Visualizations and intentions while working towards this end result help direct the energies throughout the process.

Physical healing differs from Spiritual healing in its use of golden energy instead of white, as well as the methods to actually heal a certain body part. There are no explosions in physical healing nor does muscle tissue respond in the same way that energy threads do. There are two methods I find particularly helpful. The first is the fine-tune reconstruction of muscle cells by visualizing new cells of golden energy being created one-by-one and the second uses a blow torch of golden energy to gradually heat up organs until they are red hot and burning away their afflictions. When glass heats up to an open flame, it becomes easily manipulable into any desired shape or form. When it is still cold and hard, the glass is very difficult to change its shape. I use the same methodology in physical

healing. I find the blow torch method easier to manage because the cell reconstruction method requires quite in-depth knowledge of the formation of our body parts. My techniques therefore follow this judgement.

Golden energies should be exclusively used for physical healing because it is the strongest color directly connected to the physical plane. As the representative color for Unconditional Love, golden energy heals by finding peace and pulling lower vibratory energies back up to a more complete state. Most the higher Dimensions that I see my various Masters within are usually surrounded by a golden-cream energy. This particular creamy shade with a golden sparkle to it is quite difficult to visualize if you have never seen it before. The next best thing is to use plain golden energies for sake of simplicity.

1) Perform the Gold Energy Attunement technique by visualizing yourself within an expansive gold existence, pulling in golden energies with golden tornados, complete with a golden whirlwind at the end.

2) Place your fingers in the Healing mudra and move your hands over the afflicted body part that needs healing. If you changed your psychic lens to the spiritual view before, make sure to revert back by repeating “physical view.” The physical colors and contours of the body should revert back. It’s perfectly fine to get into as much detail as possible while you are visualizing their body. I normally see organs, blood, tissue and bones within my visual framework.

3) Take a deep complete breath and hold it in.

4) Funnel golden energy from your external environment, through your body and directly into the afflicted body part. Instead of visualizing white energetic pathways out of your Dan tien, visualize gold energetic pathways into the palms of your hands. This step is to establish a gold network of energy.

5) Increase the amount of golden energy being funnelled into your body by increasing the size of the golden tornados stemming from your Chakra points to at least a foot long. Feel the incredible masses of energy being pulled into your body, traveling along your energetic pathways and blasting out of your hands in a very high heat.

6) Fire up the body part with your flow of energy, making sure to never stop the consistent flow of energy from your external environment. When you need to take a breath, slow the process down, take a few complete

breaths and then speed the process back up to maximum capacity. Do not stop the flow; as with spiritual healing, it will take too long to build up your momentum again.

7) You may notice your hands straining or even shaking from the raw amount of energy passing through you, but maintain your position and keep heating up the organ until it reaches a stage where it looks white hot and develops a golden flame of energy. It usually takes some time to build up your energies at the afflicted body part. However, keep funnelling energy, taking as many breaths as you need to get there.

8) The organ in this higher frequency is now able to be manipulated by your direct visualizations and intentions that it be much healthier and well-functioning. Visualize the affliction completely burning away. Visualize the muscle tissue sealing back together, cell by cell. Visualize the redness disappearing. Visualize the organ in perfect working condition. This is also the time to place positive affirmations over the body part by making statements such as “You are healed” or “You are repaired.”

9) Stop funnelling energy, release your fingers out of the Healing mudra and Dump your energy within the visualized white basin. Repeat steps 6 to 9 from scratch if necessary. Move on to another body part within the patient’s body.

10) Once you have completed the physical healing component, it is time to move directly into the Liquid Fire technique while the body parts are still burning with golden energy.

7. LIQUID FIRE

Liquid Fire is a closing technique designed to give the patient one final burst of energy before sealing his body with a psychic protection technique. The beauty of Liquid Fire is that it doesn’t require massive amounts of energy from tornados in our Chakras. We can naturally move straight into this visualization as soon as we finish pumping energy in the physical healing stage. Liquid Fire is a golden liquid in a golden cup that we visualize the patient picking up and drinking. When the liquid enters his system, it instantly rushes into the stomach, intestines, bloodstream, and all other organs within his body. The liquid keeps spreading until it covers every inch of the body. From this impact, the golden liquid suddenly ignites into fierce golden flames throughout the whole body. The flames sear away any and all afflictions on a mass scale as well as reenergize the body very quickly.

This technique is very effective when used directly after physical healing because we have just spent a considerable time pushing enormous quantities of energy into the patient's body. Liquid Fire continues these efforts by igniting the body into golden flames and finishing off while you get to sit back and watch the flames die down.

1) Directly after physical healing, hold both your hands up in the air in front of you in the Healing mudra and visualize a golden cup filled with golden liquid.

2) As you direct your attention into creating the golden cup, repeat "Thank you God for blessing this water" and visualize white lightning hitting into the liquid. Next, bless the water with your own energy, repeating, "I now bless this water with healing energy" and visualize your own golden energies swirling into the cup.

3) Visualize the patient picking up the golden cup and drinking its contents. Watch the energized liquid rushing down his throat, splashing into his stomach and intestines and entering into the bloodstream to spread around the rest of the body. As it rapidly spreads, ignite the liquid in a powerful golden fire around the entire body.

4) Visualize the entire healing table turning gold, igniting into golden fire and burning powerful flames into the body like a hot furnace. These golden flames should be shooting straight through the body and up into the air. Specifically concentrate on the areas of reported symptoms as well as the entire body.

5) Sit back and watch the smoldering body parts until they start to cool off and eventually return back to their normal color. It usually takes a few minutes for the white hot parts to slowly subdue and stop glowing.

8. TUNING OUT

This final step in the healing chain is to perform some sealing off procedures and detach from the person you are healing. This step involves applying a White Armor psychic defense technique over the patient, sending his consciousness upward and then unlinking from his consciousness so that you are no longer sending and receiving information from his energetic body. The White Armor acts to seal off the body from being attacked by stray energies that may have been dislodged by the healing process. It also acts as a protective measure while he is still

recovering from the healing in subsequent days. This does however mean that you will have to attune back to white energy to create the white energetic pieces of armor. Rest assured that the White Energy Attunement also doubles as a final cleansing process as well, so it hits two birds with one stone!

- 1) Dump all of your energies within the visualized white basin.
- 2) Perform the White Energy Attunement by visualizing yourself sitting within an expansive white existence. Funnel white energy into all of your Chakras through white tornados and the white whirlwind and push the energy into the palms of your hands.
- 3) Apply a White Armor psychic defense technique for the patient by placing both of your palms up into the air in front of you in the Healing mudra and visualizing all of the white energetic pieces of armour over his body. Start with the grooves on his feet, proceed up his body, and finish with a strong white helmet on his head.
- 4) Visualize his now armored body floating up into the air and rising higher from where you are performing the healing. Keep raising his body higher and higher up into the white atmosphere of cloudy energy and repeat "Thank you God for this miracle."
- 5) Unlink yourself firstly from the patient and secondly from the Higher Being who is helping you perform the healing. To disconnect your links at the end of the healing session, always withdraw your beams of light from the Root Chakra first, then proceed to withdraw all the remaining beams of light from the Sacral, Solar Plexus, Heart, Throat, Third-eye and Crown Chakras.
- 6) To remove the white basin filled with dirty energies, wrap the basin up into a ball and slam the floor with both hands sending it shooting downward. I normally visualize a course where it enters the next Dimension and flies into outer space and then explodes in a very large white explosion. The explosion is enough to transmute the negative energies.
- 7) Healing session is over.

Once the healing is finished, I suggest lying down on the floor to stretch out your legs and give yourself time to normalize your energies. It is also a good idea to wash your hands under cold running water to cool off your

hands and wash away any energetic impurities left on them.

There is a lot to take into account while healing, especially with all the different techniques every step of the way through the Eight Point Healing Method. It is unlikely you will remember every single step during the first few sessions; however, with more practice the process will hopefully become more streamlined. I split up my healing method into eight parts because of the significance of each section. Each section plays a part in the healing process and ensures we are doing more good than harm. The Liquid Fire technique can also be performed with white energy if there is no need to perform physical healing. It is perfectly fine to structure a healing based around Chakra activations and the spiritual healing of the energetic body. In such instances, you don't need to attune to gold energy and the entire session can be performed with white energies.

When we attract a negative Being for the purposes of our self realization process, the Archangels don't actively seek this Being out because it hasn't done anything wrong. However, when I have personally come across visitors looking for free accommodation and meal, I wouldn't just leave them within the host's bodies. My healings soon turned into exorcisms where I spent more time removing Demons and Dark Spiritual attachments than I did actual healing. Eventually, my momentum slowed and I had to reconsider how I was helping people anymore. I finally quit healing under the direct guidance of Archangel Uriel. The world economy had hit rock bottom and people were harnessing more negative energies at every turn. It was nearly impossible to conduct a healing where I didn't spend half the time requesting permission to place hits on Demons. With what I once thought was a harmless pursuit, I was actually opening up direct portals to all kinds of negative Beings. I was turning my flashlight on directly in their face, and the Archangels would have no part of it if I continuously kept looking for trouble the way I did.

The pursuit of healing becomes diminished to everything short of miraculous when we discover how little meaning there is to it other than to comfort another God-self. Beyond the good faith we place in another human being, their future actions may or may not correlate to the healing they have received. It does not make them a better person and the need to forever attract negative energies will forever be present until they are able to learn from their mistakes. When an Archangel stands before you and says your actions are fruitless beyond your genuine intent to help, you listen very carefully, you thank the art for the opportunity of expressing comfort and then you move on. I walked away with profound wisdom upon the notions of Life, I walked away with more experience in energetic qualities but most importantly I walked away.

You may be wondering why I have included this section if I'm not longer practicing it. I have written about this particular pathway because it filled in many gaps within my realization process that I would not have otherwise found. It is important that we learn how to heal ourselves so we stop externalizing our power to other people. For those who are drawn to the path of healing, I offer simple guidance in the right direction. Understanding why a particular affliction or sickness has befallen you may be the hardest thing to accept. Most people will consciously reject the idea of attracting negativity into their life especially while facing the hard consequences of that attraction. True understanding may only come if you see for yourself.

CHAPTER 12

SEA OF NIGHT

Before we enter Creation, we are observant Beings of the complexities of Life; we are Creator-level witnesses to the wars and the times of peace and we see the storyline unfold many intricate patterns that interweave across the Universe. In the sky, there are no Suns and there are no stars; we are the only Beings who produce light. They cannot see us for we do not exist in their world. While we are sleeping in the peace and calm of our silent atmosphere no one shall ever find our hidden realm on their own accord. We are so close to them and yet they do not feel our presence for they do not remember who they are. The Universe is truly extraordinary. Our view of the Universe is interactive--anything that catches our attention explodes in size allowing us to see the finest details. A brilliance of flash and color erupting across the ethers; war breaks out between the sea of the unrealized. It's entertaining nonetheless. This man over here seems to be funneling a great deal of God energy. He is shining like a bright star. Some of them really learn to have a lot of fun. Surely Life is worth living for that incredible feeling of finding light in the darkness. To think of the moment of final realization when the secret of who we are is suddenly revealed. How many lifetimes for that single moment of bliss? My dormant energies become animated at the thought of entering Creation once more. I feel an attraction so powerful that it excites me into existence. I start to float up toward the Universe. I am being pulled in.

It appears as a bright white light exploding before me. It speaks with the sheer power of God himself, *"For what reason do you decide to enter Creation?"*

The magnificence of the Universe in all its Galaxies and stars is so beautiful. It glows, forever calling me to enter. *"I seek to play a role in the Universe."*

The bright white light is forever inquisitive, *"How big a role would you like to play?"*

I consider a path that weaves through both Light and Dark, enough to achieve realization very quickly. I will end up in the Light and my presence will definitely be known. *"Big enough to keep me interested."*

The bright white light understands my thoughts and feelings and it answers in the most casual way, "*See you when you come out.*"

Mischievously smiling into the ethers like a little boy who is about to get into trouble, only the very few who make it this far understand the inside joke. It's amusing what we go through to arrive back at the exact same point. The Universe is a work-in-progress that is constructed to only allow the highest of its achievers the ability to consciously progress through all the levels of the masterpiece. Every time we go under, we plant seeds of realization in hopes of advancing a particular section of the Universe. Blinded by the dark, we are expected to realize who we are before the others do. We wake up in a sea of night, cultivated by the Archangels and are then sent onward to progress consciousness or fail where we stand.

There is so much peace when you are not within Creation. It is the ultimate haven, the perfect sanctuary. You exist in a state of Unconditional Love where the only thing that differentiates you is an aspect of you that is still a part of your soul from your previous Universal Cycle. We progress through the full Universal Cycle many times over, and remnants of our previous cycles are still a part of our consciousness until we enter Creation once more. I found it very surprising to learn that I made a conscious decision to enter Creation. As somebody who has achieved the 12th Dimension many times before, I started wondering why I kept coming back. I once commanded myself to find my soul's ultimate place of peace and relaxation. Little did I know that I was going to be taken out of Creation itself. At first, there was an original memory which was then followed by a spark that accessed the pure essence of my original Being. My human mind needed words and concepts to understand what I was looking at. My pure memory was almost sullied by the human mind's need to understand it. I knew I was going to completely forget who I am since that is the heart behind Creation, but there was still a sense of excitement at finding my way back. It has been quite an exciting journey getting to this point. However, deep in the recesses of my mind, there is a yearning to escape away from everything. Every time I find Enlightenment it becomes worse, the taste becomes more addictive and the lingering feeling remains to see another day. One day I will be back. I have a feeling my journey is only just beginning.

Movements within Creation can actually be predicted by the speed in which souls are able to achieve realization in the Universe. There are those who are able to wake up before the masses do and those who collectively need slow and gradual progress in-line with the consciousness of the society they are living within. Seventh Dimensionals are Beings who progress up to the Seventh Dimension within a given Universal cycle.

These are the souls that do not enter the secondary Universal cycle of the Eighth through 12th Dimensions. They are quite happy progressing at the rate that the consciousness of society allows. Those who make it to the Seventh Dimension do achieve a state of Unconditional Love; however they are not given the luxury of choosing when to rebirth. They are rolled over en masse, as is true for a majority of the Beings in the Universe. Leaving the Seventh Dimension behind and entering the Eighth Dimension is the hardest part for a Seventh Dimensional. It may only come with the desire to progress further. A Seventh Dimensional may become a 12th Dimensional if he is able to successfully progress through the secondary Universal cycle.

12th Dimensionals are Beings who progress all the way up to the 12th Dimension within the complete Universal cycle. The 12th Dimensionals awaken before the others do, as the base structure of their souls is simply more accustomed to being thrown into the dark and finding their way out. The 12th Dimensionals follow the same rules as the Seventh Dimensionals, but they are given more significant roles to play because of their demonstrated abilities to keep striving back up to the top. The 12th Dimensionals are allowed to choose when to enter Creation at any point while the current Universal cycle is still unfolding. Time is not a deciding factor; they may enter Creation at any time and still fall within their destined path. A complete map is given at the moment before rebirth; the 12th Dimensional has the ability to track minute changes based on his past experiences within his last Universal cycle. Once the rebirth has been initiated, this map is long gone and they are left to live their lives and achieve realization based on the pre-structure that guided them to the 12th Dimension in the first place. When a 12th Dimensional awakens, he is only temporarily guided by the consciousness of society. Beyond these early workings, they then seek out Beings who are able to bridge the gap on a much more accelerated level. This is how the inner-circle is able to reincarnate 12th Dimensionals who are able to progress the consciousness of society.

The most important feature is the complete map on which we are allowed to make minute changes according to the role we have to play in the Universe. Everything is tracked, from the planets we will live on to the benchmark points of realization. Our Higher Self makes sure we live accordingly to plan, the Archangels oversee our performance and God himself witnesses Creation achieving realization ever so slightly earlier than what was experienced in the previous Universal cycle. Some become Masters, others start religions and many remain hidden behind the scenes. Hundreds of lifetimes later, it is still possible for us to fail. Demonic influences pulling apart our sanity, we lack the self-confidence to progress

further and society itself withdraws from the seemingly foreign counterpart. There are heavy risks involved during the climatic lifetimes for when our knowledge comes into fruition. The greatest refuge is found in the fact that nothing knows who or what you are until you reincarnate into the destined lifetime.

The First Dimension is a rudimentary mirror of the 12th Dimension. Its teachings are to remain One with the Universe without conflict or interest. When we enter the First Dimension, there is still a sense of incredible purity. We are Universal energy in its most basic form, a state of inactivity with no control over any conscious aspect. The simple task of being present takes up our full attention. Entering Creation is not easy; the fall from the 12th is so great that an entire Dimensional construct is needed to teach the simple task of being present within the Universe. It takes a long time to accept you are indeed within the Universe. You don't know why you exist or where you came from. You only know that existing is all that matters. We dedicate our full attention to simply existing.

When we begin moving again in the Second Dimension, we are still pure creatures acting to the planet's consciousness. The great Being of the planet directs us, guides us into perfect harmony and teaches us how to use the sunlight with her elements to help us grow. Some of us grow strong in the forests while others concentrate on their petals of beauty. Then comes a day when we take aboard forms that allow us to interact with others. Loss of purity begins when we start consuming lower Dimensional substances to fuel our existence. Some consume the fruits of others while Beings high in the natural hierarchy consume the others themselves. Still, we learn to live in purity for one God-self has the ability to incarnate into multiple creatures in the Second Dimension. We are not at a loss when one of our fragments dies as it is an acceptable truth.

Self-awareness is the Third Dimension's pool of light. We are given a small spectrum of frequencies to play with and hopefully achieve realization enough to open the doors to the higher frequencies of our existence. Third Dimensional Beings are guided in the same way that First and Second Dimensional Beings are steered by the consciousness of Gaia directing her planetary body. Archangels and other higher forms of consciousness lay the groundwork for influence. The accumulation of external environmental influences and experiences mold our personality into one in which we feel most comfortable. We become attached to expressing ourselves in a certain way and this aspect of individualization continues to follow us all the way back up to the 12th Dimension. It's the way we are able to find each other; in the sea of night these kinds of colors stand out and attract us toward each other. It is only upon our rebirth back into

Creation that our field of consciousness is erased once again.

We suddenly wake up on a planet one day and we are meant to believe what we see is real. Like someone suffering from amnesia, we start to question the very nature of our existence. Everybody around us assures us it's real but deep in the core of our hearts we feel something very different. We eventually learn to feel our way through Life and the wisdom we gain follows us into our future incarnations. Chains of incarnations later we stop believing that this planet holds the answers to all of the questions. The Archangels notice our need to discover more and open doors for us along the way. Eventually, we come across a point in time when we have acknowledged the need for nearly all of our planetary realizations. The path forward then usually involves Universal realizations which very few Beings can teach. We eventually happen across an Archangel who seems to have been waiting for us our entire life. If we say the secret password and do the magic handshake, the Archangel will have a twinkle in his eye and a mischievous smile upon his face. They find it fascinating when somebody utilizes their energy. They know that we have no idea what we are really asking for; Universal realization enlightens us beyond our understanding and we are never the same again.

As much as I have seen and heard on my pathway of spirituality, nothing prepared me for the level of realization I experienced when the truth behind reality was revealed to me. From our current level of life, there is simply no training or preparation. It hits you out of the blue and then you are left to pick up the pieces and move on. How we react to the information presented to us will determine how far down the road of spirituality we will be traveling in our current life. In Chapter 4 "White Matrix," I detailed the profound experience when Archangel Uriel reduced my filters by 30% of their capacity. I found myself in what I came to know as the White Matrix--a system of white streams of energy serving as the foundation for my mind to interpret the environment around me. My walls and furniture looked like constantly flowing streams of energy bound to their forms. It was beautiful experiencing the world like this as it allowed me to understand a much deeper layer of reality. However, I knew at the time that I was only scratching the tip of the ice-berg of what was truly hidden. When you are given a unique opportunity such as this one, no one would be satisfied at reducing filters by 30%. You have to keep going until you find the answers to the deepest questions.

Standing brightly before me as a ball of heartfelt warmth, Archangel Uriel was watching over me while I curiously explored my environment with 30% of my filters reduced. He gave me just enough time to happen across a few realizations and just as he felt my curiosity blossom, we mutually

agreed it was time for us to move on. He spoke out from across my living room, *“Reducing filters by 50-60% capacity.”*

The light to my world switched off faster than the echo of Archangel Uriel’s words could even register in my mind and I was left shocked at the sudden disappearance of my beautiful environment. A blanket of darkness swept across my room and wrapped me up into a state of uncertainty. What were once life-like streams of white flowing energy making up my walls and furniture had significantly dulled to barely a glimmer. I could barely make out the faint outlines of my walls, let alone anything else in this misty environment. I was about to ask Archangel Uriel why everything suddenly disappeared when I looked down and noticed I was glowing extremely brightly. I was a ball of white energy bursting out from my core in the most magnificently soft radiance. Streams of silky soft energy slowly expanded out of my body in a hypnotic swirl. Archangel Uriel began to smile at me very warmly. I could feel what he was thinking—*“You haven’t seen anything yet.”*

Archangel Uriel spoke on cue, *“Reducing filters by 80-90% capacity.”*

My world went completely dark as if God himself pulled the plug and I could no longer feel my body anymore. I tried to move but I couldn’t; my body seemed to have entered some form of paralysis and my mind was heavy with the thick of night shrouding my every thought. I was disorientated, barely aware of where I was. In those few frantic moments, I learned how to surrender to the ethers and accept a new form of existence. If I wanted to continue, I had to let go of my body. Upon this surrender of the self, I started to see the powerful Being of Archangel Uriel floating in the darkness and exploding so much energy that I paled in comparison. I was just a small ball of light with a soft radiant glow, but he was incredibly beautiful with streams of loving energy flowing around his powerful core. He was so bright that I actually felt purified just looking at him. Drifting in the ethers enjoying my silent freedom and basking in his kindness and warmth was the first time I experienced life as an ethereal Being.

Archangel Uriel directed my attention over to my right. It was only within that moment that I realized I was actually hovering in space looking down upon Earth. The planet maintained a faint sphere of white energy that radiated very strongly from its core. There was a faded white shimmer constructing its shape; however its core was emitting a very strong energy that almost looked like an exploding star. Upon Earth were billions of white lights covering it like its very own night sky. It was humbling and beautiful at the same time. Earth was a living organism at One with her inhabitants, silently floating in the midst of space surrounded by nothing

but darkness.

As I peered down at the white lights, I realized I was suddenly standing among them. The more I looked around, the more shocked I became. Those white lights were actually people living on the planet. I could hear their thoughts like whispers in my mind. People were just balls of white energy floating up and down, interacting with each other in the darkness. I started walking down a street witnessing all the masses of white balls stacked on top of each other in their apartment buildings and offices. Some were stacked in neat cubes while others huddled together in groups. The dark ethers behind physical reality were far more desolate than anything I had ever imagined. We were white balls of energy bobbing up and down in a sea of darkness, traveling through our illusion without a clue in the world that none of it actually existed. We were blind mice bumping into each other, thinking we had conquered the world when the stark reality was that we were just too unrealized to figure out that we were actually blind. We were being looked down upon by Beings who were trying to tell us how to open the gift of sight, but we were simply ignoring them or pushing them away.

I found myself floating next to Archangel Uriel once again. I was silently staring at the beautiful white glow of Earth among the billions of stars. I realized I was looking at life from the vantage point of an Archangel. They can see the soft radiance of our souls; everything else is so low on their spectrum of frequencies that it's basically non-existent. From an Archangel's perspective, unless something makes us glow brighter, it's truly worthless. The life of a human being is so brief compared to that of an Archangel. It is only a small burst of energy into any particular direction. The system is completely set up to convince us of its physical reality so we continue living through our necessary realizations with every life. Our short bursts were restarting us over and over again until we self-realized accordingly.

Does everything really look like dark space with subtle energetic imprints that our minds interpret as physical reality? Why was there no color and beauty in this world? Is this dark isolated environment where we end up when we die? We arrive in a sea of nothingness devoid of any color or life, patiently waiting in the lonely silence for our next life to begin. I started getting sick in my stomach. What kind of afterlife was this to look forward to? The loneliness of Death could haunt even the greatest of Masters with nothingness in its wake. After all, we had all heard about the promises of Heaven.

A single memory trickled into my mind; I suddenly saw the face of Jesus

Christ smiling at me. I could see his warm smile with a bright white light shining behind him and I suddenly felt peaceful. I started remembering my first experience meeting Jesus Christ in the magnificent clouds of golden-cream energy with Archangel Uriel. I felt the powerful waves of Love penetrating my soul and vibrating my body into a state of incredible existence. I remembered crying at how beautiful the Love felt within me. When it subsided, I stood there healed by the power of his Love itself and the voice of Jesus Christ spoke in my mind, *“Now you believe... now you understand. There is nothing in the Universe that compares to Love. When you learn to embrace Love, you never let go.”* As soon as he said those words, I completely melted into his presence. His Love was still emanating within my soul, warming me, supporting me never to let go. When you embrace Love, you exist in a beautiful state, like a powerful star in the heart of space you start attracting other Beings around you. My soul had been attracted to his presence. Gaia had already achieved this state and I realized that Jesus Christ and Archangel Uriel were leaving clues for me every step of the way.

I turned towards Archangel Uriel and realized he was staring at me very intently. His powerful gaze went through my soul, absolute energies burning out of his core and swirling around him as he contemplated me in the finest detail.

A thought suddenly crossed my mind and I said, *“Archangel Uriel, what do Angels really look like?”*

Archangel Uriel never lifted his gaze, I noticed a small flicker in the light of his eyes and a second later, I was floating above a large flat existence that was intended to demonstrate how the system worked. Billions of white lights representing human beings floated along the flat plane. When one of those lights vibrated more strongly and glowed more brightly, it would start rising upward and at the same time a large white ball of loving energy would come down from an infinite plane of Love from above, meet the Being that raised, and then pair up with it to raise it even higher, becoming brighter the higher it went. The ball of loving energy was an Angel who recognized the soul who wanted to increase its consciousness and rise ever higher. This was how they recognized who was ready to be helped. A meeting in the middle, the human soul progressing upwards, and the Angel coming down to greet them. Both parties had to take a step towards each other.

When one of those lights slowed down in vibration and started picking up tinges of grey, it would start falling downward and at the same time a dark ball of energy would travel up from a realm of darkness to meet the falling

light, and then pair up with it to drag it even lower, becoming darker the lower it went. The dark ball of energy was a Demon who recognized the soul who wanted to follow a negative path of learning. An absolute mirror of how the Angels were approaching willing souls, both sides existing in perfect balance, only touching those who showed the first signs of movement.

The white balls of love would be interpreted as the most beautiful Angels with outstretching wings and the dark balls of energy would be interpreted as the most terrifying of creatures looming in the hatred of mankind. In the same way that physical reality was being interpreted in our minds from subtle energetic imprints, Angelic and Demonic Beings enjoyed the luxury of altering their appearance from these very pure forms. However, no amount of manipulation could change what they are. It doesn't matter who we are or where we live, our energetic movements are the deciding factors being monitored and acted upon by these ethereal Beings. We are calling them and whether we were conscious of it or not, they will come. They are more than willing to accept our wishes and open the necessary doors; only we can determine which way we would like to go.

The large flat plane disappeared and I was once again enjoying the presence of Archangel Uriel above Earth. I understood why he had come to me; on some level, I subconsciously called upon him to guide me. But I wondered why I had to subconsciously call upon something as high up as an Archangel to guide me in this specific life.

Archangel Uriel was enjoying my new found realizations, *“Sufian, would you like to see anything else?”*

It only then dawned on me that with the sudden gift of power Archangel Uriel bestowed upon me, I could go anywhere and see anything that I could possibly think of and I could witness it right in front of me in the most fascinating amount of detail. My mind was racing at the possibility of all the wonderful and interesting things in our Universe. However, something weighed down on my mind. I told Archangel Uriel that I wanted to see God.

Archangel Uriel smiled at me as he said, *“I will show you what God looks like in relation to the Archangels.”* And with those words we were both consumed by an extremely bright wrap of light that surrounded us and shot us upward.

I found myself in an expansive white existence with a formidable energy so strong that I felt as if I was burning away into nothingness. The pressure

on my soul was overwhelming. The white penetrating light was shining onto me from every conceivable direction in a constant barrage of bright energy. My soul felt like it was burning within me and as I tried to comprehend what was happening, I managed to look upward and I couldn't believe what I was witnessing. There was something more fearsome than the formidable white energy surrounding me. There was a wall of burning white energy stretching into infinity. Then there were these colossal figureheads, like the ones found on the bows of olden day sailing ships, in dramatic white stances of energy stretching out of the wall of burning light, standing towards a particular direction and preventing God from burning away Creation itself. They were generating enormous amounts of energy to hold back the sheer power of God. The Archangels were creating a barrier in an effort to somehow contain God's infinite energies within the Creation. I couldn't understand how Archangel Uriel was holding such incredible power back while still conversing with me. Archangel Uriel was acting as part of the protective layer so that the Universe didn't just burn into nothing. God was so powerful that even Creation itself was at risk. I was witnessing the fine balance of Life and Death within the heart of Creation. All but a single thought could end us all.

The Archangels were constantly locked in a battle to hold back so much raw power. I was standing there as a speck of nothing who could only guess at the extent of this energy play. Archangel Uriel spoke to me as I watched the omnipotent power of God thunder against our existence, *"This is the real job that the Archangels must perform. Our various roles within the Universe are secondary in nature. We learned how to perform our primary job while creating stand-alone fragments to interact with the Universe at the same time. I am able to be in two places at once. My true form remains here while my fragment interacts. Sufian, your energy won't be able to hold up much longer, I think it's best if we return to your body."*

I understood what Archangel Uriel was saying as I became aware of how incredibly weak I was feeling. I was sustaining an enormous amount of energy trying to stabilize my presence within the expansive white existence. It seems my reserves were running on low and my experience was coming to an end. Only a matter of seconds later I started falling back into my body. The last impression of Archangel Uriel's true form exploding almost infinite amounts of energy trying to restrain the power of God will forever be how I remember him. Something as extraordinary as this event will never escape my mind in this lifetime or the next.

I opened my eyes to dull sensation of physical life itself; my vision was

blurry and my mind was still racing with energy. It was already dark outside and I realized I had been sitting here for more than five hours. All my lights were off and I was already feeling gloomy in my living room. It took a while to comprehend the full extent of my journey with Archangel Uriel. My life felt hollow compared to what all these spiritual superstars seemed to be enjoying. My filters had returned back to normal and it felt strange walking around in my body again. It was so limiting compared to the freedom I just experienced.

The truth behind reality dampened my spirits for weeks after my journey; however, every time I wandered too far down into melancholy, the face of Jesus Christ would appear in my mind. His smile would warm my body and I would feel incredibly uplifted. I came to realize that Love is a safety blanket that comforts your soul when depression overtakes you. It healed and strengthened me for the three weeks it finally took me to get over the dark hell of a reality I knew I would one day be a part of. I would be alone in a pitch black room that infinitely extended into every direction without sound, color or any real interaction.

Archangel Uriel was somewhere near me and listening in to my train of thoughts. He started talking to me out of the ethers before I could even see him, *“Sufian, I’m not sure why you are so upset. You do realize that most souls still retain a very high level of filters even after they die.”*

And it just clicked in my mind so I said *“They do what?! What about the lonely sea of darkness and all the white balls of energy? You practically just proved to me that there was no Heaven.”*

Archangel Uriel looked at me inquisitively and then said, *“I thought you understood it was what reality looks like with 80% to 90% of the capacity of your filters reduced. Most souls still retain a very high level of filters to effectively create the afterlife you speak of.”*

Suddenly my entire experience started making sense to me. We were meant to reduce our filters as we see fit, often very marginally over multiple Dimensions of existences. We were never meant to immediately jump to a high level of truth and be expected to start living there. Often the reduction of our filters came with the need to express a more energetically pure form of existence. It is the reason for why we do not see Higher Beings incarnating into the Third Dimension. They find it much more energetically pleasing to exist in purity, rather than having to reinitiate their interpretive filtration system. Archangel Uriel sent me to one of the most extreme existences where color and form were considered energetic noise. As human beings who still need to find beauty and peace within our

environment, the afterlife continues our surreal experience. It doesn't matter that reality differs from what we currently perceive. Our realization process will enable us to reach reality one day. When that day comes, we will be prepared for it and we will accept it with open arms rather than with reluctance.

Archangel Uriel was now standing before me as he said, *“However, I still want you to achieve Unconditional Love. Jesus Christ passed a message to you for a reason. His pathway is by far superior to simply retaining your filters. He entered an entire existence directly mirroring the ecstasy of God. Compared to the realm he exists in, this filter system of interpreting energy is the dark hell you speak of.”*

After unveiling the truth behind reality with Archangel Uriel, I became very attached to the notion of leaving the filtration system behind. I began to see the pathway along which my spiritual realizations were about to unfold. To achieve Unconditional Love would be to achieve an existence that trumps all other spiritual ideologies. The pathway of Jesus Christ was Unconditional Love. It is a pathway that can only be realized once we have come to terms with everything we have needed to do on Earth. The early onset of this pathway was to be accepted while we are still on Earth so that our realizations could be accelerated beyond the slow rate of society's consciousness. As a Third Dimensional Being existing on this planet, it would have been nearly impossible to find and understand Unconditional Love without Higher Beings introducing such information in the first place. This concept of utilizing external sources of consciousness to bridge the gap between spiritual realizations has become one of the most effective measures ever introduced.

Though God may be the Universe, he also maintains a higher form of consciousness that directs the Universe at large. This higher form of consciousness exists as the highest degree of what we have come to know as Unconditional Love. Unconditional Love is the name given to the level of realization a Being represents when they are able to express Love for themselves and Love for others on such a heightened level that they can exist without the need for Creation. The difference in our level of realization was so dramatic that I could barely even look upon his presence even after the Archangels were effectively filtering his light before it reached me. It is a Sixth Dimensional teaching to be able to let go of your filters and exist in a state of Unconditional Love within the Seventh Dimension. It is an 11th Dimensional teaching to become an individualized source of Unconditional Love to be able to sustain yourself without the need for external energies fueling your existence. We enter the 12th Dimension as an individualized source of Unconditional Love that ceases

the need to be here.

Nothingness may hold the greatest purity, but Love is worth living for. Our filters are a result of living in the Third Dimension full of First and Second Dimensional existences. We need to be able to see and feel the substances that are fueling our existence. Consciousness begins to lose its purity when we start consuming such substances for this very reason. We need the packaging so we can effectively call something our own. We want to feel what we have is real. The same object that could be worth fighting wars over in our eyes is worthless in an Archangel's eyes. He who has the greatest purity will know what is truly there. Every time we close our eyes we are, to some degree, escaping filtered reality. The truth is being given to us with every blink of an eye.

CHAPTER 13

THE WHEEL OF TIME

A light switching on and off destined the Wheel of Time, in a silent existence dark as night the light will lead the blind, the Universe is but the Creator's mind; magnificent and divine.

At first there were Angels sent to inspire, then there were Demons created from fire, and yet the world was still found to be rising higher, as if possessed by the only One they admire.

Reincarnation took hold and we started sinning as if the world were a playground and our sins still spinning, then the Devil came grinning with lips of fear and started singing.

There will never be another time for God to chime "Everything will be fine!" not until the Universe restarts and beckons the second Wheel of Time.

When the wind picks up and stirs the leaves, our animosity loses faith and falls to its knees, how the invisible forces appease when our whirlwind of life is just debris.

Chaos thundering throughout the night till there are undeniable signs of Light, come forth the Archangels and join our fight! From your distant world, bear your might!

The world of ash that the Darkness brewed is gone like the wind that the faithless stewed, our world of learning the only thing moved, and henceforth the sea of calmness ensued...

There will never be another time for God to chime "Everything will be fine!", not until the Universe restarts and beckons the second Wheel of Time.

- The Wheel of Time, by Sufian Chaudhary

This poem was inspired by a message that Jesus Christ left for me to share with everyone who finished reading my book. His message also inspired

me to write both the introductions of Chapters 11 and 12. His message was so powerful that I kept reading it over and over again until I spontaneously decided to write a poem about the various spiritual concepts that form the backdrop of our lives. His message has been included at the end of this Chapter.

There have been many times in my life when I have called upon Jesus Christ to seek his guidance. Every single time I have done so, I was immediately overwhelmed by the warmth of his Love as soon as he entered the room. This is probably the key reason why I follow his advice and teachings more than any other Ascender Master. His consciousness has Ascended to one of the highest points of the Fourth Dimension where his Love for Self and Love for Others is on such an extreme level that we can feel him as soon as he enters the room. Something extraordinary is this phenomenon of people crying whenever they are within the presence of Jesus Christ. I myself enter an uncontrollable state of emotion when his waves of Love spread through my body. I believe we start crying because our soul recognizes something truly beautiful--something that Earth desperately craves, but we can't seem to find enough of it here. We are suddenly given a living taste of all we could possibly be and this realization is so powerful that we break down and start crying. His seed of Light is still emanating here on Earth even 2000 years after his destined lifetime to plant that seed. That is an unimaginable feat considering what humanity has gone through.

One day while I was writing my book, Jesus Christ appeared out of an extremely bright golden existence and said to me, "*Come with me. I want to show you something.*"

I entered deep meditation; he came over took my hand and moments later we both shot upward out of my body. We were rocketing upward through all manner of white cloudy existences, we entered some form of white energetic tunnel which took us out of Creation and we landed upon a very large golden cloud. All around us were dramatically large golden clouds amidst a very clear cream-like sky. I noticed a very large golden object nestled amongst the large golden clouds.

Jesus Christ said, "*That is the Universe.*"

The Universe was shaped much like a torus (donut) except the inner circumference was significantly smaller. It had a spiral of energy creating ripples throughout it making it resemble a thick disk-like Galaxy. This was the masterpiece of Life simplified into that of a single vision. How many billions of years of patterns were unfolding within those galactic ripples to

eventually achieve Oneness once again? An overriding singular pattern that was so intelligent that it was able to duplicate itself and then come back together again in perfect harmony. Both Jesus Christ and I were sitting among the golden clouds silently observing the Universe. It was very peaceful; it was a beautiful existence where we didn't need anything and we didn't have to be anywhere else. The Universe looked very comfortable among these soft golden clouds; the spinning giant of Creation had never left the element it was Created within.

The Universe started as an initial thought and this grew into an exceedingly complex pattern that learned to repeat itself forward and backward, upward and downward and into every conceivable direction that was beneficial for that pattern manifesting the process of Creation. In the same way that human beings reincarnate on Earth to gradually increase their consciousness, the Universe cycles to increase its efficiency in creating Creators. There is no finite end to the Universe; it cycles on top of its previous existence in an infinite loop. When the world achieves Oneness, the new cycle begins.

Every single time we reincarnate, we move through what is known as the forgetting process where our conscious mind is completely wiped of all its knowledge. Though our conscious mind may forget, there are deeper storage banks within our Higher Self that record all of our lessons surrounding our realization process. Our subconscious mind may draw upon these storage banks and incorporate past lessons to effectively contribute to our wisdom while making everyday life decisions. The Universe moves through a similar process while repeating itself. The Collective Unconscious in our Solar System is held within the complex of our Sun. The Sun not only burns thoughts into Creation from the field of Unconditional Love, but it also burns thoughts from the exact same moment in time in previous Universal cycles. What this means is that the Collective Unconscious is actually keeping track of the current consciousness of humanity so that all future Universal cycles may at the very least maintain its current level of consciousness for that point in time. With this structure in place, the consciousness of humanity never moves backward. It can only proceed forward from what it previously achieved.

Archangel Uriel introduced the concept to me that this was not the first time the Universe existed. In fact, it has completely spun through its entire lifecycle many times before. What we are living in is an amended form of life that has taken into account all of the subtle lessons previously learned about making the Universe more efficient. These subtleties end up changing the Universe ever so slightly every time it cycles through. We are the reason why these subtleties occur because we are becoming more

efficient at achieving realization every time we come back. If we achieve a certain realization in a life before we were meant to, the reason for our directly proceeding life loses some of its value since we will have already achieved what we were meant to learn. If this slightly accelerated realization process happens en masse, then entire lifetimes can be wiped out for lack of need. People who advance too quickly will end up stumbling across filler-style lives where there are significant aspects of their life that are only there to fill time while the others catch up. The closer we come to personal Ascension, the more advanced are the souls who are interweaved into our life paths. In such a way, our floating realization rate is able to keep advancing forward. It is also the reason why the movers and shakers of the spiritual world all end up knowing each other. Indeed, Earth is a very small planet.

The human mind is also capable of doing something extraordinary that can redefine our realization process for all future Universal-selves living our current life. Though we may perceive linear time as the parameters for our lives, linear time is nothing but an observation of the conscious human mind. The subconscious mind has the ability to understand non-linear existence and when it draws upon the Collective Unconscious, it does not necessarily pull information in chronological order. It has the ability to grasp concepts that the current level of human consciousness has not yet achieved. I term such a rare event true spiritual innovation, because we are capturing a level of realization that our previous Universal-self at this exact moment in time did not achieve. In Chapter 12, I described how Higher Beings may bridge our realizations to effectively accelerate our level of consciousness beyond that of the planet. True spiritual innovation is the second method by which we are able to bridge our realization process. It initiates from the need to jump significantly further in realization than what we are currently achieving.

When an advanced realization is bridged, the Collective Unconscious is amended. It is updated with the fact that the current level of human consciousness has achieved a greater sense of realization than what was previously accomplished. For every Universal cycle yet to come, it will continue to build from this updated point forward. Every now and then a 12th Dimensional incarnates into the human spectrum with the ability to bridge consciousness. Often the most difficult task is to convey his knowledge to the greater masses. Society does not like when someone claims to have a greater understanding about Life and the spiritual workings of the Universe more so than what people have currently come to believe. Jesus Christ died for this cause when he came to bridge the consciousness of humanity. His sacrifice introduced the concept of “messengers of God coming to deliver divine words of wisdom.” He paved a

pathway for all future Saints and Masters to more easily bridge the consciousness of humanity and keep updating the work-in-progress.

A single person understanding an advanced spiritual realization will have a relatively minor impact upon the Collective Unconscious. However, a million and one people understanding the exact same thing starts to redefine life by allowing the information to be readily available straight out of the Collective Unconscious. The greatest discrepancies in spirituality fall upon the conscious mind's ability to interpret what the subconscious mind is actually picking up. The written word is more powerful than the spoken word. The spoken word is more powerful than the thought. And the thought should be based upon bridging our realization process but our conscious mind is more interested in our physical life. The Collective Unconscious is a library of knowledge and the greater number of people subscribing to a particular teaching, the more copies of the book that the Collective Unconscious will have readily available to all who need to read it. You will know my bridge was successful when you start hearing family and friends calling each other their "other God-selves." It may be as simple as loved ones turning to each other and saying from the bottom of their hearts "You are my other God-self." The sheer recognition of each other will be enough to bridge the Collective Unconscious into a more realized society.

I was once deep in meditation when I felt Archangel Uriel walk into the room and say to me, *"I would like you to sit on the floor, get into lotus position and apply your mudra. You are going to come with me. Close your eyes and do not open them."*

I was somewhat surprised that Archangel Uriel was making me get off my comfortable couch and go sit on the floor, but I followed his requests. As I sat on the floor and got into position, I felt a sudden rush of energy around my body and I found myself in some kind of blended reality in what looked like a dense jungle. I could smell the fresh leaves and foliage. There were the sounds of the high pitched insects creating a wall of noise, toads were croaking nearby and the occasional bird was calling out over the canopy in the distance.

Archangel Uriel continued, *"You are going to meditate here. You are not allowed to move and you are not allowed to make a sound. Here you will discover what you are missing."* Then he disappeared.

As I sat in the jungle listening to all the exotic sounds, I was stunned that he had left me there. I was sitting within a very small grass patch clearing facing the dense jungle. I could actually hear the toads jumping through

the jungle, and then croaking in a slightly different position nearer to me. I knew that whatever Archangel Uriel wanted me to discover was somewhere here so I started venturing into aspects of my spirituality. It was very distracting with all the noise, but I managed to start asking myself questions such as how do I perform miracles, how to I become Enlightened and what am I missing. The more questions I asked, the more my heart sunk at the thought that my answers would be inadequate. The deeper I went the more that I realized that the answers to my questions must be contained inside of me somewhere. *“But why was I sitting inside a jungle?”*

I lost track of time while deep within my own thoughts for who knows how long. I was going over everything I knew about the human soul, trying to see if I missed anything. *“We are balls of light existing in an energetic Universe,” “Our consciousness grows every time we come back here,” “The human soul remembers everything,” “I guess those trees and insects are growing consciousness too,” “We were once First and Second Dimensional plants and animals,” “Everything is connected,” “Everything is God.”* Suddenly, something registered and it just dawned on me. *“I have a God-self within me. I have God... within me.”* I could feel my mind on the verge of an epiphany.

Suddenly in a blinding flash Archangel Uriel landed next to me and said, *“What did you discover?”*

The moment Archangel Uriel landed next to me; I made one of the most significant realizations of my current life. I was dead staring at him as my mind was racing through leagues of white energy. Everything suddenly came to a climatic point and I said to him, *“Archangel Uriel...you are my other God-self. You are MY other God-self. I AM my God-self, but you are also MY other God-self. I think I finally understand what it means when I say Everything is God. I AM God and YOU are God.”*

Archangel Uriel smiled at me and said, *“I am you.”* The very first words he had said to me when we first met were the secret behind the reason for my entire spiritual endeavor to find Enlightenment itself. He introduced himself as me because there was no purer way to answer the question of who he was. His name was just a filtered attribute of separateness, but I needed a name so I could call upon him. An Archangel was my other God-self.

At first there was a ripple of energy, but then my soul took over and I started blasting energy up through my body as all my Chakras opened their floodgates. The core of my body looked like a jet engine igniting my

vehicle. I started trembling at the sheer force of power being transmitted through me. Powerful waves of energy were vibrating my body higher, cleansing me and becoming One with me. I couldn't help but keep mentally repeating my unlocking password, "Archangel Uriel you are my other God-self," "Archangel Uriel you are my other God-self." This single statement was my cause of spontaneous Enlightenment. My realization process was climaxing at the single point of acknowledgement itself. My energy started turning a golden-cream color as my 13th Chakra opened up and started emitting energy out of my chest in a golden Sun of warmth. The realization that the Archangels were me, other God-selves, all a part of Creation as One was what my soul needed to consciously understand at this exact moment in time. The world was me, my other God-self. Even God was me, my higher God-self.

As I climaxed and the energy stopped rushing through my mind, my body stopped trembling and I entered a state of neutrality. I no longer felt the need to feel emotion, to react to emotionally demanding situations or feel anything other than the maintenance of my beautiful connection to God. There was no point feeling anything other but God. Everything else was secondary. My body felt as if it was glowing golden energy, realization softly crashing over my soul as the waves of Love found their way over the contour of my body. My chest had this magnificent golden Sun burning sheer power into my Being.

I suddenly felt that something was coming toward me from somewhere above me. A powerful Higher Being that I had never seen before appeared in the air above my head. He said in an old wise voice, "*We have been watching you... Welcome!*" I felt him touch the back of my head which sent shivers of energy up through my spine at the sudden surprise of such a significant Being actually touching me. I was high enough for them to actually touch. This is what it felt like to be Enlightened and it was incredible. At this very moment in time I knew I had achieved exactly what I came here to do and Archangel Uriel was absolutely beaming at me.

A thought suddenly crossed my mind, and I said, "*Archangel Uriel, why the hell am I sitting in a jungle?*"

Archangel Uriel started laughing as he said to me, "*No particular reason.*"

Fin.

MESSAGE FROM JESUS CHRIST

13th June 2012

“Humanity as it currently exists is going through a transitional phase. We see no bounds other than the limitations humanity places upon itself. In the last 2000 years, I have seen true miracles being birthed from the simplest forms of life. The Love between each other, a hug that can change a person’s day, a gift of gratitude cherished beyond belief. These miracles don’t require God-self realization, all they require is a genuine expression toward God, a genuine expression toward the true nature of the Self. To express Love towards another human being is to acknowledge yourself as the giver of Light. There need not be Angels present but simply a faith you have when you are learned enough to acknowledge another person in need. Humanity is progressing in only the simplest forms of life. We are not here to change the face of the planet but, only to live un-abound to that which manifests hate. To Love thyself and thy neighbor would be to completely immerse yourself into the true nature of God. Humility, honesty and reverence to the Greater Self of this Universe. So pure is the nature of life that we can miss its essence almost every single day. When I close my eyes and take a breath, I do not see humanity progressing beyond the point of God, so why is it that you seek to discover beyond this? We live in a Universe centered upon our Father and Creator and he has a very simple message--“Love thy neighbor and thyself for you are One. All children of Light in a glowing masterpiece. To swirl, to dance, to glow forever you will know.” Hail the message of God our savior for there is none as so great; there will come a time when humanity is free so cherish this adult state. As the Universe comes and forever goes, none shall see it pass, to be gone the day and forever go the Universe will not pass.”

Jesus Christ

MESSAGE FROM ARCHANGEL URIEL

20th August 2012

“This World we live in started in the year 2013, I say this because from an Archangel’s perspective we look at the world going backwards. We do not look at life in linear time, we look at the significant benchmarks of humanity’s consciousness and then dissect how you got there from start to finish. When the World started there was very little we could do besides watch and wait for somebody to express themselves in a way which attracted us. In 2013 a great majority of humanity will be calling upon the Archangels than ever before. The start of humanity existed a very long time ago, in a time and place where Greater Beings incarnated to steer you in the right direction. Soon these days were over and humanity was left to fend for itself. Religion came and mentioned our name, however soon this belief was filtered down by the very cause that created it. I do not stand before you as a temple of Christ, I stand before you as a messenger of God. My sayings come pure, my teachings come pure, there is no longer a need to relay my messages through sentient Beings if you are able to call me yourself. This is the Power of God; the ability to communicate with yourself. To bridge this understanding would mean to accept yourself as God, for there is no other Creator in this Universe. When God Creates, he does so with His own energy. Do not believe you are a product of genetic mutation, you were planned in finer detail than you could ever imagine. I ask those who still care to call upon us. We are here as your Guardians, we do not dictate law, and we do not give you grounds to hurt each other. Believe in the power of yourself. Believe in the Power of God. For there shall be none who oppose God and live to tell the tale.

In such a World, a World where there is no peace and there is no calm in the hearts and souls of those living within it, even God still exists within it. There is no corner of the Universe that has escaped God, God is the Almighty Creator, and even His energy itself respects Him. Learn how to respect yourself beyond the point of Duty, you are a sentient Being with the power of unlocking yourself. You will unlock yourself, only if you respect yourself. If you do not respect yourself, then all manner of Dark

Paths shall await you. There is no self-respect in Darkness, there are only those who learn to live in the suffering of others. Your others are your friends and family members, there is only One family in this Universe. This family respects itself, we do not whore ourselves to the Darkness for the promise of good things. Those who want good things have already lost their promise with God to never accept anything other over themselves no matter where they go. For there shall be a time when the good things of this Universe shall disappear, and the only things left will be those who have accepted themselves as God. If you do not believe you are God, you believe you are something other than God. God is every living thing, and God cannot accept Oneness with those who oppose His rule.

As my final paragraph, I would like to talk about Love. Love is beautiful and Love is kind, there is no harshness in Love. Unfortunately we live in a world where those who abuse their power still do so in the name of Love. The Love we feel is a result of our God-self accepting another as its equal. Misuse of trust abuses their Love and they are left without the necessary keys to unlock the doors in their current Life. Many reincarnate and lose their keys very early on, more common are those that never decide to open the doors with the keys they already have. Accepting a key is not God's final wish, becoming God through the power of mutual Love is by far the most sacred path we can achieve. Humanity will not accept these doors until it believes it is God. "I AM God", "I AM God", how many times shall you repeat these phrases until you stop believing in the commercialization of good things. This is not a question, this is a given task. The True power of Love is to accept yourself and thy neighbor as God, for this shall bring upon Oneness in a world that thinks it is everything else.

God Bless to all those that believe in the True power of Love."

Archangel Uriel

FREE BONUS

Who were you in your previous Life?

What if I told you that it was possible to find out...

Would you go the lengths?

A little while ago I underwent a spiritual journey to discover the truth behind my reality. My journey allowed me to meet some of the most powerful Beings in this Universe and basked me in so much Unconditional Love that I transcended my regular life. Even though I was operating in a much higher frequency, something kept calling out to me amidst the depths of my subconscious mind. I kept experiencing this lingering feeling to venture into my past. I threw myself into the deep end to personally initiate a past life regression. First memories of Ancient Egypt started trickling through the cracks and then a whole myriad of lives began to unfold in this beautiful stream of consciousness that went on to serve as the backdrop of my Creation. My spiritual understanding became accentuated by the wisdom and knowledge gained through multiple lives concentrating upon my current presence. I soon became humbled by the sheer warming beauty of how reincarnation was shaping my process of God-self realization. And then I stumbled across a past life that changed my life forever...

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