

God and the Universe

By

One of Fred's Children

Please read this page carefully

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INTRODUCTION

Human beings seem to sense the existence of an underlying single cause, which they might call God, Allah, Nature, The Light, That Which Is, The Universal Mind or The Absolute. To avoid conflict and preconceived ideas let us refer to it as "The Absolute". Discussion as to The Absolute's existence is pointless as neither case can be proved, the truth can only be found in the actual experience of being The Absolute.

The mind can never know the Absolute, however by applying logic and reason the mind can build an accurate, but limited picture, free from misconceptions and untruths. The application of such logic and reason requires all concepts, beliefs, political correctness and religious dogma be put to one side.

Spiritual Truths require no faith as they can be experienced as true by applying simple techniques available to everyone. These truths are always logical, reasonable and self-evident without any paradox. Many have quoted paradox as a necessary part of Spiritual Truth. This simply is not true. If paradox exists then so does an error in thought. The need to use paradox may be due to a long held concept or belief standing in the way of logic or the required higher logic and reason faculties have not yet awakened. Perhaps the conclusion is untrue.

Before reading this book please put aside all religious or philosophical concepts, beliefs and dogma. If a conclusion does not feel true then stop and ask why or what is it that can not be accepted. If the answer to these questions is based on a personal belief system, then put it aside and read the section again. Sometimes there are many layers of these belief systems that will need to be removed before a single truth can be seen.

The Conclusions drawn in this book will not agree with all belief systems in fact they will not entirely agree with any. With the number and diversity of religious beliefs, and the unknowable nature of their key subject, it is fair to say that none are completely true. After all religions are administered and interpreted by mere mortals. Always remember, the same fundamental truths underlie the esoteric heart of almost all religions.

To receive the most benefit from this small offering it is suggested that it should be read aloud. Read the first chapter then

stop and spend time contemplating what has been read. Then read the first and second chapters, stop and contemplate what has been read. Continue in this manner until the chapter on The Game has been read. The meditation chapters may be read separately.

WHAT

- Q: *Master may I, just for a second, feel the Bliss you experience?*
- A: *You might as well ask to experience the heat of the Sun while sitting on it. It would consume you.*
- Q: *Will you describe the experience?*
- A: *That is simple. It is the sound of a tree falling in a forest, when there is no one to hear it.*
- Q: *But*
- A: *Shhhh! listen.*

There are four words that can be used in defining The Absolute. These words are an attempt to define aspects of The Absolute but are not intended to limit it in any way. The Absolute must have these four attributes to be Absolute. The mind can not know The Absolute, neither can the mind fully understand the meaning of these words. Existing in a Universe of limits, time, space, measurements, cause, effect, change, birth and death the mind can never know the unlimited.

Eternal -: Lasting forever with no beginning or end; always existing; the causeless cause; existing outside all relations of time; not subject to change.

The Changeless One with no trace of time existing always as NOW.

Omnipotent -: All powerful; all mighty; containing all the power there ever was or will be.

Omnipresent -: Being totally present everywhere at the same time; consisting of all presence; consisting of all that is real; existing outside all relations of space.

The formless, infinite whole with no division, with no separation, infinitely large and infinitely small, existing everywhere as HERE.

Omniscient -: All Knowing; having complete and unlimited knowledge, awareness, and understanding; perceiving all things; having infinite wisdom.

Before continuing it would be wise to mention the anthropomorphic nature of man. Man has a tendency to attribute human qualities and character traits to Deities. In fact man, up to and including its ego, is the antithesis of The Absolute. If The Absolute looked like a human, with a beard of course, it would have form, in which case it would not be omnipresent and therefore not

be absolute. If The Absolute acted like a human it would not be omniscient and then God help us all.

With that out of the way what other conclusions can be drawn about The Absolute from these four basic attributes?

1. The Absolute is one and it can not be divided or divide itself. If it were divided what would fill the gaps between the two? As it is all that exists there can be no "Nothing" or anything else to fill these gaps. If it became two, neither part would be absolute. Omnipresence requires that even the smallest part is in fact the whole as it is totally present everywhere at the same time.
2. There can be nothing else possessing any power or might whatsoever. All power and might, regardless of whether man regards it as good or evil, is present in The Absolute.
3. The Absolute, being omniscient, can not make a mistake and must know the outcome of any event.
4. Being eternal, changeless and one The Absolute can have no duality. It must be unity itself without any trace of action or reaction, without any trace of cause or effect and without opposites.
5. The Absolute can have no separate mind. If it has a trace of mind then The Absolute is Absolute Mind. If this be true then any thought, or what passes as thought in The Absolute Mind, must be eternal, changeless and one. It must have no cause and cause no effect, action or reaction. This leads nowhere as The Absolute Mind would be identical to The Absolute.
6. The Absolute can not create, speak, speak through anyone or anything, judge, guide, interfere, kill, destroy, hear prayer or hear anything else. In fact it can not act at all, it IS.

Many may feel like The Absolute has just been severely limited and disempowered. The truth is, the preceding conclusions simply re-enforced its absoluteness. Any limitations are in the minds and desires of those that require an active God. If God can create and act then it can no longer be said to be eternal, omnipotent or omnipresent and if the creation or action turns out to be not absolutely perfect then it can no longer be said to be omniscient.

Later it will be shown there is a major place in the scheme of things for a God of action but not as The Absolute.

Now the logic must be tested against the actual experience of The Absolute. First some rules must be set to ensure the experience is pure. This will be explained fully later when techniques are discussed. For now it is enough to say the mind, intellect and ego must be destroyed first and the experience must be substantial and not fleeting. To destroy means the mind must be cleared of all thoughts, the intellect cleared of all concepts and the ego cleared of the tendency towards separateness (the "I" must be destroyed). If these rules are not applied the memory of the experience will be warped to fit the existing mind set, concepts and ego revealing very little truth.

Those who have this pure experience rarely speak of it as the experience does not lend itself to description. The following however is representative of what has most often been said.

The experience presents as Self and is said to be existence-consciousness-bliss (*sat-chit-ananda*). There is an overwhelming feeling of Self. This Self is not an exclusive self as in separate, but an all inclusive Self both eternal and omnipresent. It can be seen that a pure experience of existence and consciousness without any trace of concepts, including the concept of The Absolute, would present in this fashion. The experience is not like feeling one exists, is conscious and blissful. There is no "one", no "I" to feel this way. The experience is of being existence-consciousness-bliss itself. Many experience a deep knowing where knowledge becomes a single reality, not just a collection of known.

Bliss needs some explanation as the word is inadequate and does not convey the completeness of the experience. It would be better to define bliss as the experience of being love-compassion-ecstasy-peace itself.

For the sake of completeness, and for those searching for The Absolute, it should be noted that another state exists beyond this experience. It should also be noted that no words or thoughts come close to describing this state or the progression to this state however it should be attempted if only to leave some signposts.

The existence-consciousness-bliss-knowledge does NOT cease as it is eternal, however the experience of it becomes deeper and more focused until the experience disappears leaving existence-

consciousness-bliss-knowledge. The awareness is then drawn into the centre of this, as if being absorbed totally and absolutely. This state is known as Absorption, The Calm or The Final Peace.

At this point it is necessary to take a look at how religion portrays God, and the dangers of leaving an anthropomorphic god in the mind of man for a few centuries. So let us throw caution and political correctness to the wind and take a really one-sided look into the pages of The Book. To avoid hurt feelings The Book will be selected at random and shall remain nameless. It should be pointed out that this book, as are many, is claimed to be written by the hand of God and can be taken literally as well as containing deeper meanings.

It is said that God is loving, merciful, jealous, vengeful and wrathful. Jealousy is one of the seven deadly sins and requires a combination of ego and fear. Being vengeful and wrathful requires an ego and fear directed into anger. This is a wonderful start but it only gets worse.

God was jealous as man insisted upon worshipping false gods and idols so he decided to murder every living creature on dry land except for one extended family of humans and two of each animal. Maybe a few miracles or being seen to banish the false gods to the pits of hell might have had the desired effect with fewer casualties.

God was angry and became vengeful when most of the population of two cities would not stop their sexually perverted ways and pay more attention to him. He told the faithful to leave the cities and then completely destroyed both cities and the remaining population. He even murdered all the faithful that turned to look back which seems like a good idea as who in their right mind would leave witnesses to that sort of genocide.

Take a look around today false gods and perverts everywhere. It did not even work.

On another occasion God decided to test a person and told him to take his only son and offer him up as a burnt offering. The man built an altar, put wood on it and tied up his son and put him on the altar. He then took his knife and just as he was about to kill his son prior to burning him a voice said. "Stop you have proved you fear me now I will make you my main man."

Add to this a sprinkling of inhumane laws and the odd plaque, famine and pestilence not to mention the continual threat of burning in hell for eternity and it must be asked Is this a God or a Devil?

This is not sacrilegious or blasphemous. It is the portrayal of God as a sociopathic monster by religions that is both sacrilegious and blasphemous. The fact that millions of educated adults believe this to be truth is the real inexplicable miracle here. Remember what is acceptable for God is acceptable for God fearing Governments.

HOW

*Abide as **that**.*

***This** arises because of the existence of, but is not of or from, **that** and is defined as everything one is cognitive of.*

***That** underlies **this** and is defined as not **this**.*

*¹When **that** becomes **this** re-evaluate **this** and abide once again as **that**.*

*With not the slightest trace of thought or breath abide as **that** and forever be in peace.*

How could The Absolute Unity create the Universe? How can the Universe exist along with The Absolute when The Absolute is all that exists? How does something imperfect and temporary come from something perfect and eternal? These are some of the questions that have plagued the mind of man for thousands of years.

Most western thought requires The Absolute to emanate, think, dream or even a play a game to occupy itself, which somehow becomes the forces required to build the universe. These theories require highly questionable intellectual gymnastics that always seem to end up using human attributes to explain the unexplainable. The usual analogy used is that of the sun emanating light that is of the sun but not the sun. However if the sun were omnipresent then any part or emanation would be the sun. Where would it emanate to?

The Kabala, on which much of western thought is based, contains a truly profound understanding of the universe and human development but leaves a lot to be desired in its approach to creation. The Light which is omnipresent is sometimes referred to as God and sometimes emanating from God. The nature of the Light is to give and share. In order to fulfil its nature it creates from itself a vessel to receive. This vessel then suffers from the "Bread of Shame", which is the shame felt when a person is forced to receive while in no position to give, such as a poor person might feel. The vessel decides it must be allowed to give and share so it draws away from the light. This proactive action creates the "Big Bang" and the rest is history. The act of creating a vessel is considered the only act of creation and all that followed it was unintentional. This is an interesting concept as it acknowledges that the universe could

¹ As awareness grows what appeared to be **that** is in fact a more subtle **this**.

not be created on purpose. It does however require the Light to be imperfect in its desire to give and again in its inability to know the outcome of such an action. Also the vessel which is of the Light seems to be able to feel shame.

Most esoteric thought accepts The Absolute as unity without duality, therefore without action, but is also forced into accepting the reality of the Universe. How are these two opposing realities to be reconciled? It is not logical to try to reconcile the irreconcilable; instead accept it and question the reality of each one. If The Absolute is real then the Universe can not be and if the Universe is real then The Absolute can not be. Which one of these 'realities' is more likely to be unreal?

The Absolute is One, eternal, permanent, unchanging, having no cause, having no end and the pure experience of it always testifies to this. The Universe is made up of many, temporary, always changing, having a cause, having an end and the experience of it is different for every individual. When the mind, intellect and ego of this individual are cleared all that remains is the experience of Self; The Absolute.

At this point in the logical process most will return to reconciling the irreconcilable while muttering "This is absurd I do exist." Although frightening, continuing this logical process can lead to the truth. A major part of eastern esoteric thought considers the universe to be an illusion and the only reality is The Absolute. This knowledge is said to be handed down from an ancient race that once inhabited the earth. This concept has been watered down steadily through the centuries to make it more palatable for those who cannot accept the frightening truth. Now it is said that the Universe appears to be illusionary or is illusionary when compared to The Absolute. Yet those who are the pure experience of Self still testify to the truth. The Universe is completely unreal.

Omnipresence can partially be defined as "consisting of all that is real". Therefore all else that is said to exist must be unreal, illusionary, dreamlike, imaginary or a mirage. The usual analogy used to help understand this is the picture theatre where the screen, the light and the power are The Absolute and what is shown on the screen is the illusion. The depth of this analogy is limited. A more accurate analogy using new technologies will show in detail the magnitude of this illusion called the Universe.

Imagine a strategic life simulation computer game, in which a player starts with a small kingdom and by making wise decisions builds the kingdom into a major power. Now imagine that game starting from absolute scratch with only chaos, with no one to play the game, with no one to watch, with only one game character, with that one character able to create form according to just five simple principles and that one character is convinced it and the game is completely real. Now imagine that game being multi-dimensional, having multiple planes of existence and having the potential to create a universe of Universes.

The Universe arises because of the existence of The Absolute, but is not of or from it.

WHY

Do not ask why. Instead ask. "Who wants to know?"

Why does the Universe exist? Why did the game begin? Any attempt at answering these questions will be doomed to failure as "Why" is an inquiry into the cause. Any search for the cause will end at the first cause which is unanswerable. Why is my nose big? Because your father has a big nose. Why is his nose big? Because his father had a big nose; because of inherited genes; because the universe was created like that. Why was the Universe created? Any attempt to answer the big question will end the same way. Just for fun let's try.

The Absolute discharges power, maybe akin to a super intelligent electrical charge, which has within it the power and intelligence of the game. Why does it discharge this power? Because that is its nature. Why does The Absolute have this type of nature? Because it just does, now shut up and go to bed.

The Absolute has no cause or effect, it is eternal and without a cause and its effect there can be no "Why". Does the answer lie in the experience of The Absolute? The experience of Self is said to be existence-consciousness-bliss; this gives us some idea as to "What". The experience also gives us the knowledge of a laughable illusionary game that is being played out as if it were real; this gives us some idea as to "How". There is not one iota of "Why"; it is as if the question just does not exist.

If it is accepted that The Absolute is Eternal, having no beginning and no ending, then it must be accepted that there is no "Why".

THE GAME

Bring the light of truth within the heart and in that light simply observe. Truly observe without attachment or judgement. Observe the games being played. Observe how one game generates another game that in turn generates another. Observe how those things, once considered so important, are just games.

Slowly you will begin to identify with the observer not the games. The games begin to appear less personal as if you are observing them unfold. When you are totally identified with the observer look outside yourself and you will discover games all around. You will become aware that all you once considered important and in fact the whole of existence as you knew it is a series of never ending games.

Identifying with the observer choose which games you wish to play or choose not to play at all. When you choose not to play the illusion will lift an ecstatic peace will envelop you and you will live experiencing yourself as consciousness. Concepts you once held so dear will become laughable and you will know truth.

Bring the light of truth to this state and you will find that even this is a game. It is as if you are playing at experiencing consciousness. Choose not to play and there will be no you only peace, which is the source of all. ABIDE AS THAT.

Before describing the game in detail a few words are required to clarify the purpose of this section. This is an analogy used to help understand the nature of the illusion we live in and call the Universe. Although much of it can be seen to be true and it has the adaptability to encompass almost all belief systems, it is not intended to be taken literally. To keep explanations relatively simple, only our own Universe will be dealt with.

The game consists of two plane types, the highest or finest usually referred to as the spiritual and the lowest or grossest usually referred to as the physical. There are many spiritual planes, which strictly speaking are not part of the game; they do however have an influence on the game. They are not The Absolute nor are they any part of it but they are influenced by its presence. They can be looked upon as being the outer (maybe inner) fringes or even a buffer zone. The physical planes are the physical, etheric, emotional, mental, intellectual and will. The etheric is included for completeness only. For the purposes of this analogy the etheric will be included in the physical.

Between these two plane types is created the only character, which controls all the lower planes. This character, which shall be called Fred, is the Super-Jiva or Over-Soul. Fred experiences and sometimes influences the lower planes by using parts of itself which are called Jiva or Fred's children. These Jiva become attracted to and possess parts of the lower planes. The word Jiva means ego or separate soul.

The game starts with the creation of Fred and the physical planes. The physical planes exist only as lawless chaos. Barriers are then created between each single plane, between the will and Fred and between Fred and the lowest spiritual plane. This last barrier between Fred and the spiritual planes is much thicker and blocks all experience of the spiritual planes and The Absolute. These barriers are sometimes referred to as curtains or knots. The only true barrier is immediately above Fred the others are barriers only because of the activity in and apparent realness of the plane of awareness. If the awareness is strongly in the physical the emotional and mental are sensed as the physical and the rest unknown. When the body sleeps the emotional and mental become real as the dream state is the emotional state. The barrier above Fred is both the activity of Fred and a true barrier. The five principles or Cosmic Laws, which are the core programming design, are then put in place.

For a brief moment, up until the last curtain was put in place, Fred experienced The Absolute. This experience and the loss of it forged Fred's character and motivation. Fred gained a warped sense of self, in fact the mother of all egos. The pure all inclusive experience of Self was degraded into an overwhelming exclusive sense of "I". From the bliss Fred gained the burning desire to find joy and happiness and the fear of not being able to find this joy and happiness.

A brief synopsis of the game is required in order to better understand the Cosmic Law. The game is played until Fred rediscovers the pure experience of The Absolute and is fully absorbed. The game is weighted very slightly in favour of a successful outcome by using Fred's nature and the Cosmic Law. Fred searches for joy and happiness by creating form expansively, always in accordance with the Cosmic Law. It uses parts of itself (Jiva) to experience and interact with its creation. When a critical

mass of enlightened Jiva is reached Fred will turn the search inward and the creation and expansion will reverse.

Do not confuse Cosmic Law with the Laws of the Universe, such as gravity. These Laws are created only if the play of the game requires them to be.

First Cosmic Law: - The Law of Time and Space. Time and Space are more pronounced the grosser the plane. One billion years on the most expanded state of the physical plane corresponds to one day for Fred and a blink of an eye for the highest spiritual plane. A thought form is created almost instantly however the same form may take years to create physically.

Second Cosmic Law: - The Law of Habit. The more often something happens the more often it is likely to happen. This Law is instrumental in making the Universal Law and all form appear permanent. Planets orbit their sun, electricity flows from negative to positive and set thought patterns are hard to change because of the Law of Habit.

Third Cosmic Law: - The Law of Influence. Influence flows from fine to gross. A thought has an emotional response which eventually results in a physical response.

Fourth Cosmic Law: - The Law of Karma. This is cause and effect or action and reaction. It requires all actions are balanced ensuring a type of harmony. There is no retribution and no good or bad. Seated in this Law is a tally of the current karmic state of all Jiva.

Fifth Cosmic Law: - The Law of Creation. This is better known as the Law of Attraction. The universe (Fred) will create form for every desire or fear dependent upon its strength, clarity and constancy. If only surrender exists then destiny is created. Along with the Law of Karma this Law directs the game towards a successful outcome.

The Law of Creation is currently undergoing heavy publicity throughout the New Age Movement and is universally misunderstood. Its purpose is to stop the outward search for joy and pleasure, kill desire and promote the inner search for The Absolute. It punishes those who have desires or fears with suffering and rewards those that surrender. The stronger the desire, the more likely they are to be fulfilled, the more entangled life gets, the more

attachments are created, the more fear of loss, the more empty feelings after the initial pleasure has gone, the more the suffering. The stronger the fear, the more likely they are to be fulfilled, the more the suffering. Desire and its fulfilment can never result in permanent pleasure and joy; it can only result in loss, attachments, more desire and suffering.

The Four Noble Truths, from the Buddhist teaching, make this point crystal clear and Jesus was not joking when he said. "It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God." It should be pointed out that Jesus would have considered almost all the people in the western world "Rich". Do you own a car, television or more than two pairs of shoes? Do you borrow money from Usurers to fulfil your desires?

A rich evangelist minister, who promotes the idea of wealth in his congregation, was asked by a television reporter "Doesn't the Bible say that money is the root of all evil?" The evangelist minister corrected the reporter with "The Bible says the love of money". If the rest of the verse or the verse before and after were included the real meaning would have been revealed.

⁹But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

¹⁰For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

¹¹But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

Many have been deluded by the New Age Abundance Movement. Suddenly Abundance is good, spiritual and true whereas Surrender has disappeared and for many has become politically incorrect. At last the Movement has found a way of reconciling its thirst for wealth. Abundance of heart and spirit differs from abundance of wealth and lifestyle.

Many believe the universe is infinitely abundant with enough wealth for all. This might be true; however the world is seriously depleted. If Fred requires a big house with a pool to fulfil someone's burning desire he looks locally before he starts manipulating the whole universe. Maybe there is one locally with someone worrying about losing it; great two birds with one stone. This time Fred needs

to find the money for a brand new architecturally designed house. Unfortunately there is a waiting list due to the incessant demands of the New Age Movement. Fred who is always obliging due to his programming decides to use an old, tried and tested standby to get rid of the waiting list. Create a War! This is guaranteed to create lots of spare money and wonderful suffering, great thousands of birds with one stone.

Two months after moving into the new house with a pool the only child drowned, the mother turned to drink and drugs to ease her grief and the father, seeing his wonderful life collapse, killed himself and a class full of children. Be careful what you desire. If the Law of Creation doesn't get you, the Law of Karma will.

Fred will create form for every whim, desire and fear dependent upon its strength, clarity and constancy. If only surrender exists Fred sets to work creating the perfect "exit strategy" a Universe of what is possible is replaced by a Universe of all possibilities. All Jiva share the same destiny, the realisation of truth. This is Free Will and Destiny working hand in hand.

A wonderful friend and teacher, who struggled with surrender for more than ten years while being surrounded by those who promoted fame, riches and abundance, recently said. "Even my wildest desires of ten years ago pale in comparison with what I do today."

Only a fool knowingly uses this Law to fulfil desire. In the knowledge that there will always be fools and in the spirit of helping them suffer more, so as to speed up their eventual surrender, a few suggestions on how to make it really work well are offered.

- Hold a clear picture of the fulfilled desire in the mind. Picture it as already being fulfilled.
- Hold the picture for as long as possible and as often as possible.
- Combine the emotion of having it with the picture.
- Do not be concerned with how it will happen. Just know it will.
- Only one desire at a time.
- Never use this Law for anyone else without their express permission.
- Never use this Law to attract, harm or change another person's behaviour.

- Never check your breasts for lumps regularly. Always check for perfection. Never desire an end to war. Always peace.
- Never desire an end to pollution. Always a perfect harmonious Earth. If you really want to make a difference join in with the Earth Jiva's current desire. The survival of only one Human Being in every thousand and the same for their resource destroying livestock.
- Prayer works well. Fervent prayer works even better. A clear picture combined with prolonged orgasm works really well (for the occultists among us). A clear picture held by the will in deep meditation at the very point of transcendence is guaranteed to work almost immediately. Very few are capable of doing this and almost all those that can are not stupid enough to bother.

The game starts slowly as there is only the influence of the spiritual planes and Fred's desire for form. The basic building blocks of physical form begin to take shape as thought and emotion become more solid. The Universal Laws begin to take shape and become more reliable. Very slowly chaos becomes Law and form.

Once the building blocks for this Universe are more defined the speed of creation increases. Creation becomes a matter of replication on an increasing scale. As the Universe expands a Galaxy starts to take form with Suns and Planets. Jiva begin to be drawn to form and adaption by thought begins.

The expansion of the physical universe continues as the older systems begin to change form and become more complex due to the influence of Jiva and in accordance with the Cosmic Laws. The Universal Laws and so called constants are modified as the older systems become more physical or grosser. Civilisations come and go; billions of star systems are created all due to Fred's desire and fear.

At the end of the Sixth day Fred takes a breather and inspects all that he created. Brimming with pride in his work and feeling godlike he felt happiness and joy and was well pleased. As he focused closer on the beings he created, he noticed that they were not thankful and did not praise him as their God and creator. He became angry as he noticed his happiness and joy had slipped away. He became obsessed, believing his happiness and joy to be

dependent on being worshipped. He searched the entire Universe for thankfulness and praise, finding none he swore vengeance on all who failed to worship him as their God.

For seven days he imposed his will on his creation causing misery and suffering while promising love and never-ending life. At the end of the seven days he began to understand; the extra suffering made his creations turn inward and soon they would disappear. Thousands of civilizations had been born, populated with Jiva, suffered, turned inward and disappeared. His obsession stopped him from seeing the truth; the civilizations had found Self, The Absolute and refused to play the game.

Fred turned his attention to a little blue planet where two previous civilizations had come and gone but the third seemed to be particularly thick. They seemed to be able to suffer endlessly and only a handful had left. For a few minutes he played but found it empty. He sensed something was changing inside him. He no longer found joy in being worshipped and no longer found anger in not being worshipped. He began to question his desires and fears. The millions of absorbed Jiva were finally having a noticeable effect. Well that brings the history of Fred up to date. What of the future?

The manner in which Jiva inhabits form is quite complicated and requires some explanation and simplification. A rock is part of a mountain, which is part of a planet, which is part of a solar system etc. This rock which has very little self-awareness requires very little Jiva for itself. The rest is invested in the mountain, planet and solar system. A bee which is more self-aware requires more Jiva with the rest being invested in the hive, planet and solar system. A dog requires more Jiva still with the rest being invested in the pack or family, planet and solar system. Man being mostly self-aware requires almost all the Jiva with a little invested in the family, less in the country or tribe, less in the planet and even less in the solar system. The planet's Jiva is therefore made up of all the Jiva invested in it whether from a rock, bee, dog or man.

The Jiva is drawn to the object or being most compatible with the tally of its current karmic state. As the tally of its karmic state improves it is drawn to more complex, self-aware objects or beings. The Jiva progresses through minerals, flora, insects, fish, mammals, man and possible more spiritual beings. A Jiva, being part of Fred, contains Fred's sense of "I", desire and fear.

The human form is more equipped for self-awareness so the human Jiva develops quicker. After a few stints in human form a major change begins to take place. In animals the "I" tends to be centred on protecting the animal and the survival of the species. In humans the "I" shifts from protecting the form it inhabits to protecting the "I" itself, although the Jiva still associates itself with the form. Desire and fear become more prominent leading to the Jiva taking enormous risks to gratify itself or protect itself from emotional hurt. Some Jiva will do almost anything to increase their sense of "I-ness" and others would rather the form die than suffer any more emotional pain.

The Jiva slowly grows more mature; its desires change becoming more refined, altruistic, artistic or spiritual. The "I" always becomes stronger, more subtle maybe, but always stronger. Eventually, even these finer desires are seen as fleeting and it begins to realise that any desire inevitably leads to suffering and more desire. Having always searched outwards in the realm of form it turns the search for happiness and joy inwards, only to find a monumental battle with itself. If it wins this battle and discovers the true nature of self it is no longer drawn to form.

The form and its Jiva have a new master, this time a master with no demands, desires or fears. The Jiva, will, intellect, mind, emotional and physical are filled with the presence of The Absolute. Upon the death of the form the Jiva is drawn to the spiritual plane most akin to the depth of its awareness of The Absolute. The Jiva need not play any further part in the game however, it is and always will be part of Fred and therefore will influence Fred's overall awareness. There is of course a type of subtle game in the spiritual planes but this is well outside the scope of this book.

The Earth Jiva is old and wise, having had almost all of two previous civilisations of self-aware form ascend. It is now undergoing a major shift of its own, however before this can be completed it must bring itself back into harmony. It is currently saddled with over six billion of its current self-aware form, called humans, and their paraphernalia. These humans rarely turn inwards and when they do they get totally entangled by their Jiva becoming more subtle and pretending to be spiritual. This state has become so prevalent that a sub-species has been created with the scientific name "Spirituaus Masturbatuaus". The members of this sub-species

delight in feeding their Jiva, by the creation and distribution of thousands of subtle concepts based on ancient knowledge and packaged with lies and half-truths. Each and every new concept is a nail in the coffin of ascension.

In the whole of their existence less than a thousand of these Humans have ascended and less than a hundred of these have truly been absorbed. The earth must shake these fleas from its back in order to bring itself back into harmony. The Earth willed the seeding of these Humans; it is now willing their destruction.

In fifty years a billion of these Humans have managed to virtually guarantee their own races destruction by raping and polluting the Earth. Just to make sure, there are now another two and a half billion hell bent on doing the same. Maybe it is already too late. The only question that remains to be answered is will the Earth's desire take form before the Planet becomes uninhabitable. Maybe the two possibilities are in fact the same!

This shift in the Earth Jiva along with other pending Universal shifts will most likely bring about the critical mass of ascended Jiva required to turn Fred's search inwards. For the first few hours, until the inward search is stable, Fred will tend to be drawn outwards again and again making for a Universal roller coaster ride. When Fred searches outwardly he continues to create form, expand and become grosser but when he searches inwardly the Universe is drawn in becoming finer. Over the next few days Fred will be drawn deeper and deeper into himself, drawing the Universe inwards to its point of origin. Finally Fred will fully experience The Absolute becoming absorbed at which point the game ends.

This computer game analogy fits well with most universal and religious scenarios. The Universe was created by Fred who sees himself as God the creator. He answers prayers, demands worship, has a presence in everything, is our Father and is quite capable of jealousy, vengeance, wrath and even love. Many of the world's thinkers consider the only Devil possible is that part of human nature which is concerned with self-interest. In this case the Jiva are demons and Fred is the Devil. Evolution will fit both as the survival of the fittest and evolution by desire becoming form. Fred only creates form when the picture of the desire becomes complete. It might take millions of thoughts and thousands of years for a major

thought form to be complete, clear and dense enough. This fits nicely with the theory of evolution by leaps.

Apes did not evolve into Humans; no missing link will ever be found. A long time ago creative creation was replaced by replication followed by adaptation by desire. When this planet desired a new self-aware species it was replicated from elsewhere, maybe in a modified form. Fred would then use the most effective method possible to ensure this form was in the right place at the right time. It is possible many attempts were made before a suitable one was found. Advanced Apes might have been used in the seeding process, so might orca, even little green men in their spaceships might have played a part; only Fred knows.

What a strange game! Only a game could bring about a situation like we see today. A planet populated by self-aware beings, living an absolute lie and hell bent on their own destruction. A large percentage of these beings profess to believe in an absolute God but worship and describe Fred, who can only be described as a character in a game taking on the appearance of a Devil-God. Can the rest of the Universe be like this?

The strangest thing about this game is it has no screen. No one will ever see the final display. After all who or what is there that could watch it?

Game Over

☺ Congratulations Fred ☺

You are the 985,862,578,125,546th Character to Finish
Total Time Taken 0.567383628 seconds

The Game will Restart when the Final Character Finishes

MEDITATION

This chapter will set out the fundamentals of meditation and give some guidance through the higher states of consciousness. It applies to all true meditation techniques as they all lead to the seat of the Jiva. Some specific techniques are given in later chapters. It is suitable for beginners and experienced meditators alike, but it must be understood that it is written in the knowledge that the only purpose to life, the only destiny for a self-aware being, the only worthwhile occupation is to find truth and realise The Absolute.

In the chapters on meditation "The Absolute" will be replaced by the word "Self" in order to stress the difference between the illusionary exclusive experience of "I" and The Absolute inclusive experience of "Self". The experience of The Absolute presents as Self; the Self is not to be considered as merely part of The Absolute.

The illusion is perceived as real and can be enormously seductive, especially in the Western world. The world is littered with the souls of seduced guru's who underestimated it. The Jiva is strong, devious and will go to almost any lengths to protect itself. This experience of the illusion has been a habit for many lifetimes and only another habit equally as strong will break it. It requires many hours of deep meditation and twenty-four hours a day of mediative attention to break this habit. The Jiva must be destroyed. Make no mistake; there is no room for the "I" in truth. It is the Jiva that blocks the way to truth. Remove it and all that is left is Self.

The Jiva is the "I". The "I" thought proceeds and is the cause of all thought. The body and the emotions are forms created by the Jiva to experience joy; the mind is a form created to facilitate thinking and is simply a group of thoughts; the intellect is a form which analyses thought, creates concepts and makes judgements; the will is a form created to direct the others to concise action.

Influence flows from fine to gross. None of the creations of the Jiva can destroy it. The emotions influence the body; the mind can be used to influence the emotions; the intellect can quieten the mind; the will can eliminate judgements and concepts from the intellect; but only the blissful experience of Self can rid the Jiva of the "I". What a dilemma; Self can not be experienced while there is an "I" and the only thing that can eliminate the "I" is the experience of Self. Thankfully meditation comes to the rescue.

Meditation guides the awareness to the seat of the Jiva; the very point where the "I" arises by using a wave like process. When a single thought is held for a while the Jiva is temporally transcended and the Self is experienced. These transcendental experiences will slowly increase awareness, strengthen truth and weaken the hold of the Jiva. The beginner will only notice lost time as their awareness is not fine enough to experience beyond the Jiva. As their awareness becomes finer they will be aware of more and more of the experience. The same is true of sleep. Most people are slightly aware during the dream state but have no awareness during deep sleep, when the Jiva rests. The experienced meditator however will maintain a mild awareness of existing even during deep sleep. The fully aware person is aware of Self regardless of which state the Jiva and its bodies are in.

For new meditators start with one hour per day, slowly increasing to eight hours or more over three or four months. The remaining hours in the day should be filled with meditative attention. The following is a table outlining hours of meditation, benefits and observances required. Consider the benefits as a guide only, as the results are based on karma and the clarity of the practise. The observances are a must as they guarantee physical, emotional and mental safety as well as clarity of practise.

Hours per Day	Benefits	Observances
Up to 1	Some stress relief; calmer mind; minor changes in awareness.	No Drugs No Alcohol within 8 Hours
Up to 2	Major stress relief; calm mind; slow expansion of awareness.	As above Vegetarian; no garlic, onion or strong spices
Up to 4	Absence of stress; quite mind; real awareness of transcendent states; Universe noticeable harmonizing around practise.	As above No Alcohol at all No eggs Harmlessness
Up to 6	Violent swings between profound peace and anger at what seems to break the peace.	As above Celibacy (Recommended)
Up to 8	Higher mind enabled; stable profound peace; glimpses of Self.	As above Silence (Recommended)
Over 8	Growing adherence in Self; leading to intuitive knowing and abidance as Self.	As above

Sit on the floor, a firm cushion or mat. The body can be elevated by up to 5cm if required. If a back support is required use only on the lower back at the base of the spine. Place the heel of the left foot under or just in front of the perineum (the perineum is immediately in front of the anus). Place the right foot, sole facing up, on top of the left ankle, left calf or even in front of the left foot. Keep the back erect and very slightly tuck the chin in. If the outside of the knees and thighs are off the ground a great deal of suffering will be experienced until they drop. Placing the heel under the perineum will slowly decrease the sex drive. If this is not required then place the left heel slightly to the right. If a chair is absolutely necessary then sit towards the front, without using the back support, and keep the knees as wide apart as possible. Often it is better to sit facing the back of the chair, with the knees either side. Kneeling meditation stools are not suitable.

Meditation must always be practised innocently, with no desire for a result. Never chase after or try to recreate an experience from a previous meditation. The intellect will constantly analyse the type and order of the experiences so as to remember the path or even find a quicker path. It will constantly want to try different variations, which inevitable lead to dead ends or round and around in circles. Be innocent always and stay with the technique. If the intellect takes over, stop and return innocently to the technique.

Thought is not the enemy; it is part of the natural progression of meditation. Thought is the end result of the wave process of concentration, contemplation and transcendence, mentioned earlier. There are two main theories as to why this occurs. The first theory suggests the transcendental experience causes stress to be released and the result of this physical release is mental activity. The second suggests the new understanding gained by the transcendental experience forces the subconscious to re-evaluate its data ejecting the false and sorting the rest. Either way it can be seen that the greater the benefit, the greater the thought. The thought can last from a few minutes to months. Each time a thought arises accept that the technique has been lost and innocently return to the technique. Some techniques have their own method of handling thought; which ever method is used thought does not remain a problem forever. These thoughts are rubbish regardless of how wonderful they seem. Never let even a single thought through

without using the designated method. In seconds a single thought can become the mind.

Basically there are two types of experience encountered in meditation. The first type is due to the movement of subtle energies. These energies are not physical in nature however the experience can be extremely physical, ranging from excruciating pain to ecstasy. The body will soon learn that clamping down on these energies will intensify the experience. This should not be allowed to become a habit as it will be hard to break. Always relax through these experiences, innocently returning to the technique. When relaxed the energies will flow much easier; constantly relax any part of the body that is tense, especially the eyes, the face and the hands. The intensity of the experience is totally unimportant however the movement of the energies is enormously important.

The second type is transcendental in nature. A meditator with eyes closed suddenly becomes intensely aware of the room he is in. The picture is vivid and he and the room are within him. This is an experience of Unity Consciousness, which is said to be second only to The Absolute. Don't get excited, the experience was over the instant he (his "I") realised he was having it. He could only experience a comparatively dim memory of the actual experience. All experiences whether physical or transcendental are unimportant; acknowledge them, relax and return to the technique. Never try to find them again.

Many regular meditators, who practise one or two hours daily, complain that the strong experiences they once had have stopped. Those strong experiences are now close to their normal living awareness, which makes them appear weaker, and the growth in their awareness is now gradual.

Sometimes the body, which is normally still, will begin to move on its own. Do not stop it; do not help it; do not concentrate on it; do not worry about it; do not enjoy it; simply continue with the technique. These movements can vary from gentle rhythmical movement to strong stretches. They will include, but are not restricted to, movement of the pelvis, hips, chest, arms, shoulders, throat, neck, head and eyes. These movements are in response to subtle energy flows and are nature's way of preparing and harmonising the Jiva's various bodies. Do not confuse subtle with gentle, these energies can be powerful and sometimes destructive.

This seems like a good place to warn of the dangers of not maintaining a strict vegetarian diet. The various bodies of meat-eating Jiva are too gross to adequately sense and allow unrestricted passage to these subtle energies. These energies are sensed only as heat and do not move well, causing blockages. Physical damage can be caused at the site of the blockage and sometimes the build-up of pressure will cause a super heated blow-out damaging the entire nervous system. All meditators practising longer than one hour should be completely vegetarian. If, like a well known spiritual leader, a doctor suggests the eating of meat is essential, change doctors or stop meditating. Prolonged meditation, using the techniques mentioned later is perfectly safe for those that follow the observances. A spiritually inclined occasional meat eater, who practises yoga or a similar discipline every day, might get away with two or even three hours of meditation a day but there are no guarantees. It is however, guaranteed that more than three hours a day will eventually do serious damage.

Reserve a quiet place for meditation free from distraction. Limit the use of that place to meditation only. Wear loose comfortable clothing and prepare mentally for meditation before sitting down. Sit in a suitable position, as discussed earlier, gently close the eyes and innocently begin the technique. Do not let the mind roam through the day's events, begin the technique immediately. Do not hold the technique too tightly or else the wave process will be inhibited, hold it innocently. If the legs go to sleep either ignore them or stretch them out, one at a time, without losing the technique. Never jump up to answer the phone or door. When it is time to finish; don't. Take a few minutes to slowly open the eyes while continuing the technique. If the meditative attention technique used throughout the day differs from the meditation technique, slowly change the awareness accordingly. When the meditative attention technique is established with the eyes open, slowly stand up and go about daily life always with meditative attention.

Before continuing it would be well to take a quick look at what needs to be done in order to prepare the way for the pure experience of Self. The Jiva and all its bodies must be prepared. The nervous system must be prepared; tens of thousands of nadis (subtle energy channels) need to be cleared; hundreds of chakras need to be activated and spinning merrily; the mind must be cleared of

all thoughts; the intellect cleared of all concepts and judgements; the kundalini needs to be activated and maintained; the higher mind and intellect activated; the ego cleared of the tendency towards separateness (the "I" must be destroyed). The practice of a true meditation technique is all that is required to complete these requirements. Only a true meditation will safely complete the tasks as and when they are required.

Drugs, religious fervour without adequate discipline and guidance, mass hysteria, breath control or retention, some kundalini practices, some tantric practices, self deprecation and physical abuse are some of the better known methods that may bring about a fleeting experience of Self without the adequate preparation resulting in, at best a warped memory of the experience full of concepts and judgements, at worst death, serious injury or permanent psychosis.

ADVANCED MEDITATION

Is a Guru's Grace required? A Buddhist belief held by many speaks of four worlds or planes. The third of these worlds is said to be impossible to navigate without the help of a realised being. It is enormously subtle, highly complex and appears completely dark. This third world relates to the higher states of awareness prior to being established in Self. The Hindu scriptures, containing volumes of intricate descriptions of the path, also insist that a Guru's Grace is required. On the other hand we have the teachings of Bhagavan Sri Ramana Maharshi, perhaps the foremost Saint of the last century. He insisted on people understanding that the so called enlightened state was not a mysterious state or something to be sought; it was in fact the natural state of being and existed regardless of a person's awareness of it. It was only the Jiva's false identification with itself and its bodies that needed to be rectified. Find the seat of the "I", the very place it arises, and the "I" will vanish, leaving only Self. A more expanded version is:- By inquiring into the source of the "I" or by another true technique, the Heart-Cave will be found. The Heart-Cave is the seat of the "I" and the Self. When the ego-knot (Hridaya granthi) is cut, by correct means, a force-current rises and goes up the passage called the nerve of immortality (Amrita Nadi), to the crown of the head (Sahasrara). All else will be done by the presence of the Self, which will draw the awareness into the Self via a tiny hole in the centre. The Heart-Cave is not part of the physical body and is not a place to be meditated upon; it will however be found two digits to the right of centre. When asked if a Guru's Grace was required he would answer. "Yes". But go on to explain that a true Guru was in fact the embodiment of the Self (The Absolute) and that it was the Self's Grace that was required. The above are not exact quotes but rather a summary of the teaching.

Where does the truth lie? It is essential that the serious meditator has a clear understanding of the nature of this awareness, so let's slow down and bring some clarity to each point. Earlier in the meditation experience the awareness of these states was either nonexistent or a mild awareness of their existence only. Once the Heart-Cave is reached the awareness becomes graphic, even super-sensitive. The technique is sometimes not available, as the will has been transcended, leaving the meditator alone and unsure.

The very foundation of life is constantly being switched back and forth from the Jiva based control, with a subject and an object, to the Self with no control only existence. The higher mental and intellectual faculties are being awakened, by a force-current rising up the nerve of immortality, causing the destruction of long held concepts and the opening of a new way of knowing without thinking. Add to this some enormous shifts in energy and the odd kundalini movement and it can be seen that a bumpy ride is guaranteed. Or can it!

Sri Ramana was still a teenager, with no spiritual training whatsoever when he became Self-Aware. His Father died and while the rest of the family were mourning he became fascinated by death. He was determined to understand and experience death for himself. As his heart and breath stopped he became aware of another heart which pulsed on the opposite side and was Self. He became aware of the Self as being real, natural and eternal and realised the false nature of the "I" and the body. This all took no longer than twenty minutes. He did not know he was enlightened, he had never heard of such a thing, he merely thought it was natural growth in understanding. It was not until much later, when people began to ask him to explain religious and spiritual concepts, that he realised it had a name and was sought after as the pinnacle of awareness.

Each and every person arriving at the Heart-Cave, with awareness, has already successfully travelled the path to the Self thousands of times before. Every few minutes the trip is made, during those transcendent moments, even though there is no or very little awareness. Maybe the trip is successfully made because there is no or very little awareness. Maybe the only problem is the expanded awareness of the intellect as it strives to understand and control. Maybe this causes a loss of innocence. The truth is it is a simple trip taken many times in one sitting always in a wave motion. Each wave appears different to the last because of the growth in depth and subtlety of the experience. The intellect sees only a linear progression of conflicting experiences, seemingly leading nowhere.

The following is a rational explanation of the first stage of the trip through the higher states of awareness. The explanation is structured so as to improve the logic slightly, whereas a normal experience tends to mix the groupings. From this it is hoped that the

process will become clear and the apparent confusion will be explained and discarded. This type of explanation is often taboo in spiritual circles as it is considered unwise to intellectualise the meditative process in case it results in the loss of innocence and the empowerment of the intellect. In a perfect world all meditators would maintain their innocence and the intellect would submit easily. In this world there are many meditators stuck in this endless search unable to see the simple truth. In the light of this information please take the following warning seriously. The following is written using an intellectual point of view in order to simplify the process. The process will not work unless done innocently with the mind and the intellect well under control. The actual experience will be different as the intellect will not be analysing each step.

If the "trip" analogy is kept, the Heart-cave is like a base camp, which once entered becomes the starting point for the waves. All legitimate meditation techniques will bring about the destruction of the Jiva. They must therefore merge at this point. The activation of the nerve of immortality will open the higher mind and intellect, which will result in the experience of realisations. They are not thoughts or conclusions drawn by the intellect; they are realisations of truth. They are a complete package of knowledge, which is invariable funny, even hilarious. The humour relates to the comparison of truth with commonly held beliefs or concepts. The true knowledge, the concept(s) and the joke are instantly realised without any linear progression. It does not matter how many times the truth has been read or heard before; the realisation is always overwhelmingly new.

All concepts must be removed in this way. Concepts seem to be stacked in the mind, the first being the concept of "I". If any of the more basic concepts are cleared all that rely on them will also topple. Be prepared as some of these concepts relate to the very core of existence as it is known. The concepts of right and wrong, good and bad, family values, work ethics, love, hate, time and space are some of the more basic. Spiritual values, the path, compassion, meditation, God, Self, The Absolute and even Absorption are some of the more subtle. There is no sense of loss only a sense of freedom.

This "base camp" is experienced as having no set dimensions, no inside or outside, no up or down, a finer and more permanent

awareness and appears to be slightly to the right of the bottom tip of the breast bone. During this trip Kundalini movements and realisations are not uncommon.

As the chosen technique is continued the awareness is drawn towards the Ego Knot. When the knot is first encountered it actually feels like the awareness is pushing through a knot. As the awareness passes through, the knot appears to ascend upwards towards the crown leaving the awareness of another knot to pass through. This can happen many times. The experience is of knot after knot; however the actual experience is quite different. As the knot is passed through the awareness begins to be lost so the force-current rising to the crown appears only as the knot rising. The awareness is then totally lost for the rest of the wave.

Eventually a pulse is found. The knot is not lost it remains as a "pressure" needed to find the pulse. The awareness is drawn to the centre of the pulse at which time the pulse seems to rise to the crown, leaving another pulse. The experience of the pulse gets stronger as more are encountered. The pulses begin to take the place of breathing. The experience of the pulse changes; it appears as if the awareness is being drawn into the very core of the pulse. At the core of the pulse the breath stops and the force-current rises. After a feeling of ecstasy another pulse is found. In this case the pulse is simply a clearer experience of the knot. The same wave is always taking place. This time the awareness is deepened and the force-current, some ecstasy and the feeling of being drawn deeper are experienced before the awareness is lost. As this stage deepens the pulse will replace the breath. Do not force the breath to stop.

In time at the very core of the pulse a definite and real sense of "I" will be experienced. This "I" is experienced as a thing not as a feeling. The pulse is not lost but can be felt as though it were a vessel holding the "I". The awareness is drawn into the centre of the "I". The force-current rising to the crown is much stronger, the "I" disappears and the feeling of ecstasy continues while being drawn into a peaceful darkness. Another "I" is found with similar and sometimes more profound results. These are waves of the same experience, only with a clearer awareness than the pulse or the knot. The awareness is refined enough to experience the force-current and the peaceful darkness but not what it contains.

When the "I" seems to be found so often, that there is not the slightest trace of the "I" left, a profound realisation of the nature of the darkness is gained. The darkness or nothingness is only so because it is being seen from the Jiva's point of view. The "I" can not penetrate or exist in this "nothingness" as it is the eternal Self and the unreal cannot exist in the real. All of a sudden an "I" arises as if from everywhere but at the same time nowhere. It is as if the "I" lies buried or concealed in every atom of the being. It is forced to rise in order to stop its own destruction. It is enormous, it is powerful, it is shocking and above all terrifying. The "nothingness" is immediately transformed into the "Abyss"; a terrifying endless nothing. At last the seat of the Jiva has been found. Dive in, hesitate or run. Diving in results in the unveiling of the true nature of the "Abyss" and the last "base camp" is reached. Both of the other options result in the loss of the meditative state and many days of shaking with fear. The above is the worse case scenario, often encountered on the first visit. It entirely depends upon the Jiva's readiness to except its own destruction. In an advanced Jiva the terror is replaced by a sense of relief.

This example was written as if it all took place in one sitting. This is most unlikely as it will probably take many meditations to push through the knot to find the pulse. When this happens future meditations might only require a single experience of the knot before the pulse is encountered. In this way, eventually it becomes easier and quicker to reach the seat of the Jiva. In some aware souls the pulse is strong and maybe sensed well before the Heart Cave. The first few real experiences of the "I" may cause intense pain. Relax and stay with the technique as they will soon pass.

Be innocent; practise the technique until the will to practise it no longer exists. When the will returns practise it again until it is lost again. Do not hold tightly to the technique as it only inhibits the transcendence. At the first sign of the intellect, use the technique to halt it. Be vigilant; never let the intellect get a grip. Do not hesitate always dive into the "nothingness" and surrender even when it appears as the "Abyss".

Both deep meditation and continuous mediative attention are required. If mediative attention is not practised it might take as long as two or three hours of deep meditation to find the Heart Cave again after an overnight break in meditation. If continuous mediative

attention is practised it might be as short as ten minutes. The tendencies of the mind, intellect and "I" return quickly until the experience of Self becomes permanent.

Not much can or should be said about the last stage. Realisations and strong Kundalini movements are common place. In the early stages a sense of helplessness can be experienced as the meditation technique no longer exists and there is no one left to apply it. If the truth be known the residual of the Jiva is still present with its tendency towards control. If any attempt is made to analyse or control the experience, the experience will be lost. In theory waves of blissful awareness becoming ever finer until the permanent experience of Self; existence-consciousness-bliss is realised. Eventually the experience of experiencing it is lost and only Self; existence-consciousness-bliss; Absorption remains. **Abide as That.**

SELF INQUIRY MEDITATION

This is known as the direct path. Instead of using a more common indirect method, such as a mantra or concentration, a direct and continual inquiry into the whereabouts of the seat of the "I" is made. This meditation was introduced to the world by Bhagavan Sri Ramana Maharshi.

Sit in meditation and innocently bring your attention inwards directed at the self; the person doing the meditation. Ask yourself. Whence am I? Let the "I" linger and concentrate on the feeling of "I-ness". If a thought arises inquire of the self. To whom does this thought occur? Where does this thought stem from? Who is this "I" that wants to know? Trace the thought back to the place it arose. Continue to respond to each and every movement of the mind in this manner. These are not mantras; they are serious inquiries and should be followed to the answer. Pay special attention to any thought specifically about the "I", such as "I have an itchy nose". When the mind is quite return the attention to the self and continue the inquiry. Whence am I? The mind wants to think and will get quite annoyed when it is not allowed to in this way. Be persistent, never allow a thought to complete and the mind will soon come to heel.

The purpose of this questioning is to still the mind and find the actual experience of "I-ness". When the "I-ness" is felt stop the inquiry and focus the entire awareness on the "I-ness". Do not try to trace its origin, simply let the directed awareness penetrate the experience. If the experience of "I-ness" is lost return to the inquiry until it is sensed again. Eventually the experience of "I-ness" will be easy to find. When this happens and the experience is lost, find it again and place the entire attention on it. The experience is of a continuous "I" feeling. The mind sometimes creates repeated thoughts of "I" instead of the continuous feeling of "I-ness". If this happens gently stop the thoughts and find the "I-ness" lingering within the thought. Persist with this as this type of mind really wants to find the feeling and if cannot it will create an artificial one. Sometimes it is easier to find a "ME-ness"; this is fine as it will eventually become the "I-ness".

Make this continual experience of "I" and the questioning of each thought a habit. Practice it all day, even in sleep, and it will become second nature.

SURRENDER MEDITATION

If all that can be surrendered is surrendered only the Self remains.

Sit in meditation and innocently surrender. Do not surrender to anyone or anything, just surrender. Surrender the body, emotions, thought, intellect, will and the "I". Immediately something comes to your attention surrender it. Surrender concepts, intellectual analysis, ideas, visions and insights. It does not matter how solid it is, surrender it. If it can be surrendered then surrender it.

If you have troubles surrendering something then try dissolving its form. If you have trouble dissolving its form then find the part of you that recognises the form and dissolve that. The nature of the Jiva is to create form. It not only creates form outwardly, as in the Universe, but inwardly as in thoughts and even parts of itself that do things. It will create a form for the part of itself that surrenders and another form for the act of surrender itself; surrender these.

Use this technique night and day. Surrender the results of actions, worries, goals, desires, hates and fear. When all is surrendered then surrender the concept of surrender itself. The only way to do that is by being absolutely surrendered.

SMILING MEDITATION

This meditation is wonderful for beginners. It might take a little longer to reach the Heart-Cave but very little can go wrong.

Sit in meditation and innocently smile. Place the entire attention on the smile. Be aware of the entire smile, especially the eyes. Continually make sure you are actually smiling. Every now and then check the eyes and mouth are relaxed. If any thought arises, recognise the mind has wandered and innocently place the entire attention back on the smile. The smiling eyes are the key. Once the eyes smile permanently and brightly the whole being begins to smile and the dynamics of the meditation change. If you become aware of the intellect analysing the experiences remind yourself that the entire attention needs to be on the smile and innocently direct the intellect to the smile.

The Jiva will create a smiling form, usually in front of the actual physical smile, which the attention will switch to. When this happens switch the attention back to the actual physical smile. This technique will result in a lot activity in the heart and joy centres, from the bottom of the breast bone to the upper chest. Do not let the attention wander from the physical smile; become the smile.

THE END

God and the Universe

By

One of Fred's Children

Please read this page carefully

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SMILING MEDITATION

This meditation is wonderful for beginners. It might take a little longer to reach the Heart-Cave but very little can go wrong.

Sit in meditation and innocently smile. Place the entire attention on the smile. Be aware of the entire smile, especially the eyes. Continually make sure you are actually smiling. Every now and then check the eyes and mouth are relaxed. If any thought arises, recognise the mind has wandered and innocently place the entire attention back on the smile. The smiling eyes are the key. Once the eyes smile permanently and brightly the whole being begins to smile and the dynamics of the meditation change. If you become aware of the intellect analysing the experiences remind yourself that the entire attention needs to be on the smile and innocently direct the intellect to the smile.

The Jiva will create a smiling form, usually in front of the actual physical smile, which the attention will switch to. When this happens switch the attention back to the actual physical smile. This technique will result in a lot activity in the heart and joy centres, from the bottom of the breast bone to the upper chest. Do not let the attention wander from the physical smile; become the smile.

THE END

SURRENDER MEDITATION

If all that can be surrendered is surrendered only the Self remains.

Sit in meditation and innocently surrender. Do not surrender to anyone or anything, just surrender. Surrender the body, emotions, thought, intellect, will and the "I". Immediately something comes to your attention surrender it. Surrender concepts, intellectual analysis, ideas, visions and insights. It does not matter how solid it is, surrender it. If it can be surrendered then surrender it.

If you have troubles surrendering something then try dissolving its form. If you have trouble dissolving its form then find the part of you that recognises the form and dissolve that. The nature of the Jiva is to create form. It not only creates form outwardly, as in the Universe, but inwardly as in thoughts and even parts of itself that do things. It will create a form for the part of itself that surrenders and another form for the act of surrender itself; surrender these.

Use this technique night and day. Surrender the results of actions, worries, goals, desires, hates and fear. When all is surrendered then surrender the concept of surrender itself. The only way to do that is by being absolutely surrendered.

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INTRODUCTION

Human beings seem to sense the existence of an underlying single cause, which they might call God, Allah, Nature, The Light, That Which Is, The Universal Mind or The Absolute. To avoid conflict and preconceived ideas let us refer to it as "The Absolute". Discussion as to The Absolute's existence is pointless as neither case can be proved, the truth can only be found in the actual experience of being The Absolute.

The mind can never know the Absolute, however by applying logic and reason the mind can build an accurate, but limited picture, free from misconceptions and untruths. The application of such logic and reason requires all concepts, beliefs, political correctness and religious dogma be put to one side.

Spiritual Truths require no faith as they can be experienced as true by applying simple techniques available to everyone. These truths are always logical, reasonable and self-evident without any paradox. Many have quoted paradox as a necessary part of Spiritual Truth. This simply is not true. If paradox exists then so does an error in thought. The need to use paradox may be due to a long held concept or belief standing in the way of logic or the required higher logic and reason faculties have not yet awakened. Perhaps the conclusion is untrue.

Before reading this book please put aside all religious or philosophical concepts, beliefs and dogma. If a conclusion does not feel true then stop and ask why or what is it that can not be accepted. If the answer to these questions is based on a personal belief system, then put it aside and read the section again. Sometimes there are many layers of these belief systems that will need to be removed before a single truth can be seen.

The Conclusions drawn in this book will not agree with all belief systems in fact they will not entirely agree with any. With the number and diversity of religious beliefs, and the unknowable nature of their key subject, it is fair to say that none are completely true. After all religions are administered and interpreted by mere mortals. Always remember, the same fundamental truths underlie the esoteric heart of almost all religions.

To receive the most benefit from this small offering it is suggested that it should be read aloud. Read the first chapter then

SELF INQUIRY MEDITATION

This is known as the direct path. Instead of using a more common indirect method, such as a mantra or concentration, a direct and continual inquiry into the whereabouts of the seat of the "I" is made. This meditation was introduced to the world by Bhagavan Sri Ramana Maharshi.

Sit in meditation and innocently bring your attention inwards directed at the self; the person doing the meditation. Ask yourself. Whence am I? Let the "I" linger and concentrate on the feeling of "I-ness". If a thought arises inquire of the self. To whom does this thought occur? Where does this thought stem from? Who is this "I" that wants to know? Trace the thought back to the place it arose. Continue to respond to each and every movement of the mind in this manner. These are not mantras; they are serious inquiries and should be followed to the answer. Pay special attention to any thought specifically about the "I", such as "I have an itchy nose". When the mind is quite return the attention to the self and continue the inquiry. Whence am I? The mind wants to think and will get quite annoyed when it is not allowed to in this way. Be persistent, never allow a thought to complete and the mind will soon come to heel.

The purpose of this questioning is to still the mind and find the actual experience of "I-ness". When the "I-ness" is felt stop the inquiry and focus the entire awareness on the "I-ness". Do not try to trace its origin, simply let the directed awareness penetrate the experience. If the experience of "I-ness" is lost return to the inquiry until it is sensed again. Eventually the experience of "I-ness" will be easy to find. When this happens and the experience is lost, find it again and place the entire attention on it. The experience is of a continuous "I" feeling. The mind sometimes creates repeated thoughts of "I" instead of the continuous feeling of "I-ness". If this happens gently stop the thoughts and find the "I-ness" lingering within the thought. Persist with this as this type of mind really wants to find the feeling and if cannot it will create an artificial one. Sometimes it is easier to find a "ME-ness"; this is fine as it will eventually become the "I-ness".

Make this continual experience of "I" and the questioning of each thought a habit. Practice it all day, even in sleep, and it will become second nature.

attention is practised it might be as short as ten minutes. The tendencies of the mind, intellect and "I" return quickly until the experience of Self becomes permanent.

Not much can or should be said about the last stage.

Realisations and strong Kundalini movements are common place. In the early stages a sense of helplessness can be experienced as the meditation technique no longer exists and there is no one left to apply it. If the truth be known the residual of the Jiva is still present with its tendency towards control. If any attempt is made to analyse or control the experience, the experience will be lost. In theory waves of blissful awareness becoming ever finer until the permanent experience of Self; existence-consciousness-bliss is realised. Eventually the experience of experiencing it is lost and only Self; existence-consciousness-bliss; Absorption remains. **Abide as That.**

stop and spend time contemplating what has been read. Then read the first and second chapters, stop and contemplate what has been read. Continue in this manner until the chapter on The Game has been read. The meditation chapters may be read separately.

WHAT

- Q: *Master may I, just for a second, feel the Bliss you experience?*
A: *You might as well ask to experience the heat of the Sun while sitting on it. It would consume you.*
Q: *Will you describe the experience?*
A: *That is simple. It is the sound of a tree falling in a forest, when there is no one to hear it.*
Q: *But*
A: *Shhhh! listen.*

There are four words that can be used in defining The Absolute. These words are an attempt to define aspects of The Absolute but are not intended to limit it in any way. The Absolute must have these four attributes to be Absolute. The mind can not know The Absolute, neither can the mind fully understand the meaning of these words. Existing in a Universe of limits, time, space, measurements, cause, effect, change, birth and death the mind can never know the unlimited.

Eternal -: Lasting forever with no beginning or end; always existing; the causeless cause; existing outside all relations of time; not subject to change.

The Changeless One with no trace of time existing always as NOW.

Omnipotent -: All powerful; all mighty; containing all the power there ever was or will be.

Omnipresent -: Being totally present everywhere at the same time; consisting of all presence; consisting of all that is real; existing outside all relations of space.

The formless, infinite whole with no division, with no separation, infinitely large and infinitely small, existing everywhere as HERE.

Omniscient -: All Knowing; having complete and unlimited knowledge, awareness, and understanding; perceiving all things; having infinite wisdom.

Before continuing it would be wise to mention the anthropomorphic nature of man. Man has a tendency to attribute human qualities and character traits to Deities. In fact man, up to and including its ego, is the antithesis of The Absolute. If The Absolute looked like a human, with a beard of course, it would have form, in which case it would not be omnipresent and therefore not

When the "I" seems to be found so often, that there is not the slightest trace of the "I" left, a profound realisation of the nature of the darkness is gained. The darkness or nothingness is only so because it is being seen from the Jiva's point of view. The "I" can not penetrate or exist in this "nothingness" as it is the eternal Self and the unreal cannot exist in the real. All of a sudden an "I" arises as if from everywhere but at the same time nowhere. It is as if the "I" lies buried or concealed in every atom of the being. It is forced to rise in order to stop its own destruction. It is enormous, it is powerful, it is shocking and above all terrifying. The "nothingness" is immediately transformed into the "Abyss"; a terrifying endless nothing. At last the seat of the Jiva has been found. Dive in, hesitate or run. Diving in results in the unveiling of the true nature of the "Abyss" and the last "base camp" is reached. Both of the other options result in the loss of the meditative state and many days of shaking with fear. The above is the worse case scenario, often encountered on the first visit. It entirely depends upon the Jiva's readiness to except its own destruction. In an advanced Jiva the terror is replaced by a sense of relief.

This example was written as if it all took place in one sitting. This is most unlikely as it will probably take many meditations to push through the knot to find the pulse. When this happens future meditations might only require a single experience of the knot before the pulse is encountered. In this way, eventually it becomes easier and quicker to reach the seat of the Jiva. In some aware souls the pulse is strong and maybe sensed well before the Heart Cave. The first few real experiences of the "I" may cause intense pain. Relax and stay with the technique as they will soon pass.

Be innocent; practise the technique until the will to practise it no longer exists. When the will returns practise it again until it is lost again. Do not hold tightly to the technique as it only inhibits the transcendence. At the first sign of the intellect, use the technique to halt it. Be vigilant; never let the intellect get a grip. Do not hesitate always dive into the "nothingness" and surrender even when it appears as the "Abyss".

Both deep meditation and continuous mediative attention are required. If mediative attention is not practised it might take as long as two or three hours of deep meditation to find the Heart Cave again after an overnight break in meditation. If continuous mediative

awareness and appears to be slightly to the right of the bottom tip of the breast bone. During this trip Kundalini movements and realisations are not uncommon.

As the chosen technique is continued the awareness is drawn towards the Ego Knot. When the knot is first encountered it actually feels like the awareness is pushing through a knot. As the awareness passes through, the knot appears to ascend upwards towards the crown leaving the awareness of another knot to pass through. This can happen many times. The experience is of knot after knot; however the actual experience is quite different. As the knot is passed through the awareness begins to be lost so the force-current rising to the crown appears only as the knot rising. The awareness is then totally lost for the rest of the wave.

Eventually a pulse is found. The knot is not lost it remains as a "pressure" needed to find the pulse. The awareness is drawn to the centre of the pulse at which time the pulse seems to rise to the crown, leaving another pulse. The experience of the pulse gets stronger as more are encountered. The pulses begin to take the place of breathing. The experience of the pulse changes; it appears as if the awareness is being drawn into the very core of the pulse. At the core of the pulse the breath stops and the force-current rises. After a feeling of ecstasy another pulse is found. In this case the pulse is simply a clearer experience of the knot. The same wave is always taking place. This time the awareness is deepened and the force-current, some ecstasy and the feeling of being drawn deeper are experienced before the awareness is lost. As this stage deepens the pulse will replace the breath. Do not force the breath to stop.

In time at the very core of the pulse a definite and real sense of "I" will be experienced. This "I" is experienced as a thing not as a feeling. The pulse is not lost but can be felt as though it were a vessel holding the "I". The awareness is drawn into the centre of the "I". The force-current rising to the crown is much stronger, the "I" disappears and the feeling of ecstasy continues while being drawn into a peaceful darkness. Another "I" is found with similar and sometimes more profound results. These are waves of the same experience, only with a clearer awareness than the pulse or the knot. The awareness is refined enough to experience the force-current and the peaceful darkness but not what it contains.

be absolute. If The Absolute acted like a human it would not be omniscient and then God help us all.

With that out of the way what other conclusions can be drawn about The Absolute from these four basic attributes?

1. The Absolute is one and it can not be divided or divide itself. If it were divided what would fill the gaps between the two? As it is all that exists there can be no "Nothing" or anything else to fill these gaps. If it became two, neither part would be absolute. Omnipresence requires that even the smallest part is in fact the whole as it is totally present everywhere at the same time.
2. There can be nothing else possessing any power or might whatsoever. All power and might, regardless of whether man regards it as good or evil, is present in The Absolute.
3. The Absolute, being omniscient, can not make a mistake and must know the outcome of any event.
4. Being eternal, changeless and one The Absolute can have no duality. It must be unity itself without any trace of action or reaction, without any trace of cause or effect and without opposites.
5. The Absolute can have no separate mind. If it has a trace of mind then The Absolute is Absolute Mind. If this be true then any thought, or what passes as thought in The Absolute Mind, must be eternal, changeless and one. It must have no cause and cause no effect, action or reaction. This leads nowhere as The Absolute Mind would be identical to The Absolute.
6. The Absolute can not create, speak, speak through anyone or anything, judge, guide, interfere, kill, destroy, hear prayer or hear anything else. In fact it can not act at all, it IS.

Many may feel like The Absolute has just been severely limited and disempowered. The truth is, the preceding conclusions simply re-enforced its absoluteness. Any limitations are in the minds and desires of those that require an active God. If God can create and act then it can no longer be said to be eternal, omnipotent or omnipresent and if the creation or action turns out to be not absolutely perfect then it can no longer be said to be omniscient.

Later it will be shown there is a major place in the scheme of things for a God of action but not as The Absolute.

Now the logic must be tested against the actual experience of The Absolute. First some rules must be set to ensure the experience is pure. This will be explained fully later when techniques are discussed. For now it is enough to say the mind, intellect and ego must be destroyed first and the experience must be substantial and not fleeting. To destroy means the mind must be cleared of all thoughts, the intellect cleared of all concepts and the ego cleared of the tendency towards separateness (the "I" must be destroyed). If these rules are not applied the memory of the experience will be warped to fit the existing mind set, concepts and ego revealing very little truth.

Those who have this pure experience rarely speak of it as the experience does not lend itself to description. The following however is representative of what has most often been said.

The experience presents as Self and is said to be existence-consciousness-bliss (*sat-chit-ananda*). There is an overwhelming feeling of Self. This Self is not an exclusive self as in separate, but an all inclusive Self both eternal and omnipresent. It can be seen that a pure experience of existence and consciousness without any trace of concepts, including the concept of The Absolute, would present in this fashion. The experience is not like feeling one exists, is conscious and blissful. There is no "one", no "I" to feel this way. The experience is of being existence-consciousness-bliss itself. Many experience a deep knowing where knowledge becomes a single reality, not just a collection of known.

Bliss needs some explanation as the word is inadequate and does not convey the completeness of the experience. It would be better to define bliss as the experience of being love-compassion-ecstasy-peace itself.

For the sake of completeness, and for those searching for The Absolute, it should be noted that another state exists beyond this experience. It should also be noted that no words or thoughts come close to describing this state or the progression to this state however it should be attempted if only to leave some signposts.

The existence-consciousness-bliss-knowledge does NOT cease as it is eternal, however the experience of it becomes deeper and more focused until the experience disappears leaving existence-

process will become clear and the apparent confusion will be explained and discarded. This type of explanation is often taboo in spiritual circles as it is considered unwise to intellectualise the meditative process in case it results in the loss of innocence and the empowerment of the intellect. In a perfect world all meditators would maintain their innocence and the intellect would submit easily. In this world there are many meditators stuck in this endless search unable to see the simple truth. In the light of this information please take the following warning seriously. The following is written using an intellectual point of view in order to simplify the process. The process will not work unless done innocently with the mind and the intellect well under control. The actual experience will be different as the intellect will not be analysing each step.

If the "trip" analogy is kept, the Heart-cave is like a base camp, which once entered becomes the starting point for the waves. All legitimate meditation techniques will bring about the destruction of the Jiva. They must therefore merge at this point. The activation of the nerve of immortality will open the higher mind and intellect, which will result in the experience of realisations. They are not thoughts or conclusions drawn by the intellect; they are realisations of truth. They are a complete package of knowledge, which is invariable funny, even hilarious. The humour relates to the comparison of truth with commonly held beliefs or concepts. The true knowledge, the concept(s) and the joke are instantly realised without any linear progression. It does not matter how many times the truth has been read or heard before; the realisation is always overwhelmingly new.

All concepts must be removed in this way. Concepts seem to be stacked in the mind, the first being the concept of "I". If any of the more basic concepts are cleared all that rely on them will also topple. Be prepared as some of these concepts relate to the very core of existence as it is known. The concepts of right and wrong, good and bad, family values, work ethics, love, hate, time and space are some of the more basic. Spiritual values, the path, compassion, meditation, God, Self, The Absolute and even Absorption are some of the more subtle. There is no sense of loss only a sense of freedom.

This "base camp" is experienced as having no set dimensions, no inside or outside, no up or down, a finer and more permanent

The very foundation of life is constantly being switched back and forth from the Jiva based control, with a subject and an object, to the Self with no control only existence. The higher mental and intellectual faculties are being awakened, by a force-current rising up the nerve of immortality, causing the destruction of long held concepts and the opening of a new way of knowing without thinking. Add to this some enormous shifts in energy and the odd kundalini movement and it can be seen that a bumpy ride is guaranteed. Or can it!

Sri Ramana was still a teenager, with no spiritual training whatsoever when he became Self-Aware. His Father died and while the rest of the family were mourning he became fascinated by death. He was determined to understand and experience death for himself. As his heart and breath stopped he became aware of another heart which pulsed on the opposite side and was Self. He became aware of the Self as being real, natural and eternal and realised the false nature of the "I" and the body. This all took no longer than twenty minutes. He did not know he was enlightened, he had never heard of such a thing, he merely thought it was natural growth in understanding. It was not until much later, when people began to ask him to explain religious and spiritual concepts, that he realised it had a name and was sought after as the pinnacle of awareness.

Each and every person arriving at the Heart-Cave, with awareness, has already successfully travelled the path to the Self thousands of times before. Every few minutes the trip is made, during those transcendent moments, even though there is no or very little awareness. Maybe the trip is successfully made because there is no or very little awareness. Maybe the only problem is the expanded awareness of the intellect as it strives to understand and control. Maybe this causes a loss of innocence. The truth is it is a simple trip taken many times in one sitting always in a wave motion. Each wave appears different to the last because of the growth in depth and subtlety of the experience. The intellect sees only a linear progression of conflicting experiences, seemingly leading nowhere.

The following is a rational explanation of the first stage of the trip through the higher states of awareness. The explanation is structured so as to improve the logic slightly, whereas a normal experience tends to mix the groupings. From this it is hoped that the

consciousness-bliss-knowledge. The awareness is then drawn into the centre of this, as if being absorbed totally and absolutely. This state is known as Absorption, The Calm or The Final Peace.

At this point it is necessary to take a look at how religion portrays God, and the dangers of leaving an anthropomorphic god in the mind of man for a few centuries. So let us throw caution and political correctness to the wind and take a really one-sided look into the pages of The Book. To avoid hurt feelings The Book will be selected at random and shall remain nameless. It should be pointed out that this book, as are many, is claimed to be written by the hand of God and can be taken literally as well as containing deeper meanings.

It is said that God is loving, merciful, jealous, vengeful and wrathful. Jealousy is one of the seven deadly sins and requires a combination of ego and fear. Being vengeful and wrathful requires an ego and fear directed into anger. This is a wonderful start but it only gets worse.

God was jealous as man insisted upon worshipping false gods and idols so he decided to murder every living creature on dry land except for one extended family of humans and two of each animal. Maybe a few miracles or being seen to banish the false gods to the pits of hell might have had the desired effect with fewer casualties.

God was angry and became vengeful when most of the population of two cities would not stop their sexually perverted ways and pay more attention to him. He told the faithful to leave the cities and then completely destroyed both cities and the remaining population. He even murdered all the faithful that turned to look back which seems like a good idea as who in their right mind would leave witnesses to that sort of genocide.

Take a look around today false gods and perverts everywhere. It did not even work.

On another occasion God decided to test a person and told him to take his only son and offer him up as a burnt offering. The man built an altar, put wood on it and tied up his son and put him on the altar. He then took his knife and just as he was about to kill his son prior to burning him a voice said. "Stop you have proved you fear me now I will make you my main man."

Add to this a sprinkling of inhumane laws and the odd plaque, famine and pestilence not to mention the continual threat of burning in hell for eternity and it must be asked Is this a God or a Devil?

This is not sacrilegious or blasphemous. It is the portrayal of God as a sociopathic monster by religions that is both sacrilegious and blasphemous. The fact that millions of educated adults believe this to be truth is the real inexplicable miracle here. Remember what is acceptable for God is acceptable for God fearing Governments.

ADVANCED MEDITATION

Is a Guru's Grace required? A Buddhist belief held by many speaks of four worlds or planes. The third of these worlds is said to be impossible to navigate without the help of a realised being. It is enormously subtle, highly complex and appears completely dark. This third world relates to the higher states of awareness prior to being established in Self. The Hindu scriptures, containing volumes of intricate descriptions of the path, also insist that a Guru's Grace is required. On the other hand we have the teachings of Bhagavan Sri Ramana Maharshi, perhaps the foremost Saint of the last century. He insisted on people understanding that the so called enlightened state was not a mysterious state or something to be sought; it was in fact the natural state of being and existed regardless of a person's awareness of it. It was only the Jiva's false identification with itself and its bodies that needed to be rectified. Find the seat of the "I", the very place it arises, and the "I" will vanish, leaving only Self. A more expanded version is:- By inquiring into the source of the "I" or by another true technique, the Heart-Cave will be found. The Heart-Cave is the seat of the "I" and the Self. When the ego-knot (Hridaya granthi) is cut, by correct means, a force-current rises and goes up the passage called the nerve of immortality (Amrita Nadi), to the crown of the head (Sahasrara). All else will be done by the presence of the Self, which will draw the awareness into the Self via a tiny hole in the centre. The Heart-Cave is not part of the physical body and is not a place to be meditated upon; it will however be found two digits to the right of centre. When asked if a Guru's Grace was required he would answer. "Yes". But go on to explain that a true Guru was in fact the embodiment of the Self (The Absolute) and that it was the Self's Grace that was required. The above are not exact quotes but rather a summary of the teaching.

Where does the truth lie? It is essential that the serious meditator has a clear understanding of the nature of this awareness, so let's slow down and bring some clarity to each point. Earlier in the meditation experience the awareness of these states was either nonexistent or a mild awareness of their existence only. Once the Heart-Cave is reached the awareness becomes graphic, even super-sensitive. The technique is sometimes not available, as the will has been transcended, leaving the meditator alone and unsure.

all thoughts; the intellect cleared of all concepts and judgements; the kundalini needs to be activated and maintained; the higher mind and intellect activated; the ego cleared of the tendency towards separateness (the "I" must be destroyed). The practice of a true meditation technique is all that is required to complete these requirements. Only a true meditation will safely complete the tasks as and when they are required.

Drugs, religious fervour without adequate discipline and guidance, mass hysteria, breath control or retention, some kundalini practices, some tantric practices, self deprecation and physical abuse are some of the better known methods that may bring about a fleeting experience of Self without the adequate preparation resulting in, at best a warped memory of the experience full of concepts and judgements, at worst death, serious injury or permanent psychosis.

HOW

*Abide as **that**.*

***This** arises because of the existence of, but is not of or from, **that** and is defined as everything one is cognitive of.*

***That** underlies **this** and is defined as not **this**.*

*¹When **that** becomes **this** re-evaluate **this** and abide once again as **that**.*

*With not the slightest trace of thought or breath abide as **that** and forever be in peace.*

How could The Absolute Unity create the Universe? How can the Universe exist along with The Absolute when The Absolute is all that exists? How does something imperfect and temporary come from something perfect and eternal? These are some of the questions that have plagued the mind of man for thousands of years.

Most western thought requires The Absolute to emanate, think, dream or even to play a game to occupy itself, which somehow becomes the forces required to build the universe. These theories require highly questionable intellectual gymnastics that always seem to end up using human attributes to explain the unexplainable. The usual analogy used is that of the sun emanating light that is of the sun but not the sun. However if the sun were omnipresent then any part or emanation would be the sun. Where would it emanate to?

The Kabala, on which much of western thought is based, contains a truly profound understanding of the universe and human development but leaves a lot to be desired in its approach to creation. The Light which is omnipresent is sometimes referred to as God and sometimes emanating from God. The nature of the Light is to give and share. In order to fulfil its nature it creates from itself a vessel to receive. This vessel then suffers from the "Bread of Shame", which is the shame felt when a person is forced to receive while in no position to give, such as a poor person might feel. The vessel decides it must be allowed to give and share so it draws away from the light. This proactive action creates the "Big Bang" and the rest is history. The act of creating a vessel is considered the only act of creation and all that followed it was unintentional. This is an interesting concept as it acknowledges that the universe could

¹ As awareness grows what appeared to be **that** is in fact a more subtle **this**.

not be created on purpose. It does however require the Light to be imperfect in its desire to give and again in its inability to know the outcome of such an action. Also the vessel which is of the Light seems to be able to feel shame.

Most esoteric thought accepts The Absolute as unity without duality, therefore without action, but is also forced into accepting the reality of the Universe. How are these two opposing realities to be reconciled? It is not logical to try to reconcile the irreconcilable; instead accept it and question the reality of each one. If The Absolute is real then the Universe can not be and if the Universe is real then The Absolute can not be. Which one of these 'realities' is more likely to be unreal?

The Absolute is One, eternal, permanent, unchanging, having no cause, having no end and the pure experience of it always testifies to this. The Universe is made up of many, temporary, always changing, having a cause, having an end and the experience of it is different for every individual. When the mind, intellect and ego of this individual are cleared all that remains is the experience of Self; The Absolute.

At this point in the logical process most will return to reconciling the irreconcilable while muttering "This is absurd I do exist." Although frightening, continuing this logical process can lead to the truth. A major part of eastern esoteric thought considers the universe to be an illusion and the only reality is The Absolute. This knowledge is said to be handed down from an ancient race that once inhabited the earth. This concept has been watered down steadily through the centuries to make it more palatable for those who cannot accept the frightening truth. Now it is said that the Universe appears to be illusionary or is illusionary when compared to The Absolute. Yet those who are the pure experience of Self still testify to the truth. The Universe is completely unreal.

Omnipresence can partially be defined as "consisting of all that is real". Therefore all else that is said to exist must be unreal, illusionary, dreamlike, imaginary or a mirage. The usual analogy used to help understand this is the picture theatre where the screen, the light and the power are The Absolute and what is shown on the screen is the illusion. The depth of this analogy is limited. A more accurate analogy using new technologies will show in detail the magnitude of this illusion called the Universe.

This seems like a good place to warn of the dangers of not maintaining a strict vegetarian diet. The various bodies of meat-eating Jiva are too gross to adequately sense and allow unrestricted passage to these subtle energies. These energies are sensed only as heat and do not move well, causing blockages. Physical damage can be caused at the site of the blockage and sometimes the build-up of pressure will cause a super heated blow-out damaging the entire nervous system. All meditators practising longer than one hour should be completely vegetarian. If, like a well known spiritual leader, a doctor suggests the eating of meat is essential, change doctors or stop meditating. Prolonged meditation, using the techniques mentioned later is perfectly safe for those that follow the observances. A spiritually inclined occasional meat eater, who practises yoga or a similar discipline every day, might get away with two or even three hours of meditation a day but there are no guarantees. It is however, guaranteed that more than three hours a day will eventually do serious damage.

Reserve a quiet place for meditation free from distraction. Limit the use of that place to meditation only. Wear loose comfortable clothing and prepare mentally for meditation before sitting down. Sit in a suitable position, as discussed earlier, gently close the eyes and innocently begin the technique. Do not let the mind roam through the days events, begin the technique immediately. Do not hold the technique too tightly or else the wave process will be inhibited, hold it innocently. If the legs go to sleep either ignore them or stretch them out, one at a time, without losing the technique. Never jump up to answer the phone or door. When it is time to finish; don't. Take a few minutes to slowly open the eyes while continuing the technique. If the meditative attention technique used throughout the day differs from the meditation technique, slowly change the awareness accordingly. When the meditative attention technique is established with the eyes open, slowly stand up and go about daily life always with meditative attention.

Before continuing it would be well to take a quick look at what needs to be done in order to prepare the way for the pure experience of Self. The Jiva and all its bodies must be prepared. The nervous system must be prepared; tens of thousands of nadis (subtle energy channels) need to be cleared; hundreds of chakras need to be activated and spinning merrily; the mind must be cleared of

without using the designated method. In seconds a single thought can become the mind.

Basically there are two types of experience encountered in meditation. The first type is due to the movement of subtle energies. These energies are not physical in nature however the experience can be extremely physical, ranging from excruciating pain to ecstasy. The body will soon learn that clamping down on these energies will intensify the experience. This should not be allowed to become a habit as it will be hard to break. Always relax through these experiences, innocently returning to the technique. When relaxed the energies will flow much easier; constantly relax any part of the body that is tense, especially the eyes, the face and the hands. The intensity of the experience is totally unimportant however the movement of the energies is enormously important.

The second type is transcendental in nature. A meditator with eyes closed suddenly becomes intensely aware of the room his in. The picture is vivid and he and the room are within him. This is an experience of Unity Consciousness, which is said to be second only to The Absolute. Don't get excited, the experience was over the instant he (his "I") realised he was having it. He could only experience a comparatively dim memory of the actual experience. All experiences whether physical or transcendental are unimportant; acknowledge them, relax and return to the technique. Never try to find them again.

Many regular meditators, who practise one or two hours daily, complain that the strong experiences they once had have stopped. Those strong experiences are now close to their normal living awareness, which makes them appear weaker, and the growth in their awareness is now gradual.

Sometimes the body, which is normally still, will begin to move on its own. Do not stop it; do not help it; do not concentrate on it; do not worry about it; do not enjoy it; simply continue with the technique. These movements can vary from gentle rhythmical movement to strong stretches. They will include, but are not restricted to, movement of the pelvis, hips, chest, arms, shoulders, throat, neck, head and eyes. These movements are in response to subtle energy flows and are nature's way of preparing and harmonising the Jiva's various bodies. Do not confuse subtle with gentle, these energies can be powerful and sometimes destructive.

Imagine a strategic life simulation computer game, in which a player starts with a small kingdom and by making wise decisions builds the kingdom into a major power. Now imagine that game starting from absolute scratch with only chaos, with no one to play the game, with no one to watch, with only one game character, with that one character able to create form according to just five simple principles and that one character is convinced it and the game is completely real. Now imagine that game being multi-dimensional, having multiple planes of existence and having the potential to create a universe of Universes.

The Universe arises because of the existence of The Absolute, but is not of or from it.

WHY

Do not ask why. Instead ask. "Who wants to know?"

Why does the Universe exist? Why did the game begin? Any attempt at answering these questions will be doomed to failure as "Why" is an inquiry into the cause. Any search for the cause will end at the first cause which is unanswerable. Why is my nose big? Because your father has a big nose. Why is his nose big? Because his father had a big nose; because of inherited genes; because the universe was created like that. Why was the Universe created? Any attempt to answer the big question will end the same way. Just for fun let's try.

The Absolute discharges power, maybe akin to a super intelligent electrical charge, which has within it the power and intelligence of the game. Why does it discharge this power? Because that is its nature. Why does The Absolute have this type of nature? Because it just does, now shut up and go to bed.

The Absolute has no cause or effect, it is eternal and without a cause and its effect there can be no "Why". Does the answer lie in the experience of The Absolute? The experience of Self is said to be existence-consciousness-bliss; this gives us some idea as to "What". The experience also gives us the knowledge of a laughable illusionary game that is being played out as if it were real; this gives us some idea as to "How". There is not one iota of "Why"; it is as if the question just does not exist.

If it is accepted that The Absolute is Eternal, having no beginning and no ending, then it must be accepted that there is no "Why".

Sit on the floor, a firm cushion or mat. The body can be elevated by up to 5cm if required. If a back support is required use only on the lower back at the base of the spine. Place the heel of the left foot under or just in front of the perineum (the perineum is immediately in front of the anus). Place the right foot, sole facing up, on top of the left ankle, left calf or even in front of the left foot. Keep the back erect and very slightly tuck the chin in. If the outside of the knees and thighs are off the ground a great deal of suffering will be experienced until they drop. Placing the heel under the perineum will slowly decrease the sex drive. If this is not required then place the left heel slightly to the right. If a chair is absolutely necessary then sit towards the front, without using the back support, and keep the knees as wide apart as possible. Often it is better to sit facing the back of the chair, with the knees either side. Kneeling meditation stools are not suitable.

Meditation must always be practised innocently, with no desire for a result. Never chase after or try to recreate an experience from a previous meditation. The intellect will constantly analyse the type and order of the experiences so as to remember the path or even find a quicker path. It will constantly want to try different variations, which inevitable lead to dead ends or round and around in circles. Be innocent always and stay with the technique. If the intellect takes over, stop and return innocently to the technique.

Thought is not the enemy; it is part of the natural progression of meditation. Thought is the end result of the wave process of concentration, contemplation and transcendence, mentioned earlier. There are two main theories as to why this occurs. The first theory suggests the transcendental experience causes stress to be released and the result of this physical release is mental activity. The second suggests the new understanding gained by the transcendental experience forces the subconscious to re-evaluate its data ejecting the false and sorting the rest. Either way it can be seen that the greater the benefit, the greater the thought. The thought can last from a few minutes to months. Each time a thought arises accept that the technique has been lost and innocently return to the technique. Some techniques have their own method of handling thought; which ever method is used thought does not remain a problem forever. These thoughts are rubbish regardless of how wonderful they seem. Never let even a single thought through

Meditation guides the awareness to the seat of the Jiva; the very point where the "I" arises by using a wave like process. When a single thought is held for a while the Jiva is temporally transcended and the Self is experienced. These transcendental experiences will slowly increase awareness, strengthen truth and weaken the hold of the Jiva. The beginner will only notice lost time as their awareness is not fine enough to experience beyond the Jiva. As their awareness becomes finer they will be aware of more and more of the experience. The same is true of sleep. Most people are slightly aware during the dream state but have no awareness during deep sleep, when the Jiva rests. The experienced meditator however will maintain a mild awareness of existing even during deep sleep. The fully aware person is aware of Self regardless of which state the Jiva and its bodies are in.

For new meditators start with one hour per day, slowly increasing to eight hours or more over three or four months. The remaining hours in the day should be filled with meditative attention. The following is a table outlining hours of meditation, benefits and observances required. Consider the benefits as a guide only, as the results are based on karma and the clarity of the practise. The observances are a must as they guarantee physical, emotional and mental safety as well as clarity of practise.

Hours per Day	Benefits	Observances
Up to 1	Some stress relief; calmer mind; minor changes in awareness.	No Drugs No Alcohol within 8 Hours
Up to 2	Major stress relief; calm mind; slow expansion of awareness.	As above Vegetarian; no garlic, onion or strong spices
Up to 4	Absence of stress; quite mind; real awareness of transcendent states; Universe noticeable harmonizing around practise.	As above No Alcohol at all No eggs Harmlessness
Up to 6	Violent swings between profound peace and anger at what seems to break the peace.	As above Celibacy (Recommended)
Up to 8	Higher mind enabled; stable profound peace; glimpses of Self.	As above Silence (Recommended)
Over 8	Growing adherence in Self; leading to intuitive knowing and abidance as Self.	As above

THE GAME

Bring the light of truth within the heart and in that light simply observe. Truly observe without attachment or judgement. Observe the games being played. Observe how one game generates another game that in turn generates another. Observe how those things, once considered so important, are just games.

Slowly you will begin to identify with the observer not the games. The games begin to appear less personal as if you are observing them unfold. When you are totally identified with the observer look outside yourself and you will discover games all around. You will become aware that all you once considered important and in fact the whole of existence as you knew it is a series of never ending games.

Identifying with the observer choose which games you wish to play or choose not to play at all. When you choose not to play the illusion will lift an ecstatic peace will envelop you and you will live experiencing yourself as consciousness. Concepts you once held so dear will become laughable and you will know truth.

Bring the light of truth to this state and you will find that even this is a game. It is as if you are playing at experiencing consciousness. Choose not to play and there will be no you only peace, which is the source of all. ABIDE AS THAT.

Before describing the game in detail a few words are required to clarify the purpose of this section. This is an analogy used to help understand the nature of the illusion we live in and call the Universe. Although much of it can be seen to be true and it has the adaptability to encompass almost all belief systems, it is not intended to be taken literally. To keep explanations relatively simple, only our own Universe will be dealt with.

The game consists of two plane types, the highest or finest usually referred to as the spiritual and the lowest or grossest usually referred to as the physical. There are many spiritual planes, which strictly speaking are not part of the game; they do however have an influence on the game. They are not The Absolute nor are they any part of it but they are influenced by its presence. They can be looked upon as being the outer (maybe inner) fringes or even a buffer zone. The physical planes are the physical, etheric, emotional, mental, intellectual and will. The etheric is included for completeness only. For the purposes of this analogy the etheric will be included in the physical.

Between these two plane types is created the only character, which controls all the lower planes. This character, which shall be called Fred, is the Super-Jiva or Over-Soul. Fred experiences and sometimes influences the lower planes by using parts of itself which are called Jiva or Fred's children. These Jiva become attracted to and possess parts of the lower planes. The word Jiva means ego or separate soul.

The game starts with the creation of Fred and the physical planes. The physical planes exist only as lawless chaos. Barriers are then created between each single plane, between the will and Fred and between Fred and the lowest spiritual plane. This last barrier between Fred and the spiritual planes is much thicker and blocks all experience of the spiritual planes and The Absolute. These barriers are sometimes referred to as curtains or knots. The only true barrier is immediately above Fred the others are barriers only because of the activity in and apparent realness of the plane of awareness. If the awareness is strongly in the physical the emotional and mental are sensed as the physical and the rest unknown. When the body sleeps the emotional and mental become real as the dream state is the emotional state. The barrier above Fred is both the activity of Fred and a true barrier. The five principles or Cosmic Laws, which are the core programming design, are then put in place.

For a brief moment, up until the last curtain was put in place, Fred experienced The Absolute. This experience and the loss of it forged Fred's character and motivation. Fred gained a warped sense of self, in fact the mother of all egos. The pure all inclusive experience of Self was degraded into an overwhelming exclusive sense of "I". From the bliss Fred gained the burning desire to find joy and happiness and the fear of not being able to find this joy and happiness.

A brief synopsis of the game is required in order to better understand the Cosmic Law. The game is played until Fred rediscovers the pure experience of The Absolute and is fully absorbed. The game is weighted very slightly in favour of a successful outcome by using Fred's nature and the Cosmic Law. Fred searches for joy and happiness by creating form expansively, always in accordance with the Cosmic Law. It uses parts of itself (Jiva) to experience and interact with its creation. When a critical

MEDITATION

This chapter will set out the fundamentals of meditation and give some guidance through the higher states of consciousness. It applies to all true meditation techniques as they all lead to the seat of the Jiva. Some specific techniques are given in later chapters. It is suitable for beginners and experienced meditators alike, but it must be understood that it is written in the knowledge that the only purpose to life, the only destiny for a self-aware being, the only worthwhile occupation is to find truth and realise The Absolute.

In the chapters on meditation "The Absolute" will be replaced by the word "Self" in order to stress the difference between the illusionary exclusive experience of "I" and The Absolute inclusive experience of "Self". The experience of The Absolute presents as Self; the Self is not to be considered as merely part of The Absolute.

The illusion is perceived as real and can be enormously seductive, especially in the Western world. The world is littered with the souls of seduced guru's who underestimated it. The Jiva is strong, devious and will go to almost any lengths to protect itself. This experience of the illusion has been a habit for many lifetimes and only another habit equally as strong will break it. It requires many hours of deep meditation and twenty-four hours a day of mediative attention to break this habit. The Jiva must be destroyed. Make no mistake; there is no room for the "I" in truth. It is the Jiva that blocks the way to truth. Remove it and all that is left is Self.

The Jiva is the "I". The "I" thought proceeds and is the cause of all thought. The body and the emotions are forms created by the Jiva to experience joy; the mind is a form created to facilitate thinking and is simply a group of thoughts; the intellect is a form which analyses thought, creates concepts and makes judgements; the will is a form created to direct the others to concise action.

Influence flows from fine to gross. None of the creations of the Jiva can destroy it. The emotions influence the body; the mind can be used to influence the emotions; the intellect can quieten the mind; the will can eliminate judgements and concepts from the intellect; but only the blissful experience of Self can rid the Jiva of the "I". What a dilemma; Self can not be experienced while there is an "I" and the only thing that can eliminate the "I" is the experience of Self. Thankfully meditation comes to the rescue.

thought form to be complete, clear and dense enough. This fits nicely with the theory of evolution by leaps.

Apes did not evolve into Humans; no missing link will ever be found. A long time ago creative creation was replaced by replication followed by adaptation by desire. When this planet desired a new self-aware species it was replicated from elsewhere, maybe in a modified form. Fred would then use the most effective method possible to ensure this form was in the right place at the right time. It is possible many attempts were made before a suitable one was found. Advanced Apes might have been used in the seeding process, so might orca, even little green men in their spaceships might have played a part; only Fred knows.

What a strange game! Only a game could bring about a situation like we see today. A planet populated by self-aware beings, living an absolute lie and hell bent on their own destruction. A large percentage of these beings profess to believe in an absolute God but worship and describe Fred, who can only be described as a character in a game taking on the appearance of a Devil-God. Can the rest of the Universe be like this?

The strangest thing about this game is it has no screen. No one will ever see the final display. After all who or what is there that could watch it?

Game Over

☺ Congratulations Fred ☺

You are the 985,862,578,125,546th Character to Finish
Total Time Taken 0.567383628 seconds

The Game will Restart when the Final Character Finishes

mass of enlightened Jiva is reached Fred will turn the search inward and the creation and expansion will reverse.

Do not confuse Cosmic Law with the Laws of the Universe, such as gravity. These Laws are created only if the play of the game requires them to be.

First Cosmic Law: - The Law of Time and Space. Time and Space are more pronounced the grosser the plane. One billion years on the most expanded state of the physical plane corresponds to one day for Fred and a blink of an eye for the highest spiritual plane. A thought form is created almost instantly however the same form may take years to create physically.

Second Cosmic Law: - The Law of Habit. The more often something happens the more often it is likely to happen. This Law is instrumental in making the Universal Law and all form appear permanent. Planets orbit their sun, electricity flows from negative to positive and set thought patterns are hard to change because of the Law of Habit.

Third Cosmic Law: - The Law of Influence. Influence flows from fine to gross. A thought has an emotional response which eventually results in a physical response.

Fourth Cosmic Law: - The Law of Karma. This is cause and effect or action and reaction. It requires all actions are balanced ensuring a type of harmony. There is no retribution and no good or bad. Seated in this Law is a tally of the current karmic state of all Jiva.

Fifth Cosmic Law: - The Law of Creation. This is better known as the Law of Attraction. The universe (Fred) will create form for every desire or fear dependent upon its strength, clarity and constancy. If only surrender exists then destiny is created. Along with the Law of Karma this Law directs the game towards a successful outcome.

The Law of Creation is currently undergoing heavy publicity throughout the New Age Movement and is universally misunderstood. Its purpose is to stop the outward search for joy and pleasure, kill desire and promote the inner search for The Absolute. It punishes those who have desires or fears with suffering and rewards those that surrender. The stronger the desire, the more likely they are to be fulfilled, the more entangled life gets, the more

attachments are created, the more fear of loss, the more empty feelings after the initial pleasure has gone, the more the suffering. The stronger the fear, the more likely they are to be fulfilled, the more the suffering. Desire and its fulfilment can never result in permanent pleasure and joy; it can only result in loss, attachments, more desire and suffering.

The Four Noble Truths, from the Buddhist teaching, make this point crystal clear and Jesus was not joking when he said. "It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God." It should be pointed out that Jesus would have considered almost all the people in the western world "Rich". Do you own a car, television or more than two pairs of shoes? Do you borrow money from Usurers to fulfil your desires?

A rich evangelist minister, who promotes the idea of wealth in his congregation, was asked by a television reporter "Doesn't the Bible say that money is the root of all evil?" The evangelist minister corrected the reporter with "The Bible says the love of money". If the rest of the verse or the verse before and after were included the real meaning would have been revealed.

⁹But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

¹⁰For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

¹¹But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

Many have been deluded by the New Age Abundance Movement. Suddenly Abundance is good, spiritual and true whereas Surrender has disappeared and for many has become politically incorrect. At last the Movement has found a way of reconciling its thirst for wealth. Abundance of heart and spirit differs from abundance of wealth and lifestyle.

Many believe the universe is infinitely abundant with enough wealth for all. This might be true; however the world is seriously depleted. If Fred requires a big house with a pool to fulfil someone's burning desire he looks locally before he starts manipulating the whole universe. Maybe there is one locally with someone worrying about losing it; great two birds with one stone. This time Fred needs

delight in feeding their Jiva, by the creation and distribution of thousands of subtle concepts based on ancient knowledge and packaged with lies and half-truths. Each and every new concept is a nail in the coffin of ascension.

In the whole of their existence less than a thousand of these Humans have ascended and less than a hundred of these have truly been absorbed. The earth must shake these fleas from its back in order to bring itself back into harmony. The Earth willed the seeding of these Humans; it is now willing their destruction.

In fifty years a billion of these Humans have managed to virtually guarantee their own races destruction by raping and polluting the Earth. Just to make sure, there are now another two and a half billion hell bent on doing the same. Maybe it is already too late. The only question that remains to be answered is will the Earth's desire take form before the Planet becomes uninhabitable. Maybe the two possibilities are in fact the same!

This shift in the Earth Jiva along with other pending Universal shifts will most likely bring about the critical mass of ascended Jiva required to turn Fred's search inwards. For the first few hours, until the inward search is stable, Fred will tend to be drawn outwards again and again making for a Universal roller coaster ride. When Fred searches outwardly he continues to create form, expand and become grosser but when he searches inwardly the Universe is drawn in becoming finer. Over the next few days Fred will be drawn deeper and deeper into himself, drawing the Universe inwards to its point of origin. Finally Fred will fully experience The Absolute becoming absorbed at which point the game ends.

This computer game analogy fits well with most universal and religious scenarios. The Universe was created by Fred who sees himself as God the creator. He answers prayers, demands worship, has a presence in everything, is our Father and is quite capable of jealousy, vengeance, wrath and even love. Many of the world's thinkers consider the only Devil possible is that part of human nature which is concerned with self-interest. In this case the Jiva are demons and Fred is the Devil. Evolution will fit both as the survival of the fittest and evolution by desire becoming form. Fred only creates form when the picture of the desire becomes complete. It might take millions of thoughts and thousands of years for a major

The human form is more equipped for self-awareness so the human Jiva develops quicker. After a few stints in human form a major change begins to take place. In animals the "I" tends to be centred on protecting the animal and the survival of the species. In humans the "I" shifts from protecting the form it inhabits to protecting the "I" itself, although the Jiva still associates itself with the form. Desire and fear become more prominent leading to the Jiva taking enormous risks to gratify itself or protect itself from emotional hurt. Some Jiva will do almost anything to increase their sense of "I-ness" and others would rather the form die than suffer any more emotional pain.

The Jiva slowly grows more mature; its desires change becoming more refined, altruistic, artistic or spiritual. The "I" always becomes stronger, more subtle maybe, but always stronger. Eventually, even these finer desires are seen as fleeting and it begins to realise that any desire inevitably leads to suffering and more desire. Having always searched outwards in the realm of form it turns the search for happiness and joy inwards, only to find a monumental battle with itself. If it wins this battle and discovers the true nature of self it is no longer drawn to form.

The form and its Jiva have a new master, this time a master with no demands, desires or fears. The Jiva, will, intellect, mind, emotional and physical are filled with the presence of The Absolute. Upon the death of the form the Jiva is drawn to the spiritual plane most akin to the depth of its awareness of The Absolute. The Jiva need not play any further part in the game however, it is and always will be part of Fred and therefore will influence Fred's overall awareness. There is of course a type of subtle game in the spiritual planes but this is well outside the scope of this book.

The Earth Jiva is old and wise, having had almost all of two previous civilisations of self-aware form ascend. It is now undergoing a major shift of its own, however before this can be completed it must bring itself back into harmony. It is currently saddled with over six billion of its current self-aware form, called humans, and their paraphernalia. These humans rarely turn inwards and when they do they get totally entangled by their Jiva becoming more subtle and pretending to be spiritual. This state has become so prevalent that a sub-species has been created with the scientific name "Spirituaus Masturbatuaus". The members of this sub-species

to find the money for a brand new architecturally designed house. Unfortunately there is a waiting list due to the incessant demands of the New Age Movement. Fred who is always obliging due to his programming decides to use an old, tried and tested standby to get rid of the waiting list. Create a War! This is guaranteed to create lots of spare money and wonderful suffering, great thousands of birds with one stone.

Two months after moving into the new house with a pool the only child drowned, the mother turned to drink and drugs to ease her grief and the father, seeing his wonderful life collapse, killed himself and a class full of children. Be careful what you desire. If the Law of Creation doesn't get you, the Law of Karma will.

Fred will create form for every whim, desire and fear dependent upon its strength, clarity and constancy. If only surrender exists Fred sets to work creating the perfect "exit strategy" a Universe of what is possible is replaced by a Universe of all possibilities. All Jiva share the same destiny, the realisation of truth. This is Free Will and Destiny working hand in hand.

A wonderful friend and teacher, who struggled with surrender for more than ten years while being surrounded by those who promoted fame, riches and abundance, recently said. "Even my wildest desires of ten years ago pale in comparison with what I do today."

Only a fool knowingly uses this Law to fulfil desire. In the knowledge that there will always be fools and in the spirit of helping them suffer more, so as to speed up their eventual surrender, a few suggestions on how to make it really work well are offered.

- Hold a clear picture of the fulfilled desire in the mind. Picture it as already being fulfilled.
- Hold the picture for as long as possible and as often as possible.
- Combine the emotion of having it with the picture.
- Do not be concerned with how it will happen. Just know it will.
- Only one desire at a time.
- Never use this Law for anyone else without their express permission.
- Never use this Law to attract, harm or change another person's behaviour.

- Never check your breasts for lumps regularly. Always check for perfection. Never desire an end to war. Always peace.
- Never desire an end to pollution. Always a perfect harmonious Earth. If you really want to make a difference join in with the Earth Jiva's current desire. The survival of only one Human Being in every thousand and the same for their resource destroying livestock.
- Prayer works well. Fervent prayer works even better. A clear picture combined with prolonged orgasm works really well (for the occultists among us). A clear picture held by the will in deep meditation at the very point of transcendence is guaranteed to work almost immediately. Very few are capable of doing this and almost all those that can are not stupid enough to bother.

The game starts slowly as there is only the influence of the spiritual planes and Fred's desire for form. The basic building blocks of physical form begin to take shape as thought and emotion become more solid. The Universal Laws begin to take shape and become more reliable. Very slowly chaos becomes Law and form.

Once the building blocks for this Universe are more defined the speed of creation increases. Creation becomes a matter of replication on an increasing scale. As the Universe expands a Galaxy starts to take form with Suns and Planets. Jiva begin to be drawn to form and adaption by thought begins.

The expansion of the physical universe continues as the older systems begin to change form and become more complex due to the influence of Jiva and in accordance with the Cosmic Laws. The Universal Laws and so called constants are modified as the older systems become more physical or grosser. Civilisations come and go; billions of star systems are created all due to Fred's desire and fear.

At the end of the Sixth day Fred takes a breather and inspects all that he created. Brimming with pride in his work and feeling godlike he felt happiness and joy and was well pleased. As he focused closer on the beings he created, he noticed that they were not thankful and did not praise him as their God and creator. He became angry as he noticed his happiness and joy had slipped away. He became obsessed, believing his happiness and joy to be

dependent on being worshipped. He searched the entire Universe for thankfulness and praise, finding none he swore vengeance on all who failed to worship him as their God.

For seven days he imposed his will on his creation causing misery and suffering while promising love and never-ending life. At the end of the seven days he began to understand; the extra suffering made his creations turn inward and soon they would disappear. Thousands of civilizations had been born, populated with Jiva, suffered, turned inward and disappeared. His obsession stopped him from seeing the truth; the civilizations had found Self, The Absolute and refused to play the game.

Fred turned his attention to a little blue planet where two previous civilizations had come and gone but the third seemed to be particularly thick. They seemed to be able to suffer endlessly and only a handful had left. For a few minutes he played but found it empty. He sensed something was changing inside him. He no longer found joy in being worshipped and no longer found anger in not being worshipped. He began to question his desires and fears. The millions of absorbed Jiva were finally having a noticeable effect. Well that brings the history of Fred up to date. What of the future?

The manner in which Jiva inhabits form is quite complicated and requires some explanation and simplification. A rock is part of a mountain, which is part of a planet, which is part of a solar system etc. This rock which has very little self-awareness requires very little Jiva for itself. The rest is invested in the mountain, planet and solar system. A bee which is more self-aware requires more Jiva with the rest being invested in the hive, planet and solar system. A dog requires more Jiva still with the rest being invested in the pack or family, planet and solar system. Man being mostly self-aware requires almost all the Jiva with a little invested in the family, less in the country or tribe, less in the planet and even less in the solar system. The planet's Jiva is therefore made up of all the Jiva invested in it whether from a rock, bee, dog or man.

The Jiva is drawn to the object or being most compatible with the tally of its current karmic state. As the tally of its karmic state improves it is drawn to more complex, self-aware objects or beings. The Jiva progresses through minerals, flora, insects, fish, mammals, man and possible more spiritual beings. A Jiva, being part of Fred, contains Fred's sense of "I", desire and fear.