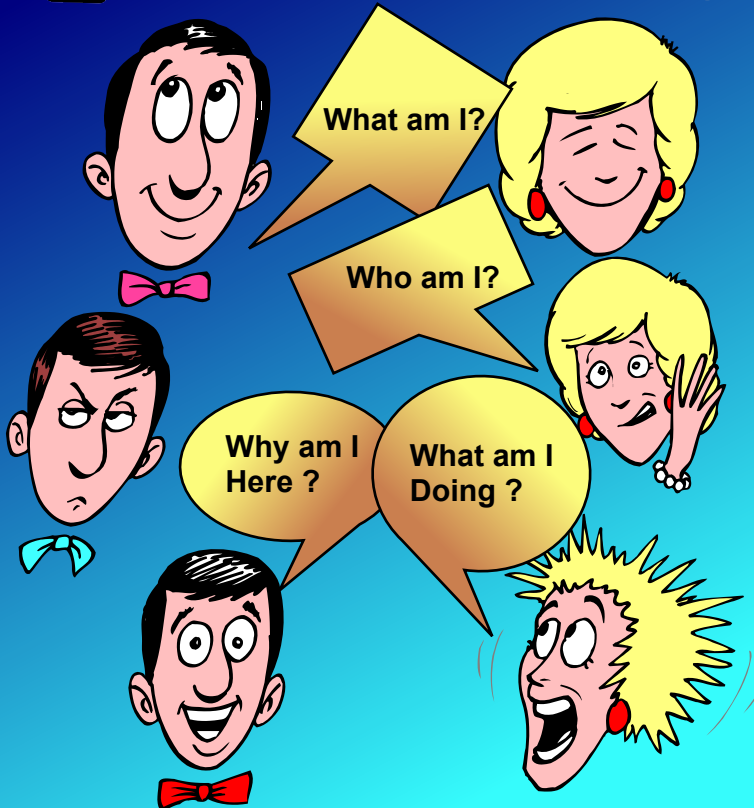
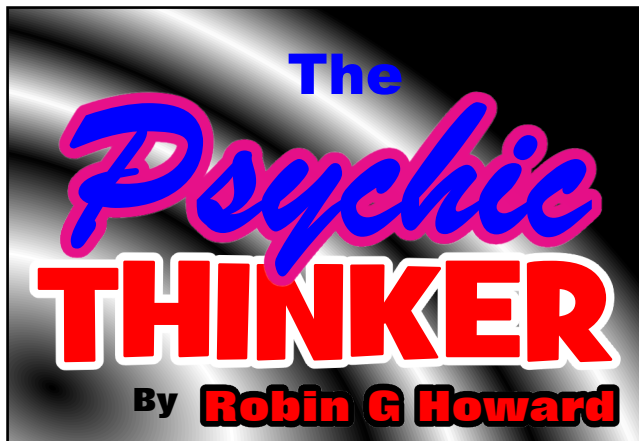


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PHILOSOPHY OF ATLANTIS



1. The AFTERLIFE DOES EXIST.

The Long Afterlife

WHAT IS FICTION ?

WHAT IS REALITY ?

In troublesome times the strange world of fantasy and fiction takes our minds on a journey of pure escapism. We need to abscond from our perception of realism. What is realism? Is all around you a reality or a visual perception? This world is a physical domain but is true reality a quantum essence encased in your mind and your thoughts? This scenario illustrates the coexistence of several realms intermixing at the same moment of existence. Yet although existing simultaneously together the vibration or frequency level in analogy is equal to a distance between each of a billion light years. That is why contact between the different realms is problematic to the average physical human brain. In physical form communication is frequently misconstrued in trying to interpret the mental quantum signals. The physical world interprets these moments as supernatural or paranormal. Every human being has the ability to receive and transmit between the two worlds. Unfortunately, as we are all individuals, so are our senses.

Fiction is based on reality. A good detective novel reflects society. A detective has to try and unravel the mystery of a perfect murder. The supernatural and paranormal is all around us, sometimes in dreams and also reality. Science fiction predicts future events and revelations in stories that are related to as fiction. Holy books are fiction written from the imagination of men yet they too reflect into the future trying to show us a better way of life. But without some belief other than our physical reality we are but empty containers on a short voyage through eternity. The invisible lines of magnetism that swirl around us are not to be seen, yet we know they are there. They can only be seen in the suns fiery atomic furnace or by placing a magnet underneath a sheet of paper and sprinkling iron filings onto it. Those unseen forces that swirl around us affect all atoms of physicality, the sun the moon and our own bodies.

What is gravity?

Even Scientists know the imperceptible notion of gravity, and everyone of its existence, but no-one can explain why or how. There are as yet no formulas to explain the fundamental basics of this phenomenon. The answer lies in the minus or negative equations that no one yet can understand. The sceptics have doubts about clairvoyants and psychics simply because they have tried to put a timescale on future events. I know from my own personal experience that this is not possible as there is no 'time' in the astral realm. As singular human units of existence we can see events and pictures that are instantly forgotten or difficult to interpret because they are tied up by feelings or emotions.

Getting the call...

We are all occasionally given a signal or notification from this quantum realm. Many of us do not receive the message, others misinterpret whilst others ignore it completely. The sceptic with a closed mind hears and sees nothing and even if they do it has to have a physical answer. The information relayed is of a personal nature to you. It could seem irrelevant or humorous at the time and human memory of a dream is quick to fade. There are a few actual examples to be studied especially of the dream. A man dreams of his next door neighbour crawling up a chimney. He awakes in the morning and tells his wife: they both laugh at the absurdity. That lunchtime a fire engine arrives at his neighbours to quell a severe chimney fire.

A man is shown a dream where an aircraft on fire lands on a moor with no loss of life. He wakes up and blurts it out to several colleagues who laugh and shake their heads. Eighteen months later an aircraft crash-lands on a moor and the only reminder was the memory of the colleagues who laughed. These were a little reminder to the recipient that they were not alone in their physical reality. Once again this was intended for the recipient and no one else.

Has religion any answers?

A strange feature of the physical realm is the advent of pedantic religion. Religion is a mask created to communicate physical spiritual guidance. We are warned in many instances not to participate in the ways of the perceived physical world. A contradiction is then offered to fight and conquer all opposition: to impose religious doctrine on the will of others. The seed of Humankind has forever sought to control and manipulate the source of worshipping and obedience to a supernatural power or powers. Why? The answer is in the wording; control and power. The physical realm allows domination and suppression by the simple destruction of the flesh. Through the centuries in the name of religion and ideology many evil acts have been perpetrated, this is undeniable. Today, the secret police rampage through Iran and Syria as their counterparts did in Nazi Germany and Russia 70 years ago.

You have to remember that religion was created by humankind for humankind. What does this imply? Firstly, humankind is fallible and makes mistakes. We are all human. Have you ever seen any world leaders who are not human? Of course not all we witness in this world is chaos and extremity with the worst excesses of humankind.

Some men tried to compensate for this mortality by creating divine guidance. The purity of thought of this symbolism has been distorted, manipulated and corrupted through the years. How could this happen? The truth is so clear the tendencies of all mortals are fallible, no one is exempt.

You are the answer.....

All the guidance you need can come from within yourself. The quantum you is not so very far away but very difficult to inter-communicate. On this plane of existence transmission or connection is not only by voice but by emotion and feelings. Certain areas of the astral are beautiful and surreal the colours vibrant and stronger than here. Some live in a mirror body of their past life in a similar living area others in a sustained perpetual environment of their own making. The high spiritual entities create the unbelievable serene background of eternity. There are other areas created by former

physical beings that corrupted their own souls using the power of the flesh to dominate others, these are called the un-life. This is a dark shadow area that is unexplainably terrifying for normal entities passing over. Spiritual beings in the un-life cloud relive past glories in perpetuity. It is not hell but an entrapment of their own wilful and dominant spirit.

What is clear to the open-minded individual is that the holy books of today have the deep imprint of humanity contained within.

All afterlife theories are interpreted from these books. Each religion has a different viewpoint. We are all pushed by these different theologies and ideas the foundations of which are unstable.

In the future huge biological computers will come into existence that will allow us to all travel in quantum form to other dimensions, parallel realities and the realm of the astral.



Jim Long astral space agent

5th in series - Battle of the Archangels

The authors book in relation to the afterlife is - Battle of the Archangels. This latest fiction publication - in ebook format explores the astral in depth like no other book.

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2. MEDICINE OR HERBS?

A recent Open University programme looked at the use of herbs in medicine. Clinical trials in Germany on 12 super herbs gave a near 50/50 result. I give a small synopsis to all those who wish to look into herbal medicine.

St Johns Wort : For depression.

Ginkgo : Rids blood clots – helps memory failure – tinnitus –

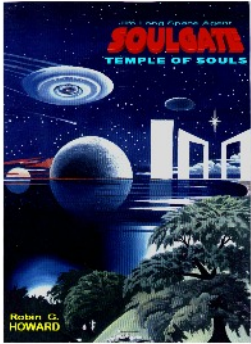
Devils Claw : Anti-inflammatory.

Garlic : reduces blood pressure and cholesterol.

Sawl Palmetto : Can relieve enlarged prostate.

Hawthorne : Can help with heart conditions.

Chestnut : Varicose veins I improves circulation in legs.



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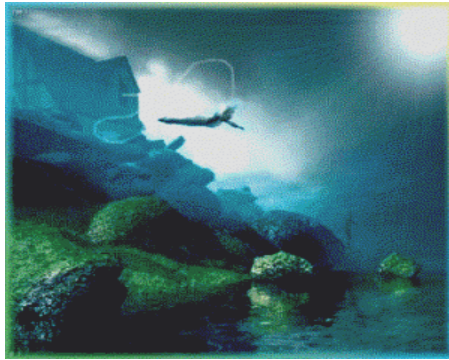
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3. PHYSICAL or SPIRITUAL?

We all live in a physical commercial world where it seems there is little room for anything else. We all seem to be embroiled in this physical environment. Embedded into our minds since childhood is that existence depends on work and the need to make a living. Examinations and study becomes an integral part of a young life. Everyone on the physical plane of existence is a unique individual entity born with an instinct as to what they will do in adulthood. Sometimes this is forgotten and a wrong path is chosen with disastrous results. Not everyone is born with the brain capacity to be a

Jim Long Astral space agent series - book 5 - Battle of the Archangels

doctor or a lawyer and a secondary occupation has to be chosen. A human entity is unique but equal they are certainly not! This is one of the problems of being born a physical human entity. We are relying on our parents to have supplied the genetic structure and the academic and moral guidance needed in order for us to co-exist alongside our fellow humans.

We are born into a world where materialistic achievement is high on the agenda of day-to-day progression, but that needs balancing with a spiritual guidance of some kind. How many times have you heard someone say, 'I want some kind of quality of life.' To be a millionaire does not bring quality of life it brings freedom to buy and travel. Quality of life, I am sure is to do with the interaction between families, friends and the environment. So you want to be a singer and you join the thousands of hopefuls needing instant stardom. You are joining the lottery or football pools syndrome. Your chances of success are millions to one but in this age of gladiatorial television, you become the entertainment fodder for millions of people.

You are able to witness the insane and vicious nasty comments aimed at you in the name of entertainment. Comments that tell you cannot sing or you are the wrong image. By a miracle, you win the competition but your experience is limited, you cannot even talk to an audience properly and soon forgotten. By losing, you can take the path that most singers travel, singing in front of as many audiences as possible slowly climbing the ladder or falling by the wayside. If you stay with it you will make a living.

How do people manage who are too spiritual?

In answer, with a great difficulty and tribulation, after all we are living in a physical world not an ethereal spiritual one. People can get hurt physically and mentally so a strong presence and attitude is required. Balance is the answer – **NO EXTREMES**. Extremes of violence, drink, drugs, sex, lies, corruption all lead to obsession and an obsessive person lives life in a circular spiral, unable to learn, understand or comprehend the world around them. The second great extreme is one of power and territory. This usually is not in the realm of many average people unless someone personally wanted to dominate another person like a man dominating his wife - a wife dominating her husband and children dominating their parents.

What about your worldly lifespan.....

Sometimes we all ponder over the profound universe that surrounds us. We live on a world approximately twenty-four thousand miles in diameter. It is ninety three million miles from the sun in a perfect distance to sustain life, and in a galaxy one hundred thousand light years in length plus twenty in depth and just one galaxy amongst millions of others. Light travels at one hundred and eighty thousand miles a second and if the sun suddenly ceased to exist we should still see its light for several minutes later. When we gaze up into the night sky to look at the stars we are looking back through time itself visually with our own physical eyes. Our world is so fragile that a large meteor or asteroid plunging into it could wipe out all human life in hours.

The human life span is minuscule compared to the infinity of the universe but as the atom is the basis of all matter, the physical body survives from generation to generation. I have an instinct, that through thousands of years there have been other civilisations destroyed or wiped off the face of the earth. The evidence is somehow staring us in the face but geologists and historians will disagree. We all live our lives within the perimeters of the five senses. However, there are other feelings above the normal senses that sometimes overcome us.

You go on a new holiday to a location you have never been to previously. When you arrive, there is a feeling within you that you have been there before. To some people it is vague but to others a road or building is remembered. People tend to laugh when you tell them but you know it is a real feeling or sensation and you tend to forget quickly. Have you ever had a dream that came true in a different way? Through every ones life, there are instances of incidents or happenings that are difficult to explain. I myself have had several incidents throughout my existence to date that have led me to believe that there is more to life that we can behold within the five senses.

We cannot prove or disprove to sceptics or anyone else that the sixth sense exists but to those people that it has happened to, know of its reality.

4. THIS IS ABOUT THE REAL YOU.



Have you ever wondered who you are. What are you? Who is the real you? What do we know about our self? Everyone knows you as whatever your name is with a few generalisations. Oh, it is Fred or Mary and he or she is a bit full of herself or himself, a large ego but genuine and honest. At a first contact or meeting with another person, the attraction is physical whether man-to-man, woman-to-woman or male to female. Either we like the looks of the other person or we do not. Is a first impression reliable? That a major judgment of character at first sight is a reliable assessment must be in doubt. The real you is quite a mystery but does it start to unfold by the thoughts of others in relation to you.

Is our conversation and dialogue a way of explaining you? In your own mind, how do you see 'you'? Let your thoughts roam and try explaining 'you' to yourself on paper. Stare in a mirror and try some different moods. Be angry shout at yourself. Be happy, and smile and grin. Be puzzled as though you cannot understand. Once you have visualized these emotions you will have a good idea how other people see you. Then try asking other people to explain on paper how they see 'you'. This will probably astound you; they will all differ in content making you seem complex. Do you keep your temper when angry? In a command position, are you fair when you have to make a decision? Do people see you as **sad or happy, evil or good: extrovert or introverted?** How do you rate as a good mother or father? Are you a sheep or are you more individual?

Most people never see themselves as others do. You are a complete enigma to your own perception of 'you'. Successful public people create an image for the perception of others. Some have truth others hide behind the image. The successful entertainer who in public glows with a charismatic ease; but in private is full of insecurities and cannot handle people.

Try to know who you are.

The friends around you may cloud the vision of you as a person because they do not want to upset or annoy you, are they correct, are you too stressed or listening to things that you need to hear? People near you tell you how wonderful you are and how well you look. Unfortunately, if this is so you have no chance of finding the real 'you'. Would it be more realistic to picture yourself in a court case with you as a defendant with no charge to answer too? The prosecution looks into your past unbiased and presents several witnesses as to your character. What will they say? What they say about you is important to find the real 'you'. One thing is clear; if you are looking good as a 'front' person, anything hidden or forgotten could surface and you will see 'you' as you really are.

We are all dependant upon our own and others opinions in order to assess 'you'. Is self-assessment possible? Yes, I suppose it is. Why not try writing a truthful autobiographical account of your life. Leave nothing out and span it over ten year periods. Now do a self-appraisal of the first ten years that will produce a self- portrait of you as a ten year old. Continue to twenty, then to thirty, and forty until the present time and maybe an interesting picture will emerge, as to whether you are developing or standing still as a person? As a manager years ago I tried a not much used method in dealing with a seemingly unpopular member of my team. As in all businesses, management report down. In big business, the Managing Director to the Middle Managers or area managers and then down to the General Managers who in turn continue down to the Branch Managers. The branch Managers then control their own areas. also applied to me as an under manager.

I was lucky enough at one period to have an MD who invited reporting upwards. The local General Managers' allowed autonomy with responsibility.

I held a meeting of my staff and asked them all to report upwards on both myself and my supervisor. No personal issues were to be raised, purely business and their reaction to my management. Each one of the fifteen staff told me their opinion of my management style. It was nice to know that I remained popular, with

Reservations. One thing became clear that at times I answered queries quickly dismissing them with 'I'll look into that' or 'we can't do that' without explaining. I conceded this point to them knowing this had happened many times. They conceded that I very rarely became angry and did explain when a mistake was made.

My supervisor was next and was not very happy. He was a nice man but tended to rule by snapping orders and commands out to the workforce. The meeting was extremely positive as they made their points to him and he in turn explained his views to them. He was new to the job and still feeling his way and this came over to them in a wonderful transition that they had not seen in him before.

The meeting was a huge success as from then on a close harmony and a lot of laughter gave a good feeling atmosphere and happy working conditions.

Is Parenting Important?

The answer to that question is YES. In the baby stage and early years, you as parents are being observed and mirrored in action. You do not know just how much you are being scrutinised. I was working in a hotel some years ago and someone reported children on a high wall outside. There were two five to seven year old children walking across the top. All children are adventurous but there was no sign of any parents. I stopped and spoke to them speaking gently. "Take care and don't fall off or you may hurt or kill yourself." The foul language and abuse that came back at me was unbelievable. I wasn't angry or annoyed. I felt a terrible sadness. They were mirroring their own parents. Someone had said something they didn't like and they were reacting. They were too young to have experienced anything else. A picture of their home visualised in my mind. I would suppose that the mother and father constantly yelled swearwords at each other and reacted in anger. They had no time for their children and would not even know their location.

We are all human and there are times as a parent when we do things wrong, but this must have been a home with a constant daily barrage of visual and verbal abuse.

Can your conditioning as a child have a direct bearing on who you are? Your relatives can leave you with happy memories or a badly scarred mind. Do parents and family have direct bearing to who we are or become? It seems to be an important factor in the developing 'you'. Close family involvement is important in the 'young you'. A mother and fathers love and understanding shows an interest in you, and what you are doing. If no one shows interest you might be inclined to show off to draw attention to yourself and why not? At least you are showing an interest in 'you' when no one else is. Will you grow out of it? You must hope so as going through life with tantrums and a huge ego becomes obsessive, you as a person do not develop and people start to ignore the drama.

Even if you have been brought up reasonably well there is a danger that your environment will change you. It is hard as a teenager to ignore the bullies and those seeking power around you. A weak person is one who demands dominance over others and the strong person is the one that rejects it. It is more painful to refuse to be intimidated, not by using violent action, but by passive means.



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5. YOUR MEMORIES AND ACTIONS.

Recently, a man awoke after being in a coma for nineteen years. There was only a small mark on his forehead after a car accident yet his brain had been damaged. Another man in a car accident had hardly any marks on his body but the shock of violent movement had caused damage to the brain. His wife only recognizes the physical features of a husband she married years ago, his personality having changed considerably. Damage to the brain can leave a distorted image of life leaving the occupant unaccountable for their actions. If we are responsible for our actions throughout life and we travel on into spirit, can we then be judged for the failure or disease of our brains? I would think not. The physical universe is changing all the time, energy to mass, mass to energy. Is Birth and death on a similar cycle? This may be so and some time in the future it may be revealed to us all. Years ago our ancestors did not even know that radio transmissions or ultra red or ultra violet rays existed.

Do people realize just how powerful they can be?

I doubt that they do. Even the weakest of people can say or write something so strong that it upsets and distresses others. The pen is mightier than the sword so the saying goes. Can the spoken or written word destroy a person more than physical abuse? The body has a high recovery rate but mental scars are like a computer that cannot delete its files, they remain in the memory. Even on your computer, you can completely delete files but 'you' as a person cannot. They are with you for the full life of your body and may be discarded or forgotten, but are still lurking in the memory and you will have to live with them.

Do have LONG or short memories?

Association of a word, phrase or situation can pull a memory swiftly from the depths to the surface of the mind causing pleasure or discomfort. Once again, this is 'you' reacting to the stimulus of physical existence. Stress enters your life in many ways. Even though you may not be, showing or revealing the real 'you' stress in you is generated by an image you project to cover up what people do not like to see. If 'you' are a nice person other people will respond, some will make friends, others will see you as an easy touch and try to take advantage, and others will dislike you for no reason except you are popular. This will not affect you so much because 'you' are being natural, not putting on an act.

Should you put on an act now and then? Of course, you can! It would become necessary when the other person is doing the same. Being open and natural with a devious person could lead to big problems for 'you'. Have you heard of the saying he or she is wearing their heart on their sleeve. It is plain for everyone to see and a situation where a devious person could take advantage. What happens if the other person is open and natural? No problem, what you see and hear, you get.

Problems dealing with people.

I have been a manager in my time and have studied other managers. What makes a good manager? A good manager guides the workforce to its end product by nurturing the people below with understanding, example, fairness and motivation. The team under him or her prospers under their training. He does not suffer fools gladly and will want to remove anyone who does not really want to be there. Bad managers rule by fear, threats and domination and can never admit to being wrong; this is mirrored down to the staff.

Twenty years ago, I went into a supermarket with my wife looking for an item I could not find. I approached two staff deep in conversation stocking shelves and asked where I might find the item. "Over there on the fourth row," one replied not even looking up and then carrying on with the conversation. This happened again with another two members of staff. I did finally find the items

and filled my trolley. As I approached the cash point, I asked the lady behind the counter if I could see a manager. "What for?" she replied not even looking up.

"Because I want to point out to them that I have a problem with your staff." She sent another girl for the manager who duly turned up.

"Yes what is it," he said gruffly.

"Your staff are impolite and stand around talking to each other with a total disregard for the customer," I replied quietly.

"I can assure you my members of staff are not like that at all," he blustered.

"I can assure you they are," I replied, much to my wife's horror, tipping the contents of the trolley on the floor and walking out. "Good day!" It was a small loss of temper on my part due to the store manager's attitude. He obviously had lost control of his staff and was obsessed with administration.

Years later as a manager myself I carried out the customer care brief to all new employees by letting them interact as customer and staff.

Try going into a supermarket and see if they have a good manager – you only have to ask something of the staff to find out. By the way, that supermarket is no longer in existence. (It was called Fine Fayre)

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6. PHILOSOPHICAL ATTITUDES

Do you make a rod for your own back? We all do at times but there are answers to avoid it. I have always been of the mind that if you build up any hate, jealousy against any other person it rebounds on you. It does not harm the other person. Becoming stressed and agitated causes a cloud to form above your head. It becomes obvious to everyone else except you. Whenever the subject matter appears, tolerance leaves you winding yourself up to frenzy. It could be the fact that a great wrong in the past has been committed against you morally or otherwise. Something nasty happening to the other person will not help your state of mind. Your own thoughts are poisoning your own mind and body causing you not to think properly. It only gets worse guiding negative disasters towards you. You think: *If I give in it will look like unqualified weakness and I want to show I am strong.* Strength measured in the physical body is by winning a battle of violence.

The requirement here is strength of the mind. Weakness of the mind is destroying you. It is you filled with bile and hate and suffering. Do not forget that you are not the one who is morally wrong so why make yourself suffer for it. Show great mental strength and forgive them. **If you really mean it and manage to do this, a wonderful calmness will flow through your body leaving you in a tranquil state of mind and you are released from any burden.** This feeling is magical and indescribable because it is out of a pure love.

The onus then falls on the other person and their conscience.

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