

**SOURCE OF ALL LIFE**

By

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## **Acknowledgements**

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## **Introduction**

This book will cover the basic A-Z of Mind, Body and Soul topic's as pertaining to knowledge and wisdom brought forth from the spirit dimension.

The title of this book "SOURCE OF ALL LIFE" comes from those energy beings, those who dwell in the world of spirit. For on the other side they do not have or use the religious vocabulary we employ here in the physical world.

What we call 'GOD' is simply referred to in the spirit dimension as 'THE SOURCE OF ALL LIFE.' Humankind, here in the physical dimension, has created the many diverse religions that we encounter here on earth. There are no religious divisions in the spirit world for there is no reason to separate ourselves from each other. All are creations of the 'SOURCE OF ALL LIFE.' We are all energy beings which are extensions of a larger 'Energy Source' which many here on earth call God, or Great Spirit, or Creator, or Allah, and so on. These names are all brought forth by humans, trying to give meaning and substance to their created religious beliefs here in the physical world.

Just know it is not wrong to believe in any of the different religious systems we have manifested here on earth, for all teach positive and negative truths to help us grow and experience ourselves outside of the confines of the spirit dimension. The negative cannot be experienced directly by an energy being in the spirit world, but it can be experienced by an energy being dwelling in a human form in the physical world. As we grow through our positive and negative experiences here on earth, the 'SOURCE OF ALL LIFE' also grows and expands on many levels.

Read the information which interests you, for each person is following a different spiritual path in life, and the information that seems true for you, add it to your knowledge base and continue on with your spiritual quest. That which seems wrong or false to you, simply ignore it and move forward on your spiritual journey.

## Prologue

The time has come when many people are now seeking to know more on how to bring peace into their daily lives. We will be more able to understand the plight of our fellow man by creating peace and understanding on a greater scale.

This will allow us to understand that each one of us is living a human experience. That there is a Soul; an energy being inside us that will one day leave our physical body and this Earth, and return to our true home in the Spirit World, that which many call Heaven.

In order to bring about change in our world we must change ourselves first. Inner peace can be found through forgiveness of oneself, and of all others. Examine your life before you dare judge another's life.

There is a simple saying which has echoed throughout the ages and in many forms; if you cannot take it with you, why is it worth your time? There is no need for excessive personal affects when there is much more that is being neglected spiritually. Items do not bring happiness. Happiness in positive action and thought brings happiness. There is much that can be learned by a life of simplicity.

So much reading material and CD's contain the same message disguised in different terms and extra wording simply to sell another book, when simply stating the intention will do. There is no need to dress up the process or the knowledge when simply stating it will reach more people.

The purpose of this lifetime is important to each one of us who is completing it. Knowing that there is more than what many popular beliefs hold is important also. We are all the same; there is no reason for one man to put himself on a higher pedestal than another. The man on the pedestal at some point will realize that there is greater similarity and education needed by him, just as there are those he was trying to reach with his seemingly great and powerful knowledge.

The people should know that even without this knowledge there is still no reason to fear. There is no reason to live a negative life. There is greater joy shared in 'giving' joy to others than in destruction and negative actions. A greater number of people benefit through small, positive actions compared to the negative impact of a small negative action.

It is very important to know Peace; there are many things that will always exist. There will always be violence on Earth to some degree. Not to the degree in which we are experiencing it now, but it will be possible to move far from wars, far from mass killings, and far from what has been experienced.

There is a great change occurring as you read these words. Those who have power, control, and/or vast wealth should have the understanding no one is going to steal their vast riches. They need to understand the moral, ethical, and spiritual value in helping their brothers and sisters they share the planet with. This can be done by understanding the basic principles of human life; that all peoples should have shelter, food, water, community and companionship. It matters not what your beliefs are, for we are all the same in the eyes of God.

God gave life to all living things, and therefore all creations are to be unconditionally loved; for 'ALL' are living expressions of his unconditional love. Just look to Mother Nature to see the marvelous creations that abound.

The proper goals of humankind should be not only working for oneself, but also working to help their fellow man. This is the most effective way to direct positive energy into the world, which will bring forth the greatest changes for humankind.

## **ABORTION**

This is not for humankind to fully understand. It is a lesson for many to learn in order to understand this great choice. There should be acceptance of this practice, though the goal should be to overcome the fear, worry and selfishness associated with it by those who are wishing to carry it out.

God understands when and why some women choose abortion. Through free will God allows them to exercise their decision as it pertains to their soul path. God will not judge you for your decision, only you judge your life for the decisions you make based on the lessons you chose to learn and experience.

Those who are 'pro-choice' and those who are 'pro-life' are both correct in their decisions they make concerning abortion. It is a learning experience no matter which path you choose.

## **ACCIDENTS (PLANNED EVENTS)**

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events in your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought, though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences. So it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring for it to be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan. It is of utmost importance to keep your mind open and clear and not worry on how the event was formed, but to understand that causal reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations and the areas being affected. These are what

often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now, you will understand, or you still may not, upon your exit from this physical dimension. Your reflection on this situation and understanding the correct or universal response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed an incarnation; there is much said to deter any thought or thinking as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes, and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are also many things that may not be depending on this knowledge for you, but to understand this is to remove one's self from the hold, control, ill focus and motivations that many hold. Process information as you receive it, but it is never impossible to examine a chain of events or a situation while you are involved in them. When there is a pressing situation at hand you can learn to recognize the correct behavior. Many may call this listening to their inner voice or angel, but being developed enough to understand your own intuition or guidance is important. It should be noted that all should attempt to withdraw from all outside stimulation at least one solid hour per week, and this is known as meditation, and there are many benefits to this being completed. Pleasing the self is not as important as developing the self. Waking hours are spent too often on that which causes the mind to be idle.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

### **ACQUIRED IMMUNE DEFICIENCY SYNDROME (A.I.D.S.)**

'AIDS' for example is kind of like when Adolf Hitler of Germany allowed millions of Jews to be destroyed during the Holocaust, it serves a dual purpose for the benefit of

mankind. Not only does it teach a global lesson about the destructive nature of war, it also teaches individual lessons for those living in the physical world, and it helps Mother Nature balance and de-populate the Earth.

If there were no diseases and disasters on Earth, humankind would not have the opportunity to reach out, to be more loving, more understanding toward each other in times of crisis.

When those Higher Beings in the spirit dimension observed that humankind in the beginning only perceived ‘AIDS’ to be a ‘gay’ disease, then it was decided for the benefit of all humankind to allow this disease to spread. Women, children and so-called ‘straight men’ became infected in order to gain the attention ‘AIDS’ was to have fostered in humankind to begin with. In order to force individuals to react and evolve in order to advance in the way of building spiritual character, which leads to a better understanding of unconditional love.

## **ADDICTION**

There are many reasons and many forms of addiction, but there are many who do not seek to remedy the underlying cause, but simply seek only to address the outward expression of the addiction. For many, not all, to identify the true cause may be simply to ask yourself what it is you are trying to avoid or escape from in your life. Once you realize the true cause and stop the addicting behavior, you must make a positive change to remedy the original cause, or you will open yourself to new addictions.

Addiction is simply a signal to a person to let them know there is an area of their life, be it concerning health or an energy imbalance, that a problem exists and that they need to take action to correct the imbalance.

An individual can trace back to the source of their problem, on their own, and even without assistance, to develop a plan to eliminate the addiction as they come to understand the true reason for their addiction.

(For those individuals who still feel they cannot face up to what is the true cause of their addiction may seek short term help from the medical community. Just remember, pills only mask the symptoms and do not correct the true cause of the addiction. Medications themselves can become an addiction.)

## **AFFIRMATION**

Your mind is the key element for using affirmations. Repeating positive words or short phrases on a regular basis condition your subconscious mind to act upon that which you are trying to achieve or correct with your body/ mind. Examples of positive affirmations for better health would be; (“I have a healthy and complete body”) or (“My body heals on every level”). You may apply affirmations to any positive area of your



life, and remember not to use negative words in your affirmation such as; No, Can't, Stop, Won't, Not, etc.

## **AFTER LIFE**

All souls, which are energy beings, were created by the 'Source of all Life' which those on earth call 'God.' God gave us free will so that we could learn to create as he does. Advanced souls created places like our universe, which have many planets of varying degrees throughout, in order for souls to go and experience different lessons to further their spiritual development. (Note: The word 'spiritual' or 'spiritually' have nothing to do with the human concepts of manmade religions and their corresponding dogma).

If you inhabit a human form right now, you have incarnated to this planet called Earth in order to experience all the many facets of love. That is what this planet teaches. True, unconditional love takes many lifetimes for the average soul to master, and that is the journey you are now on. During each human lifetime, you incarnate with lessons and experiences you need for your spiritual growth. Some lessons you accomplish, some you do not.

Being born in the form of a baby is how souls enter this physical dimension. You enter with no memory of past lives or of your true spirit home so you are not distracted while working through the present lifetime. Without the physical body, your soul could not experience the negative side of life. The human form is able to experience pain and suffering; physically, mentally, emotionally and spiritually, whereas your soul is not capable of experiencing these negative lessons.

When you have come to the end of the lifetime you chose, then it is time to return to your true home world through the avenue called death. Death simply allows your soul to detach itself from the physical body you had chosen for your learning experiences. Fear not death, for your soul experiences no pain or injury when your physical body dies. It is truly a very joyous occasion when you return to your true home, where friends and loved ones await your arrival.

Your soul, which is energy in its purest form, takes on an ethereal form when it leaves the physical body. This form resembles the form you last held when you were earth bound, except it has no defects and displays itself in near perfection. Most forms return in appearance to an age when they were most vibrant during their earth life. This new ethereal form is required in the world of spirit just as you required a physical form while on earth to house your soul. Later, as you progress spiritually you will reach a point where no form will be required to contain your soul; you will be seen as pure energy.

Since you are pure energy in essence, you require no food, drink or air to breathe when you are back in the spirit world. You do not suffer the aging process as your soul is eternal. This ethereal covering does contain higher emotions, but not like the lower animalistic emotions you now experience in the human form. Linear time and physical space are not present in the spirit dimension.

Souls who incarnate to earth and take on the human form all dwell on the same level. That means individuals on earth cover the full spectrum from the brightest/smarter people on the high end of the scale, to those who are idiots/morons on the lower end of the scale. All living together on the same level as they each seek to experience their chosen lessons.

In the spirit dimension there is a separation. Your soul will live in one of the seven major zones of consciousness with other souls you are in harmony with. These seven zones are based on how enlightened or spiritually advanced a soul has become. The law of attraction applies; like attracts like. As you work to ascend through the sub-levels, each is more sublime than the preceding one.

Each one of the seven major zones has seven sub-levels to it. These zones and levels are vibrating and spinning at a higher frequency as you ascend through them. The average soul who is now reincarnating between the spirit world and the physical world (earth) resides in the 3<sup>rd</sup> major zone, and dwells on one of the seven sub-levels of that major zone.

As an example let's say as a soul you were living in the spirit world on the 3<sup>rd</sup> major zone, on sub-level number 4 of that major zone. You incarnated to earth and you chose to be born as a female. You lived that life and achieved most of the lessons you wanted to learn and experience. That programmed life lasted eighty-eight years, and then you died and returned to the world of spirit. Let's say during that lifetime your soul advanced spiritually, which means upon your return to the spirit dimension your soul now advanced to the next sub-level of consciousness it had earned. Instead of returning to the 3<sup>rd</sup> major zone, sub-level number 4, you would now ascend to the 3<sup>rd</sup> major zone, sub-level number 5. If you had not made any progress in that lifetime, you would return to sub-level 4 from which you came. Now had you used your free will and changed your basic programmed life to cause great harm, chaos and/or death which was not a lesson for you, then you would return to a lower sub-level or even return to a lower major zone.

Once you spiritually grow and progress through all the seven sub-levels of a major zone, you then enter the next major zone and work your way through those seven sub-levels. For example, when your soul progresses from the 3<sup>rd</sup> major zone, sub-level number 7 of that major zone, you would then enter the 4<sup>th</sup> major zone, and start out on sub-level number 1 of that major zone, and then start working your way through that major zone's sub-levels. When you reach the 7<sup>th</sup> major zone, and the 7<sup>th</sup> sub-level of that major zone and have become spiritually enlightened and have mastered all that is contained therein, you are now ready to ascend to God's next phase of your soul development. When you leave the seven major zones your soul will no longer need a covering or form and you will emerge as pure energy, a beautiful bright light of varying degrees. At that point you would never again enter a human or ethereal form again. A whole new adventure awaits your soul.

To help with your human understanding, the earth is encircled by these overlapping seven zones and their sub-levels of consciousness, just as all the planets contain their own individual consciousness of higher or lower vibrations. All zones of consciousness meet and blend together, so your soul is then prepared to enter into another consciousness on another journey of learning if you desire. Souls are always being encouraged in a positive manner to progress forward to be more God-like for their own self awareness.

For further understanding; each individual universe or dimension has its own Creator. Each area of planetary living has been located in such an area that each domain is watched over, tended to, and life and energy brought forth into it by a Creator for that specific realm of existence.

This is not to say that there cannot be more than one entity infusing power, and direction into the life and realm of existence. But there is only one single being that is responsible for its ultimate direction no matter what other entities or life forms may inhabit it or cross from other dimensions to assist with that dimensions existence.

There is, for your human understanding, only one God, the 'SOURCE OF ALL LIFE' that then observes these Creators and guides and assists them as needed. This is much the same way that many groups of people delegate power to accomplish a common good on earth. No one person on your plane can watch a massive area or oversee the production of a very complex event or item. This is the same for existence as you know it. There are many assigned to watch over your area, there is only one to direct and become responsible for its purpose, its mission, but then there is the 'SOURCE OF ALL LIFE' which is then responsible for all life and all dimensions.

### **AKASHIC RECORDS**

The Akashic Records map and record each activity that occurs in each life forms experience, not just humans, but all life in every way; if there is what you call consciousness, there is a record for it. There are records for each lifetime and records that are followed as a plan, and as a recording of what has taken place. There are records for planets, though many are being created as we speak to you now, and serve more as only the recording, and less of a plan as there is much left up to the individuals in an experience at any given moment.

There is much to be known about these and how they relate to each universe. Each universe or dimension will be able to be experienced by you. These are not separate records. All are contained in one area. You may have the same access to them as any spirit or energy being. Each is located where all can review and research past lives and events of any in existence. These records are not private, but are for education, and learning comes from others and their actions. The knowledge will grow by expressing that, which we cannot, by way of viewing actions, and thoughts that were taken by others in the experience they had in their given lifetime.

There is much to be learned by this great hall of records, but understand that what goes into them before you arrive in human form can be changed, after your birth and life start, all becomes a recording of what actions were taken. Each lifetime is categorized and each separate spirit can view each incarnation they have ever had, to view and track progress or trends in the way that many keep records in your world now. There is much need for understanding and reviewing these records.

These records are becoming more easily accessed in your dimension, but there must be some discretion by the entity that brings it forth and the requester. Not all information is helpful in a lifetime, though if an energy being in human form is asking for them, there

is a clear possibility that he or she is able to cope with previous actions. Be them positive or negative.

There is a need to review these from time to time. Review them prior to creating a plan for a coming future lifetime. There is a need to track these and all dimensions have access to them. This is one area where all beings may converge no matter their origination. Each may have access to each, but some higher forms are not shared with all, for knowledge may not be ready to be shared with those who are not spiritually advanced enough to comprehend it. For its impact on those that read it and are not yet ready to understand the concepts contained within it will cause confusion.

Peace to all is a trend that is increasing in number within the records as a shift is coming. We are able to map and track these actions, and determine how a shift might occur or see that the mind of humankind is changing from what it once was.

We are entering a new age, as you say, and will be experiencing a new 'reality' that becomes the new normal, and less aggression towards those of peace, thinking and mental ability. Sharing of knowledge and dropping dogma for only dogma's sake, will happen. These all can be seen in records here. Each dimension has their own existence, their own purpose, and you can travel to these, though not all can experience them for extended periods of time.

These archives have existed since the creation of the very first soul. They contain all the information and knowledge of each individual soul entity. All creations of the 'Source of all life' are registered within these etheric imprints. There is no opinion contained in them.

The Akashic archives also contain a soul's past lifetimes, its present lifetime and even its future 'planned' lifetime. While in the spirit dimension a soul can access their collective thoughts and imprints. This gives them an overall understanding of their souls overall progression or deterioration. That then explains where the soul entity currently finds itself, and where it needs to go in order to complete its journey of remembrance.

There are many areas where Akashic records exist or are created, but there is only one central location where all beings can find, locate and browse them at their leisure. This reading can occur for learning purposes. There is much that is done to create learning and this is a tool. No deed or action is unrecorded; this is not for punishment or celebration, but to learn from actions and situations which other life forms have found themselves involved.

There is a great passing coming to you where there will be a change and more information will be available to those who seek it. Much of the information in the Akashic records can be viewed or read by those in your dimension with the assistance of their spirit guide or energy being. There is no need to worry about their contents for they only record unbiased information; there is no opinion in them. All actions on all dimensions are kept within.

There are those that an entity may not understand because of the higher realms of beings that are creating them with their actions. These are not to be read by those who are not yet ready to understand them. There is a veil at times that is only lifted when a being has progressed to a level of spiritual understanding and life evolution so as the things they are reading will have clarity. Think of this in a similar way as you progress from infant to child to adult throughout your lifetime in a human form. A child is not ready to understand what an adult has come to understand, and so it is the same with the

higher energy beings as pertaining to us. Until we reach and attain their spiritual awareness, we would not understand what they have created or experienced.

### **ANDROGYNOUS**

Energy Beings (or what some call Spirit's) in the higher realm's of the spirit world when in 'pure' form have no male or female appearance, they are seen as glowing energy patterns of varying degrees (colors) based on their spiritual awareness they have attained. When they visit those with lower vibrations; those in the human form, or those of the lower spiritual realms, they then will appear with a male or female persona, or may seemingly appear to have both male and female characteristics.

### **ANGEL (ARCHANGEL)**

There are many divisions or castes of beings though the names simply give recognition to the type of work they perform. So-called Angels have specific goals and areas in which they work, and Archangels are higher beings that return to different and lower dimensions to assist them when needed. Archangels can travel between different dimensions to provide assistance. There are many so-called Angels and Archangels you can call on for help, though many will not come because of name, but simply because of the help or guidance you seek, and none have wings.

There is a special type of being that is called an Angel and they have a specific function they perform. They do not guide in the same manner as most other spirit guides or spirit workers do. They have ascended much higher spiritually, they may be compared to the religious view of gods simply because of their advanced ability to intervene and offer assistance to many at once.

How do you think this dimension you live in came into existence? It was brought forth by these higher beings, who are Creators in their own right. The Earth is overseen by one of these Creators, one many refer to as their God. Yet this Creator is but one of many who have charge over many different areas and they all answer to the 'Source of all Life.'

### **ANGER**

Those who need to express anger should do so in a positive manner. It is not necessary to contribute to the anger of another person or group, no matter what they seem to be upset about.

Allow your anger to be released in a positive manner such as doing physically taxing work or vigorous exercise that will express this pent-up energy without it building into something negative or destructive.

**ANTI-CHRIST** See 'HITLER'

**APPARITION** See 'GHOST'

### **APPORT**

In French the word is 'apporter' and translates into English as "to bring." Apports are animate or inanimate things or objects such as precious stones, old watches, small living creatures, etc., that are materialized by the use of physical mediums. Mainly this phenomenon occurs during a séance, but has occurred when only the physical medium was present.

The objects that are dematerialized, then transported, then rematerialized are those that do not belong to living individuals. Only items of those who no longer have ownership, as it were, are produced. Nothing is ever taken from someone 'living' and given to another person.

Apports can also be brought forth through the use of a Trumpet device during a séance.

### **ASPORT**

Asport simply refers to the reverse process of Apport. Whereas apports are brought forth in the presence of a physical medium, asports are objects or items removed from the room in which a physical medium is present. For example a small emerald stone may be removed from the room and then found sitting on a table in the adjoining room.

Things or objects that have been removed from individuals at a séance have always been found nearby.

**ASTRAL BODY** See 'ETHERIC DOUBLE'

**ASTRAL PLANE** See 'SPIRIT DIMENSION'

### **ASTRAL PROJECTION**

Astral Projection is the complete elimination, through a focused, calm, and meditative state, of all senses and feelings that are only perceived or generated through the physical body. You completely disconnect but are able to safely return to your physical body. It is merely a term, astral, for that body which is your truest and highest self that inhabits your physical body at present.

To project into the astral plane is only to experience all realms, or a specific dimension, through disconnecting from your physical body. There is no specific astral realm. Often this term is used by those who project, but there is no specific astral realm. This is simply the term that for you could describe leaving this physical world; though it is quite possible to experience other times, places or locations in this physical plane where the Earth is located.

The process is through meditation and awakening your entire energy body, your entire true self, this entire form of energy that inhabits your body. There is much that is located in the brain, but often this is where the perception of your world stops. The eyes are here, and there is much that is not considered for sensing or interpretation because it is with the physical eyes and the mind that the thinking becomes accustomed to being done.

It is important to sense every area within the physical body, become aware of each part of it, and allow these new sensations to become aware of it. Intend to leave your physical body, shifting your awareness and creating a visual impression of you in your mind of this new location will shift your ability of perception and controlling the present location of your body to the control of your thoughts, much as is experienced by those who are on the other side and helping you.

It is imperative that you state or intend to have a specific purpose; this does not mean that you are not simply allowed to experience the world, your habitat, without the constraint of your physical body, but you should intend to do so. Do not simply sit and meditate and then become discouraged because nothing happened or was experienced. Such as dreams, there are many that happen, there are many where you project astrally, where your true energy body leaves your physical body, and you travel your world or others.

It is because the mind has not considered, in the physical form, these experiences to be important. It needs to become accustomed to these experiences and understanding that that these are true experiences that you wish to recall and remember. Often this method of mind/body separation is experienced, but once the event has taken place there is no accurate recollection by the physical body.

Training the mind to retain this information while you are in the physical body is important. You should be aware that there is information available to you, which you can retrieve from the spirit world, your true home, at any point for knowledge and wisdom. It would be through the practice and focus of your thoughts and meditation that it can be accomplished.

Often the ability of those who attempt to develop this is short lived because they are not able to achieve extended periods of departure from their body. For many, once they realize that they are not simply thinking about another location, but are able to move within it and truly perceive it because they are there, they immediately return to their body because their focus and attention is not true to the level necessary for extended absences. This is why this disconnection is often experienced through sleep; this allows other areas of the body and mind to overcome the actual and perceived obstacles coming from your minds perceived limitations or what you yourself perceive as a limitation because of your five physical senses.

It is through this dream-like state that in waking consciousness the world can be experienced by you as well as other worlds. Simply stating that you are willing to do this will begin your journey. There is much that can be accomplished in terms of skills and abilities in your physical existence, and some of these will also better equip you when you return to your true home once you discard your physical body. Others simply help with guidance, information and perspective while you are within this lifetime. There are no skills and talents that do not help you fully appreciate this lifetime, the true nature of existence, and the true experience of all creation. None are simply for a carnival-like fancy of entertainment.

## AURA

The human aura radiates around the body in varied degrees of energy and colors, which correspond to the individual's basic emotional, physical, mental and spiritual awareness at the time of viewing. Those energy beings from the spirit dimension and some developed mediums can perceive your aura and note the state of your health as pertains to your mind, body and soul.

Auras are represented mainly by colors. White and black convey an absence of color and are not perceived, thus giving these two colors a neutral aspect. Blue, yellow and red form the main color base of an individual's aura, while the other colors representing lesser energy layers.

The color red is mainly an indicator of an individual's mental activity. On the high end of the scale it concerns itself with purist thoughts dealing with love on all its vast levels therein, and on the lower end of the scale it concerns the basic emotions of lust and anger.

Blue is the main level dealing with an individual's mental activity as pertaining to ones spiritual development and awareness. It concerns itself with the high end ideals of unconditional love and admiration, while on the lower end of the scale it deals with the lack thereof.



The yellow color is mainly an indicator of the intellectual level of an individual's mental activity. It covers the highest to the lowest levels of wisdom, judgment, inspiration, reasoning, analyzing and all the other areas of logical operations.

These and all other color combinations form a picture of an individual's health pattern, and all living things contain an aura of varying degrees in this physical dimension.

### **AUTOMATISM**

This is a general term used to incorporate all acts that are 'automatic' in nature; which means they are not produced by a medium on a conscious level. Automatism can be such as a medium bringing forth clairvoyance or clairaudience. Automatism can be also where a medium unconsciously brings forth such things as automatic writing (using a computer), painting, music (composing or playing an instrument), to name a few.

**BEINGS OF LIGHT** See 'ETHERIC DOUBLE'  
'SOUL'

### **BIBLE**

The bible is a collection of stories. These stories were told in the form of fables or parables in order to bring forth a certain type of positive moral attitude that was missing in the people of that time period. Too much negative influence was running rampant with the people, so this collection of stories were assembled and placed in written form to help the people move into a more positive direction. Some of these stories were based on actual events, while others were simply handed down by word of mouth as lessons for those who needed the symbolism.

The original information in the bible came from many different sources; parts were received through spirit communication from those in our true home world, other parts came from off-world beings from other planets, and from light beings known to us as angels.

Unfortunately, there have been many in powerful positions that have used this book for negative, selfish reasons. They have succeed in altering the bible throughout the centuries in order to control and influence the mass of people who follow this book and take its meanings literally.

The original bible was meant to be a symbolic guidebook, a positive reference for the people of that specific time frame. But many powerful individuals did not accept what

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