

Success Ultra Now Personal Optimization Program SUNPOP

www.successultranow.com

**Success Ultra Now Personal Optimization Program
SUNPOP**

Dr Nick Good

For the beauty within us all.

Unless a man first finds him self, finds his own essential nature and destiny, and begins from them, all his efforts and achievements will be built only on the sand of personality, and at the first serious shock the whole structure will crumble, perhaps destroying him in its fall.

Rodney Collins

Never mistake outward appearance for reality
Huang Po

No matter what is going in our outer world. Ask yourself this question: Am I part of the problem or the solution?

The outer world we perceive around us is a consequence of our **collective inner state of consciousness**. In order to change our outer world a significant number of human beings are required to go to its inner root cause within *themselves* and make shifts on that level.

Do you want to be one of them? Do you feel the call to live your own highest destiny?

What you are about to read is an effective program to purify the psyche and detoxify the patterns we have recorded within us that are responsible for manifesting the chaos in the modern world we see around us. The program is called **SUNPOP** and is guaranteed to change your Life.

To feel beauty, to feel truth, that is self-remembering. Self-remembering is the awareness of the presence of God.
Rodney Collins

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SUNPOP: The Ultimate Answer to the Archetypal Call of the Times

Throughout this work you will hear the term archetype over and over. Archetypes are patterns, energy formations caused by thought and feeling. Archetypes are crystallized in the first layer, where the soul spirals out of an invisible infinitely small point of unimaginable power into the unified field of infinite possibility. Archetypes are old. Very old. They exist in a subconscious and unconscious realm, and massively influence human behavior.

At the end of any age, when time and space undergo some sort of massive transformation, archetypal patterns are dissolved. We are now in such a time. The great challenge is - will we do it consciously? The deepest strata of the archetypal realm, way down in the darkness of the subconscious and unconscious mind, is the mythological realm. Mythology, stories, fairy tales, and such, call to a deep and wonderful part of ourselves. They call for a revival of our most imaginative dreamings. They call for us to open our hearts to the possibility of our super-heroic, fantastic, supernatural, and wonderful identities. They call for us to summon from the graves of the normal waking state a sleeping Hero. Like a princess awakened by a kiss, an intoxicated part of ourselves is stirring from a nightmare. It is to this part of ourselves that **SUNPOP** allows us to ascend.

This soul revival, this conscious reclamation of our wonder, this re-definition of our own sense of self, this resurrection of Lazarus by a weeping Jesus, is the archetypal call of the times. Behold the Age of Confluence, it is time to step forth, free of the shackles of ordinariness, and dance in celebration of a brand new dream. The dream of who you can be. Not as an identity limited by the machinations of a toxic, violent, industrialized culture, but as an immortal being of vision, looking out in wonder across an eternity of benevolent possibility.

The amazing aspect of **SUNPOP** is that we wire together the living of our dreams with the ascension of the whole planet. This beautiful, unselfish, interweaving of the fulfillment of our most cherished personal dreams with the highest outcome for all life occurs in the depths of our psyche, while we are in an optimal feeling state. At the same time, we consciously adjust energetic distortions that accumulate according to their kind, so despite their “size” and “power,” they have no further dominating influence over our behavior.

This is an extremely intelligent and sophisticated strategy, presented in an incredibly simple format. Do not be fooled by the simplicity of the program. I have over 25 years of research and practical experience in success technology. Because **SUNPOP** is also influenced by the life work of other individuals, it represents the distillation of an extraordinary pool of integral investigation.

SUNPOP allows us to go within and shift even the most ingrained habits. Through consistent daily application upon awakening and/or just before sleep, one immediately begins to experience the benefits. Within 21 days of regular practice, you can completely

transform the contents of your subconscious mind, and therefore purify the vibrations you are sending out into life.

A peaceful heart can achieve anything.

Foreword

As you know God, your understanding of reality will increase. Do whatever brings you into knowledge of God. Theology and religious doctrine can only tell you about God. Even if religious beliefs and practices are central to your life, you must still take the extra step to have a personal relationship with God. That is a private sacred experience. If you have no religion at all, you are not excluded from that experience. As a matter of fact, a person without religious conditions, who truly seeks God, is less likely to settle for doctrinal comforts in place of the real thing. Theology is just a broad summarization of beliefs about God. There is no substitute for the real thing, and you can know God. It is one of your divine and immortal rights to know your Creator. You don't need a facilitator, and you don't need someone else's opinion of God to know rightly. For God is in your heart. As you know God, your ideas will work better. You will also be able to concentrate and generate higher levels of both expansion and compression, which will leave you healthy, wealthy, and wise. Thus you will know what to put together and how to do it. The many layers of your life will unfold simultaneously, with greater richness.

Love Without End Jesus Speaks by Glenda Green, Chapter: "God and Reality"

There is a Force that fuels this world. It is a natural force, and when our hearts and minds are aligned with it, pure in their intent, we harness it, and our actions become supercharged with it's power, and we become capable of the seemingly miraculous. It is the very Force of Life itself, and is reflected in everything natural that exists. It lies as pure potential within us all and the only way to know it is to experience it and once that's done, even for a moment, one's life is changed forever.

Progress is impossible without change, and those who cannot change their minds cannot change anything. – George Bernard Shaw

The true profession of man is finding his way to himself. – Herman Hesse

Your vision will become clear only when you can look into your own heart. Who looks outside dreams; who looks inside, awakes. – Carl Gustav Young

Whatever you can do, or dream you can begin it. Boldness has genius, power, and magic in it. - Goethe

The Time is Ripe

Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true. – Ralph Waldo Emerson

The world is crying out for change. The greedy, aggressive, profane, and unconscious way of being that we witness in virtually every corner of modern civilization has to shift. Yet this shift can only appear in the outer world when it is preceded by an

internal shift of immense significance. **SUNPOP** is a means of fast-tracking this experience.

It is thoughtless folly to attempt to solve problems and take actions unguided by moral aims and values.

Bobby Kennedy

So what is this shift? Just as the outer world has an incredible, almighty, unlimited presence, or force, within and surrounding every atomic particle, so, too, do we. Within each and every one of us there exists a resource of astonishing magnitude.

The whole game of life revolves around our conscious relationship with this force, this energy, this spirit, this presence. The true wonder of it all lies in the fact that the whole of life exists within us as pure potentiality and it is by ignoring our inner relationship with life that we create catastrophe. Conversely it is when we turn, lovingly, within and nurture, through the beauty of our own tenderness, relationship with the perfection of our own inner being that the outer world, as if by magic, shifts into an undeniable experience of pure wonder.

The hottest places in Hell are reserved for those who, in a time of great moral crisis maintain their neutrality.

Dante

Throughout modern history the domain of the invisible has been aggressively guarded by the bully-boys of organized religion, in league with political tyrants and secret societies. This state of affairs is only a reflection of the way, within our own psyches, we have transferred the power, which governs our lives, away from the fertile beauty of our hearts and souls and into the hands of our own egos and a machine in our heads. The time is ripe to give it back to the part of us to which it rightfully belongs. **SUNPOP** is a means to facilitate this transfer, effortlessly, in a state of blissful relaxation.

The greatest man is he who chooses right with invincible determination.

Seneca the Roman

It is time for man to realize his divinity and immortality of being and cease groveling for survival upon this plane. - Ramtha

The conclusions of modern humanity's most enlightened and credible investigators, information from many channeled higher beings, awesome prophecies of modern and ancient prophets, revelations from indigenous cultures, such as the Aztecs, Mayans, Hopi Indians, and many other sources, ALL agree on one thing:

We are living in a critical period of extra-ordinary and fabulous possibility.

The way we think, speak, act, and therefore feel, right now, is generating a future world we shall experience as our reality. An extra-ordinary opportunity for actually manifesting the world of our dreams is here and now with us today. A mystical window of a quantum, shamanic nature has opened and the magic is pouring in. This window is within us. We are all feeling its effect. **SUNPOP** is a means to maximize the potential impact of that effect.

The time is always right to do what is right. – Martin Luther King, JR.

The **SUNPOP** experience is a guided inner journey. **It is designed to be memorized.** Memorized and compressed. Once the CD, which lasts a little over an hour, has been followed a few times, the memory of the experience becomes deeply embedded in the subconscious levels of the psyche. This reactivates a connection with the super-conscious. The mind, when in these deeply relaxed states of heightened awareness, is capable of absorbing information very swiftly. Far more swiftly than any super computer. Once memorized, this experience can take only a few minutes of your day.

Once a specific pattern of thinking and feeling has been repeated over and over it becomes established within the psyche. Our brain literally wires itself according to these patterns of thought and feeling and this affects absolutely how we perceive reality. **SUNPOP** is a means to consciously re-configure our own neurology.

Use the CD as long as you want as a guide. The trick is to practice **SUNPOP** every day for 21 consecutive days. It's a lot of fun, deeply nourishing, and very powerful. Enjoy.

Release your Human Potential

You can't depend on your eyes when your imagination is out of focus. – Mark Twain

The Success Ultra Now Personal Optimization Program combines the fundamental principles of the world's most powerful tools for personal transformation with the latest discoveries of quantum science and the common denominators which unify the most potent spiritual teachings ever. Within **SUNPOP** you will discover the distilled essence of principles that Anthony Robbins and many others have applied to help uplift the lives of millions of people and to build vast financial empires. **SUNPOP** also contains the essential secrets of the system Andy Pero used to transform himself into the world's ultimate soldier, a virtually indestructible human being capable of accomplishments that were beyond extreme. As a young man, Andy Pero received training in Silva Mind Control programming and was involved in an above top-secret military project. He was able to perform extraordinary human feats, such as jumping off high buildings and out of planes with no parachute, without sustaining injury

These exploits are chronicled in a document called Project Superman.

<http://educate-yourself.org/mc/projectsuperman1part27oct99.shtml>

I have taken foundational elements of leading edge psychological conditioning protocols that have been tried, tested and proven to achieve extraordinary levels of success and

crafted them with optimal heart opening strategies and combined them with soul empowerment methodology to create a truly unique and very effective personal transformation tool.

SUNPOP incorporates 25 years of in-depth research into psychology, mythology, metaphysics, quantum physics, neuro-linguistic programming, meditation, soul consciousness, Raja yoga, sacred heart attitude, shamanic awareness, Silva Mind Control, Olympic athlete auto-genous training, brain wave function, deep delta relaxation, remote viewing, visualization, spirituality, comparative religion, the power of prayer, affirmation and conscious reality crafting methodology.

In short, **SUNPOP** is a strategy based on principles that not only work, but also allow us to manifest the extraordinary.

As far as I know there is nothing like **SUNPOP** in existence today. This system not only marries the best of optimum performance technologies with cutting edge science but also defines itself within the context of the challenge of the times. **SUNPOP** is not only about activating your potential within the context of the modern material world, but within the context of a world in an extraordinary and, perhaps, unprecedented period of total transformation.

Very simply put, **SUNPOP** is an effective means of dissolving the internal blockages and distortions that prevent the natural expression of Oneself. As you will see, the secrets of optimum performance strategy are nothing less than the secrets of life itself.

A World in Crisis

Perhaps the most significant shift in awareness of, and attitude toward, the current global situation is that ALL of it is an outward manifestation of our own inner psyches.

If we want to change the world, then we have to change ourselves. As we change, the world changes. **SUNPOP** allows us to shift the most ingrained negative psychological conditioning and disharmonic patterns into harmonic ones.

The gigantic catastrophes that threaten us today are not elemental happenings of a physical or biological order, but psychic events. To a quite terrifying degree we are threatened by wars and revolutions which are nothing other than psychic epidemics. At any moment several millions of human beings may be smitten with a new madness, and then we shall have another world war or devastating revolution. Instead of being at the mercy of wild beasts, earthquakes, landslides, and inundations, modern man is battered by the elemental forces of his own psyche.

Carl Gustav Jung (German Psychologist)

There are many reasons why we suffer, but for the awakened being, there is only one cause, and that is us. Perhaps the most sobering facet of maturing spiritually and psychologically is the acceptance of that fact.

The foundation for clearly understanding the challenge we face is revealed in the nature of the holographic universe. The nature of life decrees that the part exists within the whole and that the whole exists within the part. Life exists inside of us, all of us. Everything we do, think and say affects not only our selves but all of life. This magnificent realization confers with it a responsibility of jaw dropping magnitude.

The modern human mind is faced with an extra-ordinary challenge: to dissolve the conditioning that defines what is “appropriate” creative expression within the context of a toxic and unnatural society. This conditioning exists in an archetypal psychological realm. It is impressed upon the living, magical waters of the soul via the subconscious and unconscious mind. The great challenge of the times is to dissolve all modern disharmonic distortions and impressions, and to access an underlying, primeval, eternal, original, and natural state of conscious awareness.

This magical natural state of awareness is a powerful magnetic feeling state, accompanied by an attitude of confident, peaceful invincibility. It is a state of being that allows one to manifest one’s optimal needs and desires effortlessly, automatically, and at will. It is a state of being that is infinitely adaptable to the needs of now. However, before one can access and express, purely, this eternal resource of perfection that flows within us all, one is obliged to pass through the mystical realm of archetypal forces which have influenced the behavior of humanity for millennia. This required descent into the labyrinth of the distorted human psyche is well illustrated in the mythology of virtually every single culture that has ever walked the face of the earth.

The Modern Human Mind – A Toxic Battlefield.

A hugely significant stratum of negative psycho-emotional conditioning and disharmonious negative mental programming exists within the subconscious and unconscious levels of the human mind. The very pastures of human imagination, once fertile, magical, and pure, are toxic, war torn, and polluted. Our inner children are confined to dark dungeons where they are brutalized constantly by the reverberations of the overly aggressive, judgmental attitudes of a modern, materialistic, imperialist culture completely out of tune with natural life. And all of this because we are ignoring the power and goodness of our own inner nature.

Learning more and more about the nature of our own prison is no good unless we do what is necessary to crumble its walls.

David Icke

The great call of the times is to consciously choose to descend into the labyrinth of our own minds and free our inner children from the wickedness of this internal nightmare. To plant flowers of forgiveness within our selves, and water them with the tender hand of

compassion, is the greatest act of sanity and service one can undertake for the whole world. In order to achieve this heroic feat we need to access states of being and patterns of thought-feeling rarely experienced in the normal waking state. **SUNPOP** is designed to shift us into those optimal states in minutes.

Based upon the findings of a 25-year investigation in the field of human personal development, **SUNPOP** embraces the leading edge of optimal psycho-spiritual activation methodology. The program requires an organization of our own mind and a constructive application of the energies which are moving us: A definite, clearly defined, mobilization of our most potent natural resources, based upon a crystal clear understanding of the nature of the times and the part we are being called to play within it.

Self Mastery = Open the Heart and Master the Mind

Anyone genuinely interested in self-mastery, personal development, high levels of achievement, changing “the world,” or creative expression in any realm, has to open the heart and master the mind. This is not an option, it is a requisite factor in the holistic health success equation. If we try to skip these steps, then we have no chance of enjoying sustainable success in health, wealth, and happiness.

The model upon which **SUNPOP** is based is a very simple one: the physical body and material world are powered from a spiritual Source. Spiritual energy, the power with which we sculpt our lives, flows through a critical nexus point called soul. On one “side” of the soul is the Source and the true nature of our being. On the other “side” of the soul is the world we perceive as our external reality experience. The nature of our spirit is pure blissful love-light, all knowing peace, motivated by giving and sharing through beauty in creativity.

All thought, word and action, out of harmony with our inner nature, shows up in a manifest form as disease, neuroses, psycho-emotional toxicity and every form of discord we witness in the physical world.

Reality Creation – The Spirit/Matter Nexus

As spirit flows through soul it flows out into the world through the mind-feeling realm. Whatever beliefs, recordings, ideas, and vibrational structures, in the form of memories or imaginings, exist in this realm will fashion the pure spirit according to their nature.

Soul interfaces with world through ego personality. The **SUNPOP** inner journey is designed specifically to guide the individual on an inner journey to the roots of the ego interface between soul and world. At this point, in profound relaxation and surrender, we administer the all-healing balm of personal forgiveness to dissolve the “glue” which binds pure spirit to matter in a discordant way.

This bond is experienced as disharmonious, toxic, limited, self defeating belief systems, so called negative emotions and thought patterns. All of these patterns may be stored within the soul as its vibrational history, and are foundational root causes of disease and all forms of neuroses and stress.

As we visit this nexus point and apply forgiveness, we allow ourselves to experience the free flow of the magical nature of our own being. As we release our spirits from their bondage, we experience more grace, love, synchronicity, and magic in our lives. We call it Living In Natural Magic.

An Extra-Ordinary Natural Resource. Available to us ALL!

SUNPOP allows us to shift out of the psycho-emotional prison of the normal waking state impressed upon us by the conditioning we have inherited from the modern world, and access an extra-ordinary natural resource available to us all. This resource exists within us as our own spiritual integrity, the ancient Hawaiians call it Mana. This resource has been called by many names: God's Love, Light, Peace, Prana, Manna, the Holy Spirit, Spirit, Shen, Grace, The Force, Dao etc. The label is irrelevant, the relationship is essential.

Human potential exists within us ALL as an eternal, unlimited reservoir of boundless depth, purity, and perfection.

The degree to which we ignore this resource defines the levels of suffering we experience in the collective reality we call our world.

ALL of the war, toxicity, and disharmony in the modern world is a direct unavoidable reflection of individual human beings in conflict with the nature of their very selves.

All disease is a consequence of disharmony between the actions of the personality and the will of the soul. -

Dr. Edward Bach 1941

The restoration of harmony within is the vital, imperative factor in, not only the unfolding of our own potential but also the highest expression of that potential in the world, namely, the collective experience of heaven on earth.

What the soul is after is the highest feeling of love imaginable. This is the soul's desire. This is its purpose. The soul is after the feeling. Not the knowledge, but the feeling. It already has the knowledge but knowledge is conceptual. Feeling is experiential. The soul wants to feel itself and thus to know itself in its own experience. The highest feeling is the experience of unity with All That Is. This is the great return to Truth for which the soul yearns. This is the feeling of perfect love.

Neale Donald Walsch. Conversations with God.

Time To Get Real

We are living in extra-ordinary times. If you didn't already know, the word is out: Time to get real. Extra-ordinary times call for extra-ordinary action, and **SUNPOP** is a means to harness an extra-ordinary natural potential that exists within each and every one of us.

It is a resource without which we cannot escape the darkest predictions that foretell of imminent hell upon earth. All throughout the modern industrial world, stress, disease, anxiety, neurosis, and depression are at epidemic levels. For many people, hell has already arrived. This inner hell that so many individuals are experiencing within modern society is nothing less than their pure, wild spirits being imprisoned within ideas, beliefs, and feelings that are in absolute disharmony with the nature of their being.

There is no anti-depressant that will cure a depression that is spiritually based, for the malaise doesn't originate from brain dysfunction, but from an accurate response to the desecration of life.

Dr. David Hawkins Power vs. Force

Is it possible that the current situation facing the modern western world is the direct consequence of living unnaturally? Of ignoring our own spirits and choosing to base societies on materialistic, competitive, violent principles? Is it possible that by living in this "ignorance," destroying the natural world instead of nurturing it, and ignoring our place in an infinite cosmos, we are hastening our own demise?

Many great teachers believe this is so. The question then arises, how can we best access this, hitherto largely ignored, internal resource and offset the impending calamity our current way of being is sure to bring about?

Every human being alive today, modern or tribal, primal or over-domesticated, has a soul that is original, natural, and above all, indigenous in one way or another. Like all indigenous peoples today, that indigenous soul of the modern person has either been banished to some far reaches of the dream world or is under direct attack by the modern mind... For there to be a world at all, every indigenous, natural thing must start singing its song, dancing its dance, moving and breathing according to its own nature, saying its name, manifesting simultaneously its secret spiritual signature.

Martin Prechtel - Secrets of The Talking Jaguar

We must know why it is that we are condemned to live the kind of disempowered, confused and mediocre lives we live, and why it is that our world is plagued with corruption. We must know why it is that in a mere 200 years over 160 million people have suffered violent deaths at the hands of other human beings, and why 50,000 species of plant and animal life are destroyed forever per one single year. It is our right to know why we experience inner psychic and moral commotion, and why we often experience constant mental and emotional turmoil. The reasons for social and existential conflict were known to our ancestors, who were, themselves, inheritors of the "bad genes." The

time has come to heed their counsel and wisdom. Behind the poesy lies the profoundest wisdom - Michael Tsarion

Most people do not see, understand, or care very much about this catastrophe of the planet because they are overwhelmingly preoccupied with grave psychological problems. The environmental crisis is rooted in the psychological crisis of the modern individual. This makes the search for an eco-psychology crucial; we must understand better what terrible thing is happening to the modern human mind, why it is happening, and what can be done about it

Glenn Parton The Machine in our Heads

There are many reasons why the modern world with all of its violence, greed, toxicity, and warfare is the way it is, but there is only one cause and there is only one solution, and that is us. The sooner we accept this fact the better. With such acceptance comes responsibility, and the ability to respond.

Thou shalt know; self-chosen are the woes that fall on men - how wretched, for they see not good so near, nor hearken to its voice - few only know the pathway of deliverance from ill - Pythagoras (Grecian Philosopher, 6th century BC)

When a human being realizes that indeed it is he/she to a greater or lesser degree, who is creating, sustaining, or destroying every aspect of human affairs, then that individual opens to their Divine nature. It is when the very same being, moment to moment, chooses to respond to the outer world not with judgment and condemnation but with compassion, whilst holding the vision of perfection, that they become masters of their own minds, and ultimately masters of nature. Nothing less than this radical shift in personal orientation is called for in these shocking times.

Till now man has been up against Nature. From now he will be up against his own nature - Dennis Gabor

The purpose of this short introduction is to communicate an essential message of not merely hope but certainty to you. To encourage you, yes you! To embrace a universal power, impersonal and yet deeply personal. It is the same power, the same force that David had when he slew Goliath. The same force that Luke had when he faced his dark father (Darth Vader), and the same spirit that Jesus, and all the rest of the enlightened way showers embodied to such a high degree. This almighty power is there for us all. Yet it is not enough merely to know of its existence. One must become One with it. To be at one with its nature, to be in harmony with its spirit, which is to be at one with our very selves, for indeed, as spiritual beings, we are made in its image and likeness. Once attuned through thought, word, action, and feelings states, we are lifted up and our reality becomes a different reality. Our world becomes a different world. To know this Force truly is to truly know ourselves.

YOU are the one you have been waiting for.

There are various noble-hearted researchers in the world today who are dedicated to uncovering information regarding, primarily, Illuminati strategies designed to enslave and derange the masses through various genocidal tactics. The emphasis of their work is mainly focused on exposing the problem and not the solution. This is a great service, but now it is time for the next step. We need to become solution-oriented individuals, and not just philosophically and intellectually but in every cell of our being and every vibration of our souls: The living embodiment of the solution!

The good news is that even in the face of absolute calamity and complete domination by darkness in the world, the saving grace of our own spiritual presence and power is enough to offset ALL of it. No matter what the seriousness of that which we witness, and indeed that which we perpetrate, something far greater exists to wipe away all trace of what before had seemed so overwhelmingly wrong.

This power, this Almighty Force exists inside every one of us, indeed it IS us, and all we need to do is embrace it, honor it, acknowledge it, breathe it, love it, talk to it, allow it to fill us from the inside out to overflowing. The importance of this relationship was reflected in the first of two commandments offered by Jesus: Love God with all your heart and mind and soul. He also said I and The Father are One, and that The Father is in heaven and that the Kingdom of Heaven is within us. Moses was also told when he received his original commandments that the I Am gave them to him. The point is that what we are looking for is already inside of us and the only reason we are looking for anything at all is because we have been conditioned to ignore the most important thing in Life. Our very own inner natures.

The **SUNPOP** experience is designed to allow you to get back in touch with that Almighty source of goodness within you, and to dissolve the disharmonic structures (ego) that have resulted from ignoring your own inner nature. The dissolution of the discordance within takes a little time. **SUNPOP** allows you to condense that time into 21 days.

That does not mean that after 21 days you will never have another challenge in your life. What it does mean is that you will begin a personal transformation process of immense magnitude. You will begin to access the full power of your own shining spirit and catalyze the complete dissolution of everything that is holding you back, *within*, from fully receiving the greatest gift of life: your Self.

Blessings on the way.

Authors Preface

Human sickness is so severe that few can bear to look at it but those who do get well.

Vernon Howard

The greatest evil is ignorance, the greatest good, knowledge.

Socrates

There is no deeper death than ignorance and disbelief.

Aquarian Gospel

Self-realization is necessary before God realization.

Vedas

The ancient Hawaiian cultures lived according to universal principles which aligned them with eternal currents of Truth. This Truth is a living energy. Often referred to as The Great Spirit, Holy Spirit, etc., it is life itself. The first principle of Huna is IKE: *We Make Our Reality*. We sculpt our existence from the very substance of creation itself. We do this largely subconsciously and unconsciously. The purpose of life is to consciously surrender to the benevolence of The Great Spirit, to choose actively to align with its nature. As we do, something magical occurs. Our lives, our realities, begin to shift in a definite, remarkable, wonder-filled, and even miraculous, way. **SUNPOP** is a system that is designed to bring our minds consciously to The Way. It is according to the way our minds are set that we live our lives. If we want to change our lives, then we must change our minds. In this there is no choice. The evolution of consciousness is a natural consequence of personal development, and the mind-feeling mix is an essential component of the personal alchemy equation.

Scientists studying cognition and communication have discovered that there are at least 240,000 miles of neural threads in the human brain, enough to stretch from the earth to the moon. On every one of these threads there exists an estimated 250,000 units of information. There are ka-zillions of bits of neural fractals contained in this information. The mind is an unlimited reservoir of incredible mystery and depth. The data in the mind is recorded as composite images and vibrations, not words. The mind is full of pictures. Ever heard the old adage, a picture is worth a thousand words? It is so important to be extra mindful as to what we focus upon and imagine. Truly the imagination is a most powerful tool. The wise use the imagination intelligently, compassionately and precisely.

Einstein considered the imagination more important than knowledge. William Blake equated the imagination with God. **The images we store within our psyches are the film through which our creative light passes and projects onto the screen of life and which we thus experience as our reality.**

What we call reality is made up of sound and vision. Our minds are full of sounds and visions. Memories. Ideas. Experiences. Probabilities and potentialities. This data is set in a matrix of imagination and consciousness. If I wish to change my experience of The Matrix I need to become hyper-conscious, and use my imagination and my feelings. **SUNPOP** is designed to assist me in this quest. Developing these skills, requires the precision of a master surgeon combined with the tenderness of a virgin child.

During the **SUNPOP** experience I hope to go some significant way into illustrating how our minds work and how they are loaded with all of the vibrations of the experiences we have witnessed and the vibrations that have been impressed upon us.

DNA itself is now being compared to a biological Internet, awareness is an antenna, and our feeling states are the means by which we orient our being to receiving the life experience we wish to enjoy. We not only choose but define our realities by the nature of the images and feelings we store within us. Sound and vision. Vibrations attract and create the worlds we perceive around us. Our inner worlds define our outer worlds.

In these times of extra-ordinary revelation, all manner of dark shadows within the collective human consciousness are being projected onto the screen of our daily affairs. It is only too easy to get drawn into the examination and dissection of the worst manifestations of this darkness. It is no coincidence that the false controllers of this material world are bombarding our psyches daily with more and more violence and horror. Please understand that focusing on the dark does not get rid of it.

What you focus on grows. It is wise to be aware of all aspects of the equation, and to use the worst of it as motivation to experience and embody the best of it, but it isn't necessary. You don't need to focus on the dark in order to turn the light on. Just turn the light on! That means focus on the light powering ALL of it. Immerse yourself in uplifting, nourishing vibrations, images, and sounds of the most uplifting nature. Immerse yourself in nature. The beauty and wonder of nature reflects the beauty and wonder of our inner natures.

Understand that a cleansing of our psyches is taking place. Life does not tolerate disharmony for very long, and all that is within is revealed without so that the creating entity can make a conscious choice as to whether they wish to carry on creating the same, or choose to change. We are only just awakening to the understanding of how, in fact, we are defining our reality, the significance of repressed and suppressed aspects of the subconscious and unconscious mind, manipulation by the governing agencies who control us, and how we can reclaim that power.

There is coming a day very soon when great knowledge will be brought to this plane by wonderful entities who are your beloved brothers. In that time, scientific developments will bloom here greater than they ever have. What is coming forth is called the age of God. This age will come about through a deliberate change in time and the values of time. In the years to come, disease, suffering, hatred, and war will no longer be upon this plane. No longer will there be the aging and death of the body, but continuous life. It is

through knowledge, understanding, and profound love that these things will come forth in the life of each entity.

Ramtha

I am presenting a model here in **SUNPOP** which is a challenge to the normal mindset of the mass consciousness. It is a model which states that the wonder and majesty of life exists inside of you, not just in your mind, but your whole being. You are a part of life and life is a part of you. The only thing that is preventing any of us from absorbing this glad news in any moment anywhere is always our own mis-thinking and toxic feeling states. There is so much stress in the modern world today, and there is no greater cause of stress than being out of tune with the song of our own souls.

Remember:

All disease is a consequence of disharmony between the actions of the personality and the will of the soul.

Dr. Edward Bach 1941

And could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy. - Kahlil Gibrain The Prophet

The suffering we witness in the world around us today is an out-picturing of the suffering inside of us all. So is all the horror of war, the brutality of commerce and industry and, of course, all of the beauty, mystery, magic, and wonder.

We must all face the fact that our leaders are certifiably insane, or worse.

William S. Burroughs

The very word, “government,” from its Latin roots, means to control the mind. As the modern world awakens to the sobering realization that’s its political leaders may very well be bare-faced liars, in league with diabolical tyrants, we are being forced to take back control of our own minds, and use our imagination and consciousness in a more natural and wonderful way. The direct and immediate consequence of this is a more natural and wonderful world.

During times of universal deceit, telling the truth becomes a revolutionary act

George Orwell

And so, in an extra-ordinary epoch, an extra-ordinary vista presents itself, all of this of course calls for extra-ordinary action from extra-ordinary individuals.

What amazing times we are living in. Are you ready, willing, and able to take control of your own mind, open your heart in wonder to the depth of possibility before you, and step fully into the role you are being called to play within it?

A great moment is upon us. Underneath the dusty veneer of mundane, survival-oriented materialism, the very marrow of life courses with infinite possibility and power. A streaming current of eternal consciousness, like some great bottomless magical river, it

beckons us to strip off the cumbersome garb of judgment and dive in, naked and trusting, letting go of any cares as to where it might take us, trusting only in its infinite goodness. That river exists inside of us all.

This life is a game. It is an illusion. All of it is. But you the players have come to believe that it is the only reality. Yet the only reality that has ever existed and ever will exist is life, a free, ongoing essence of being that allows you to create your games however you wish to play them.

Ramtha. The White Book

As we allow ourselves the depth and majesty of this experience, we automatically dismantle a world of suffering, toxicity, and horror. This one single action of allowing ourselves the pure experience of being, free from judgment, embodying the attitude of what the ancient Hawaiians called *Ho O Pono Pono* is the most significant contribution we can make to the enlightenment of humankind. Not only does it guarantee the soul a higher degree of freedom but the spirit of humanity is released from the fetters and chains of misconception. As it is, new worlds are born of unimaginable wonder. Maybe, one day, we shall meet upon their shores.

When you realize that you have the power to think yourself into ignorance, disease, and death, you will also realize that you have the power to become grander simply by opening yourself up to a more unlimited thought flow, which allows you to have greater genius, greater creativity and life forever.

Ramtha. The White Book

SUNPOP (Success Ultra Now Personal Optimization Program) was designed by author of *Amazing Grace*, Dr. Charles Nick Good, D.D. Met. D.

Part I

REALITY CHECK

*We emanated from Supreme Grace.
From the powerful ocean that descended from the sun.
We came from Heaven.
Distributed in waves we surfed here from the sun.
In flight from above.
Ancient Hawaiian chant*

Earth scientist, Greg Braden, tells a wonderful story of a Qi-Gong hospital in Beijing. Qi-Gong is an ancient Chinese standing meditation technique which works with life force energy flowing throughout and surrounding the human body. The hospital in Beijing performs non-surgical operations on a daily basis. Braden, author of *Beyond Zero Point* and *The Lost Mode of Prayer* describes a video he watched which showed four doctors, all Qi-Gong practitioners, standing around a patient with a cancerous tumor in the ovaries. An ultrasound scanner which projected the pictures onto a closed circuit TV was monitoring the tumor. The doctors all began to chant quietly: “Wa Sah, Wa Sah, Wa Sah.” Almost immediately the tumor began to dissolve, within a few minutes it had dissolved completely. Wa Sah means, “It is done!”

One of our friends, Howard Wills, (www.howardwills.com) is an accomplished healer who has helped the blind to see, the deaf to hear, and the crippled to walk. Another one of my friends is Jasmuheen (www.jasmuheen.com). Jas has not eaten solid food for over twenty years, and is a living testimony of health, happiness, and enlightened being.

So what is the point? The point is an extra-ordinary resource is available to us all! The only difference between Howard, Jas, the Qi Gong doctors, and ordinary individuals, is that they have acknowledged this resource and have nurtured a relationship with it. By removing the blockages and distortions from their own awareness and attitude they are ALLOWING it to flow through them unhindered and undefiled.

The Call To Arms

There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy. - William Shakespeare

It is now beyond question that in this very moment, and for many years prior, a global revolution has been gathering into a now unstoppable momentum. It is a revolution of the flowering of conscious natural awareness. This hugely significant shift in human consciousness is allowing more and more individuals to awaken from the hypnotic trance of the disharmonious, unnatural, disease-causing cacophony of the modern industrial world. As more and more of us consciously choose to access and express the unlimited natural resources that lie within us all, a new world is literally born.

You are a free soul and spirit. You are free to create and experience in the moment

whatever truth, whatever reality, whatever illusion you so choose. And in any moment you wish you can re-create this dream, for you have the unlimited power to do so.

Ramtha. The White Book

This concept may seem a little far-fetched, but then we are living in mind-bending times, aren't we? The average intellect is being challenged to accommodate some radical information these days, wouldn't you say? There is scientifically validated, "unavoidable" ecological disaster, such as global warming, just around the corner; incessant political shenanigans, which range from CIA cocaine distribution, massive mind programming operations, and illegal wars, through covert terrorist activity perpetrated by the U.S. government upon their own people (see: www.loosechange911.com), and the purposeful inclusion of HIV/AIDS virus into so-called vaccines (www.tetrahedron.org) — to the cosmic and extra-terrestrial proportions of inter-species communion, and the worst manifestations of evil being consciously orchestrated by some of the world's most powerful people. See: www.zeitgeistthemovie.com and www.michaeltzarion.com.

If any of the above sounds implausible, I suggest you study comprehensively the following film. In my opinion it presents one of the most enlightened and balanced perspectives regarding the current challenges the world faces today. Not only does it present a perspective on the problem, it also highlights the solution.

See The Esoteric Agenda

(<http://video.google.com/videoplay?docid=-1131942400352901009&q>)

Under Attack

Because the modern history of humanity is essentially one dominated by war, disharmony with nature, suppression of the feminine, ignorance of the true self, and many other manifestations of disharmony, the corresponding thought and behavioral patterns that sustain distorted archetypal structures are negative and destructive. Even with the huge progress we have achieved in technology, psychological and emotional disease is reaching plague proportions. The biological consequences of this are the main killer diseases now epidemic: Cancer, heart disease, stroke, diabetes, etc. These forms of modern disease all have a toxic excess component, and are largely unheard of in isolated indigenous societies where the native people are still able to live, by and large, naturally. One of the reasons for this is that their day-to-day lifestyle generates a sense of fulfillment, inner peace, and inner harmony.

The reason we are dying as a modern culture is because we are largely unaware that there is a better way to live. Even if we are conscious of an ideal lifestyle, because of certain influences that have a massive dominating effect over our minds, we seem to be stuck in self-destruct mode. These influences override the strongest of efforts fuelled by fierce determination and even fiery willpower, so despite sometimes years and even decades of struggle to overcome a bad habit or raise ourselves up from an affliction, we find it difficult to maintain a consistently higher way of being that is more harmonious with our ideal vision.

There are many influences bombarding us on a daily basis that reinforce this sense of “stuckness” and, very often, a sense of hopelessness and even despair, because we can’t seem to do anything about it. The powers that be, the controlling agencies of the modern industrial world, are well aware of these psychological dynamics, and have engineered a society on sensory overload where chaos and confusion, and the resultant fear, are seen as the optimal environment to support an agenda that has literally brought us to the precipice of destruction. (See Horowitz: DNA Pirates of The Sacred spiral at www.tetrahedron.org)

Unthinkable scenarios are being played out on a daily basis. We are under attack. Medical intervention, it is now being reported by some channels, has gone from the third biggest killer in America to number one. Astonishing information is available today. *Bayer*, one of the largest and best-branded pharmaceutical firms, was caught red-handed dumping a medicine infected with HIV virus onto foreign markets. Called Factor8, this so-called medicine for hemophiliacs was proven to contain HIV virus, and was banned for sale in domestic U.S. markets. However, markets in Spain, France, and other countries, were flooded with the drug. Thousands of innocent hemophilia sufferers and their family members contracted AIDS and died from the use of this drug. The FDA granted permission to sell this drug overseas. Every government official conspiring to sell the substance in the foreign markets was prosecuted. To date, no government official or corporate executive has been indicted in the U.S.. (See Horowitz on vaccines at www.tetrahedron.org)

We hear shocking reports of vaccinations being filled with the most toxic poisons known to man, and of laws being passed, in the U.S. which guarantee twenty-five injections before the age of eighteen months. These are tiny examples within a massive, organized, and well-planned strategy to create disease, for we certainly can’t call it healthcare. There is no doubt about it, governing agencies, consciously or not, are implementing laws which are manifesting hell upon earth.

However, far from being helpless in this situation, life is challenging us to access an incredible natural resource that is designed to activate human potential in such a miraculous way that the accumulated momentum that currently has us careering toward the cliffs of our annihilation is actually harnessed and used for our ascension. The stage is set for the final act of this particular part of the great human drama. In the language of archetypes, we are being challenged to play our Hero roles. The question is: Are we ready, willing, and able to answer the call? This is a challenge that concerns us all. The more of us who are accessing our internal resources and holding the golden vision of a far, far better world, the more the collective consciousness is affected. By achieving *a critical mass* of individuals within the collective who are functioning internally on higher frequencies, a remarkable thing occurs.

The 100th Monkey

According to tests on the consciousness of monkeys, there is something called the 100th monkey effect. What the results of these tests clearly demonstrate is how new information

of a life changing nature, being assimilated by members of the culture or tribe, affects the culture as a whole. The tests were run at the same time on monkeys living on different neighboring islands, and involved feeding dirty sweet potatoes to one group on one island. Once one monkey had figured out how to wash the potatoes, the information was passed to its neighbors, who also began to do the same. The interesting thing was that once the number of monkeys had reached a critical threshold, in this case 100 monkeys, all of the monkeys on all of the islands simultaneously began to wash their potatoes. What this indicates is that once a certain percentage of individuals have integrated new information into the collective consciousness, then the whole tribe changes. The collective consciousness is the invisible database with which all human minds are connected. It is the collective reservoir of human thought to which we are all contributing daily, transmitting and receiving thought energy, with our minds.

The new information that is being downloaded today by members of the modern human tribe is based on the realization that the way we are living is less than optimal, in the sense that it creates dreadful disharmony and disease. The great revelation, however, is that there is a better way, and it is our responsibility to make the choice to live that way. By so doing we harmonize our way of being with the very Force of Life itself, and nothing can bring us more alive than that.

The way most of us live our daily lives, and the impact of the thoughts, words, and actions associated with that way, are the cause of all disease and misery in the world today. No matter what we have inherited from our ancestors, no one other than ourselves is responsible for this fact, and the time is ripe to change our ways. No matter who you are, where you are, what you do, you can change your life for the better, and in so doing, add to the momentum that is growing so very quickly. You could be the 100th monkey, so have a go. Research, investigate, and live your dreams, whatever they may be. You are not here to just make up the numbers. You are here to be who you are destined to be, who Life wants you to be. It's inside you; it's inside us all. It is who you truly are. The shifts in human consciousness that we are witnessing today are nothing short of a complete revolution, a peaceful, loving revolution, which requires every one of us to invest in self-acceptance, forgiveness, and love, and to get on with the mission of being who we are designed to be, originally and naturally. The codes that define our identity are recorded in the seed of our being, the soul. Now is the time to water that seed, and we need not wait for anyone or anything to give us their approval to do exactly that.

The 100th monkey effect proves that on some level we are all one. The whole human family is connected in the same way that the cells of the human body are connected. When one cell changes, the whole body is affected by that change. As Kahlil Gibran so eloquently wrote, *A single leaf turns not yellow but with the silent knowledge of the whole tree.*

All ill health and disease has a cause. If the body is weak there is a reason. If someone is stuck in dysfunctional behavioral patterns and a destructive attitude, then there is an underlying reason why. One could say that the whole world is stuck in self-destruct mode. This is no coincidence. As long as we choose to function without the guidance of our

Highest Source then we are bound to destroy ourselves. This is as true for an individual as it is for a nation. Before the subject of health can be discussed accurately, the question of identity must be clarified and resolved. Just exactly who is ill? Is the soul sick and the consequences of this sickness manifesting in the body? If so, how does one heal the soul? Is the dis-ease of the soul responsible for the dis-ease in the world? Is the fact that we are out of touch with our pure inner nature the reason why modern civilization is in such a mess?

Prophecy

Another principle of Huna, the Ancient Hawaiian healing wisdom, is *Pono*, which, roughly translated, means *harmony is a measure of Truth*. Are you in or out of harmony with your inner nature? Getting in harmony is what this mission calls for. In Hopi Indian tradition there is an ancient prophecy referring to the emergence of a tribe called The Rainbow Warriors. The prophecy foretells the destruction of their race and of the Earth and many of the birds and animals, etc. It also predicts the emergence of a group of individuals who, when the world is on the brink of absolute catastrophe, rise from the delusion of ignorance and become an embodiment of truth. The keynote of this prophecy was also the central theme of the messages of Jesus, Buddha, Mohammed, and the many others who have borne witness to the extraordinary potential that lies within us all.

Is it not written in your law, I said, Ye are gods?

Jesus Christ, John 10:34

This tribe has no leader or political organization, and is made up of people from all nations, religions, and cultures. The members of this tribe are united in spirit, in consciousness; their mission is to transform the world by being an embodiment of peaceful natural goodness, and by holding a golden vision, a vision of a perfect and wonderful world.

The world is created through vision.

Siv Baba

Maybe you are one of that tribe. Everywhere, in every town, every city, and every village in the world are scattered the seeds of this tribe. If you truly desire to make a difference and, in this exciting time of wonderful opportunity, lend the full weight of your soul purpose to this peaceful, silent revolution, then simply have the courage to uncover and be your natural self, to become soul conscious and to nurture through the beauty of your own tenderness, the power of God within you.

This process is greatly enhanced by being still and becoming focused and at one with your inner being. It requires recognizing the distinction between the natural self that Life wills humanity to accept, honor, and express, and the self-destructive habitual ego-identity, whose fearful sphere of action, thought, and word creates suffering and delays our experiencing the higher life. The golden key to unlocking the mystery of the Self is to understand that you are an eternal soul and Life is your playground, your canvas upon

which to express. It is from this subtle focal point that one can have an accurate relationship with one's Source. Without the contemplation of the fact of the soul there is no accurate basis for relationship with Source. In other words, if I don't know myself then how can I know God? And if I don't know God, then how can I know myself?

All power is given unto you in Earth and Heaven. There is nothing that you cannot do. You play the game of death, of being helpless, pitifully tied to dissolution in a world which shows no mercy to you. Yet when you accord it mercy, will its mercy shine on you.

A Course In Miracles, Lesson 191

The solution to this situation in the outer world lies in the adjustment of our internal world. We cannot change anything on the outside without clearing the energetics that are attracting it and defining its manifestation. This is a most important point to understand. Another equally important point is that we do have the power to change this thing. As the great Emmet Fox once said, there is no situation that enough love will not fix. The mission then is to let that love in.

There is no difficulty that enough Love will not conquer; no disease that enough Love will not heal; no door that enough Love will not open; no gulf that enough Love will not bridge; no wall that enough Love will not throw down; no sin that enough Love will not redeem.

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake. A sufficient realization of Love will dissolve it all. If only you could Love enough you would be the happiest and most powerful being in the world.

Emmet Fox

One thing is certain; it is entirely inappropriate to pretend that if we carry on the way we are going, we will not arrive at the place toward which we are heading. On top of all this, we are now being encouraged by some of our most respected scientific researchers and investigators to get in touch with our quantum Self and fulfill the mystical prophecies of our most beloved prophets, ancient tribal wisdom, and shamanic vision.

Children of the living waters, possessors of the staff of reason, beings of celestial promise... -

The Poem of Tan

He that hath ears to hear let him hear.

Mark 4:9

This body of work contains a call to arms for those of us who can hear it. **SUNPOP** is a means to answer that call. Now is the time to rise, against seemingly overwhelming odds, and play our Hero parts upon the great stage of life in the greatest love story that has ever been told. It is best suited to the restless soul who, perhaps inspired by the works, teachings, and life of Jesus and other great spiritually empowered revolutionaries, is left

unfulfilled by the diseased orchestrations of organized religion and politics. Possibly the mystical song of the shaman fascinates you, so too the enchanting call of the wild; maybe the science of the quantum field and the reality of the so-called dream world. Perhaps you have read the prophecies or studied the work of Earth scientist Greg Braden; maybe you have become transfixed by the amount of reported alien contact with our world, or are you a student of conspiracy theory? Maybe you are wondering if your meditation practice is truly activating the god or goddess within? Is your life transformation program achieving all it purports to achieve? Or are you just feeling plain restless? Is something deep inside you beginning to stir in a way that can no longer be ignored? Maybe it is all of these and more. Whatever the case, you are an awakening soul in a world of wonder, in a time of the most fantastic opportunity.

Part of the awakening is realizing that some of our most potent natural resources have been hijacked by the powers that be. Especially in the religious and spiritual arena, many truths have been infected by indoctrination and disinformation to the extent that many of us are repulsed by words such as God and Jesus, purity and love, righteousness and truth. **SUNPOP** is not religion, (especially not the kind that motivates people to produce car bumper stickers proclaiming God save me from your followers), however, we do choose to align ourselves with Universal Truth.

When you realize that you have the power to think yourself into ignorance, disease, and death, you will also realize that you have the power to become grander simply by opening yourself up to a more unlimited thought flow, which allows you to have greater genius, greater creativity, and life forever.

Ramtha The White Book

When you realize that the God who created the body in the first place is the power that sits within you, then your body will never age nor become diseased nor will it ever perish. But as long as you hold onto your beliefs and limit your thinking you will never experience the unlimitedness which gave glory to the morning sun and evening sky.

Ramtha The White Book

There are many mysteries hidden in the teachings of antiquity. As one dives deeper into their understanding, great golden threads of Truth weave an amazing tapestry which unifies them all in Spirit. It is a tapestry which, in the language of quantum science, describes a unified field of infinite possibility. This great matrix knows no boundaries, religious or otherwise. It is in this field that you and I exist. Eternal souls. Individualized points of consciousness. Golden points of immortal light. Bound by Life, we create by the direction of will, with the power of Love and Light.

By opening our minds and hearts to these truths, we experience more of ourselves. As we remove the cloak of ignorance distorting our consciousness, we reveal a living truth to the world. This light is who we are, and we are born to shine in love. As we do so we become more in tune with life. We are a part of life, indivisible, eternal, immortal, and infinite in every way. It is time for us to sing our song

Part II
Reality Crafting
The Art of Co-Creation

Before we can apply the principles of **SUNPOP** to the highest personal levels, we need to understand clearly the mechanics of how we sculpt our reality. There are many systems and techniques that assist us in sculpting creation according to our wishes, dreams, and desires. Essentially they are all based upon the method of focused emotionalized thought, concentrated within the theater of the mind.

The first principle of Huna, the ancient Hawaiian healing wisdom, is **IKE**, which translates to something like: We make our reality.

The second principle is **Makia**, which means energy flows where attention goes. In other words, thoughts direct creative power. The more you think about something, the more likely you are to create it. Dr. Joseph Murphy, groundbreaking author of *The Power of Your Subconscious Mind*, said it in these words: What you feel, you attract, what you imagine, you become.

The primary generating force that defines the nature of our reality is the subconscious mind. It is the contents of the subconscious, especially the energetic forms and vibratory structures of the impressions stored within it, which magnetize the reality we experience as our lives.

One of the most important facts of which to be aware is that we are creating our realities ALL of the time. You are constantly transmitting a vibratory magnetic resonance that is picked up by life and responded to immediately. This is because there are two fundamental universal laws at work here: The law of attraction and the law of harmony. These laws work synergistically as one which we can call the law of harmonic attraction. The author of Proverbs and the Apostle Paul put it another way:

...whatsoever a man soweth, that shall he also reap.
Galatians 6:7

The point is that life is continuously responding to the electromagnetic radiations and vibratory thought patterns we are constantly transmitting. In other words, our thoughts, words, feelings, and actions attract a reality in harmony with themselves. Our subconscious is a reservoir wherein is stored all of the vibratory impressions of everything we have ever thought, felt, spoken, or done. Everything within this internal reservoir is continuously transmitted out to the universe as frequency, or a stream of vibrations, and this is what attracts and creates the current conditions of our reality. Therefore, what is contained within our subconscious determines the essence and fundamental nature of our existence.

Above all guard your heart for it is the well-spring of light.
Proverbs

I looked around upon the world, and saw that it was shadowed by sorrow and suffering. And I looked for the cause... I looked in books but could not find it. I looked within, and found there both the cause and the self-made nature of that cause. I looked again and

deeper and found the remedy. I found one law, the law of love; one Life, the Life of adjustment to that Law; one Truth, the Truth of a conquered mind and a quiet and obedient heart.

James Russel

The Law of Attraction

Thoughts become things. As souls sculpting creation, the universe, governed by the law of harmonic attraction, is bound to manifest whatever it is we are vibrating with. The universe does not discern between good and bad, right or wrong. It simply responds to the consistent magnetic signal being transmitted. Most people think about what they DON'T want, and power the thought with the emotion of fear. The **SUNPOP** approach is to envision deeply what you DO want, associate it with the salvation and upliftment of the planet, and power it with love, wonder, and gratitude.

The universe doesn't understand that we don't want what we don't want; it just gives us what it is we are transmitting. If we are worrying constantly about money, and fear of getting into debt and bad things happening to us, then we will attract more of the same. All of this worry is recorded in a subconscious realm. This fact explains why it is sometimes almost impossible to break out of old patterns of behavior. If, however, we focus our minds on the opposite, and actually see and feel ourselves experiencing it, for example, happiness, health, and prosperity on a consistent daily basis, then the universe will respond in kind by supplying people, places, and circumstances in accord with the vibrations of those wishes.

So we begin to see how vital it is to hold in mind what it is we want in our lives rather than what we don't want. Of course, this program goes a lot deeper than that, but this is a very good starting point. The beauty of **SUNPOP** is that our programming is condensed into one single word, which acts as a trigger to connect us to the empowered states we enjoyed while on the inner journey. We repeat this single codeword several times daily — ideally each hour, with three deep breaths. At the same time, we need to appreciate that we have built up a storehouse of energy, somewhere in the archetypal subconscious realm, which needs to be purified if we are sincere about breaking out of these old patterns of behavior and manifestation. The more potent and effective our inner work is, the more we help the whole world shift into the kind of place it is designed to be. We shall talk in more detail about this subject later on. For now, begin to become aware of the nature of the transmissions you are communicating to life. What sort of a storehouse are you carrying around in the subconscious realm of your soul-mind, which, interfaces with your cellular structure, and has a definite, significant, effect upon your biology?

Remember - All disease is a consequence of disharmony between the actions of the personality and the will of the soul. - Dr. Edward Bach

If we live in fear, then life will manifest as a fearful reality. If we have violence and aggression within ourselves, then the world we perceive around us will mirror that. If we sincerely desire to experience a magical world of natural goodness where peace-filled

loving beings co-exist in beautiful harmony with each other, then we need to begin establishing that state within ourselves. For many of us this could be considered an impossibility, but there is good news for you who may doubt your abilities. Underneath all of our negative conditioning, there is a natural underlying harmonic state that is perfectly designed to attract into manifestation the Heaven on Earth reality with which it corresponds. **SUNPOP** is a system designed to allow you access to the realm of the extraordinary that exists within us all. At first, a method is required. However, because we are revealing an innate natural state of perfection lying within, very shortly the entire process becomes integrated into a simple internal shift in one's focus. This new focus is now just concerned with two critical defining aspects: Attitude and awareness.

History repeats itself, generation after generation, because of judgment and denial, which create ruptures in the flow of life. The universe fills the ruptures quickly with the very thing your objections denied.

Love Without End: Jesus Speaks

Before we consider more deeply the implications of what has been presented, a new term can be introduced with which you may or may not be familiar.

The Normal Waking State

The tragedy of life is not in the fact of death, but what dies inside of us while we live.

Norman Cousins

Several years ago, scientists from Stanford University conducted studies on human DNA. During their testing they were amazed to discover that a staggering 98% of our genetic material has no known function in what is termed the normal waking state. The normal waking state is the psycho-emotional-physical state we experience when awake and acting "normally" within the context of modern industrial society. In other words, the body-mind-feeling state we experience as a consequence of dancing to the rhythm of the modern industrial system only allows us to experience two percent of what we actually are. The psycho-emotional prison of the normal waking state is a mental construct, a web of reinforced ideas, based on an inherited (programmed) misconception of reality. It is this inaccurate and disharmonious attitude of awareness that prevents the inflow of our natural potential. This mental format also redirects creative life force into unnatural forms so that we construct, through thoughts, words, and actions, an unnatural world system that keeps us imprisoned in our own reflected ideas. One of the consequences of being within this prison is ill health, or disease. The trick is knowing how to get out.

A man can be free without being great but no man can be great without being free.

Kahlil Gibran

Dr. M. Scott Peck, author of *The Road Less Travelled*, claimed in his work on mental disorders that if we truly desire health, then we need to start asking the deeper questions in life. The same Stanford DNA researchers found that certain factors, such as engaging the

feelings, can activate this dormant information in the mind, especially the higher frequency, shorter wavelength feelings like love and compassion.

Awareness

The implications of this research radically change our understanding of life. It shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.

Dr. Bruce Lipton: The Biology of Belief

Researchers on the leading edge of investigation into cellular biology now tell us that awareness is the most influential factor in the cellular health equation. In other words, it is our lack of awareness, and the consequences of that lack, that ruin our health. What this means is that what we believe, the way we think, act, and speak, and as a consequence, how we feel, all impact our biology in a specific way which is either supportive of health or detrimental to it.

This understanding opens the door even wider. The feelings that vibrate within the cellular structure also determine which genes are switched on. It is estimated that while functioning in the normal waking state, we can only experience about two percent of our available genetic potential. Genetic coding sequences are like combination locks that either open to allow our inner potential to flow from deep within us into our biology and world, or they stay closed, allowing us to experience a mere fraction of who we truly are, confining us to the frustration of the life of the living dead. Genes are held within our DNA. According to God, in *Conversations with God*, by Neale Donald Walsch, DNA stands for Divine Natural Awareness. DNA is the antenna on the radio receiver and transmitter that is our mind. As we become more naturally aware of our divine nature, the antenna is oriented, like a satellite dish, to this cosmic and infinite constant streaming transmission. The genes are the different stations we can tune into and, therefore, define the experience we are having. There are many radio stations in the world that any one single good radio can pick up. How many experiences are there available to an awake individual, consciously attuning to them? Feeling states are the way we adjust the tuning on our receivers.

By becoming more aware and entering into the corresponding states, we activate our full human capacity. Healing disease is a personal responsibility. The notion that we can go to someone for a pill or other form of cure is no longer valid. The roots of our malaise run a lot deeper than that. Modern science is now telling us that there is only one person who can heal you, and that is yourself. The only way to experience holistic health is to become whole, to become complete, and the only way to achieve that is to go within and remove the energetic blockages that are preventing us from experiencing who we truly are, a whole, complete person.

The reason why awareness affects health is that the cellular structures, and therefore the biology, interface with the conscious and subconscious aspects of our minds. That means

that the vibratory memory of all of our previous thoughts, words, actions, emotions, and feelings, is impacting the cellular structure constantly. Not only this, but their vibratory imprint, the memories of everything, are stored within the cellular structure in a subconscious realm.

Thanks to the work of leading-edge cellular biologist, Dr. Bruce Lipton, supported by the whole body of quantum scientific investigation, it is now a known fact that awareness is the most important element in the cellular health equation.

Awareness defines our beliefs and, therefore, how we orient our lives. Our thoughts, words, and actions, and the consequential electro-magnetic feeling states, have a massive impact on our biology. The state of our biology is constantly communicated to the brain. Healthy feedback, in the form of harmonic, organized energy waves, is registered as peaceful feelings. Inner peace is the optimal state for healthy biological function. Unhealthy feedback (disharmonic, unstructured energy waves) is fed back in the form of chaos, and interpreted as fear and stress. Biological stress (i.e. cellular dis-ease) is communicated to the brain and registered as ill feeling.

The reason why awareness is now being touted as the overriding critical determinant in the optimal health equation is because an open, illuminated, mind allows the inflow of an amazing natural life force. Researchers have identified this Life Force energy potential as existing in a dormant state within the genetic matrix of our DNA. This Life Force energy is the most important nourishment for the various systems within the cellular structure. This energy, our spiritual potential, is the energy wave that optimizes cellular expression by activating and “switching on” the optimal genetic codes in the DNA. We experience it as a feeling state. Optimal attitude and a heightened sense of awareness combine to allow this energy into our systems. In other words, what we are aware of, specifically who we are, and our relationship toward life and others, condensed into our attitude, defines the levels of aliveness we can experience and how much of our natural indwelling potential we can express. Being or becoming more consciously aware of one’s true nature, and nurturing a loving relationship with all life, allows the inflow of a natural goodness into one’s biology and being, and it feels great. The natural by-products of optimal awareness and attitude are happiness, peace, and a magnetic personality that attracts the support of life. This optimal electromagnetic state is a force field or aura that bathes the biology completely and allows us to experience high levels of health.

Take the time before you begin the **SUNPOP** inner journey to consider your attitude and level of awareness. What do you believe? Who are you? Why are you here? Where are you going with your life? What is your vision? What is your purpose in life? Is the life you are living in harmony with that purpose? What is your relationship to life? Do you have a Source? Are you consciously connected to this Source? What is your relationship to Nature? Consider these questions deeply, because what the new science is telling us is that such contemplation is vital for not only our own personal health, but also the health of the world.

Intention Affects Atmosphere

In the summer of 1993, a large study was made in Washington, D.C., the so-called “murder capital of the world.” Four thousand volunteers came together from 100 countries to meditate. On the basis of 48 previous studies, a 25% drop in the rate of violent crime was predicted. The police department was skeptical, saying it would take two feet of snow to achieve those results. However, on the basis of the results of previous studies, the DC police department became collaborators in, and co-authored, the study, because, indeed, throughout the summer of 1993, the violent crime rate dropped by 25%. Do we affect the field around us? Of course we do. 24/7. Every single one of us, consciously or unconsciously.

Archetypes

Do you remember the saying: Birds of a feather flock together? Well, energy patterns of thoughts and feelings, the vibratory impressions of actions and words of similar resonance, form together in an invisible realm, accumulating into something called archetypal patterns. These archetypal energy patterns have an influence over our behaviors and attitudes when we are functioning in the normal waking state, and are responsible for driving us, sometimes, in ways that no longer serve our highest interests.

The presence of these archetypal forces in the subconscious realm explains why it is so difficult to break out of old, even self-destructive aspects of behavior and habits. The reason is because thinking, in specific ways associated with those old patterns, energetically connects us to the archetypal presence of ALL the accumulated thought energy of, not only our own old recorded behavior energetics, but those of our ancestral, cultural lineage, and indeed the whole of the human race. Think about this for a while. While functioning in the normal waking state, which only allows us access to two percent of our available Life Force capacity, we connect ourselves invisibly to a vast database that contains massively powerful, very often distorted, energy forms. The specific feelings and thought frequencies we allow ourselves to transmit are attuned to the corresponding archetypal presence. That means that if we begin an internal dialogue of self-judgment and attack, we immediately connect energetically to the accumulated database of all similar emotionalized energetics within the collective consciousness (i.e. the invisible reservoir of all human thought energy).

Remember, our mind is like a transmitting and receiving station of thought and feeling energy. Having control over what we choose to think and feel is equivalent to tuning the dial on a radio and choosing your favorite station. Moving out of the normal waking state, by expanding awareness and changing our attitude, allows us to transcend the realm where negatively charged archetypal forces can influence us unconsciously.

Distorted Archetypes. The False Gods of Thought Patterns

Energy flows throughout creation. As sculptor and shaper of our world, we direct creative energy through thought, word, and action, and attract it through magnetic feeling states deeply rooted in subconscious realms. We attract our future by resonance. Distorted archetypes, “the false gods of thought patterns,” exist in the sub-conscious mind. Their abode is the first sphere of influence beyond the visible world. They are thought-generated beings that the soul has created unconsciously. Their influence magnetizes the corresponding behavioral patterns of individual characters in the Earth plane drama. The more we behave according to their influence, the stronger they become. Astrological shifts also affect the potency of their influence. The challenge for the individual soul is to consciously transcend that influence. That means the soul learns how to resist the hypnotic magnetism of their energy. Traditionally, this is the purpose of Yoga and, most specifically, Raja Yoga. Raja means royal or supreme, and Yoga means union with God, The Source. The highest union or communion with The Source allows the soul to directly tap into its most valuable resource, the only force capable of fuelling it with sufficient natural goodness, i.e. pure light and love, in order to become immune to the pull of distorted archetypes. As all thought has frequency and wavelength, by tuning into the highest frequency, we can absorb the natural and constant vibrations of love and light that are being emanated for this very purpose. The task of evading the possession of these gigantic forces is impossible without internal, upward movement toward The Source. Herein is inserted the purpose of life, the whole game of existence: To give up this hopeless attitude and to align, through surrender, with the forces of salvation and, in so doing, we experience the joy of expressing who we truly are.

The ethers have become so polluted with energetic structures formed by centuries of negative habitual tendencies that the atmosphere of the earthly plane has fallen into a state of almost total degradation. Repetitive behavior within a confined space leaves an energetic imprint of that behavior. Anyone coming into that space thereafter is bound to be affected by the etheric blueprint and, to a greater or lesser degree, depending on the individual, will follow the exact same behavioral patterns. We know from the investigations of quantum science, that our external reality is a manifestation of the inner human condition. Nothing on the outside can change for us until the inner shift has occurred. These are important points to appreciate. By constantly consciously connecting and reconnecting with The Source we can charge the soul sufficiently to become immune to the influence of etheric stuckness and archetypal influence. Again this all depends on the individual and the degree of commitment and effort they have in Yoga (communion with The Source through loving meditative awareness). Cultivation of internal resources sufficient to offset the influence of these false gods is a journey of personal completion, and a return to one’s original nature. Yoga is pure prayer fully integrated into one’s way of being. It is also the first stage of the **SUNPOP** guided inner journey.

Archetypes are parts of the human psychological jigsaw puzzle. This puzzle is a fragmented thing, like a broken mirror or a shattered crystal. Archetypes form specific structures within the energy matrix of the collective human psyche. They exist in the subconscious realm of the totality of human thought, in a great ocean of mental energy that

has been accumulating throughout our history. Archetypal energy forms strongly affect the behavior of all human minds that tune into the same frequencies. Recognizing the individual archetypal elemental beings, and sensing the influence they have on our behavior, is a key factor in being able to take control of our lives. There are an unlimited number of archetypes, and individuals can identify with some more readily than others depending on how much influence they have. These archetypes are not our true identity; they are separate from who we truly are. Rather, they have formed during the unfolding of humanity, because of certain behavioral tendencies and attitudes, and the repetition of these behaviors has produced crystallizations within the collective unconscious of human kind which possess definite characteristics and generate specific patterns of behavior. The soul, acting through the character we call, "I," has projected these invisible archetypal forces into the ether through the power of thought, feeling, action, and the spoken word. As individual souls are born and reborn into this collective consciousness they are bound to be affected by these energetic blueprints. These invisible energy fields have a profound influence on our attitude and behavior. The challenge is to transform their influence, and this is what **SUNPOP** empowers us to do, in a totally unique and ultra-effective way.

SUNPOP is a system that enables us to consciously exit the normal waking state, access our unlimited natural resources, activate our potential, and then, from this empowered state, enter the archetypal realm of the subconscious and reprogram these, at present, negatively-charged, forces into forms far more conducive to health and happiness.

Specific Archetypal Constructs

As we know, one of the consequences of behaving dysfunctionally, thinking, or even feeling, disharmonically, is that the impressions of these energies gather together in an unconscious invisible realm called the collective unconscious. It is like a reservoir that records the impressions of everything human beings ever say, think, or do. Energies of a like nature accumulate together, and are called archetypal forces, and like very strong undercurrents of the ocean, they can have a profound effect upon the direction of anything on the surface.

The reason why many of us, no matter how we try, find it so difficult to change self-destructive patterns of behavior, disempowering attitudes, and such, is the influence of these invisible forces.

As individuals, we are connected to the collective unconsciousness through our own subconscious mind.

SUNPOP establishes the optimal awareness and attitude harmonic to allow the innate potential life force to enter the cellular structures. It allows us to clear the subconscious realm of these negative, currently distorted, archetypal influences, and replace them with a more positive, vital, energetic presence appropriate to the call of the times.

Archetypal energies accumulate in the realm of the collective unconscious of humanity. Throughout history, the energetic vibrations of all thought, word, and deed, leave their

impression within the invisible realms of creation. Thought forms and vibratory energy patterns of a similar nature accumulate together, and their presence has a very definite influence upon the subconscious mind of the individual.

Dr. Carolyn Myss has done a great deal of work in investigating this realm. One of the main reasons well-meaning individuals seeking changes in their lives cannot break out of old habits and patterns of thought and behavior is the influence of the archetypal realm. Through her tens of thousands of intuitive readings, Myss has recognized four main archetypal energy structures that may be classified according to the behavior and attitudes associated with their expression.

They are:

- The Wounded Child
- The Saboteur
- The Prostitute
- The Victim

If we have the symptoms of one, then we have them all. The ego is a composite energetic entity that displays certain dominant characteristics. Suffice it to say that we need to heal this realm within the psyche and establish a new dominant archetype. The name of this new archetype is the Hero.

Because blockages and interruptions of optimal energy flow caused by emotional trauma and/or mental distortions very often exist on a subconscious level (i.e. in the unconscious memory bank of the individual), which is also part of the cellular structure (i.e. within the body), attention is placed upon clearing and reprogramming the deeper levels of the mind and maintaining subtle psycho-physiological energetic pathways through conscious daily spiritual practice involving the whole physiology. The SUN Angel Qi-Gong and Three Breath Life Transformation systems are especially effective for consolidating and enhancing this realignment. So is Yoga, when practiced correctly, i.e. with an emphasis on communion with Source through the breath, with or without postures.

These four archetypes comprise the fundamental aspects of the modern human ego-mind and can be categorized according to behaviors and attitudes played out by the individual:

1. The Wounded Child

Almost all of us, to varying degrees, can relate to the Wounded Child. The part of us that was wounded emotionally and psychologically during our infancy or early years, and which has never recovered from it. These wounds are mainly subconscious, and are buried deeply in the psyche. Their influence, very often, is extremely well integrated into who we falsely consider ourselves to be. Remember these distortions wire us into a false sense of self. The ego is not who we are. It is a medium through which we interface with the world around us. The more transparent the “ego membrane” is, and the purer the thoughts, feelings, attitudes, and awareness associated with it, the more harmonic our interface with

the world. A Wounded Child dominated behavior and attitude generates perpetual dysfunction. It is a wound to the psyche. This wound to the psyche then creates behaviors and attitudes that one would associate with a child. These dysfunctional, sometimes reactive, patterns drive behaviors and attitudes that become habitual. It is very easy, especially under stress, to sink into these repetitive patterns. The child obviously also has many positive qualities essential to the holistic process. Innocence, enthusiasm, purity, and playfulness are all natural attributes of the pure soul. However the wounded ego-child is a distorted version. Someone who will not take responsibility for their own life is acting out the child archetype. The child is very often driving the bus and getting his or her own way. The Wounded Child is one of the ego's most successful disguises. It is also the main reason why most meditation and mind control techniques are only partially successful in allowing us to access our full human capacity. The reason for this is because many of those techniques are based upon developing sufficient mental focus to ignore the ego, and even to destroy it. Very often the ego is seen as an enemy to be conquered. This attitude can only cause conflict within. It is not possible to restore harmony to our psyche through conflict. The Wounded Child can only be successfully integrated through an act of acceptance, compassion, forgiveness, and love. This is facilitated through relationship. It is here where **SUNPOP** integrates the most potent healing modalities and creates the optimum environmental conditions for the transmutation of the Wounded Child into its original design; the Divine Child.

2. The Victim

The Victim can be defined as someone who will not take responsibility for their life, and holds outer forces or individuals to blame for their lack of progress or success. Of course, external elements conspire to create particular circumstances that we are challenged to face, but the Victim cannot see the opportunity inherent in the challenge. Instead he or she will blame, and assume a posture of helplessness. There are many inspiring stories of personal misfortune of the most extreme kind where the unfortunate individual involved has not capitulated to the Victim archetype, and their lives have become a living testimony of inspiration to us all. In all cases forgiveness is the primary factor, which, if included in the equation, will allow full integration of the teaching in the lesson. (See *Love without End. Jesus Speaks* by Glenda Green). When we have visited this realm, and applied the forgiveness medicine, the Victim transmutes into its higher octave of expression, which has a degree of humility born from the sufferings of the ego. This humbly empowered awareness and attitude is very effective in allowing our sense of identity to welcome the so-called higher self or nature into our experience. Without this requisite humility factor, the ego crystallizes in its own arrogance and pridefully ignores the higher nature. This is the root of ignorance. As we ignore our higher guidance and being, we become isolated in the web of our own mis-creations, and suffer proportionally to the disharmony they contain. The trick is not to ignore our higher natures, but to enjoy a free flow relationship with them. Always consulting, asking, and feeling into the guidance, which is a true light in a world of so much darkness. This guidance is always available, it is part of who we are. The Victim, healed of its disease, can enter into this relationship very willingly and gracefully.

3. The Prostitute

The Prostitute is typified by a person who gives their power away. As an individual responsible for your own destiny, the challenge is to accept that responsibility and not to give the authority of it to anyone or anything else. A good example of this is the structure of the modern medical system. We experience ill health and go see a doctor, who may or may not be healthy, and we do what they suggest without thoroughly investigating the case ourselves. This is a good example of how power is given away every day within our society. This is the Prostitute archetype in action. Another relevant example is how organized religion has established the clergy as the mediators between the individual and God, or our Source. This is like someone in the garden telling the flowers how to drink rain. The fact that we, as flowers, have forgotten, is an indication of just how far off track we are. The journey to golden health begins with taking responsibility for all aspects of our lives. Recognizing the influence of the Prostitute assists in this movement. All addictions are forms of prostitution. Abusive relationships, where one partner tolerates violence or intimidation but refuses to leave because of fear-based motives, or the fact that they cannot imagine a positive alternative future, are clear forms of prostitution. Take the time to consider where you are giving power away in your life. Once healed through the shift in attitude and awareness which **SUNPOP** allows, the Prostitute aspect of the psyche becomes a great ally, in the sense that sensitivity toward, and “addiction” to, God’s Love, or our inner Source, becomes an overriding default setting which is a great relief and a deep pleasure. This aspect of the psyche exists to please and connect with an essential resource that feels great.

4. The Saboteur

This is the aspect of oneself that secretly undermines all forward progress and encouragement. The Saboteur is the most aggressive, fanatical, and violent aspect of our psyche. A master of disguise, this inner terrorist is the ultimate assassin, whose priority is to deter us from enjoying our highest arena of expression. The Saboteur has a negative inner voice that whispers discomfiting thoughts that undermine confidence and convince us that we cannot live our dreams. It is the Saboteur who drives self-destructive behaviors, such as addiction. The Saboteur, once healed, is the master of focus and tenacity. He will not give up, and is a most powerful ally, once brought into balance, to help you stay totally focused on the mission of being.

Do you recognize any of these structures? We are all influenced to a greater or lesser degree by them all. They are the part of the matrix that guarantees the destruction of a disharmonious humanity. At the same time they provide the soul with resistance, and challenge us to become sufficiently empowered to overcome them. Like Jacob, who wrestled the angel all night, these forces always appear slightly stronger than we are. That is why we grow stronger. It has been said that to name something correctly is to have power over that thing. When we recognize the inner voices and urges of these archetypes, and can dissociate our true selves from their energetic influence, we take a significant forward step on the journey toward completion. The most wonderful thing is that each component of the ego construct has a Divine counterpart. As our relationship toward

ourselves shifts away from negative egoistic expression into something far more harmonious we experience the wonder that is contained within the archetypal realm, and these incredible forces which, hitherto, were our apparent enemies, miraculously transform into powerful mystical allies. This amazing and absolutely critical shift can only occur through relationship. As one takes full responsibility for the wounds and distortions of these four components, and takes action in the appropriate realm to heal them, significant shifts occur extremely rapidly.

If any of the four are present and active, the others are also functioning in a supportive role. There are many archetypal energies. The **SUNPOP** inner journey focuses upon a conscious connection with the inner Hero, (sometimes known as the Pure Knight, or the Spiritual Warrior, and very often portrayed as a youth). In **SUNPOP** we meet with the four archetypal components of the ego construct which, in a distorted, non-integrated form, block passage into the higher realms of self-empowerment, draining the Hero with perpetual battling against the petty tyrants of the shadow world. The amazing paradox is that this whole situation is being generated within our own mind. Restoration of clarity within the mind is foundational in terms of allowing access to the hallowed halls of our own true inner nature, this mystical internal movement allows us to experience the archetypal realm as a world of allies, peopled now, not by false gods and demons, but by shining reference points positioned like archangels, guardians, and guides, whose very presence guides us ever deeper into the never-ending mystery of human being.

In the classic Hero's Journey, as defined by Joseph Campbell and others, an individual goes on a journey of initiation to awaken an inner knowing or spiritual power. The Self emerges as the Hero, faces physical and internal obstacles, confronting the survival fears that would compromise his journey of empowerment, and conquering the forces arrayed against him. The Hero then returns to the tribe with something of great value to all.

The four primary archetypes — the Child, Victim, Prostitute, and Saboteur — symbolize our major life challenges and how we choose to survive. Together they represent the issues, fears, and vulnerabilities that cause us to negotiate away the power of our spirits within the physical world. They also can come to represent spiritual strengths for dealing with real-life and spiritual issues.

These four archetypes are the intimate companions of your intuition. They make you conscious of your vulnerabilities, your fear of being victimized. They allow you to see how you sabotage your creative opportunities or abort your dreams, and in the future they will become your allies in fulfilling opportunities and dreams. Your archetypes will become your guardians and will preserve your integrity, refusing to allow you to negotiate it away under any circumstances. Your archetypes can help you transcend the shadow belief that "everyone has a price" and allow you to see that you are not for sale. They will allow you to become completely self-reliant; through them you will come to see options where others see excuses. -

Caroline Myss -Sacred Contracts: Awakening Your Divine Potential

It is through the relationships we develop with the four archetypes that healing and balance is obtained. Surrendering to these developing relationships from within the consciousness of the sacred heart allows the four archetypes to speak from their own authentic voices, and provides the opportunity to serve them what they need, rather than keeping them forever locked within the shadow world, scrambling for survival. Forging a strong, connected relationship to these disowned parts of self is the core of this entire exercise.

The **SUNPOP** Inner Journey suggests that the process of meeting and holding relationships with the four archetypes be conducted from within a state of compassion, trust, and forgiveness. In this mode, new relationships can be created that are life enhancing rather than draining, thereby shifting these constructs from adversaries to allies.

You must forgive those who hurt you, even if whatever they did to you is unforgivable in your mind. You will forgive them not because they deserve to be forgiven, but because you don't want to suffer and hurt yourself every time you remember what they did to you. It doesn't matter what others did to you. You are going to forgive them because you don't want to feel sick all the time. Forgiveness is for your own mental healing. You will forgive because you feel compassion for yourself. Forgiveness is an act of self-love.

Don Miguel Ruiz

The Mastery of Love

The Biological Consequences of Negative Emotionalized Thought Patterns

One of the most important aspects of becoming sufficiently empowered to fulfill our highest potential is becoming aware of how these internal forces work. One of the main reasons we may be stuck in habits that no longer serve us is the undercurrent of archetypal forces. Habitual tendencies repeated over and over create a magnetic situation in the subconscious realm which keeps us trapped in the field of its effect. If we have been vibrating internally in negative, self-defeatist and fearful ways for decades, just because we have decided we want a better life, and are doing a few positive affirmations, we are not necessarily going to fix things.

Indeed, so all-powerful is our mental/emotional attitude that consistent attitudes and thought processes actually define the formation of the neural web within the brain. The chemicals that are secreted in the brain correspond to the emotional and mental climate being generated by our thoughts and feelings and, particularly, our internal dialogue. These chemicals transmit messages to the individual cells. What this means is that if, for example, I have been functioning with a certain sense of hopelessness, lack of self-confidence, mistrust, and even dislike, then I create a neural web which secretes specific electro, bio, and neuro-chemicals perfectly mirroring those feeling/thinking states. That web transmits chemicals to my cellular structure with the same vibrations, and the cells then adapt and produce receptor sites, mainly to receive the dominant chemical messages. When the cells divide and reproduce themselves, a whole biology is produced with the same adaptation. If I think negatively and aggressively toward others and myself, then I am producing a cellular structure that has adapted to that internal psycho/emotional environment. The adaptations on the cell wall mean that receptor sites capable of

absorbing the neuro-peptides, or chemical messengers, associated with the negative feeling state dominate the cell wall, which has limited space. This adaptation occurs at the cost of diminished receptor sites for absorption of nutrients, excretion of waste, etc. When I function in negative emotional states for consistent periods of time, I am literally programming my physiology with the instruction: I wish to die.

We can begin to see now the reason why traditional non-holistic approaches to treatment of disease are destined to fail. Symptoms can often be relieved, but if their causes are not rooted out then we cannot experience true healing, which is nothing less than expressing our full human potential. It is time to awaken from an old, outdated mind-set that accommodates disease as a natural consequence of being human. This radical adjustment occurs in the mind, most specifically the subconscious realm of the mind.

The Mind

The mind can be likened to an iceberg, where the small visible portion is commonly known as the conscious mind and the large, invisible portion, below the water line, is the subconscious mind. The berg, no matter how strong the surface winds — which represent our conscious thoughts and desires — is always driven by the undercurrents, which, in this case, represent our accumulated reservoir of emotionalized thought and archetypal connections. These undercurrents are the archetypal forces of the subconscious realm.

Billions of individuals, every moment of every day, are feeding these archetypes. The whole of the modern western world, with its anxiety, fear, violent judgment, etc., is fattening these energetic forms to a point where things are reaching an extraordinary, perhaps unprecedented, level of intensity. The disharmony between the archetypal energetics of modern human expression and the True Nature of Life, which exists as our inner nature, is fast approaching an impossible to sustain extreme. Those of us with a little more sensitivity can feel this unbearable tension upon the inner planes. The only way to diffuse it is by accepting the responsibility of self-healing. This means consciously disconnecting from negative energy sources and re-programming the subconscious mind with powerful seed thoughts that will manifest a completely different reality upon the playing fields of life.

Because the mind interfaces with the physiology, our cellular structure retains the vibratory impressions of our consistent emotionalized thought patterns and also adapts to the specific chemical instructions associated with these thought forms. We can clearly see how any initiative, such as dietary changes, **MUST** be accompanied by an effective psycho/spiritual/emotional strategy, if our dream of wholeness is to be expressed. If the biology is toxic and, as a consequence, biological functions like lymphatic flow, are impaired, then the situation will be communicated to the brain. If we consider the possibility that there are something like 100 trillion cells in the human body, if these cells are experiencing a toxic environment, then the feedback from them to the brain will be overwhelming. We experience this feedback in the form of chaotic energy feelings, which undermine all attempts to experience inner peace. This disharmonious feedback is a foundational component in the stress equation.

The new science is telling us that the only way to genuinely heal ourselves is to return the cellular structure to its underlying natural state of harmony. This basically entails two strategies, one that adjusts the biochemical environment in the body by the intelligent application of natural foods, and another that adjusts the electromagnetic and electrochemical environment, which is primarily achieved by changing one's thoughts and feelings into the higher frequency, shorter wavelength, optimal feeling state patterns.

One of the ways to assist this return to innocence is by erasing the discordant memories in the subconscious, and therefore the cellular structure. Thanks to the work of Dr. Carolyn Myss, which we shall consider in more detail later, we now know that memories accumulate into specific structures, with specific characteristics that we can define and identify. The work then consists of going within and meeting these forms in the realm of the imagination. This is the shamanic healing perspective, except we are our own shamans. Our mission as individual health seekers, as individuals seeking to access our inner potential, and as the revolutionaries of these modern times, is to dissolve such negatively impacting structures. **SUNPOP** is an extremely effective means to do so.

This system not only marries the best of optimal performance technologies with cutting edge science, but also defines itself within the context of the challenge of the times. **SUNPOP** is not only about activating our potential within the context of the modern material world but within the context of a world in an extraordinary and, perhaps, unprecedented period of total transformation.

Fear Kills

Dr. M. Scott Peck stated in, *The Road Less Traveled*, that there is no healing without asking the deeper questions in life. If we take an honest look around, we can see the modern industrial world is dying. How can something so toxic endure? How can a civilization with such little regard for its natural surroundings be supported by the forces of Life? How can a species as aggressive as ours truly flourish?

As individuals, we are the components of a diseased and dysfunctional culture. The reason why we are experiencing this disease, according to the latest scientific research, is because our awareness of the deeper meaning of life, our reason for being, and therefore how we orient our thinking, feeling, acting, and speaking experience, is restricted to the beliefs associated with a materialistic, militarily-industrialized system that has consumption as its reason to be. Fear is the motivating emotion of this unnatural society. Consistently living in a state of fear is the absolute worst vibration for cellular health. Dr. Lipton, in his brilliant work, *The Biology of Belief*, states it thus: Fear Kills! Of course the controllers of the military, political, industrial complex know this exceedingly well. This is the very reason why modern civilization is being specifically engineered the way it is.

Many of us are not consciously aware of the fact that we are living in fear. Fears may be buried deep within the human psyche, and many individuals have constructed a strong outer image that they project, even aggressively, onto the world to protect themselves. Nevertheless, no matter where it is in our being, constant fear, which may be experienced

as low-level anxiety, debilitates us. As one over-identifies with this false sense of self, individual confidence remains only as long as the system and structure within which the ego-persona can express endures.

As we witness the acceleration of the decline of all that is out of harmony with the Life Force presence, we also witness the crumbling of these false personae. The smart thing is to anticipate the inevitable and consciously navigate one's awareness accordingly.

Is Ignorance Bliss?

When a limited conscious state of awareness constricts, or distorts, the harmonic inflow of Life Force into the body/mind complex of our biology necessary to generate sufficient levels of health and vitality, the result is disease. Life is in a constant state of transformation; perhaps the only aspect of existence that does not change is God. Who can truly say? What we do know is that if we are not keeping up with that natural change, then we are falling way behind. If this is the case then we can rest assured that the hands of life will give us a nudge when we need it. All of the disharmony that we see in the modern world, including our biological diseases, are signals from life that we are out of tune.

Of course what we eat and how we eat it plays a major role in the health equation, but it is our belief systems, defined by our awareness, which drive us to crystallize the self-destructive behaviors that are bringing about the catastrophes that we experience, both as individuals and collectively as a species. It is time to open our minds and reconsider the facts. The dark ages are over, and burying one's head in the sands of ignorance is no longer an appropriate strategy(not that it ever worked, by the way!).

One of the most important facts to remember is that we are creating our reality ALL of the time. You and everyone else are constantly transmitting a vibratory magnetic resonance, which is picked up by life and responded to immediately.

The Sacred Heart

Love is the beauty of the soul – St. Augustine

The best and most beautiful things in this world cannot be seen or even heard. But must be felt with the heart – Helen Keller

Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind - Henry James

Deep inside us all, where we are one with our Source and one with Life, are the natural vibrations of our being that are most harmonic with the Life vibration. Those vibrations, which travel through every cell of our biology, have a critical central point of transmission. That metaphysical, mystical point is what Jesus refers to as the sacred heart. Although the sacred heart can be pin-pointed to a geographical interface within the body, it is much more important to experience the feeling nature of its being rather than to know exactly

where it is. Because we are constantly magnetizing our experience, one's relationship with the sacred heart, and therefore the content of what is being transmitted, is the vital component in our reality creation system. One may change one's mind, but it is when one changes one's heart that the real shifts occur.

Within the Sacred Heart is pure consciousness; it is the doorway to communion with the infinite. Consider the God Force as the natural source of all creation, that it transcends all efforts of conceptualization. This totally natural, almighty energy source is a magical super fuel, which catalyzes a powerful transformation of the individualized consciousness. This transformation is powered by the God Force and defined specifically by the vision of the individual. In other words, **SUNPOP** prepares one for communion with Source, gifts one with the ability to manage the extra energy in the system, and purifies all distorting influences within the psyche in order to guarantee maximum and optimal creative impact. Developing the ability to function through the sacred heart space allows one to function in the optimal creative mode. This mode can be classified as a state of blissful innocent awareness. We shall discuss this way of being in greater detail later..

When we are conscious and aware that we are living and perceiving through the sacred heart, we are at one with Life and at one with God. We are at peace and in love. When we are disconnected with and this dynamic, we have entered the world of fractal imagination, where everything appears separate, like an infinite jigsaw puzzle of sound and light. The immediate and automatic consequence of this imagined sense of separation is fear, and hence the birth of the ego. There are really only two possible modes of human function: One is from a space of at-onement, and therefore unconditional love; the other is from some aspect of imagined separation, and therefore fear. This does not mean that love and fear are opposites, but rather that a golden opportunity is available at any moment, and choosing to function within or without it is the most important decision we can ever make.

It is natural for an empowered and connected individual to function through the sacred heart center. Dysfunctional attitudes and positioning of the ego shift one's center of operation from the heart to the distorted, overly body-conscious, mentally driven, ego construct. Most of us identify with our ego rather than our pure-heartedness, and so do not function from the sacred heart. We position ourselves, through our attitudes, outside of our sacredness, and therefore we constantly experience a state of deep emptiness and essential lack. The corresponding insane urges associated with this false sense of self, that may drive us to over consume, are a direct by-product of this sense of lack, and of feeling unfulfilled. There is nothing in the world that can satisfy the appetite of a hungry soul. The only nourishment that can sate this hunger comes from a spiritual source, and is accessed within oneself. Reorientation into the mystical requires a higher degree of sensitivity than is experienced in the body-conscious normal waking state. The attitude that allows us access to the sacred heart is **FORGIVENESS**. We shall discuss forgiveness later.

Relationship to Source

The **SUNPOP** inner journey begins with communion. Communion with our most potent natural resource requires a movement out of the normal waking state into a state where a natural inflow can occur. This shift in state is facilitated mainly through deep relaxation, conscious breathing, and a receptive attitude of gratitude, love, and a sense of expectant wonder.

The keynote of Sourcing is relationship, more specifically the deepest intimacy of the most wonderful relationship with the most perfect compliment to who we are. This invisible, magical counterpart is fuel, nourishment, information, medicine, and lover, and above all else, real.

Because our relationship through our innermost being with The Source is where we truly discover who we are, the powers that be, who benefit by controlling a weak-willed and fearful humanity, have done all they can to disassociate us from this essential relationship. Beginning with the Council of Nicea, some 300 years after the time of Jesus, and continuing to this day, we have been brainwashed with a false and unnatural sense of self and relationship to our natural world. Almost three centuries after Jesus' lifetime the Roman Catholic Church was established. This first official, so-called, "Christian," society organized a collection of sacred texts into a format now known as The Holy Bible. As they did so, they removed as many as fifty gospels and sacred texts, and this has, ever since, redefined our sense of identity, relationship to Source, nature, and each other. Shortly thereafter, in another editing spree, all references to reincarnation were also removed, save these two, which somehow slipped by the Nicean Council:

The first example illustrates that the people of Jesus' era were familiar with the ideas of karma and reincarnation, and asked him if a man born blind had sinned to deserve this affliction. Being born blind, how else could he have sinned, if not in a prior lifetime?

And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.

John 9:1-3

In this second passage, Jesus and his disciples discuss the popular rumors of the day, speculating whom he might have been in a past lifetime:

When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, "Whom do men say that I the Son of man am?" And they said, "Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets."

Matthew 16: 13-14

SUNPOP brings our relationship to Source out of the realm of religious mysticism and into the realm of pragmatic feeling experience. The consequences of this experience are

the undeniable manifestations of health, prosperity, inner peace, and a happiness that has its roots in an eternal vision of such infinite wonder that we are constantly entertained by its awesome endless possibilities. This endless landscape of eternal possibility crystallizes constantly in the now.

We are now in the possession of the tools with which to sculpt a wonder-filled experience. Our war torn, mental-testosterone-driven, industrialized society, and abject disrespect for nature, the environment, and each other, has been the hallmark of our so-called progress. The consequences of this disharmonious way of being are plain for all to see, and now we teeter upon the precipice of the destruction of all that was false but accepted as real. Indeed, the tactics of our controllers, who herd the masses in predictability, have been extremely effective. Primarily through the offices of organized religion, we have been sold the concept of a false, judgmental God. An angry, jealous power outside of ourselves, capable of, and willing to, consign His wayward brood to an eternity of suffering. Even though this idea has not been supported by any of our truly great religious and spiritual icons, we have bought into it with impressive commitment. In so doing, we have lost touch with our most natural and intimate resource, and we have said good-bye to living in natural magic. You see, The Source of Life is accessed from within, and whether we call it God, or whatever, relationship with Source is the key to revealing the greatness that lies within us all. This greatness is nothing less than the becoming of an extra-ordinary human being with a similar capacity to love as that embodied by Jesus. Indeed, the extra-ordinary capacity to love is the common factor that bonds and defines all the great saints of human history. **SUNPOP** is all about consciously entering into the depths of that relationship and expressing that power within the context of the most extra-ordinary epoch of modern human history.

The earth is rapidly entering a new field of consciousness that is bringing it back into resonance with primal rhythms of creation. This new consciousness is rooted not in the historical human understanding of God but in an intelligence that resides within the very animating current of the universe. It is rooted in the informational reality of a universal Presence whose awareness and memory is awakening inside human time, awakening and gazing forth from within each vested interest, each player in this planetary field, helping people to understand the greater context in which they move: The board, the other players, the rules of the Primate into Universal Species game.

Ken Carey

The Awakening Process

Starseed, The Third Millennium

Here is the call of the times: To deeply consider that we are not defined by politically engineered religious decree, but by a vision altogether far more marvelous. You and I are part of the vastness of life, and within its unlimited wonder, do we not see our true selves reflected? And is it not our purpose to express that Self? Could there be any other reason for living?

By allowing our minds to become poisoned and confused with regard to our relationship to our Source, we have been seduced by the tactics of those whose interests lie in keeping us

in an imagined world of suffering, struggle, and sorrow. Although it does not serve our highest purpose to dwell upon the machinations of evil, part of our maturing process is to be aware of its influence, and to understand that through communion with the Life Force within us we can burn every trace of disharmony in the fires of this great Love.

The single overriding critical factor in the **SUNPOP** equation is captured in one simple question: What is my relationship to my Source? Jesus said to love God with all your heart, mind, and soul. Was he joking or was he communicating the most powerful instructions for the liberation of the human race from the bondage of ignorance? Is the resistance to living in harmony with that instruction in our false, conditioned perception, or in the instruction itself? These were practical instructions intended to grant us access to an unlimited natural resource. Communion with this inner power catalyzes a personal transformation process that allows us to experience through becoming more of who we actually are. To know oneself in this way is to fulfill our potential, and to live our destiny. Life in the unnatural world, functioning on a tiny fraction of our inherent capacity, is the life of the living dead.

It is impossible to live or die without God, but it is not impossible to think that you are. If you think that you are living without God, you will experience that you are.

You may have this experience as long as you wish.

You may end this experience whenever you choose.

Neale Donald Walsch

Home with God: In a Life That Never Ends

A pure heart, healthy body, and a focused mind intent on thinking only the most positive, uplifting, enlightened, and unselfish thoughts, are the secrets to the ultimate power of the **SUNPOP** experience.

Communion with Source - An Act of Love

This act of love is an act of communion. It requires a positioning of one's sense of awareness primarily in the heart center. Our societies are mostly mental, and testosterone-driven, and that is why they are diseased. Any creation emanating from a creative nucleus not centered in the mystical heart space is bound to be disharmonic.

Science has also played a significant role in keeping us away from the mystical within. However, thanks to the groundbreaking collective of the modern quantum scientific community, things are changing fast. What the Bleep do We Know? The highly successful movie about being the conscious creative force in one's own life, has exuberantly broadcast the changing face of science. That film has a sequel called Down The Rabbit Hole, an absolute must see! The Secret, is another film that is getting the word out that there is more to education than we were taught to believe in school. The rigidly over-confident, "I only believe what I can see," attitude has now been upgraded to a far more appropriate face of humility and wonder. In all honesty, who could look into the depth of

nature and not be overawed by its wonder? Nature, of course, reflects nothing less than our inner nature.

Communion with Source is like bathing in the cosmic ocean. It occurs often in the subtle extrasensory realm of deep inner peace and silence. During this mystical communion, it is as if the ocean comes to meet you where you are, and all you can do is open to it. The nature of this experience occurs outside the realm of the analytical mind. Because we are part of a holographic reality, the nature of experience is that the part contains the whole. In other words, Godliness is our nature. The Power of God, the Love, Peace, and Presence, wills itself to express through its instrument children in the wonder world of creation, which is sculpted by our imagination. The more surrendered we are within ourselves in our heart of hearts to this transcendental inner relationship, the more wonder we experience in our outer world.

The foundation of success is this internal alignment, a perfect interface, as I, the soul, an individualized point of consciousness, an extension of God, and God, The Source, experience conscious fusion within. Who I truly am has never separated from The One. However, my sense of identity has, “evolved.” Due to the holographic nature of existence, a unified mind appears, on other levels, as a fractalized and fragmented realm of imagination. I have become obsessed with one single identity in this infinite realm, and I am now feeling trapped and isolated in this limited mortal experience. Herein is the game of life — the Sacred Adventure.

Who I am and who I imagine myself to be are not the same energetic structure. Like two snowflakes of extremely intricate geometric shapes of light and sound, vibratory presence and infinite wondrous detail, I need to align myself harmoniously within. This is an exercise of exquisite wonder. It requires a high degree of trust and surrender with an optimally focused intent and attitude. Many individuals practice the above and yet still remain dysfunctional. There is one main reason why. The archetypal realm, from which the human ego derives its power, has not been cleared of energetic residual stagnancy. **SUNPOP** is a three-stage system which empowers and activates one’s ability to clear this essential realm of the subconscious.

In our natural selves we are one eternally with The Source. There is no disconnection or separation, nor can there ever be, we are not the same, but we are One. The sense of separation, the ego identity, over-identified with the physical form, is the position that, when surrendered, allows us to realize and understand the cause of all our perceived failings or sense of lack. This does not mean that the ego is the enemy. This is another one of the reasons why many individuals who have regular spiritual practice and open hearts are still dysfunctional. In many systems, the ego is seen as something to be destroyed, an enemy that does not merit any love. The obvious failing in this attitude is the lack of consideration for an essential component of the ego construct that has been classified as the Wounded Child. We shall talk more about these classifications later. Suffice it to say that in order to resolve discord within the archetypal realm, we are best advised to surrender to the Love within.

Any prayer asked in love, or honoring love will be answered, although your father has no covenant to answer the prayers of your ego, to solve its self made problems, or to make its fictions result in happiness. Your Creator is one with reality. -

Glenda Green

Love Without End. Jesus Speaks

The Holy Instant and The Power of Now

SUNPOP reestablishes a natural flow of pure, unlimited potential, into the physical realm by removing the energetic distortions that are blocking it. The most powerful thing we can do to accelerate, support, and reinforce this happy process is to hourly practice the three-breath life transformation system. It simply requires stopping every hour and taking three deep long strong, soft, gentle breaths, opening the heart to the living love of life while recalling and silently verbalizing your codeword. It is possible at any given moment to stop and commune with our Source. This is referred to in A Course in Miracles as The Holy Instant. Depending upon one's attitude and awareness, totally life transforming energies are available for interface in the power of now. The now moment, contrary to popular New Age belief, however, has no power of its own. Everything is dependant upon our attitude and awareness, and the degree of sanity we have restored to the subconscious realm.

Inflow – Outflow - Giving is Receiving

Jesus also said Love your neighbor as yourself. Because of the nature of holographic reality, what I do to another, I do to myself. What I give to another, I give to myself. What I withhold from another, I deny myself. Life is designed to flow as a circuit. The love I receive from within has to be expressed with another. This occurs through my thoughts, words, and deeds, and is constantly transmitted through my magnetic feeling state. Whatever we project onto others, we reinforce in ourselves. It says, both in A Course in Miracles and Love Without End, that the only sin we are capable of is judgment.

The SUNPOP attitude is one of innocent perception, allowing, through forgiveness and appreciation, the love that we are, and God is, to flow into the world. Gratitude and love, plus a state of wonderment and enthusiasm, works wonders.

Attitude, The Way to Purify Intent

It is a well-established scientific fact that in the normal waking state the average human being experiences a mere two percent of their available capacity. Also equally well documented by scientific investigators is the fact that our sensory apparatus is only capable of registering something less than one percent of the quantifiable energy spectrum. Now, if we are experiencing only two percent of our available aliveness and are therefore ninety-eight percent blind and deaf, etc., it may be appropriate to consider that our conclusions about reality, and the basis of all our beliefs about life and our position within it, may very well, to put it mildly, be incomplete.

Central to our belief systems, the root of all ideas and the hub of all our thoughts, is our sense of identity. In other words, who I believe I am defines the way in which I create my world. If I believe myself to be a physical body with a very limited lifespan, and the purpose of my existence is to consume as much as I can within that time, then my whole basis of thought is going to be very different from an individual who, for example, knows themselves as an extension of Godliness, expressing eternally within creation, defining experience through imagination and love.

So the core factor to establish before we begin developing our power to create is who am I and how do I express in the world?

However, merely thinking about these questions does little in terms of allowing us to actually experience it. One is required, through a simple act of being, to enter into a feeling exploration of this experience. Entry to the core of I, through the sacred heart, the hub around which spins, spirals, and flows reality, is accessed, not through the thinking processes, but by feeling one's being. This is not an emotionalized state. It is not a state of movement, but a state of stillness, a simple state of being. This does not mean that you cannot act when in this state, it simply means all thought, feeling, and action are experienced and observed as an integrated flow.

This may seem unnatural and alien. We are conditioned, through over stimulation by unnatural frequencies, not to be present in this state. I assure you it is the most natural thing we can do, and once found, it soon becomes, once again, our first nature. Being is what human beings are designed to do best.

If one has lost the skill of being able to think or not to think at will—in other words, to leave the computer room of the mind when so ever one wishes, and remove oneself from exposure to the constant stream of information our super bio-computer is downloading — then one needs to practice... a lot. The **SUNPOP** system is designed to significantly transform even the most stubborn cases — if faithfully practiced — within 21 days.

Within the sacred heart are the keys to eternal life and the mystery of our being. Like a membrane, attitude encases the sacred heart. It is by becoming aware of our attitude and upgrading it, if necessary to one of a surrendered harmonious interface with the sacred heart, that we may allow what is deep within us to flow out and into the world.

These are the secrets of being.

Harmony: The Law of Life

SUNPOP is designed to enhance your harmonic interface with the underlying field of consciousness that exists within creation. Everything we perceive in the manifest physical world, including our physical bodies, forms according to an underlying matrix of precise geometric structure.

The geometric matrix of life itself flows from an underlying field of consciousness, which has no form, but it does have a resonant state. The degree of harmony we experience with this underlying field is the critical factor in, not only the health/wealth/happiness equation, but in how our whole destiny unfolds.

All human thoughts, words, and actions strike chords within the field. The consequences of disharmony are stress, dis-ease, anxiety, and all forms of human dysfunction. The human being, as a spiritual entity, is a child of life. The underlying field is a magical ocean that surrounds the creative soul. Creation is an automatic consequence of being. The nature of being is defined by the quality of the vibrations emanating from our innermost core. It is through our innermost being, at a specific point, that we are connected to the field. The degree of innocent perception active within our being is what defines the purity of the vibrations we direct with our thoughts. It is at this zero point of interface, this nexus between manifest and un-manifest, where the most effective, and therefore most potent, inner work takes place

The Miracle of You

Success, as defined by the military industrial complex of modern civilization, is an outdated disharmonic. We all are now feeling the cost of placing economy before ecology and education. The future world we are moving into will not be a politically engineered extension of this one. The world that has been created from discord is dying. If we have overly identified with it, then we are dying, too. We need a miracle to survive. The good news is, as Marianne Williamson says, we can have one. The big news is the miracle is you!

The time is ripe for the ascension of human being. This is not the stereotypical ascension of Pentecost, but ascension of consciousness and vibration that generates its own ripples throughout creation. We now have the optimum balance of proven formulae tested within the arenas of business, sports, and the battlefields of the material world. The principles that have been applied to produce the virtually indestructible ultimate warrior are now available to us all. By combining those principles with purity of intent we may align with the uplifting natural forces that are now pouring in to assist with the ascension of the human race. In so doing we may experience the full wonder of human being and know, perhaps for the first time in our lives, what it means to be truly alive.

Peace: The Power

There is no peace without love and no love without peace.

A Course In Miracles

At the moment, most of us are very rarely centered in our true sense of Self. Most of the time we are caught in the emanations of a discordant mindset which, like a radio station run by an insane genius, broadcasts and receives a constant stream of worldly information. The primary indication of successfully interfacing with the underlying field at the critical

nexus point is a sense of inner peace. There is no peace in the mind. Being transcends mind.

It is no coincidence that the establishment of inner peace is the objective of all venerable traditions and bona fide spiritual institutions. Even great warrior clans such as the Samurai knew their strength came from within and could only be accessed through peace-filled atonement. Peace is the first step of **SUNPOP**.

The Light That Cleanses The Soul

Within, upwards, past the stars, on and on, higher, even higher, is a place deep down inside us. It is here we may purify the distortions and mis-colorings of the world. The soul becomes contaminated by the folly of ignorance, of something critical being ignored. There is a space in life, accessed from within, where we may be healed of all the consequences of this ignorance. It is a realm of light where we may commune with our Source.

Many practitioners of meditation visit this space but they do not live there. The benefits of this fusion in peace with light are innumerable. It is said that Jesus thought the thoughts of Heaven while living in the world. It is not enough to enjoy communion with Source in the Heavenly inner world. A descent naturally follows and, even if one can leave a portion of one's awareness in the Heavenly realms, skills are required with which to manage the world of form. The primary skill needed is what to think and how to think it. Mastery of the mind is a fundamental requisite before one can manage the increased responsibility that comes with fusion with Source. Communion with Source charges up our power to create, and purifies the soul essence. However, if we lose conscious contact with our guiding light and do not have control of the thinking processes, then we are out of control, with more power. Also, if we carry the wounds of emotional trauma, especially those associated with a poor self-image, then we automatically turn this greater power upon ourselves.

The Heart and Bowels of Being

One of the reasons why many self-styled spiritual people are so out of balance is because they yearn for an out of this world experience as a constant. Their visits to the space of light and peace are wonderful and nourishing and they yearn to stay there, disassociated from the practicalities of earthly life. However, the physical level of reality is the arena within which we develop the skills to manage the increased power that is flowing through our minds. For these individuals, great disharmony and misery is often felt upon return to the earthly realms. Very often they find it difficult to function on this plane and yearn for the coming of destruction to this world, and their subsequent ascent to Heaven. What they don't understand is that, in order to accelerate the manifestation of their dreams, they must descend completely into the bowels of being and from there display mastery over all forces that would divert the creative energies of spirit into fruitless endeavor, and serve unselfishly, for it is on the lowest levels of reality that the light is needed most, and this is the mission for all of us would-be angels. That is why **SUNPOP** not only charges us up

but also empowers us with the tools to wield the power correctly and appropriately according to the guidance of the sacred heart.

The Facts

A quantum awakening is upon us. As we become more aware of our true sense of identity, our relationship to the world we live in and the holographic nature of the universe around us, then we experience this as a massive inflow of uplifting vital forces pouring into our being. It is when we support this experience by the intelligent application of appropriate natural foods that our biology comes into optimal states of harmonic resonance and we become the embodiment of our full human potential.

Our radically shifting understanding of human existence is facilitating a growth in awareness that is awakening us from an outdated viewpoint that is detrimental to the highest levels of health and happiness, into a unified perspective ultra-supportive of the very same.

Quantum Scientific Investigation

Quantum Science has unveiled a universe that responds to our intention. Our expectations determine experience. In other words, how we think, what we believe, and how we feel as a consequence, attracts, into our physical world, a reality that corresponds exactly to the very nature of our thoughts, words, actions, and feelings. As we become more empowered, we experience these manifestations as almost instantaneous. This fact illustrates just how important it is to be master over our own minds, and impeccable with the way we wield our energies and how we sculpt creation.

It appears that the stuff of Life is energy potential which takes form according to the intention of the observer.

New Spiritual perspectives such as Love Without End: Jesus Speaks, A Course In Miracles, A Return To Love, The works of Dr. David Hawkins, and The Essene Gospels, are demystifying the realm of religion and spirituality and aligning themselves with the quantum scientific perspective, shedding new light on the original teachings of Jesus and other leading lights. The new model confirms and validates the quantum scientific perspective and can be summed up as follows:

Divine Love is who we are, harmony is the law of life, by being the love we are and expressing it, we draw forth a wonderful world, a Heaven on Earth, and by being out of tune with our inner nature, which is the law that governs all nature, we create a discordant reality, full of disease and suffering. Disease and suffering are indications or signals from life that we are out of tune. At any time we can re-attune by consciously relating through tangible real interfaces with our Source. Our Source is constantly present. The keynote of this relationship to Source is Love. How I perceive others is how I define myself and my world. Divine Love is not romantic love. It is a compassionate attitude, awareness, and

wisdom, and the purest integrity and intent, founded upon an unshakeable sense of inner peace.

As these truths become more deeply embedded in the awareness of the collective consciousness, revelations within the world continue. We now know that our political governments are in league with the most powerful industries on the planet, who do not appear to be working in harmony with the Divine plan of Heaven on Earth. Far from consciously working for the people, the political military industrial complex seems to have a hidden agenda, the exploration and investigation of which reveals levels of horror that are a dreadful shock to the average thinking person. Even more shocking is that every single one of us is contributing to and maintaining the situation by the content and quality of our own hidden inner worlds. The truth of the matter is that the world we perceive around us is nothing less than an externalization of what we have within us.

When an inner situation is not made conscious it appears outside as fate.

Character IS fate, C.G. Jung

When fear unites with knowledge, terrible things are done.

Mayans

The question must arise to the awakened and inquisitive mind: How is such a war torn modern world of toxic horror manifesting if it is being generated from within the creative beings that exist upon it? Michael Tsarion has done some deep investigation into what he terms: The Origins of Evil and sheds light upon a malevolent alien interference with human evolution which is as shocking as it is fascinating.

The Alien Connection

There are more things in heaven and earth Horatio than are dreamed of in all your philosophy.

Hamlet, William Shakespeare

Any open-minded researcher who takes the trouble to investigate, cannot help but be impressed by the vast quantities of information available relating to ET and alien phenomena, and how they interface with human reality. Although the subject is too immense to include in detail in this work, it is necessary, for clarity of awareness, to include some comment. Anyone who has ever truly seen the vast numbers of stars in the sky and made that deep soul-felt connection with the cosmos, must wonder at the possibilities that exist beyond the shores of our little world. Science is unanimous: It is a mathematical impossibility for life not to exist in other worlds.

As more and more research and details of experiences become available, thanks again largely to the Internet, a sobering picture emerges that transcends the boundaries of science fiction, and absolutely blows off the doors of conventional perspectives. Truth, indeed, is far stranger than fiction. Anyone genuinely interested in downloading the most enlightened and professionally investigated perspective should investigate the complete

works of Dr. Steven Greer. Specifically www.disclosureproject.org, www.fastwalkers.com and *Hidden Truth Forbidden Knowledge*. Also www.taroscopes.com includes the perspective of Michael Tsarion, who adds the wisdom and power of mythology to the most shocking conspiracy theories. An extraordinary vista is also opened up by the work of William Henry, www.williamhenry.net, a brilliant investigative mythologist. Dr. John Mack also provides fascinating insight in his *Passport to the Cosmos*. Riley Martin and *The Coming of Tan* adds yet another perspective. As I understand it, the ET factor in the human drama is here for one specific reason: to serve as a catalyst for the evolution of consciousness.

There is a lot of information being disseminated in the world today relating to the subject of ET's and UFO's. According to Greer, more than 90% of it is secret government propaganda. Of the many theories, investigations, and studies being delineated today, clearly related themes become only too apparent. Are you ready to entertain the possibility that a shadow government exists that controls, manipulates, and drives conventional governing agencies, and that the powers that be in this world, may very well be non-human?

No matter the debate, the key factor in the ET equation is us, human souls. The only reason the angelic forces of goodness are amassing against the shores of our world is because we are in dire straits. The battle between good and evil is a battle for the creative power of our collective soul, and anyone who is not aware that this battle rages even now as we speak, is not fully informed. It is true to say that on some level all is well and never could not be so; that this world we perceive as being so real is only electrical signals being decoded within the brain and that all that is occurring is only the sleeping child of life dreaming a frightening dream. However, on another level, the pain and horror associated with a world reality generated in imagined separation from that which loves us most, is only too real. The solution to the problem, real or imagined, is exactly the same: awaken from the dream.

SUNPOP is a means to awaken from the hypnotic trance of powerlessness and embrace the infinite magnitude of reality, which includes, of course, the fact that we share existence with an infinite number of beings in physical and non-physical forms. The fact remains that our perceptions are being affected by the thought forms within us. If horror is being perpetrated in the world we perceive around us, then horror is being perpetrated within us. If alien parasitic entities have attached themselves to our world and are ruling over us from behind the scenes, then it is because we are playing host to parasitic thought forms which are now ruling our inner kingdom. The truth is we are selling our souls. Hypnotized by the reflection of our own dreams, the child of life, the soul, the most powerful creative force in existence, has lost touch with its inner nature and is now creating Hell on Earth. The good news is that we can pull out of this nose-dive into oblivion and that the powers of goodness are here to help us, all we have to do is invite them. This, of course, begins within.

Dr. Steven Greer, author of *Hidden Truth Forbidden Knowledge* is at the forefront of research into this amazing arena of interface with extra terrestrial beings. The combination

of his deep personal experience, integrity, and street savvy, born from years of research and rubbing shoulders with individuals with access to above top-secret realms of government operation, qualifies him with the highest credentials of credibility. Dr. Greer informs us very clearly that the majority of the focus on all ET phenomena, including virtually all abduction reports, is being manipulated through the lens of the darkest and most twisted political intrigue. His conclusions emphasize that, in fact, our brothers and sisters from the stars are here to assist us, and that there is a massive and focused disinformation policy being forced upon us. The extent of this disinformation almost staggers belief as he chronicles the astonishing details of the reverse engineering of ET technology, and the application of that technology for horrendous purposes. According to Greer, more than 90% of all abduction cases are perpetrated by a sinister shadow government that have their own ET technology, and have engineered their own clones, which look like the so-called Grey aliens, and perhaps even the reptilians. All cattle mutilations and other negative phenomena are for the specific purpose of seeding fear in the mind of the mass consciousness for no other reason than taking war into space. Our friend, Riley Martin, has another perspective. David Icke also has a very persuasive argument that sends shock waves through the soul. As is very often the case, even in the most informed of human circles, opinions differ greatly.

It seems beyond any doubt that our world has been visited by beings from other realms since pre-Biblical times. Even though comparatively technologically advanced, some of these beings, but by no means all, seem to lack the compassion and real power that we would associate with truly elevated souls. Apparently a universal law exists which forbids interference in the development of an evolving species. This law, in many cases, has been broken again and again. As one probes deeper into this subject, and I have spent many hours doing exactly so, the story which unfolds from its roots in pre-history to the very present day, if the darker aspects of it are true, becomes, as the ghost of Hamlet's father once said: A tale whose lightest word would harrow up thy soul, freeze thy young blood, make thy two eyes, like stars, start from their sphere. Truth indeed is stranger than fiction, and the malevolent alien connection appears as the absolute epitome of evil manifest. Suffice it to say that, as dreadful and horrific as this story becomes, we can rest assured that the forces of goodness can and will prevail. The overwhelming power and fantastic presence of benevolence in our lives completely outweighs all manifestations of presumed evil. As conscious sculptors of our reality, soul artists awakening from a dream, we are well advised to use the mind-blowing shock of the possibility of a negative ET interface, as motivation to become the embodiment of our own equally mind blowing potential.

Nevertheless, the aliens are among us! Why should that be a surprise? I have included links we recommend to further your investigation into this subject if you so wish. In addition to all the work of Dr. Steven Greer, two books in particular, *The Coming of Tan* (www.rileymartin.org) by our dear friend, Riley Martin, and *Infinite Love Is The Only Truth, Everything Else Is Illusion* (www.davidicke.com), by David Icke, for those wishing to investigate the darkest side of this subject. There is a word of warning that goes with this form of research, and any research when one focuses on "the problem," so to speak. The main thing is not to give power to the problem. Not to give power, energy, especially in the form of fear, to those who benefit most from it. **SUNPOP** is all about increasing

awareness of reality from a totally solution-oriented perspective. Too many individuals are focusing wholly upon a perceived problem from an only partially informed perspective. There are also various research projects available on our website www.succesultranow.com. Check out our Important Links page.

There are more than 30,000 texts in existence that chronicle the alien/human relationship. Shamanic cultures have a long tradition of interfacing with the parasitic alien phenomenon. Indeed, many of their herbal plant alchemical concoctions were intended to facilitate access to the realms where these creatures exist. I myself have had real physical fights with demonic entities that were not of this world. We now know we live in a multidimensional reality, where all energy has specific wavelength and frequency. Just as a radio set will pick up a variety of stations by turning the dial, so too may we access different levels of reality by tuning our minds to do so. The shamans knew about the predator who traveled from the depths of the cosmos and put his mind into ours.

The predators give us their mind, which becomes our mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now. Through the mind, which, after all, is their mind, the predators inject into the lives of human beings whatever is convenient for them. And they ensure, in this manner, a degree of security to act as a buffer against their fear.

Carlos Castaneda (See Appendix for full reference)

The predatory parasitic ET perspective is in stark contrast to the benevolent, wise, and extremely powerful and self-sufficient entities Riley Martin details in his amazing book *The Coming of Tan*. Check out the following poem written by Tan himself. If there is any truth in what it implies, our commonly accepted version of history is completely counterfeit. Whatever the case, one cannot question the integrity, good heartedness, and sensitivity of the author of this poem. Incidentally in *Love Without End. Jesus Speaks*, by Glenda Green, Jesus clearly states that there is no malevolent extra terrestrial presence in the world right now. In accord with Dr. Steven Greer, Riley Martin, and O Qua Tangin Wann, Jesus says that the ones that can reach us are benevolent, and the ones that could do us harm cannot actually access this realm. Whatever the case, it seems the main point we need to digest is that perhaps our biggest threat is ourselves, and specifically our own ignorance of reality. What we experience as a reality is essentially a choice. What are you choosing?

OMSA LA' JUWANN O-QUA TANGIN WANN

As recited to Martin by Tan 26 September 90

*I have travelled far and swiftly, across yon deep and leaning sky:
I have witnessed a nova's burst, and saw a living planet die.
Across to voids of space unmeasured, Oh yea, Omsa-La-Juwann:
I have pierced the quantum octaves, mastered hyper warps in time.*

*Vaulting onward o'er the spiral, on a journey here to save:
Fellow beings wrought of madness, from yon weeping, living grave.*

*Nestled there upon the ether, as a jewel among the stones:
Earth the precious orb of legend, soon your glowing shall be done.*

*Children of the living waters, possessors of the staff of reason:
Beings of celestial promise, doomed to perish in mid-season.
From the stone axe to the heavens, lo' the vision did not fade:
Still that pulsing seed of hatred, lay thy fate beneath the spade.*

*Before me the planet lay in shambles, eco-destruction beyond repair:
By the greed of false controllers, acids now permeate the air.
Pristine waters from the mountains, die en-route down to the sea:
Thus to hasten soon the horror, the sapien race may cease to be.*

*All my dreams of bio-perfection, was but just a futile deed:
Seeking to create a pure utopia, we unleashed a monster seed.
Still within them lay the spirit, to transcend the rabid beast:
And to comprehend the Omsa of the elements of peace.*

*Oh ye' marvels of creation, why have you not sought the light:
Must you fade into the shadows, of that still, cold, azure night.
Unto you my sign is written, there upon the living fields.
Lo' the circle is eternal, though you perish, you yet shall live.*

*Interfacing with the acids, beneath some new Jurassic sea:
To turn again and scan the heavens, and to learn again to be, to be.
If I did not breach your stratos, you would surely one day breach mine:
'Tis a factor without question, 'tis a factor but of time.*

*I have not returned to conquer, nor to alter the flow of fate:
But simply to gather a certain number, soon before it is too late.
Too unstable to embrace, yet far too noble to cast away:
Beautiful life form though unsuccessful, might succeed another day:
There upon the flowering meadows, Oh, shining precious Biaveh.*

All is not what it seems. Life is an extra-ordinary experience as we move constantly from the known to the unknown. Plato said: *All knowledge is remembering what we always and forever know.*

The argument from contrasting perspectives is a fascinating pastiche of extraordinary possibility. The quintessential battle for possession of the human soul between the archetypal forces of good and evil, viewed as an equation including an ET factor, is an astonishing thing. The possibility that a soul love being has been hijacked somehow by a parasitic phenomenon, or that indeed we are a result of ET's tinkering with life itself and that, as creator souls, we have brought it upon ourselves, is an intriguing consideration.

No matter the wonders we shall behold, the inner realm of our own soul-mind is where reality is being generated. It is here, upon the shores of the soul, where we need to commune with the Ocean. In so doing our outer world becomes increasingly more benevolent and wonder-filled. All of this is great news. There is much to learn and much to teach. How glad are we that life is not the mundane affair we have been led to believe it is. Work, eat, sleep, fight to survive, and die. No! That is not Life. How glad are we that simply by changing our consciousness, the world around us transforms. How glad are we that indeed we are the children of God, and that the mystery bestows upon us such wondrous powers by Grace.

The Mind - Weapon of Mass Destruction or Instrument of Heaven?

No matter what we believe, that belief, defined by our level of awareness, based upon our sense of self identity, births an inner vision, and corresponding internal dialogue through which all of our creative energy is deployed. These internal representations affect our physiology, feeding back to the brain, crystallizing our state of being into feeling states that constantly magnetize our perceived external reality experience.

Much of the attitudes we express and the states we experience are being determined by recordings and conditioning from past events that we may very well have no recollection of. We are constantly bombarded, since our time in the womb, with energies and chemicals, most of which are specifically designed to distort our natural expression. The energetic consequences of this are stored within us, including the cellular structure, in the subconscious realm. By developing sufficient skill within our own inner world we can erase old patterns that no longer serve us, and replace them with more harmonious patterns that allow us to access our most resourceful, i.e. optimal, state, at will.

Erase Negative Memory and Record Optimal Vibratory State

Many of us are crippled with low self-esteem and no matter how successful or creative we are, a constant negative internal dialogue plays over and over in our minds. Even if we do not hear clear voices, a corresponding environment of depression, general negativity, doubt, confusion, fear, dissatisfaction, or despair, may be the prevalent underlying atmosphere. How do you feel immediately upon awakening? What are the first thoughts that pass through your mind, and what are the corresponding emotional, feeling states? The last thought of the day and the first thought in the morning are absolutely critical, in terms of not only how we enjoy our days, but indeed how we orient our whole existence. Many of us are programmed deeply with very subtle but potent conditioning that causes negative thought activity. This situation co-exists with a corresponding feeling state which denies us access to an amazing natural potential that is designed to flow into our cellular structure through the DNA, activating the specific genetic codes that will allow us to experience that amazing potential in the biology. The natural law that governs this movement of spiritual potential, and its interface with the physiology through the cellular structure is the law of harmony. Disharmony prevents a harmonic interface. The vibratory atmosphere that pervades the cellular structure is the governing factor that permits or denies, allows or prevents, this vital inflow of our inherent spiritual being. The vibratory

atmosphere of my cellular structure is defined by my thoughts, words, and actions, and the corresponding feeling state and the energetic impression or memory of all my past thoughts and words and actions. Not only this, but the way I think, speak, and behave, is the consequence of preconditioning that may very well have its roots in, not only my own mind, but the collective consciousness of humanity.

Remember, scientific studies into DNA, conducted by investigators and researchers at Stanford University, observed that only 2% of our available genetic capacity is experienced while functioning in what is termed the normal waking state. The main thing to appreciate is that the vibratory atmosphere, which contributes massively to the cellular environment, is the deciding factor in determining what flows into our biology, and therefore how much of our capacity we can express within the world of form.

SUNPOP is all about manifesting one's full potential on the Earth plane. The key factor, therefore, is to flood the cells with the optimal harmonic state that will allow the inflow of our innate and immanent energetic potential. The researchers into DNA also observed that the shorter wavelength, higher frequency feelings, such as love, compassion, forgiveness, etc. activate this dormant potential and allow it to flow into the biology.

As previously discussed, it has also been established by leading-edge researchers into cellular biology, that awareness is the dominant factor in the activation of the specific genetic codes that manifest our healthiest biological expression. Many of us are carrying around memories that are stored in a reservoir of the subconscious realm, (i.e. we may very well have no conscious recollection of them), which are polluting our internal environment in its depths. Perhaps we were shamed as children, perhaps we never measured up to the expectations of others or our self-expectations, perhaps we witnessed our mother and father fighting and breaking up and we blamed ourselves. Perhaps we were bullied, raped, intimidated. There are innumerable permutations. The point is that we have been raised in a dysfunctional society in a dysfunctional world. The whole of the modern industrialized world is out of harmony with the potential that seeks to express itself through human being in creation. The notion of God's plan being Heaven on Earth, perhaps to many, is some kind of a fantasy, but what other purpose is there to living on Earth? Is it war, murder, famine, rape, crime? I don't think so.

SUNPOP is about taking responsibility and accepting the fact that I do have the power to change my internal realm. It is about understanding that, as an individual part of a collective, everything I say, think, and do, affects the whole. Everything and everyone is affected by the vibrations I am giving off right now. If I have violence within myself, then violence is bound to manifest in the outside world. If I am toxic, then pollution in the world is the consequence. The point is, I can do something about it, and **SUNPOP** is the best means I know for doing that.

PART III

SUNPOP - The Program

It doesn't matter how slow you go, as long as you don't stop! – Confucius

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover – Mark Twain

The best way to make your dreams come true is to wake up – Paul Valery

SUNPOP is an ultra-effective 21-day system that blends the principles of meditation, yoga (union with Source), deep relaxation, Neural Linguistic Programming (NLP), Silva Mind Control principles, and other optimal bio-success technologies, to seed the ultimate vision of oneself in the fertile garden of the subconscious mind. The other purpose for **SUNPOP** is to transmute, through interaction in the realm of the imagination, the four major archetypes of the ego construct: The Saboteur, The Wounded Child, The Victim, and The Prostitute, and to establish a dominant Hero archetypal presence.

Understand, Memorize and Compress

The program is designed to be understood and memorized. Once the sequence is inserted into the memory banks, the CD may be discarded for all but the initial countdown from fifty to zero. Once memorized and practiced, the whole sequence can be compressed into a very few minutes, even seconds, once we are in the deep relaxation state. The subconscious mind works at faster than light speed. Deep relaxation is the key to entering the deepest levels of mind. Deep delta is the name for the level of mind we wish to access in order to seed powerful life transforming thoughts optimally.

The model upon which this system is founded upon is very simple and massively potent. An unlimited natural resource exists within you. It exists within us all. Creation - the quantifiable manifest world, is the perfect medium within which this unlimited energy is designed to interface. In order for the full potential of this invisible essential energy to appear in the world of form, precipitating as it does, the unlimited wonder of its inherent nature, there is one absolute determining factor. Harmony.

Any vibrations of discordance that we, as individuals, harbor within our psyches (which contain the accumulated vibrations of our soul, mind, emotional body, and so called pain body etc.) will create a corresponding manifestation in the physical material world of the equivalent distortion.

In other words if we wish to change the world we perceive around us into a wonder land then there is only one way to do it. Dissolve the disharmonies that are causing the distortions and allow the wonder of our inner nature to flow through as magical goodness.

SUNPOP is specifically designed to assist you in this strategy. Remember, memorize, and compress.

The journey on the CD is recorded intentionally slowly. This is to allow you time to really embed the experience in your psyche. The more you focus and concentrate with feeling, the more effective will be the implant. The more secure the implant, the sooner you can practice without the CD.

Remember we are reclaiming our shattered psyches, the fragmented light of our souls. This is an extremely significant act, something of immense relevance to the current epoch in human history.

Our inner nature is the light and love of spirit. This consciousness is interfacing with the medium of creation. Energy mixing with energy. It requires immense sensitivity in order to re-establish inner harmony to the depths of the soul. This is achieved through a blissful act of tender-hearted surrender to the light that flows from above and the conscious deliberate and intelligent use of our imaginations.

Motivation and Inspiration

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. - Ephesians 6:12

You are on a mission. The successful completion of this mission is your destiny. You cannot be stopped, if your mind is made up. This mission is nothing less than consciously choosing to take a stand in the world and to awaken from a hypnotic dream, a nightmare.

We are born into a world where we have been bombarded by conditioning coming at us from every conceivable angle since and before our time in the womb. A consistent, sophisticated, extremely well informed negative alliance of the sickest minds on the planet conspire 24 hours a day, seven days a week, to enslave the mass consciousness and distort the natural purity of our very nature.

The spiritual warrior, the ultimate ambassador of peace, is well aware of the darkness at work in the world and uses the motivation of the horror of evil to end it. This radical, necessary, urgent and critically relevant action is an act of internal purification. It is nothing less than the reclamation of our own souls from the shadows of our own psyches. All of the horrors being perpetrated in the world today, from the daily use of weapons of depleted uranium to satanic ritual abuse of young children, from the starving bones of famished Africans to the purposefully caused AIDS epidemic, from toxic waste to political poison, ALL of it is nothing other than a reflection of the discord within our own psyches.

The great call of the times is to ascend and descend into the land of innocence, where the waters of spirit run pure and unadulterated within us all, and re-experience our true inner natures, in order to re-activate the ability to express from that place. The whole future of humanity is being weighed now on the scales of life, the worst manifestations of the ego's charade are on full display, the time is ripe to tip the scales in the favor of enlightened, awakened, spiritual maturity. Your effort may be just what is required to shift the mass consciousness.

Spiritual effort involves commitment, dedication, and regularity. Try and get in a rhythm with this practice. As you reclaim the garden of the soul from the cacophony of the modern industrial mind, peace returns to Earth. Rest assured, every time you nourish the Wounded Child within you, millions of African children will be fed and watered, perhaps for the first time in their lives. Every time you show the tender hand of mercy to your inner Prostitute, tens of thousands of child sex slaves are saved from a life of misery and servitude. Every time you demonstrate love to your inner Saboteur, a thousand fewer fundamentalist extremists will show up in the world. Every time you show compassion to the Victim within you, a million women will escape abusive husbands. The inner world of one is the outer world of us all. That is how it has always worked, and that is how it always will.

Reclaim your birthright. It will make you feel better than you have ever felt before. Rediscover the almighty power of benevolence within you. Minister to the depths of your being with tenderness and mercy. Go there in humility, bearing the gifts of compassion and forgiveness. Rejoice in gratitude and love, and return with the incorruptible riches of your Self.

Be not overcome of evil, but overcome evil with good. - Romans 12:2

Dissolving the Grooves in the Mind

Every thought, word, action, and corresponding feeling state, has left a vibrational imprint upon your psyche. This pattern is an archetypal template, a mandala through which your spirit flows. Repetitive thoughts, emotionalized and reinforced with verbal statements and actions, create deep grooves in the psyche. We get stuck in these patterns and stuck in ways of being. The most emotionally traumatic experiences, especially if repeated over and over, are the ones that cause the most damage to our psyches and keep us most stuck in ways of being that are associated with these deep psychological traumas. We are all traumatized. How can we not be? What we consider normality, to higher beings, free of psychosis and schizoid natures, is insanity. The good news is there is one single ALL powerful solvent that dissolves the glue that keeps us stuck in dysfunctional patterns of thought, word, and action. The name of the solvent? Forgiveness. Forgiveness is mercy, mercy is the core of compassion, and compassion is the highest octave of love. First drink this medicine yourself, then minister to everyone and everything, and don't worry, you can't overdose on this.

Setting The Intention, Clarifying The Goal

Establish GOAL and Codeword. Be clear about what it is you wish to achieve, and assign a codeword or name to this goal. The codeword can be a collection of words, or only one, and serves as a mantra in the sense that it anchors the focus of the mind into an association with the highest vision and purpose of the mission.

Write this word or words down.

Have it in your pocket and stick it on your walls. Put it on your computer, by the mirror, and in the car. Repeat this word during the day, especially each time you visit the bathroom, while looking into the mirror with burning focus and determination. The idea is that by verbalizing the word, you will access the state that you are about to experience, and reinforce the process and establishment of the Hero within.

If you work on a computer, set it to chime every hour. Purchase a digital watch that can be made to beep every hour. Every hour, stop what you are doing and take three deep breaths of golden love. Think about your codeword, mantra, or phrase. Smile. Repeat it silently and out loud. Clap your hands together and affirm three times: “It is done! It is done! It is done!”

Golden Love Smiling Breath Meditation

The potency of the **SUNPOP** system is founded upon optimal attitude and awareness, which generates the optimal feeling states most conducive to being in harmony with life.

One of the main ways the normal waking state robs us of vitality is by generating negative feeling states which shut down natural, gentle, even, breathing rhythms.

As one enters the journey, maintaining a golden inner smile, breathing golden love from above and within, and **RADIATING** that love out, is the most important component of the experience. Practice this attitude while mentally vocalizing the codeword and reaffirm, “**IT IS DONE!**”

This simple action reinforces the reconstruction of one’s neural web each time it is practiced. The new attitudes, awareness, and vision, literally trigger the reconstruction of the brain. The old neural pathways are upgraded into formations that correspond with the new vision and feeling states being catalyzed by **SUNPOP**.

The golden inner smile is a term that comes from Chi Kung, an ancient Chinese medical practice, and is a specific technique for activating the whole brain experience. Dr Ilchi Lee, with his work on brain respiration, is a leading authority on this subject.

Internal Movement

You are about to ascend into the higher centers of your being. From there you will descend through the heart and into the belly. Most of the movement within this visualization experience takes place in the lower centers. This is a very important facet of the technology. Personal empowerment needs to land in the world. We plug into the world through the lower centers of our energy bodies. Make sure you are breathing deeply and rhythmically throughout the journey, and feeling the visualizations occurring in your belly. The roots of the ego are found in our lower abdomens not our heads.

Fast Tracking SUNPOP Success

In order to guarantee real sustainable results we need to get some serious momentum going forward. That means doing as much as possible to support the reconstruction of our neurology. For nothing short of a complete shift in electro-chemical and electromagnetic brain activity is required. During the 21 days, as we focus upon the new awareness and attitude, we literally re-wire our brains. Nerves and synapses, neurons and cerebral fluids, will all change dramatically. And change they must if we are to perceive the world in a different way.

One of the best ways to support these internal biological shifts is to saturate ourselves with the most uplifting and positively nourishing sensory input possible. Spending time in nature is a great way to do this. Absorbing literature and educational and inspiring audio files which turn us on, inspire, motivate, and enlighten, are also very helpful. Watching super inspiring and motivating films is also a support. Try and eradicate as much negativity and low frequency influence from your life as you can during the 21 days. The most important thing, however, is your own positive feedback to yourself in your own voice and style. There are three key ways of doing this:

Journaling

Daily journaling of one's experiences is a very effective means of maximizing the potency of this system. It is a form of specific biofeedback that supports the neural web in shifting into a structure most conducive to manifesting the reality you are envisioning.

Journaling basically means keeping a daily record of all **SUNPOP** related activity, and the consequences of that activity. This involves a daily documentation of **SUNPOP**, chronicling specific progress, feelings, impressions, realizations, etc. Set realistic targets, such as doing the inner journey, reading the poster, breathing, and Qi Gong etc. for the next day. Set these targets the night before and hit them. If not, why not? Journaling, for maximum effect, requires a daily, weekly, and monthly recapitulation. Assess your progress at the end of each day, week, and 21-day period. Reconcile your performance, consider it deeply and comment on it. Try not to miss a day. Write several times a day if you wish. The more you journal, the more efficient the feedback, and the more powerful the loop. The stronger the loop the more forward momentum you have.

Mind Mapping

Mind mapping is a fabulously effective means of accelerating changes to the neural web. This is one of the most efficient ways to relay all information to the whole brain. It requires journaling with different colors and images, symbols, shapes, words, groups of words, and specific neural web-like network structuring. Do a Google search on mind mapping to find out how you can journal in this way. The trick is to have large pieces of paper and journal in a colorful, artistic, and creative way, using a variety of words, images, symbols etc. A proper mind map actually resembles the structure of the neural web.

When the eyes scan the map, the brain interfaces in the optimal way. This is a very effective way of absorbing data fast.

Image Streaming

This is an awesome biofeedback method for whole brain neural structure activation. It requires one to record thoughts, feelings, etc., into a voice-recording instrument and play back the tape every day.

Of the three methods mentioned, image streaming is the priority. There is nothing as effective in shifting neurology as listening to your own voice, over and over.

NB: Only record positive, uplifting feedback. Under no circumstances re-hash negativity. That would be like doing a cleanse, then eating the filth that your body excretes.

Both mind mapping and image streaming enhance the brain's ability to adapt to new information. The idea is to keep feeding into the brain the highest visions and latest realizations to form a continuous feedback loop of the most relevant and transformative information.

The application of image streaming and mind mapping is guaranteed to enhance the transformation process.

AM/PM Subconscious Program

It is said that the first three minutes of our waking day, and the last three, are the most important times for impacting our minds. The **SUNPOP** guided inner journey is most effective when practiced immediately before and/or after sleep. The first thoughts and attitude we experience, our quality of awareness during this time, is what sets the levels for the rest of the day. Be very aware of your first and last thoughts. How do they make you feel? Which archetype are you nourishing and feeding off of?

The objective of the following information is to familiarize yourself with the **SUNPOP** guided inner journey. What follows is a detailed description of the journey, and is designed to be used in conjunction with the CDs. As soon as you are confident enough, you may choose not to use the CDs and proceed through at your own rhythm.

PREPARATION FOR THE JOURNEY

The **SUNPOP** experience is a journey through the psyche. Within the psyche, a critical nexus point exists. It is here, in this mystical, meta-physical realm, that the ocean of potentiality crystallizes upon the shores of I, into manifest being. Here, in this ultra-significant inner space, a non-localized location, several key spiritual centers interface with the material realm.

On one side of this nexus point is a unified field of infinite possibility. Probability is magnetized to this point through psychic realms of immense richness, historical depth, and cosmic complexity, and actuality crystallizes on the other side, in the physical realm. One thing, and one thing alone, exists in the psychic realm, interfacing with both the inner and outer worlds. We can call this thing the ego construct. It is a composite of awareness and attitude interfaced with biology.

This realm has immense depth, the unending stratas of time that we call our mythology. Modern human history is a flaky, toxic crust beneath which this primordial vastness breathes and sings its never-ending song. Any toxicity, disharmony, or distortion in the ego construct will produce a physical reality experience of a corresponding nature. **SUNPOP** is a most effective means of dissolving all disharmony and distortion of the ego construct. This is achieved by applying the harmonizing principle, (attitude and awareness), of Ho O 'Pono 'Pono.

As the restoration of harmony occurs in the psychic realm, the power of our infinite potential can pour through into the material world, and our lives will reflect these internal shifts. During the **SUNPOP** experience we remove the distortions impressed and embedded within the superficial memory fields of the soul, then pass through a magical natural realm for deep cellular healing, and then, as we begin our return to the physical world, we seed a powerful vision of our new selves, unencumbered by the former distortions. This order of progression through surrender, purification, and resurrection, mirrors the archetypal journey of the spiritual warrior, as personified by Jehshua, or Jesus, as he is more commonly known. Before we begin to wield our true powers in the world, we must die to who we believe we are. There is great joy in this experience, as I am sure you will discover. It is the first step in a movement through the crust of modern civilization into the never-ending depths of our eternal being. This downward movement is a prerequisite before we fly to the stars.

Invocation – Intention

You are about to embark upon a sacred journey into the depths of your own being. You may choose to invoke your Higher Self, Guardian Angels, Spirit Guides, etc., and set your intention for this experience. An old Buddhist proverb states that there is nothing more fragile than action without prayer. At the beginning of the CD there is a silent space for personal prayer. Prayer is a most powerful action. There was once a study conducted in Fatima, Portugal, where many miraculous healings had occurred as an apparition of the Virgin Mary appeared. This occurred many times over several years. However, not all those who saw the vision received healing. The study concluded that there was one single common factor which all recipients of miraculous healing shared. They were all praying for someone else at the time.

Giving is receiving

The journey has five stages:

1. Preparation

2. Ascension
3. Descent into the realm of the sacred heart
4. The Mission on Ground Zero
 - Coliseum
 - Magical Natural Realm
 - White Room
5. The Return

Before beginning this journey, familiarize yourself with the stages by reading through the whole document.

The journey will take you through all the key energy centers in your body, beginning with the higher mind and finishing in the roots of your being. This is a unique and fascinating aspect of the program. The journey begins with ascension into a world of light that exists upwards within our own minds. The journey then moves through that realm into the sacred heart space. No descent is required to access the sacred heart space from the heights of the inner realm. The sacred heart, however, is a vortex in which we can travel to access the roots of our being. These roots correspond to the base and sacral chakras. All of the activity on ground zero occurs in the guts, not in the head. Of course we are still in the mind, but different areas of the body correspond to the different areas of the mind. Very few people are aware that the depths of the subconscious mind correspond to the base and sacral chakras. As you descend through the heart space be aware of the movement of your focus from higher mind, (i.e. above the head, to heart, to lower abdomen). Many people try to do inner work in the higher centers. The real wounds and distortions are stored in the lower centers — the centers with which we interface with the physical world.

The journey is designed to activate specific centers in a specific order for a specific reason. We begin by powering up through communion (Yoga) with our Source. We then take that divine power and bring it into the human realm, first through forgiveness in the heart space. Many memories are still stored within the subconscious and cellular structure, and especially in the heart. Be aware of memories flashing into consciousness as you descend through the heart vortex. Hold a constant attitude of forgiveness and they will transform into their highest energetic expression. It is especially important to embody a compassionate, forgiving, loving, and totally accepting attitude toward oneself.

This absolutely empowers us as we enter the deeper realms of the mind, so that we can be most effective as we fine-tune and make adjustments there.

Begin by taking some soft, strong, even, gentle deep breaths.

Relax the body. Consciously move from the toes to the head, and from the head to the toes, and let go.

Breathe Golden Chi or Life Force, Prana. Breathe love and surrender to that love. Breathe into the abdomen and the depths of your being.

Establish an even breathing rhythm. Count down silently from fifty to zero, breathing softly and gently, focusing on the exhalation. Letting go, surrendering each time you exhale.

The optimal state to do this work is one of deep relaxation. When the brain waves become slowed to what is termed as Delta activity, then we are in the perfect mental state for **SUNPOP**. Take the time to get into this deeply relaxed state. If time is a problem then understand that the subconscious works extremely quickly. The more relaxed, open, and trusting you are, the quicker you can program what follows. The subconscious mind is capable of downloading thought and intention faster than the speed of light. As long as you are in a deeply relaxed state, the visions need only be held for fractions of seconds for seeding to occur. If you have trouble accessing states of deep relaxation, then try the Bio Mat, available at www.successultranow.com. It is an extremely potent tool for allowing the body to sink into deep relaxation. Practicing outside in nature, lying on the ground or by some water, also enhance the deep relaxation experience.

Enhancing The Vision

Take the time to run through the details of all your visions. We all represent thoughts and images in different ways. The major modalities of mind are directly associated with our five sensory apparati. In other words we see, hear, feel, taste, and smell. Each one of us will have a dominant way of representing in the realm of imagination. For example, one person may see very clear pictures, another may hear things very clearly, another may feel. It is not important which modality is dominant, what is important is that you run through as many details as you can when visioning, especially in the white room. These details are called sub-modalities. For example: When seeing a vision, make it bright, turn up the colors, increase the intensity of the colors, make it larger, shrink it down. The more detail you can see, and the more control you have over the individual aspects of your mind, the more effective this experience will be. Consider the mind as a mixing in a recording studio. You may recall those very long desks with all the individual sliders, etc., on them. There are literally hundreds of ways of adjusting the sound. Well, it is exactly the same with the mind. Practice this now. Close your eyes and imagine yourself walking down a white sandy beach. The ocean is blue-green and gentle waves are lapping against the shore. Listen to the sounds. Smell the fragrance of sweet flowers in the air. Hear the breeze in the coconut palms. Feel the gentle wind on your face, the warm sun on your skin, and the texture of the sand between your toes. Explore what you see, feel, hear, taste, and smell. Practice this. Learn to adjust every aspect of the experience. See if you can identify your dominant modality. Practice all aspects of five-modality awareness. This is the key secret to successful vision seeding. Understand how to use your mind, enter into the deep relaxation states (very easily achieved with the CD countdown, with the crickets singing), and emotionalize the vision with the appropriate feeling states.

Even though developing skills here is very helpful, the true effectiveness of this practice is founded upon one thing: Heartfelt knowing. Jesus said, according to your faith, so shall it be. No matter if you feel you do not vision very well, or if you think you can't really feel or hear too much, etc. The most important factor in the equation is knowing that what you

are doing is working. Heartfelt certainty, reinforced over and over, underpins all manifestation effectiveness.

SUNPOP works with potent principles of Universal truth. “Praying” as if you have already received the thing is a foundational aspect of effectiveness. That is why the gratitude/love attitude is the most effective way of being. It’s all about seeding the imagination with the feeling experience of having already achieved what it is you are wishing to manifest. When this is done very swiftly, in a deeply relaxed state, the results are guaranteed.

Have fun and SMILE a lot. The golden inner smile is an absolute foundational aspect of Qi Gong. Without it there is no illuminated brain experience. Look up within and maintain a golden inner smile. You are about to ascend into a realm of golden love. Allow yourself to travel on a subtle feeling experience.

Here are three secrets to integrate into your attitude as you journey within:

- TRUST
- FORGIVE
- DIE

TRUST stands for Totally Relaxed Unconditional Surrender Tactics. Success on the inner planes is ninety-eight percent surrender and two percent doing. Letting go and allowing something natural to occur. This natural event is a pre-programmed natural correction mechanism. Although we are going on a journey within the realm of the imagination, the main consequence is an adjustment of energies. Release control over this process. Follow the guidelines and surrender all rigidity, control, and force. This is not an act of will, it is an experience in love.

FORGIVE means exactly that. Letting go, surrendering control, is facilitated by forgiveness. An attitude of forgiveness is compassion. Practice nurturing this attitude and integrating it into your constant way of being, especially toward yourself.

DIE means Don’t Interfere Energetically. Allow this experience to occur. Witness. It is amazing how the forces of natural goodness within us will orchestrate events on the inner plane when we allow them to. Do not project into any realm within. Rather follow the guided journey and allow yourself to witness the visions and movements in this realm, and dance with them. You will be guided and inspired to interface in the most harmonic way if you allow that. The shifts you can make by simply adopting the optimal, internal attitudes, based on trust, surrender, knowing, and a willingness not to interfere, are amazing.

Patience

It says in A Course in Miracles that Infinite Patience is the only thing which guarantees immediate results. All power comes in stillness. Stillness is met in love, gratitude,

appreciation, surrender, awe, and trust. This is a fabulous alchemical blend of states, the pure mystique of human being

When you are suitably relaxed and comfortable, prepare for Stage Two of your inner journey.

Enlightenment of the Higher Mind - Ascension

The most important factor in this ascension is the attitude of compassion.

Look up within. Smile a golden inner smile. Far above you is a world of Golden Love Light. You will shortly be ascending into this world. You will ascend up a double helix spiral staircase of your own DNA. Remember DNA is activated by high frequency feeling states. You will be ascending with an optimal attitude in order to trigger the activation of your highest genetic codes. Gratitude, love, wonder, compassion, bliss, peace, forgiveness, deep appreciation, sweetness. This blend is a very good mix. Remember, feelings are the difference. There is no way we can activate our highest genetic coding sequence without the appropriate feeling state. No way.

DNA, according to God, in Home with God in Life That Never Ends is referred to as Divine Natural Awareness. Russian scientists call it a biological internet. According to Russian scientific investigation, there is something like 100 billion miles of DNA in your body, enough to reach the sun and back thousands of times. Compassion activates DNA and allows us to receive a living stream of in-formation designed to activate higher states of being. According to the Maori wisdom of the native New Zealanders, we have a spirit, soul, and body. The spirit can leave the soul, and yet the body will still live. This is an amazing and simple, extremely informative concept. What this wisdom shows us is that if the environment within the body and soul shifts away from the most harmonious for the Spirit, then that Spirit will withdraw. When the body becomes wholly unfavorable for the soul, then the soul will withdraw, and, of course, the body dies. By existing in compassionate states, we welcome fully the return of the Spirit. Science has registered this as the activation of dormant genetic potential. Whatever the language, this is very good news. Compassion is the attitude, infinity is the awareness.

The form in which you travel up this spiral of DNA is up to you. Perhaps you will travel as a soul. A tiny point of spiritual light, a conscious star. I would recommend this. Perhaps you will travel in an animal form, as the Shamans have done. Perhaps you will travel in a light form like an Angel. It's up to you. The world you are going to now lies beyond form.

Ascend to this world of light as swiftly or as slowly as you please. Generally speaking, at first, when becoming acquainted with the program, things will take longer. As your familiarity and expertise develop, you will naturally move more swiftly through the experience. The most important aspect is the attitudes and feeling states you are experiencing. The visioning experience should induce deep bliss states.

Travel to a world of light at the top of the spiral staircase billions of miles away. Interact silently with beings of light in this world. There are no needs in this world. Everyone is

fulfilled, complete, and in a state of total blissed out perfection. The central focal point of our Source resides in this world. Commune with that Source point. Recharge, energize, purify, and accept deep nourishment. This is a mystical spiritual realm that lies beyond the boundaries of conceptualization. Words fall short here. This place is beyond the center of the galaxy, beyond the center of the universe, and beyond the center of the cosmos, and yet it is the center of everything, closer to yourself than you are. Make the most of your visit to this realm. It is the most important movement in the journey of the spiritual warrior, and it is never more than a breath away.

Spend as much or as little time as you need here. Remember, the more relaxed we are, the swifter, easier, and more efficient is the programming.

Remember attitude toward, and awareness of, divinity is the most important aspect of this phase.

STAGE 3

OPENING THE HEART

The most important aspect of this stage is the attitude of forgiveness.

When you are ready, move beyond the world of light into another realm. This movement should occur with a starburst of light.

You are about to enter into the realm of the sacred heart.

Vision a whirling vortex, a whirlpool of light and infinite possibility. In whatever form you choose, allow yourself to enter into this spiraling vortex and descend, spiraling clockwise down through a feeling experience into the realm of the sacred heart. On your return you will ascend counter clockwise in a vortex spiraling upwards, surrounding the inner one which spirals downwards.

The sacred heart is a hyper-synchronistic point fundamentally interfaced with the teachings of Jesus Christ and his mother, Mary. Fabulous opportunities present themselves to those who align, through attitude, harmonically with the archetypal keynotes of the sacred heart space.

Here increase forgiveness and self-love/acceptance, surrender. TRUST, DIE. Going deeper and deeper down and down and down and round and round.

Allow anything to occur. All healing eventualities are possible here. According to your faith, so shall it be. Let the Love in. Relationships, memories, etc. Allow them, no matter how painful, to come, and bless them from the heart.

All movement from physical to metaphysical, (i.e. the common flow of human life from physicality to increased spirituality through death), is a movement from false confidence

based on form into spiritual education based on experience. Surrender to the Love of God that flows through the sacred heart space.

STAGE 4

HEALING THE BELLY WOUNDS OF THE SUBCONSCIOUS AND TRANSMUTING THE EGO Establishing the Hero Archetype

You are about to meet the four fundamental archetypal components of the ego construct: The Wounded Child, The Saboteur, The Prostitute, and The Victim. These distortions of essential aspects of the psyche are not enemies, and yet they behave as if they are. Indeed, it has been written that we are our own worst enemies, and perhaps this is so. However, conflict within ourselves manifests as conflict in the outer world. The only successful means of shifting the outer world is to shift the internal states that are warring against each other in disharmonious energetic formations. True peace and love must be found within before it can be experienced in the outer world. You are about to experience the phenomenal power of forgiveness, love, and gratitude. Before reading on, go to the appendix at the end of this work and read the letter by Jo Vitale called Ho'Pono'Pono. You will be amazed. Do that now.

I will discuss the deeper factors at work in this process in the audio files that accompany this booklet.

In brief, however, what we are essentially facilitating is a removal of internal energetic blockages that are preventing a naturally perfect energy from flowing into the world of form. This energy is who we are. The soul is the vehicle we travel in. A fractured sense of self, based upon ignorance of the fact of our spiritual nature, and an over-identification with our physical bodies as our identity, is the cause of immense confusion and internal stress. Consider the soul-mind as a crystal prism energy structure, and imagine pure white light flowing into that prism, and then being refracted out into a perfect rainbow color spectrum. The light flowing into the diamond-like prism represents the love and light that is the gift of life from our Source, or God Force, if you prefer, and is who we are. The light and love of God is designed to be extended into the natural world of form, by ourselves, as ourselves, through the soul and physical body, and manifest as perfect creative expression. Within our current model of thought we may call this perfect expression Eden, or Heaven on Earth, which, as we know from many schools of thought, is God's plan, so to speak.

Light and love energy, which is information and magnetism, flow through the soul-mind into a natural life medium, and create form. Now, what we do know from life is that there is nothing wrong with the light and nothing wrong with the wonder of the medium of natural creation, i.e. the wonder of the natural world. Why then is there such disharmony in our present day reality? Simple answer: Distortions within the soul mind. The instrument, child of God, has some twisted inner wires (a distorted spiritual neural web) and **SUNPOP** is a means to straighten them out. The distortion is welded in place by feeling states and attitudes. That is the reason why these seemingly simple non-related

attitudes and accompanying feeling states are so incredibly potent. Not so much because they have power in and of themselves, but because they remove distortions and allow the natural inflow of amazing life force potential.

The natural consequences of this, for the individual, are: feeling a lot better, increased magnetic capacity to attract the circumstances most harmonious for the living of one's destiny, increased clarity of vision, depth of comprehension, and perfect seamless interface with a living organic wisdom, or Truth.

By choosing to make these simple adjustments to the exquisite instrument of the psyche we contribute something significant that helps to repair the collective distortion. Remember, on these subconscious energy levels there are no clear distinctions between you and me and anyone or anything else. Light and sound interface in one holographic field with many dimensions and levels. As compassion and infinity merge in the mind and we become anchored in the world of form through kindness in action-oriented service to others, great and remarkable things come to pass.

This is an incredible, noble, and much needed contribution to the current world situation. **SUNPOP** is an ultra-effective solution to the urgent call of the times. Take the time to make the time to change the time by committing to this program. It is so simple. Make the shift in attitude to that of the compassionate Hero ascending, empower that attitude with an awareness of infinity, and serve all you can. You are about to enter the most significant part of the journey. Hitherto every aspect of this journey has been preparation for the following steps.

One of the most little understood facets of personal development is just where the roots of ego actually are. These roots are primarily grounded in the lower chakras of the body. This is why we descend from the light of our higher consciousness through the heart and then continue all of the way into our lower centers. This is where we as spiritual beings, really plug into the material realm. It is very important when following these visualization guidelines that we breathe deeply into the belly and imagine as deep down inside of us as we can the following sequence.

Descend onto solid ground. Feel it. You are now in a definite physical realm. See a long corridor of light ahead of you. There are two very large wooden doors at the end. Along the corridor are rainbow colored lights. In order to reach the doors you will have to pass through each color. As you do so, a different part of your being will be purified and energized. Feel the effect of each color as you move on through. Each color corresponds to the seven main energy centers. Red to the root/base and orange to the sacral, golden yellow to the solar plexus, green to the heart, sky blue to the throat, indigo to the third eye center, and violet to the crown. As you pass through each color, allow yourself to experience a cleansing, empowering, charge of light that positively impacts the specific energy center with which it is associated. If you are familiar with the over toning sequence, then you may sound each tone, audibly or silently, as you pass through each color phase. Over toning is a very effective means of fine-tuning our energy centers by using the voice to sound out specific tones which resonate with specific energy centers of

the body. We have an MP3 available at www.successultranow.com. It is not necessary to tone during this sequence if you are unfamiliar with the procedure. However, for advanced practitioners, it is a very effective means of maximizing the experience. Toning as we move through the rainbow colors will bring us more fully into tune for what lies ahead. When you have passed through all seven colors, approach the two very large wooden doors.

On the doors is the word COLISEUM. Enter this realm. It is in here that you will interface with the four dominant archetypes of the ego: The Saboteur, Victim, Prostitute, and Wounded Child. The reason we are in the Coliseum is because this is an arena traditionally associated with gladiatorial combat. It is here that we activate the Warrior archetype. Warrior energy is the optimal energy for initiating change. For breaking out of the old and establishing the new, warrior energy is required. We do not try and sustain this form of expression, but as an initiating catalyst, it is an essential ingredient. Warrior energy applied at the right time works its wonders. If, however, we try and maintain it, catastrophe is the consequence. We live in a world where Warrior energy is celebrated and revered and sustained. This is an overemphasis and a distortion. Our war torn world is the result.

Open the doors with Warrior energy in full activation. This is the energy of the spiritual warrior. Intense, open-hearted, forgiving all, wonder struck, praising, blessing, unstoppable, and totally focused.

As you open the doors, a fabulous Golden Vision greets you. The power and love of the golden light is incredible and almost overwhelming.

Absorb the following vision. Use the “mixing deck” to increase the intensity of this experience. Turn up the volume, brightness of colors, etc. Totally impress this vision into your subconscious mind.

As soon as you walk in, notice that the entire Coliseum is full of one hundred and forty four thousand people. In Pythagorean mathematics nine is the number of completion. $1 + 4 + 4 = 9$. They are all standing up, cheering FOR YOU. Your favorite music is playing. Your theme song!

Absorb praise, love, and gratitude. The reason everyone is cheering is because your **SUNPOP** mission is liberating and directly benefiting every single individual in the arena.

Notice all around the stadium, above, in the sky, are multitudes of angels beaming their blessings. Receive the blessings and grace and return your own.

Behind the angels is an image of the planet Earth. This is not Earth in the current state, but a Heaven on Earth reality. Eden established. The reason why everyone is cheering is because IT IS DONE. Heaven on Earth has been established. Everyone is cheering and singing: IT IS DONE! IT IS DONE! Sing along with them. Allow yourself to fully enter into the feeling experience of this vision. The subconscious mind works best when being

seeded with instructions of the finished request. This was alluded to by Jesus when he urged us to pray as if we have already received the thing. Rejoice! It is DONE! The most comprehensive and yet perfectly simple literature that illustrates this point is by Florence Scovell Schinn, *“Your Word is Your Wand.”*

Radiate a lot of love in this realm. Receive a lot of love from this realm.

Also in the sky, burning in flames 10,000 feet high, is your codeword/name/mantra for this mission. Imagine letters ten thousand feet high, burning in flames. That is your codeword. Focus on it. Say it out loud, sing it out loud.

Affirm your codeword or phrase and then say three times: Now I am that I am.

The association of this codeword, the Heaven on Earth reality, and the appreciation of angels and people, is wiring your mission into the highest possible outcome that will benefit the most people and put you directly in harmony with the flow of natural life currents. Holistic health levels, as a natural consequence, rocket. Your effectiveness in the world as a natural agent of change for the highest good automatically follows. Because of the law of harmonic attraction, synchronistic events and your ability to attract support for your life purpose are maximized.

Remember, we are talking about energy frequencies of love and light. According to our feeling states, governed by attitudes and levels of awareness, impacting the biology over time, we either harmoniously interface with God Force inflow or, because of our distorted attitudes and twisted sense of awareness, disharmoniously isolate ourselves, which leads to energy loss and break down on all levels. It is possible, as I understand it, to manipulate natural forces in order to prolong biological longevity, but what we are truly interested in, as a SUN spiritual warrior, is to step into a form of light and love that truly embodies the presence of God Force in a world of natural magic. **SUNPOP** is a means to facilitate this experience.

If you are familiar with the SUN toning program, you may wish to sound three heart tones at this point. This will allow you to fully open to this vision.

You are now ready to meet the four components of the ego construct.

- Wounded Child
- Victim
- Prostitute
- Saboteur

One by one, meet these archetypal aspects of the psyche. Concentrate on healing these relationships from the point of view that you are responsible for their wounds. Take full responsibility. Remember the incredible teaching of Ho'pono'pono. Own it and apologize. This is a very powerful movement of attitude. What it does is shift any ego rigidity, through humility. It is not possible to say, “I am sorry,” with genuine feeling, while stuck

in ego mode. This attitude of humility allows a perfect harmonious inflow of natural goodness. Focus on the words and feelings of, “I am sorry and I love you.” Ask for forgiveness and accept it with gratitude. Communicate your appreciation toward each aspect, and give thanks for the healing that has taken place. Do this joyfully. And remember, “IT IS DONE.” This interface with the ego construct is the most important element in the inner journey. The crucial nexus point. Navigate it sincerely, with maximum integrity and commitment, and you will be amazed at how swiftly things can shift. As amazed as the doctor in the ward for the criminally insane, perhaps. Take as much time as you require. Each aspect may be male or female. Be aware of the gender. Have fun.

These relationships shift very quickly through this process and are never the same. To clarify, at first the Wounded Child, for example, could be deeply wounded and traumatized. It may be unable to dialogue, and the whole first meeting may occur in silence. It may need holding. The second visit, however, will represent an evolution, the change and integration of the healing effect of the first meeting. My child, a boy, was extremely traumatized at our first encounter, but within a couple of meetings was demonstrating high levels of holistic health.

The main emotions we are dealing with are as follows:

- Shame
- Guilt
- Fear
- Viciousness/Anger
- Sadness/Sorrow

Other so called “negative” emotions, such as anger, sorrow, grief, etc. may accompany the main four. Underneath everything, of course, is love. Very often, anger is a protective mechanism that attempts to repel all people, circumstances, and situations that may put us in touch with deeper wounds. Anger and viciousness are often part of the Saboteur aspect. The Saboteur is the most destructive aspect of our ego construct. When meeting the Saboteur, make sure you are invincible to his/her attack. On the audio files that go with this information, I suggest surrounding yourself in a golden aura of light. The Saboteur cannot penetrate this energy field. The field is powered by your own love, and God’s forgiveness. It is absolutely crucial that, when interacting with the Saboteur, we are in a state of unshakeable invincibility.

It is wise for us to appreciate that all of these emotions contain within them a perfect energy the spiritual warrior can use as fuel for his or her ascension. There is little more potent than anger itself. Most of us have never been taught to harness “red energy” in a constructive and uplifting fashion. There is a way. Whatever the emotion, don’t suppress it. Accept its gift and allow it to move you in the direction you wish to journey.

Take whatever time it takes to run through all four interactions. Then prepare to move out of the Coliseum into another world.

The Abundance Factor

Many of us are under pressure financially. One of the simplest ways to relieve this pressure is to remove the blocks which are preventing a natural abundance from flowing into our world reality. By healing the relationship with the ego construct, the distortions and blocks are removed. Later in the program we will deal with specific manifestation procedures. Right now we can add an overwhelming sense of abundance to the equation by seeing it literally raining money in the Coliseum. Use the imagination to conjure up a sense of unlimited income as the spectators shower you and the four ego components with a non-stop supply of money.

The Metamorphosis of the Ego Construct

Be aware of the fact that the ego will metamorphose. Merely bringing your awareness to this realm in this deeply relaxed and compassionate state will catalyze the transformation of the child, victim, prostitute, and saboteur. Be aware of this shift, which can happen very swiftly. Allow your imagination to run free, and give yourself permission to experience the complete healing of your own inner realm.

On a personal note, when I originally met my Wounded Child, the small boy was terrified and stuttering, contracted and insecure. Immediately, right in the first experience, a significant shift occurred. That boy, while being inundated by money, was on a laptop, sitting down in the Coliseum, creating distribution channels for the abundance. He was laughing, singing, skipping, dancing, and even flying.

The point is: When you allow what I like to call the love of God to flow into your inner being, good things can happen really FAST. Use your imagination as powerfully and as vividly as you can. Understand that personal healing is a naturally occurring, automatic response of nature. Our psyches will re-harmonize as we set the intention and allow them to do so. Allowing is the key word here.

This return to innocence does not happen automatically. The restoration of inner harmony has to be chosen consciously by each one of us. For lifetimes, humanity has chosen to ignore the fact of their divinity and the modern world is the result. What world awaits as we choose consciously to embrace our inner perfection?

The Magical Natural Realm

Exit the Coliseum with your four friends, and find yourself in a magical natural realm. Behold a beautiful waterfall and the healing waters of the lake into which the water cascades. Here you may invite and invoke all higher beings you choose. Angels, nature spirits, spirit guides, animal spirits, benevolent higher beings, anyone you choose. Fill this realm with magic and wonder, this is Wonderland. The whole place resembles an enchanted forest; perhaps there are unicorns. Let your imagination work its wonders here.

Most of your time will be spent in the water. The water has deeply potent healing qualities, which revitalize and energize the cellular structure. Float and be at peace here. Bathe in this rejuvenating liquid. This aspect of the journey has immense power and potential for healing the cellular structure. Make the most of your time in this realm. Remember to bathe in the feeling experience, invoke a silent exaggerated emotional response to this facet. The more you can invoke the feelings associated with the experience, the more real it will be.

The Child, Victim, Prostitute, and Saboteur are having their own private experiences. They may be exploring, together or alone. It is not your responsibility to interfere or control their experience. It is your priority to relax and be at peace in wonder and observe the experience they are having from time to time. Just be aware of what is going on and try not to manipulate their experience.

Stay as long as you like here.

When you are ready, prepare to move into the final part of the inner journey before the return.

The White Room

Find yourself in a large white room. The only object in this room is one single, very comfortable, reclining chair. Note that there is a panel on the right arm of the chair. Go and lie down in the chair and relax. Take the time to become very still. Breathe softly and gently. Now, when you are ready, push the button on the panel on the arm of the chair.

Supercharge Visioning Success

In order to supercharge your visualization sequence, recall before activating the screen the many successes you have enjoyed in your life. Remember the times when you achieved success in whatever form. Recall the ease with which this occurred, and immerse your vision in those feelings.

Also think about everything in your life for which you are grateful. Experience a deep sense of gratitude and love as you begin to vision.

You will notice that the whole room is like an IMAX cinema. The walls and ceiling are all part of the screen. A movie begins to play. The movie is called *The New You*. Begin watching the film. See yourself living the life of your dreams, following the path of your happiness, resolving all conflict within your life, doing the things you were born to do, being the person you are supposed to be, and expressing the love that you are.

This is a very private and intimate experience. This is where the seeds of the new you are truly sown. Every action previous to this place upon this journey has been preparation for this moment. We have energized the soul, opened wide the heart, forgiven ourselves and our past, activated our highest genetic potential, healed the distortions of the ego construct,

and now, we are programming the bio-computer with visions and feelings, sounds and sensory impressions, of who we are designed to be. This is where we see ourselves fulfilling our mission in this world.

Try to see yourself from a dissociated perspective and an associated one. That means vision as if you are watching yourself and also vision the same experience from inside of yourself as if you were having the actual experience. Put as much feeling as possible into this experience and remember everyone's mind works differently. Some of us see pictures and some feel visions. The most important thing is to KNOW you are doing it.

A bit of extra guidance here: Superimpose the vision of yourself active in the world upon a spiritual version of who you are. Any physical visioning you do should be on top of and surrounded by a golden being of light. This is who you truly are. We are spiritual beings in the world of form. Vision yourself as spiritually pure, free, and empowered. See the physical body as more of a vehicle through which you express rather than as who you actually are. Switch between an associated and a dissociated experience. That means, feel the experience looking through your eyes in this realm, and indeed all the realms, and then switch to seeing yourself as an observer. See which feels most powerful. Research shows that if we look through our own eyes (associated) while in the experience, rather than witnessing, as an observer, ourselves moving through the experience, the results are the most powerful.

Take as much or as little time as you like here. Make sure you run through the whole mixing deck of sensory input. Envision. Feel. Taste. Hear, and smell the joys of your ascension. This is the time you have been born for.

Affirm three times: Now I Am That I Am.

This instruction may appear to be a little strange, but I assure you it has great power. This technique or attitude is gleaned from some amazing research done by James Twyman called The Moses Code. It basically utilizes the fact that we are living in a unified field, a Oneness which all life shares. Affirming I am that which I desire means not only do we own it, we become it. When the old shamans and Qaballahists chanted, toned, sang, and called a spirit animal, the animal appeared or they became the animal. This is powerful stuff.

STAGE FIVE **THE RETURN**

When you are ready, leave the White Room. Exit through a door in the wall, or simply find yourself in the long corridor of light. Understand that the subconscious mind works on intention. It doesn't need to know how to get from A to B. It just needs to know you want to be at B now. The subconscious is not governed by the laws of logic, and it works much faster than the conscious mind. These are not two different minds. They are aspects of the same thing, called mind. The subconscious is infinitely more powerful than the conscious mind.

Walk along the corridor and move slowly through the rainbow lights. If you are comfortable with toning then tone again as you move through the color sequence. Tone with a strong clear intention here. This is an extra potent way of integrating the work and sounding your intention as you return to the world. This time move from violet to red. See the point of the sacred heart vortex ahead of you, turning like a tornado, with its point touching the ground. Pause and reflect on the journey you have just undertaken.

As you reach the base of the sacred heart vortex, turn and look back to the Coliseum through the tunnel of light. See the doors open and the golden vision within. Remember the whole experience you have just undertaken. Now see the planet Earth and Heaven on Earth, Eden. Now, compress that vision into a tiny seed, smaller than a grain of sand. Allow that seed to very swiftly move from the Coliseum, along the vortex, into your sacred heart. Feel it plant itself there. Now, every time you stop in the day, every hour, to take three deep breaths and affirm your codeword, water that seed with loving attention, and affirm, "It is done!"

When you are ready, with an attitude of gratitude, love, and appreciation for the wonder of life, enter the vortex and ascend as slowly or as swiftly as you like. Your journey can occur in a flash, if you so wish. Ascend through a great explosion and starburst of light and pass through the world of light where your Source resides. Take communion and receive any blessings, instructions, insight, intuitions, etc. If you have any questions, ask them here.

When you are ready, descend down the DNA spiral to your body with the same attitude.

You have now returned to this world. Best wishes on your mission.

SUNPOP is enhanced by the daily application of the prayers of Howard Wills. Turn up the intensity and maximize the effect of **SUNPOP** by praying Howard's prayers for the 21 days as well. www.howardwills.com.

PART IV
Conclusion Contemplation
Consideration

Soul Consciousness - Monsters Becoming Angels

There is a Spiritual choice, being made every moment by everyone of us in the world today. It is a fascinating choice, and it is a choice the soul must make. The choice is simply to be soul conscious or not. Soul consciousness unifies and focuses the mind in harmony. Being unconscious releases chaos, spin, over mentalization, seriousness, etc., which in turn create stress and sorrow.

The worst consequence of living unconsciously is the ingrained reinforcement of the ego construct.

Being soul conscious dissolves dysfunctional ego-positionality and improves personality. Being soul conscious aligns our spinning, gyroscopic, psychic, holographic, fusion magnets (aka our minds), and focuses the psyche through a lens defined by our purest knowingness and imagination.

When we breathe soul consciousness we fill our cells with a whole spirit or the holy spirit.

This is very good news. The Spirit of Life has a presence that is illuminating, energizing, and enlivening. The nature of the Whole Spirit is Divine. The Holy Spirit is Divinity itself. As we breathe it through a constant conscious relationship, the spiritual warrior of consciousness and light enjoys the fruits of awareness of its all-powerful presence, anchored in the breath.

We can use the breath to focus our loving attention in concentrated, unshakeable faith, in Sanskrit this intuitive conviction is called NIZCHAY.

Focus

When we have enlightened focus we can choose to use our thoughts, words, and actions, in a kind, constructive, uplifting way. We can choose to dedicate our creative energies to amazing projects which uplift the whole of the human race.

In short, we can choose to walk the path of righteousness – Right-Use-Ness, which means the right use of our thoughts and words and actions. This choice confers responsibility for the fact that we do sculpt creation. That we are creators. That we are made in the likeness and the image of God. That we are spiritual beings with incredible power, and we exist within the realm of natural wonder, the realm of creation, that also has incredible power. It has an infinite capability to absorb our radiations and mold itself according to those radiations, so that whatever we choose appears in this realm. As long as we resonate with this choice, deep in the core of our being, then our choices will show up in life. The more harmony we have within, the quicker the manifestation will occur.

The 3D Reality

We are living in a three dimensional experience, which is somewhere in a time/space continuum in this realm of creation. And we are experiencing a reality. Rather than being detached from that and not really enjoying it or exploring it to its fullest, we, as Gentle Warriors of Light and Consciousness, choose to fully engage, penetrating this mystery to its absolute depths and core. Penetrating the mystery of our own being to our own absolute depths and core. And when we do so, what we find is that our ability to sculpt creation through our thoughts and words and actions becomes more and more proficient, and the lag time between choosing something and it showing up in our reality is reduced significantly. And this is a bench-mark for one's progress.

Harmony = Success

This notion of success. This notion of Success Ultra Now really is all about harmony. It is a question of whether you are, in your being, a vibrational match; whether you synch with the spirit of life, the nature of life, the spirit of God, the nature of God, the being of God, the quality of divinity that permeates every particle of creation, permeates every cell of your being, every component of that cell, all the atomic structures, down through the quantum fields. It is completely soaked in this divine presence. And really, the whole secret to being is, am I able to exist in harmony with the presence of divinity? In order to exist in harmony with the presence of divinity one need only come into a state of peace with it.

Peace

Peace is very important, not only for the world, but for us as individuals. To experience our full potential we need to access the deepest levels of peace, often. Better still, constantly.

Peace with oneself, peace with the world that surrounds us, peace within our being. This is referred to in A Course in Miracles, as the Atonement, otherwise pronounced as At-One-Ment, spelled exactly the same way, but pronounced slightly differently. So the great secret to life is becoming very, very peaceful. Deeply filled with peace. And a genuine peace. A peace that is not dependent on external factors, or is only dependent on a minimum of external factors, in order to enhance it, and the dependency is always diminishing. This constant dissolution of dependency on external factors requires a dedication simply to breathing the living love which is ever-present everywhere. Awareness of, and relationship to, this all-pervading force are part of the spiritual warrior's skills. The skills are developed while there is a minimum of external factors, to enhance the peace, so much so that external factors really become irrelevant and we just start to exist. And it's a state of being. There is nothing counterfeit about it. This is not the emperor's new clothes we are wearing here. This is for real, and he that has eyes, let him see. Because if our eyes are open, we can see. And nothing is hidden at all. We may not be able to see it, but that doesn't mean it's hidden, it just means we can't see it.

Breath – The Great Secret

So one of the tricks to being able to open our eyes in order to see and recognize what is there, and recognize what exists inside us, is this becoming at one, atoning with creation, atoning with the creator, becoming at one. And the anchor for that is the breath, and the anchor within the breath is relationship with the divine presence, relationship with the spirit of life. And this is an inspirational relationship, and as we are inspired by this relationship, and through this relationship, and we enter into it in a deeply loving, deeply committed, consistent way, then we get the payback for that, and that payback is becoming more of it.

Our inner nature, the true nature of our being, our higher selves, our purer selves, our deeper selves, this identity emerges through our personality, through our thoughts, through our feeling states, through the words we speak, through the actions we take, and indeed our cellular structure – our higher selves, our higher cells. Our lower selves, our lower cells. Our cellular structure takes on a very healthy glow, the more this divine spirit permeates it. And this divine spirit is aliveness itself. It is truth itself, it is peace itself, it is power itself, it is love itself. And so the more at one we become, the more peaceful we become, the more illuminated we become, the more loving we become, and the more truth-filled we become. And as all of that occurs, we become much more in harmony with the spirit of life, and therefore life itself, wondrous life, wonder filled life, the wonderful, magical, mystical, totally unlimited creation that works with us like a genie, and really the impossible becomes possible.

See with The Heart

Not only does the impossible become possible, the impossible becomes probable, and the probable becomes certain. And the more certain we are within our own souls, within our own minds, within our own hearts, the more certain we are of this relationship with divinity, then the more certain we become, and the more focused we can be. And the more focused we can be, the more able we are to control our minds, to use our minds as a tool. To mother our minds, to treat our minds like a child, like a very, very, very brilliant child that just needs a little guidance and just needs to be parented in a proper way. And that parenting comes from the heart.

The research of the Heart Math Institute, brilliant research, scientifically validates the simple fact that the heart is the perfect organ for interfacing with creation and governing our decisions. It is the organ of perception, the organ of awareness. One of the old native American indian chiefs, said that the white man needs to learn to see with his heart, and when we do this, we meet life in the appropriate way, and Life reveals its majesty even more so.

Here is a very simple exercise that I adapted from the Heart Math Institute, and it is, simply – if you are challenged by any situation, instead of mentally scrambling through the options in your database, in your mental databanks, it's much wiser just to freeze frame it, just to stop the mind momentarily, just to freeze frame exactly what's in front of

you, and take your focus of energy, your locus of focus, your awareness, down, and center it in your heart, and then think of something or someone you love, something or someone for which you are very grateful, and just breathe that love and gratitude in your heart, and say, thank you, thank you, thank you, and get into that feeling state, of that love and that gratitude, and then ask, what is the best thing I can do now? What is the most loving thing I can do now? What is the most heartfelt thing I can do now? And what you'll find is that you will get a very clear answer, and you will know what to do and you will know what not to do. And it is very clear. And if it isn't clear, it's just because you don't have the sensitivity developed at the moment because you haven't practiced that attitude and that awareness enough. So, as we do this, we come into much more clarity, and familiarity, and naturalness with our own heart-centered beingness, and that really is the core and key to it all. As we move into the sacred heartedness of our own being, that is the key vortex where the lower centers and the higher centers merge, and as we move through that vortex in a state of grace-filled appreciation for our own existence, appreciation for the divine, appreciation for the creation that we are in, we become much more attuned to something very, very, very wonderful. And the proof is in the pudding.

Synchronicity

When things start showing up in your life in the most magical, synchronistic ways, then you know you are in the groove. And synchronicity is not some random factor that just adds a little spice to life, and sometimes it happens and sometimes it doesn't. A nice thing that is not really particularly relevant. This absolutely is not so. Synchronicity is a technology, synchronicity is a fuel, synchronicity is an energy, synchronicity is a vortex, synchronicity is a confluence of potentialities and probabilities manifesting and merging and emerging in your life as actuality. So synchronicities really are the norm when you are living in tune with life. Synchronicities should be showing up every day. Their occurrence should be ubiquitous and expected. If they are not occurring then maybe you just have to wait a little while for it to happen. But always, the super hero, the angel with the cape, as we say in the Success Ultra Now program, the angel with the cape just knows that that's the way it is. We anticipate it, we expect it, we look forward to it, we give thanks for it. It's integrated now into our way of being, and this is a most wondrous state of being.

Inspiration vs. Depression

So, what we are really talking about when we are talking about monsters becoming angels, is that, within the world today, every one of us is making choices. And most of us are making choices driven by an over-mentalized experience. Driven by a lot of conditioning and programming, which is extremely discordant, which we have playing as recordings in the databases of our minds, in our mental bodies. And this is not the optimal choice. There are no real optimal choices available in these databases. There are some very, very, very good ideas, but bringing these ideas to life requires a sacred-hearted experience, and a breath connection with the divine source, and a conscious awareness of the fact that you are breathing God's love, so to speak. We are breathing

the spirit of life. You are breathing the higher source of Manna, the highest source of Ormus, the Omsa, you are breathing that through your inspiration, through your vision. We have to be inspired by our existence. If we are not inspired, we are depressed. If we are depressed, then our whole electromagnetic energy field is shut down. Our brain chemistry is functioning on low levels, and therefore our physiology is. Our endocrine system, our central nervous system, if we are depressed, nothing's working, and we aren't glowing, and therefore we are not magnetic, and we are not alive. And in order to be in harmony with life we need to be alive.

The quote from Howard Thurman asks what makes you come alive, because what the world really needs is people that have come alive. And this is what we are talking about here. The difference between a monster and an angel is that the monster is dead.

There is no deeper death than ignorance and disbelief.
Aquarian Gospel.

The Living Dead

The Bible talks about the living dead, and these may be physical beings that walk around and have lives and have families, and go to work, and exist, in a way, but they are not alive. Spiritually they are dead. And therefore they are classified as the living dead. Now, as we already know, if you recall, what science has told us already, from its experiments into the DNA, is that there is something called the normal waking state, which is where the feelings, being generated by the thoughts, words, and actions we are engaging in when we are behaving normally and we are awake, living in society, and functioning in accordance with the status quo, that allows us to experience something less than two percent of our quantifiable genetic potential. Ninety-eight percent of our genetic potential, which is in the DNA, is classified as junk DNA. If we are functioning on less than two percent, are we the living dead? Or are the living dead far, far less than two percent alive? I don't know. But what I do know is that the way to awaken requires an adjustment. It requires a shift out of the normal waking state.

The normal waking state isn't particularly inspired. It doesn't have a particularly wondrous vision, it is not existing in a state of awe. The ego exists in a state of judgment. It attacks and condemns very swiftly, because it has been attacked and condemned itself. Its thoughts and words and actions correspond with its somewhat sorry, sad, or depressed state, and therefore the vibratory emanations of these beings attract a certain reality that comes to them on a certain frequency, and because the vibrations are genuinely discordant and disharmonic and confused, the equivalent reality is going to show up. If we are depressed, then we attract a depressing reality. If we are depressed, then we are going to create a depressing world. If we are living in fear, then we are going to create a frightening reality, and a frightening world is going to show up on our doorsteps. But if we are living in a state of wonder, if we are living in a state of awe, if we are living in a state of inspiration, if we are living in a state of love, then the equivalent world is going to manifest. And the more of us that are doing that, the more the collective consciousness, the mass consciousness, can shift. We are all like tiny little cells. Each

individual human being is like a tiny little cell in the body of humankind. And the human body is a singular thing. And as more and more of those tiny little cells shift to happiness, to vision through inspiration, open their minds, use their imaginations to really touch the mysteries and secrets of nature, vision, and fall in love again with themselves and with the world that they are living in, and with the people that they are having relationships with, and get inspired about life, the more that happens, then the more the body changes. And when the body changes, the greater the number of changed cells in the body, then the increased chance of the experience of holistic health that body can have.

The Bible also says that the dead shall rise from their graves, this means that those that are living in states of lack of awareness and ignorance shall find the wisdom that inspires them to embrace the deeper truths of life and become fully alive.

Is it Really Cool to be Bad?

And so, as more of us shift, the more it helps the rest of us. And a lot of us are shifting now, and some are really breaking through, and when you get to that stage where you really realize that there actually are no limits on this life experience, that it is anything can happen reality, and that, right now, there is a very, very, very critical choice to be made, and the choice is simply, do you want to contribute to evolution or devolution? The emerging - the manifestation of a devilish world? A world in which wickedness and evil is encouraged and it's actually cool to be bad? And what we're saying is it's actually cool to be good. Way more cool. You smell better, you taste better, you look better, you feel better. Your relationships are much more harmonious. You're a better lover. You have more energy, you are happier, you are more productive, the way you orient your life is much more helpful in terms of helping the Earth, helping to nurture the planet like a garden, and bring this return to a cosmic Eden that we are all yearning for. Your evolution as a soul, your taking responsibility, ownership, full responsibility for the fact that you are an eternal spiritual being living in an eternal garden of infinite wonder. And that you are on a journey and that the nature of life, the will of life, the purpose of life, is to enjoy this journey. To enjoy this journey and have fun, not just in your daily life, with your family and your friends and your associates, but with the whole world. And not just with the whole world, but with the whole cosmos. There is a whole cosmos out there that surrounds us. This is a reflection of the infinite consciousness within us. It just goes on and on and on and on and on. There never was a time it began and there never will be a time when it ends. But there are many cycles within the eternal, and we are exploring these cycles. And there is no need to be stuck in anything at all. Liberation is guaranteed if we will simply access the required powers within us in order to experience this liberation. As we access these required powers, which we described earlier, we become more angelic, we become more divine. We become gentler, softer, more light-filled, and more powerful. This is the paradox of this whole thing. This divine spiritual power, which is non-physical and non-mental, non-emotional, is extremely powerful. Simply through your state of being, you don't have to do anything, you don't have to say anything, you just exist, simply through your existence, you are capable of manifesting the miraculous in your life. Well, the seemingly miraculous, certainly to the living dead.

So the angel with the cape is doing all of this consciously. It is something that we are preoccupied with. It is something that we dedicate our whole lives to. It's not a part-time study. This is a full-time experience, this is a full-on mission. And it's so very wonderful.

Getting The Balance of Awareness, Attitude, and Biology

One of the most important and critical factors in this little equation is understanding that spiritual beings have light and love and peace and willpower, as aspects of our nature that combine in various ways. And the balance of that love, peace, light, the illumination factor, the feeling factor, with our awareness and our attitude, and our biology, the awareness and the attitude and the biology of the individual personality, how will those things combine? Well, they combine vortexually, which means that they spin around, they orbit, they interface in a vortex, and the epicenter of that vortex is a spiritual dimension where invisible forces are converging. On the other side of that nexus point, which we can call soul, and on the other side is the world of creation, the material world, we can call that ego. Now this isn't a dirty word. We are not trying to attack the ego, or destroy the ego, or win some kind of a battle with ego, but we are trying to get control of this. Understanding that this is a mechanism. That this is an instrument, and that we need to have our hands on the steering wheel of this car, because this thing, it's a vehicle. The soul is a vehicle that the spirit zooms around in through the infinite experience of life. And it projects, through the ego, the light and the love, and the peace, and the power of God. It projects through the ego like a lens. And this lens has several channels in it, which filter out into the world through the personality. The personality, depending on its ego construct, will express accordingly. It will direct its thoughts and words and actions according to its own sense of self. According to its experience of self, according to its own ideas about self and the world that it perceives, and maybe it will orient itself according to some spiritual influence as well. And so, the ego is a very, important thing to consider.

Is the Devil in Us?

In my studies in Raja Yoga, I was very fascinated by their perspective on what the Devil is. Because, if monsters are active in the world, and let's be honest here, you know, war is monstrous, rape is monstrous, competition, in many forms, is monstrous, violence is monstrous, greed is monstrous, lust is monstrous, anything that belittles and judges and would confine and limit children and anyone at all, young people with potential, and indeed our own souls, because there is nothing as sensitive, as innocent, and as childlike as our own souls. So anything that would brutalize those souls is monstrous. And the ego has taken on the form of a monster. We know that because we are seeing the projection of ourselves showing up in a mirror, called the world. The modern world especially. We are seeing a very good reflection of what we have inside us. A very good reflection of the ego showing up in the world around us. This war torn, brutal society that we've all grown up in. This assault on nature through industrialization, globalization,

etcetera. This assault on nature is an out-picturing of an assault on our inner nature. The modern mind's attack on our wild spirits. Our wild and innocent and eternally sensitive, ULTRA sensitive spirits. So we see all these things outside of ourselves. That is an indication that something within us needs attention. And of course, if we want to change the world around us, we have to change on the inside first.

It is very important for us to be at peace with this word, evil, and understand it. The sorcerers would say that if you can name a thing correctly, you have power over that thing. When we know its name, we have power over it. We need to name evil, and define evil correctly, and be aware that evil is... Well, what is it? From a Raja Yoga perspective, evil is a mixture of the ego, attachment, lust, greed, and anger. Attachment, lust, greed, anger, and ego.

Now, let's just have a look at this model. A spiritual being, an extension of the divine, is being focused through a lens into a natural, creative realm, perfectly designed to absorb those radiations and respond in a harmonious way. Depending on the quality of the vibrations that we're sending out, is the nature of the experience that we are receiving back. Whatever we are vibrating with, especially deep down inside us, in the so called subconscious and unconscious realms of the heart-soul-mind, the ego mind, that's what we are magnetizing towards us.

Spiritual being is an enigmatic, non-physical, indefinable mystery that is self-aware and is aware of its own experience. Its nature is wonder and freedom and free flow, and a deeply loving peaceful presence, tranquility. When we are aware of what we are and who we are as spiritual beings, and as part of the eternal flow of life, we are flowing through increasingly denser levels of vibration, until our awareness, our sense of self, shows up in a physical, material realm that we can tap, we can feel things are hard, we can hurt ourselves in it. You know, it gets very physical.

Now, our false sense of identity, the ego, is completely entrenched in the physical realm. It is absolutely 100% convinced that it is physical. And it is trying to convince you that your body is who you are, as opposed to a vehicle that we are interfacing with the world through. An exquisite instrument with which we enjoy the material world.

As that flow moves through, as the ego crystallizes and we become less centered in our true sense of self, our sense of identity shifts. It migrates away from a spiritual experience into a physical experience. As that sense of identity shifts, the ego crystallizes more and more. The thoughts and words and actions that go with that sense of self reinforce the crystallization of the ego, and we become attached to that experience, and the experiences that we are having. We become attached to the creation that we have created, to the world around us, whatever it is that we have manifested. The people, the places, the things, the responsibility that we have, the position in this thing, we become attached to that. The ego becomes attached to that. And if anything messes with it. If any aspect of it gets taken away, removed, restricted or denied, then, like a capricious child, it becomes angry. And here's our attachment, ego, anger. Three factors. And there's a five-factor scenario in the Raja Yoga equation. And because this is essentially

dysfunctional, this free-spirited, unlimited spiritual being has now crystallized into a limited form, and has started to become attached to things that there is no reason whatsoever to become attached to when it is in its own true sense of self.

The Mutation of the Angel

Dysfunctional behavior mutates more and more, like a snowball that's rolling downhill, it gathers momentum to itself and mutates even more. It creates more karma for itself, it becomes more and more entangled in the creation that it is manifesting. And, as this occurs, we become more and more confused. The nature of ego is fearful, proud, and ignorant, and those factors, together, when the attachment to is threatened, and just its own sense of lack of fulfillment, because the fear only comes through a sense of disconnectedness to the all that is. Remember the atonement that we were speaking about earlier on. When the sense of self moves into ego it it feels and sees it has separated itself and moves out of its experience of atonement, it obviously feels frightened, alone, separate, disconnected somehow. And part of the mechanism for compensating for that sense of lack, that lack of fulfillment, is to stuff itself with food, and stuff its life with materialism, and stuff its mind with things to think about. And thus it can become very greedy. And so, this is the greed factor, and indeed, lust. When we are lusting, whether it's sexual lust or gluttonous lust for food, whatever it is, it is a manifestation of this sense of lack, out-pictured, emerged, in our behavior. However, there is no thing, person, place, or experience outside of ourselves that can fill this gap. Spiritual beings are nourished only by a spiritual source.

Our True Inner Nature

The more we become fulfilled, at peace, and at one with ourselves, the less these negative factors drive us, and we dissolve this equation. The way the coding sequence is, the energetic vibrations, the dynamics within this equation, the way they are all synched up, a disharmony is dissolved and replaced by an underlying eternal harmony. Our true nature is our true inner nature and our true inner nature remains that way as an eternal fact of being. And so, a lot of the process of becoming who we eternally are, or the appearance of a process of becoming who we eternally are, is in fact this process of dissolution, and the letting go, by the soul, by the spiritual being, of who it is not, and embracing who it, in fact, is. This is a very wonderful experience.

Horror in America

I am just going to give you an extreme example of what's happening in the world right now. And it's an illustration of NOT doing this. Remember Hurricane Katrina, that was visited upon New Orleans some time ago. You may or may not be able to accept this, and I definitely have no concrete evidence for these assumptions, but this is what I choose to believe about what happened. What we do know as fact is that that the hurricane made some radical directional changes in order to come upon New Orleans in the way that it did. What we also know is that the dykes, the canals that were in place to divert the flow of water up from the ocean that was pounding the land, that would take

that water away and around New Orleans, those canals were blown up with Syntax explosives, just like 9/11, the World Trade Center buildings. The same explosives were used to destroy the steel structure of those buildings. And if anyone is in any doubt whatsoever that that was not an inside job, done by the owners of that building, and the only people that could have access to every single floor, and the only people that had the power to clear everyone out when they wanted to clear them out, and put explosives on every single floor of those three buildings, if anyone is in any doubt about the fact that that happened, I advise you to do a little more research on this subject and educate yourself. (See important links at www.successultranow.com)

Why would they blow the canals? Why did they even know that the thing was coming? Well perhaps it is the fact that they had the HAARP, technology up there in Alaska, which was something that the American government has been working on for a long time, indeed, not just the American government, but the powers that control the American government, and the powers that control all world governments, have been working on this technology up there in Alaska, called the HAARP technology, * (see Youtubevideo.com Angels Don't Play this HARP), which is something that was designed and engineered by a guy called Nicolai Tesla in the 1900s. Tesla was basically creating a death ray. Something so powerful that it could release into the ionosphere, could do phenomenal things, one of which was control the weather. Storms could be generated, rain could be created, and droughts could be caused. There is a phenomenal control of the weather systems on the planet at the moment. That technology is in place, and has been in place for many years. The hurricanes that naturally occur in the Gulf around that time of the year, that thing was increased in size, and driven up there, and the dyke was blown, the canals were blown, on purpose, to destroy that city.

Now listen to what happened. So, amidst the chaos, a lot of people escaped from New Orleans, a lot of people were evacuated, but thousands of people did not escape. And several thousand of those people made their way to the Super Dome, which is a giant football stadium in the middle of New Orleans. They made their way to that place, and they were without electricity, and without food or water and sanitation, for three days. Now that obviously was three days of hell, but it was only three days. Within those three days, in there amongst all those people, was one English guy. The English press found out about the fact that this English guy was in there. When they evacuated everyone on the fourth day, that guy was back in England on the same day. The same day he was taken out, on the fourth day, he was back in England, and of course the whole of the British press were waiting for him at the airport. And they had a live interview of him at the airport, and this is what came out. He said that within that timeframe, those three days, he said he witnessed a complete living hell. The chaos in there, the conditions in there, and the barbarism in there. He said gangs of people were roaming around, beating people up, stealing what they possibly could, raping indiscriminately, all over the place, and the most shocking thing of all, murdering people and turning into cannibals. Cannibalizing. Eating their flesh. Within three days. And this was on national television, this was in all the newspapers and on national TV. This was a very shocking revelation. When I heard that, it triggered something in me. A realization and an understanding, a deeper integration of the understanding of why the Raja Yoga

perspective is that this anger, lust, greed, attachment ego equation equals the Devil. That's what they consider the Devil is. That's what the Devil is made of. In the Hindi language, they call it Ravan, and this evil originates in our own ravenous egos, our attachment to this, that, and the other, our anger, our greed, and our lust. So what I realized from this New Orleans thing was that, as soon as you take away the toys of the ego, as soon as you take away the food from the super markets, there's no money in the cash machines, it can't go home, it can't have anything to eat, it is not in its comfort zone, it's completely out of its environment, and it's thrown into a pit with thousands of other of these composites, these ego constructs, then there is an eruption of the underlying energetics within it, which are wholly discordant, wholly dysfunctional, wholly unholy, wholly unwhole, incomplete. And what we get is this eruption of devilish behavior, and we become monsters.

A further factor from Ayurvedic medicine talks of toxicity in the body giving sustenance to this devilish spirit in the sense that the electromagnetic feeling states, and the electrochemical mental states of being, land in a sort of ectoplasmic swamp, caused by the toxicity and the mucus in the body giving this devilish entity a physical form. Is this nonsense, or too far fetched, or is it true? Think about it.

Cleanse the Body and Mind

Our position here in this incredible consideration is to experiment on cleansing the psyche and the body at the same time. When we shift the internal environment away from acidity into alkalinity, especially the kind of alkalinity caused by being a lover of peace, beauty, compassion, etc., and we cleanse and rest the body, nourishing it through fasting, live foods, pure water, etc., then we definitely witness a big shift in consciousness and being. I personally have experienced it many times, and witnessed it many times in my friends and contemporaries. It truly is a wonder, and such a simple thing. Who honestly, in their right mind, would choose to be monster rather than angel? And it's such a simple choice to imagine being a magical, pure, wonderful, eternal being of light, love, feeling, and imagination dancing in creation, or to imagine horror with all its attendant woes.

The food factor in terms of how it affects the environment of the body with which spirit interfaces with matter is extremely significant. It is no coincidence that the powers that be inject all manner of chemical toxicity into the foods we eat, the water we drink, and the air we breathe.

Evil – A Consequence of the Imagination?

If the our very psycho-emotional states and sense of identity cause a shift away from internal harmony into discord, does that mean evil is a consequence of our own imaginations?. That doesn't mean it is any less real, or painful, or more horrific, or less horrific or frightening. It means it is powerless over one who realizes that they are a child of God and they have that power – the power to choose.

So saying that evil is a figment of our imagination is not belittling its potential to create immense sorrow. Which it certainly is doing in the world today, and we'd better be honest about that. That's the first thing in the awareness. The awareness of reality.

If you want to be successful in The Revolution of Good Over Evil, if anyone wants to triumph in the victory that is guaranteed, this unstoppable victory guaranteed by the fact of God's presence, if we want to be part of that victory, then we need to learn how to focus our minds. When we don't focus our minds in the right way, in the best way for us at any particular moment regarding any thought, word, or action, if we don't make that choice, then it hurts. In some way, it hurts. We might not feel it at the time, but most of us do, if we're honest about it.

The Revolution of Good Over Evil

So The Revolution of Good Over Evil is focus based on awareness of reality, number one. Focus the mind on the epicenter of existence, the micro-cosmic eye of the macro-cosmic storm, with an awareness of reality. And that awareness shifts. All the time, that awareness shifts. It's supposed to, because it's a fluid reality. There is a free will aspect in this shifting reality equation that interfaces with a super intelligent, super responsive creation, which fuels every particle of the Universe. And there are many, many, many universes. These are the simple facts of science.

So, awareness of reality within the context of The Revolution of Good Over Evil: What choice are you going to make? How are you going to focus? How are you going to do that?

Breathe and Focus in Open Hearted Love and Gratitude

Well the first thing you've got to learn to do is breathe. If you don't breathe, softly, gently, with immense compassion toward yourself, and also being fully, consciously aware; If you can't breathe rhythmically, having strung together a constant conscious flowing of the in breath and the out breath over a significant period, during a twenty-one day time span, then you probably won't have developed the continuity of focus that is required to grasp a resonant clarity with the perfection of life. Remember we are dealing with the power of creation here. Whatever we think, feel, say and do sculpts that power.

The first thing to do in our program is to slow down the racing mind, and learn to focus for long periods of time. Concentrating, softly and gently, with a lot of peace and deep, loving, compassionate feelings toward oneself. Nurturing, and being very gentle toward oneself. Find one's deep inner center, and from there just be fully awake and present to what is. Gentle, respectfully affectionate, in patient communication, with feelings of trust, of love, joy, security, and commitment. And feel into an awareness of reality. This is the secret, you see.

Walk in Compassion

Most of us are thinking about things and looking at a lot of information, reading books, surfing the Internet, and whatnot, focusing on a world reality. What we are proposing is that you just let go a little bit, change the ratio of the way you approach life, between the mental perspective, based on your own current idea of what's going on, who's doing what, where your position is in this great scheme of things. Who you are, what you are, what may be about to happen, what may have happened, and you are experiencing a result from that, called your day-to-day life. So what we are proposing is that there is a way of affecting your day-to-day life in a very significant way. And we are asking you to affect your day-to-day life in a very significant way with a view toward contributing to The Revolution of Good Over Evil. We are asking you to do this in a way that will help you discover yourself along the path of self-discovery. And if you walk the path of self-discovery, you will find that you enjoy it very much. It's fun. Not only is it fun, it's a great adventure. And it can be consistently a great adventure in the living of your dreams. During this program we are asking you, for twenty-one days, to be very gentle, slow, and tender with yourself and with everyone you come into contact with. Gentle, slow, and tender. We are asking you to walk in compassion.

Nutritional Support Strategies

To express yourself through means of art, music, and dance, to moderate your eating, to study the nutritional factors, to understand that it counts, what you eat, what you put inside your body, we need far less food than we think we do. We could all eat a lot less. And as we do so, especially if we upgrade our nutritional quality – that means move off dense, dead food, packaged foods, processed foods, prepared foods, onto fresh fruits, juices with super foods, smoothies with super foods, and herbs and greens and algae and sea vegetables, nuts, seeds etc., whole foods with more of a ratio of 80% living raw food in the mix, especially in the morning time, and start to observe food combining principles, and bio rhythmic laws that govern the biology and emphasize our spiritual natures a little more, and our physical natures a little less. All of this really supports the cleansing of the psyche and that is good news for humanity.

(N.B. You can find the leading edge on nutritional protocols in our books Amazing Grace and The Sunfood Diet Success System by David Wolfe, also anyone needing healing support can go to The Biology of Peace: Cancer The Natural Answer and inspiration at www.successultranow.com.

S.E.X-F

There is a Source Energy X-Factor, which is nothing we can conceptualize. It's an X-Factor. That means it is beyond our capacity to conceptualize. No idea, philosophy, ideology, or words can circumscribe the X-Factor. The X-Factor can happen at the flick of a finger, it's an anything-can-happen factor, and it's all dependent on you. To what degree you are aware of your position in reality vis-à-vis Source Energy, creation, the drama within which you experience yourself, and you. And you play the role of bringing

awareness to an ego relationship, the soul. In order to contribute to The Revolution of Good Over Evil, you choose to be a conscious ego-soul who asks, and allows itself to receive, what it desires. And if you can ask, and allow yourself to receive, whatsoever it is you desire, then the proof is in the manifestation, and the proof is your power. How powerful are you in terms of your ability to manifest, and how quickly can you bring about that manifestation? Instant manifestation demonstrates power. And if you have the focus of invincible determination, then you have an opportunity to choose, based on an accurate awareness of reality, which is a shifting factor, and which is evolving. Understand that your awareness is a fluid thing. Fluidity guarantees possibility, movement, eternal flow. So our position in the eternal flow is a conscious ego-soul aware of the Source Energy X-Factor, thinking about the Source Energy X-Factor, in relationship with the Source Energy X-Factor, constantly. Choosing to think, speak, and act in an appropriate way that makes a statement in The Revolution of Good Over Evil, because this is what we are talking about – good over evil. And whether we are aware of it or not, whether we believe it or not, whether we understand it or not, doesn't matter. If we see it, witness it, in our televisions, in our society, and even in our homes, and in our own minds. If we witness anything less than goodness, good will, good feelings, toward ourselves, toward each other. Good thoughts toward ourselves, toward each other. Good thoughts, words, and actions. Right thoughts, words, and actions based on bringing the highest good to whatever the situation is within our homes, within our families, with our friends, in our workplace, moving around in the local community, in the larger society, traveling abroad, or even meeting extraterrestrials, and angels, and nature spirits, and animals, and birds, and nature itself, then we have an opportunity to choose to think and speak and act in a particular way. And no matter how we have been behaving, thinking, or speaking, and feeling, up until this moment, we can use the Source Energy X-Factor to draw a line under the whole idea of it, and the experience of it, and the awareness of it, which is very good news. So the great news is that as we ask, we receive, because we allow.

As we progress we get better and better at making things happen in our lives – small, positive changes at first, growing into larger positive changes, taking braver steps. We develop peace with the body, peace with the mind, peace with culture, peace with society, peace with the family, peace with God, peace with the Earth, and all the rest of it; as we manifest in there, as we change physically, as we become healthier. For example, we might lose weight, we might achieve our optimal weight, we might find our love, our beloved soul partner, and rise deeply, in love, we might get a new pet, some animal that we've always wanted, or find a friend, like Saint Francis did, in a magical way. All kinds of things can happen. Our surfing might improve, just suddenly, where before we were having problems doing a turn, because of the X-Factor, you know, we haven't surfed for a few months or longer, and we go for a surf, and suddenly WOW, we are surfing so much better, why is that? All of these things can shift on the outside, everything can shift on the outside.

All Change is Possible

So when we learn to affect reality by trusting in the power of the Source Energy, and the nature of the Source Energy, and as we accept the nature of our relationship with the Source Energy, we become more aware of our position in reality. We become more aware of the nature of reality because Source Energy is one with reality. Its nature is the same. Now, the nature of Source Energy and reality is very kind. Very kind. Very kind and very gentle. Very creative. Extremely powerful. Extremely loving. Extremely magical. Extremely present. This is the Source Energy X-Factor.

The Fifth Principle of Huna is Ka'ala – all change is possible – when, indeed, Source X-Factor energy guarantees that all change is possible. So, a lot of trust is required in this Revolution of Good Over Evil, and that's good news. That's good news because it means that you don't have to go out and kill anybody, it means that you don't have to go out and beat anybody up, or be organized in great swaths of bloody human revolution, and join armies and take a stand on the battlefield in a material way, and kill each other, and glory in it, and make all the weapons and get into all the politics that goes with that kind of thing. You don't have to do that.

There is no hate involved in the Revolution of Good Over Evil, there is only love, there is only resonance with Source Energy and Source Energy X-Factor. And this is very good news because Source Energy is so powerful, that's a simple reason, and that the drama, the creation with which Source Energy interfaces is so magically powerful as well. The nature of the drama and the nature of Source are the same. And our nature is the same, too, because it's all oneness within the nature of it. So the ego-soul, which is the perspective that is asking the questions, that is involved in the movement, that feels the pain, that feels the joy, that feels the sorrow, that feels the feelings, that is perfectly allowed and is best served, serving life, that is serving itself by walking in compassion with feelings of love, joy, and security, in patient communication. Being respectfully affectionate toward everyone and everything that you meet. Being fully aware of reality, and trusting, totally relaxing in unconditional surrender tactics, several times a day, to the great love that exists as Source Energy, and surrendering to that X-Factor, enjoying that X-Factor. Surrendering the heart, bringing purity into one's relationship with the X-Factor. Total trust. Going into stillness and the deeper levels of peace.

As we go into stillness and the deeper levels of peace, we bring more and more and more peace into the world. And as we bring more and more peace into the world we experience more and more love, because love cannot be experienced, peace cannot be experienced, with the absence of the other. So we need massive amounts of peace in the world to experience massive amounts of love. And we need massive amounts of love in the world to experience massive amounts of peace. So as we demonstrate more Aloha, which is the Seventh Principle of the Huna, which can be read about in Amazing Grace in fabulous and wonderfully informative and enlightening detail, we experience more love, joy, and security.

Aloha has a lot to do with the breath. Breathing the Source Energy X-Factor as a love element, and sharing that magical, mystical breath element with others. We walk in a vibratory auric field of resonant chi. And our auras are in fact a blend of chi, shen, and jing. These are the three terms for energy, spiritual energy, life force, and sexual energy, nature energy that we flow with within creation. And the aura is like a bubble, a bubble of possibility. Our dear friend, Doctor Deepak Chopra, talks about a unified field of infinite possibility. You couldn't describe it in a better way. It's a little bubble. We are little bubbles of potential. We are little bubbles of consciousness; we are little molecules of God. Howard Wills, calls them molecules of God. So who are we to disagree with the great Howard Wills?

Howard Wills, incidentally, in terms of The Revolution of Good Over Evil, demonstrates the power of God through healing. He has witnessed extraordinary things. Howard brings hope to us all that the power of God is so real in the world, and evil just doesn't stand a chance. Victory is all guaranteed. But what we have to do is the little that we do have to do, and we all have to do it, because we don't get out of here without each other. When a certain number of us have realized that, then the rest of us can realize that, and at the moment, the rest of us would love to realize that, and so the few of us who do, need to become more, so that we become the many. And as the many become stronger, then the rest of us can feel the waves of that. And as we do feel the waves of that, the Earth will transition from this chaotic, terrified, potentially cataclysmic and potentially extinct way of being, into something much more appropriate, something that Source Energy would love to have us choose. All the power is there, you see. This is the fact of life, all the power is there. We have the power of nature, we have the power of God, we have the power of our own minds, we have the power of our souls, we have the power of our voices, and we have the power of our bodies. So together, each individual molecule in the molecular structure becomes more powerful.

We know how powerful we are by what we can manifest. How quickly can you make it happen? How much synchronicity do you have in your life? And by making it happen quickly, I mean not necessarily running around faster, thinking about a lot of things, shouting at people, talking on the phone a lot, generally running around and jumping up and down, and huffing and puffing, and feeling stressed out. That's not what we are talking about at all. What we are saying about making it faster is making it easier, allowing the grace to work for you, so that the grace of God is experienced as shifts, changes, definite ones. Stuff like addictions falling away, or neuroses dissolving, or your emotions stabilizing, your acne completely healing and clearing up so that you become beautiful and really healthy skinned. It could be anything. Your musical abilities improving exponentially. You went to play the guitar one day and you could hardly play it at all, and you went to play it the next day and WOW could you play that guitar! Your art improving. Your art getting really, really good, and your dance, your dance getting better. Suddenly you can dance. And maybe you meet your soul mate. Maybe you meet somebody you can have a really fulfilling and profound relationship with. Maybe every aspect of your life just gets better and better and better.

Maybe your dreams all start coming true, like mine have been doing for the last twenty-five years. I've lived every single dream that I've ever held. From a child growing up in Lincolnshire, I obviously began dreaming as a very young child. I was very, very sick when I was a child. My mother and father were very concerned for their oldest son's health. My older brother had died before he was one year old, which was not uncommon in olden days. And so I was very wobbly, and one of my earliest dreams would have been health. You know, getting stronger and healthier as I grew as a young boy. I was kind of sensitive and fragile and whatnot, and I used to get picked on a lot by the stronger, tougher, more robust boys who were growing up in the countryside there. I used to suffer a lot of violence from bullies. So, obviously, I dreamed about that not happening anymore. Even when I was seventeen or eighteen years old I used to get punched around still. You know, in a very hurtful way. So I had a lot of that, and a little bit later on, somewhat as well, so I dreamed about being free of that violence. And now I live a very peaceful, beautiful life. I don't have violence in my life anymore. So that's one of the dreams that's come true for me, and there have been many others. I went from being that sort of sensitive young fellow, to desiring to express myself like the other boys did, in sort of rough and tumble games. And we used to play one, called rugby, which is a very tough game. And you are all running fast into each other, and boys and adolescents and older teenagers, and moving into young manhood, and peaking in that young manhood, and then you know, maturing somewhat, as a man, and still playing on. So I had years and years and years of collision sports where we ran into each other very hard with our knees up, you know, sprinting very hard, usually, in the game, with the ball, but a lot of violence was encouraged as well in that. And so, I experimented with that. As a sensitive, I went into that with a lot of fear. I also had a lot of fear as a child growing up. So dreams of being less sensitive, of being tougher, of being stronger, of being more capable as an athlete, these were the dreams of a Wounded Child. And so I lived those dreams, I overcame my fears.

My fears were very much rooted in an extremely disturbed childhood. So much so that I remember, literally, demonic entities, they were certainly apparitions, I wouldn't go so far as to say they were hallucinations, they probably were hallucinations at that time, but they became very physical as I got older. And this was a real shock to my system, having sort of terrifying experiences in the middle of the night as a young boy, growing up in really what was a haunted house in Lincolnshire, England.

It was well known in our family that this house was haunted. My father's family had grown up in this house before I was even born, so a whole generation had already been born and raised in this house years before I was born. Forty years before I was born. There was a history of a haunted house. So I grew up in a haunted house. It was the top room, which was a large double room on the right, west wing of the house. The southwest wing of the house. It was a large, wooden house, right next to a main road, which ran down next to a little lane, in the T of a little lane, and the farm was actually in the elbow of two rivers. So in that place I was dreaming the dreams of a boy.

So I toughened up, and went through rugby, and I got really good at it. I got so good at it, from being really bad at it, and really scared on the rugby pitch, because I was terrified

inside myself. I was extremely insecure inside myself, because I was getting terrified in the middle of the night, living in a haunted house, from when I was a very young boy.

And everyone was violent as well. All the men were extremely violent, everybody was. My dad had come back from the Second World War and seen all of his best friends absolutely murdered and obliterated, and destroyed and blown up with mines; blown up in tanks, armored cars on patrol along a railway line in Palestine, which was being turned into the state of Israel, and you know, the Palestinians had blown them up and killed everybody because they were forcing them off their land to create the state of Israel. So my dad was in that. My granddad was in the First World War and he came back gassed, so there was all kinds of powerful stuff going on in that house in terms of violently fractured and fragmented and traumatized psyches.

So this is where the schism of the psyche comes in. This is the schism in the human psyche that exists, which we talk about later on. So the Revolution of Good Over Evil is all about healing the schism in the psyche. And it's a very good idea. As a young boy I would wake up in the middle of the night and entities, horrific ghoulish beings, would be sitting on my chest, looking into my eyes with glowering menace. This was a terrifying phenomenon. My understanding of it now is that as the matrix in the house was already open to the lower astral planes by the presence of the ghost (a young monk) and the dominant male psyches (dad and granddad) were shattered and fragmented, traumatized by war and the consequent negative emotion, there was sufficient psychic toxicity to allow the entry of parasitic entities that are nourished by the vibrations of toxic emotion, and in they came. My personal evolution with this phenomenon evolved into actually being able to jump into their realm and fight with them. My light body would be in their world fighting, and my physical body would be in the bedroom smashing it up. This occurred many times over a decade and ended abruptly one night when, confronted by two particularly intimidating fellows, I sang a little song to them and giggled myself to sleep.

So we need courage. These are the qualities we need to heal the schism. These are some of the qualities: Courage, patience, wisdom, certainty, compassion, joy, clarity, understanding, depth, generosity, abundance, and agape – unconditional love. Courage, patience, wisdom, certainty, compassion, joy, clarity, understanding, depth, generosity, abundance, and agape. Courage, patience, wisdom, certainty, compassion, joy, clarity, understanding, depth, generosity, abundance, and agape. This is really good news.

So, the Revolution of Good Over Evil is choosing, and some of us are choosing to become angels in the world, because the choice between good thoughts and evil thoughts, between good deeds and evil deeds, between good words and evil words, to some of us, may not be obvious, it may not be critical, it may not even matter. But to some of us, it does. And to those some of us, this is really who we are calling to through Success Ultra Now and The Alliance of Light. We are calling to you. And what we are saying is that you have the choice to act like an angel or as a devil.

We enter into a dialogue with ourselves about that, during these twenty-one days. And we do something called Image Streaming. Image Streaming means that every day, you record yourself talking to yourself about the possibility of you being an angel. And what does that mean? To me it means it's the best news ever. To me it means that it's the pinnacle, it's the evolution of my ascendance through expressing myself as a warrior in the world, through overcoming fear with love, through the power of love, through discovering love, through experiencing love, through finding peace. And the peace of God, not the peace of the world, not just the peace that things in the world give you, like a good meal or a few pints of beer, or making love to your girl, or kissing your girlfriend, or going to the movies, or doing a good deal, or bench pressing a record bench press, or going on a holiday, or stuff like that. All those things that bring a sense of peace. This is a different kind of peace, this is the peace of God, which passeth all understanding.

So we talk to ourselves about the love and the light and the truth. Love being the nature of light, light being the nature of truth, truth being the nature of love, love being the nature of truth, all of this. We talk about this and we record this, and this is called Image Streaming, then we play it back to ourselves. So we keep a journal, a verbal, vocal journal, each day. We can get any kind of a tape recorder, any kind of a cassette recorder, MP3 player, any kind of fancy equipment, or not fancy equipment, to record ourselves, and the Image Streaming we just play back to ourselves. That's the advanced program. The intermediate will do as best as he can to do that, and do it probably not as consistently as the advanced. The advanced will do it more every day. And the beginner would try his best. But the highest standard you can keep on the program, the more you put into it, the more you are going to get out of it. If you do all these things that we suggest, then you are going to get the maximum out of it, and you are going to experience, really experience, your own power. Remember, the proof is in the pudding. It's all about your ability to manifest. How much grace is working in your life? How truly is the Universe with you? And we know that in the magic, in the synchronicity, and the feelings of bliss and peace, and satisfaction and fulfillment that we have as we move through these exercises.

As planet Earth hurtles toward its date with destiny, moving ever closer to its galactic alignment with the central sun through the photon belt, creator souls are coming into alignment with the great light within. This awakening is taking place against an astonishing backdrop of human affairs. The very word, government, from its Latin roots, means to control the mind. 9/11, the "war on terror," the illusion of democracy, the horrific revelations of secret cabals, satanic ritual abuse, etc. are part of a trail of clues which lead us to the horrifying conclusion that our political leaders are working for some secret agenda, the nature of which is only now becoming known. This realization is not something which the average individual is particularly enthusiastic about entertaining, as with it comes a massive responsibility. The responsibility of accepting that they themselves need to take control of their own lives and that there is nothing or no one whom that authority can be given away to. The ego, whose nature, remember, is a victim prostituting itself and giving power away as a Wounded Child hurting itself over and over, is going to resist this awakening as much as possible.

Insanity is a perfectly natural adjustment to a totally unnatural and negative environment.

R.D Laing

The ego is nothing less than the ghost that has risen from the grave of Self.

Tsarion.

As long as the ego is still in charge of our lives then the reality we experience will continue to be at best mediocre, and at worst a living hell. Remember a toxic, psychotic, neurotic, schizoid mind will only create a world of the same. Whatever we are experiencing within us in the darkest recesses of our inner beings will manifest outside of ourselves as the reality we perceive. This fascinating aspect of truth is as shocking as it is comforting, as terrifying as it is empowering. Add to this that the very nature of holographic reality and spiritual teachings of the highest order suggest that in fact we are not only constantly affecting our own lives but everything at once. That consideration gets spiced up even more when we consider that somewhere along the way alien cultures may have tampered with us genetically and are now here amongst us. So what came first the chicken or the egg?

To many this conundrum would seem insurmountable, but a great clarion call from the eternal halls of truth is sounding out, and the light that shines brightly continues to do exactly that. No matter how thick the clouds of toxic rain, they cannot deny the blue sky that forever exists behind them, and no matter how grey the day, the sun always shines. So it is with Truth.

Miracles are everyone's right, but purification is necessary first.

Course In Miracles

There is no other redemption for mankind than to realize their divinity. You are the seeds of this understanding. As each of you realize your own worth and value and the foreverness of your life, you will add, one by one, to the consciousness of unlimited thinking, unlimited freedom, and unlimited love. Whatever you think, whatever you come to realize, lifts and expands consciousness everywhere. And when you live what you have come to understand, wholly for the good of your own purposeful life, you allow others to see in you a greater thought process, a grander understanding, a more purposeful existence than what they see all around them.

Ramtha

The gates of ideas hitherto defining the awareness of the normal waking state and mind set of the status quo are blown off, blasted to smithereens. It is time to open our hearts to the felt experience of becoming truly alive. This is what we are here to do and these are the times of revelation, of the fulfillment of prophecy, of the stories, legends, and tales, where the heroes rise from their graves riding horses of power to overcome the worst manifestations of their own darkest imaginings. Doesn't that make it all at once more frightening on one side and so much easier? I mean if we want love, happiness,

forgiveness, peace, bliss, in our world, Heaven on Earth, then all we have to do is experience it within ourselves, right?

Well if that's not difficult enough, we are also, it would seem from the reports of some schools, on the verge of a pole shift preceded by economic collapse and nuclear war, police states, fascist world government, a micro-chipped population, and the rise of the fallen angels from their dark caverns. Sounds like an amazing drama, a galactic cliff-hanger right? Well it is! This is the age of extra-ordinary possibility and the most mind blowing thing of all: Its all going on in our minds.

The real war is a war on consciousness. A psychic war.

Tsarion

Paul Simon once sang, "This is the age of miracles and wonder," and never were truer words spoken. The big question is, are you experiencing your life as such? Are you waiting for someone or something to come and save the day or are you turning to face the demons within your own psyche that are even now erupting from deep within? The greatest tests lie before us all. This is not a time for sleeping, head buried in the sand. This is a time for encouraging the archetypal eternal youth to ascend from deep within. This is a time to slay the Minotaur in the labyrinth and release the innocents from their torment. This is a time for taking positive affirmative action by cultivating a state of constant openhearted wonder, and accessing the depths of peace within you.

You are a spiritual being playing in a material realm, and it's getting scary isn't it? Well if you don't like the dream you are living you can always wake up! In any case there really is little choice in this, except of course, the style in which you wish to awaken. Nature is nobody's fool and the great creative Force of Love, we can rest assured, has provided the immediate solution to any perceived challenge. This solution is a living energy, whole and complete, that exists as consciousness and is in perfect accord with the true nature of our inner being. Just as Nature always provides the antidote for any poison close by, so, too, this whole spirit or Holy Spirit is never more than a breath away, and we can take great comfort in that. Simply by surrendering our fear-based confusion and inviting in a higher consciousness, with a willingness to see things differently, we can shift our perception and projection into something altogether more wholesome. This is a perfectly natural experience and an attitude we are well advised to perfect.

These times are the greatest of all times in your recorded history. Though they are difficult and challenging times, you chose to live here during this time for the purpose of the fulfillment that it would bring you. All of you have been promised for e'er so long that you would see God in your lifetime. Yet lifetime after lifetime you never allowed yourselves to see it. In this lifetime, most of you will indeed. You will see a magnificent kingdom emerge here, and civilizations will come forth that you have not even the slightest notion existed. And a new wind will blow. And love, peace, and joy in being will grace this blessed place, the emerald of your universe and the home of God.

Ramtha

Past the stars, on and on, higher even higher, is a place deep down inside of us, where mythology, psychology, and biology all interface. This is the realm of magic, of alchemical being. This is the realm of the human psyche that is being purified. Within this place is a single point and source point, the center of the spiral, which is the zero point of being, where we need to be anchored in a true sense of self in order to survive the experience.

The Hawaiian and Essene cultures both tell of the beginning of the human experience, a descent from the waves of light by consciousness in wave forms blending with the elements of a material world. The legends and mysteries of the fallen angels suggest that our history is our mythology and our mythology is our imagination, unlimited, wild, pure, and free. The challenge is to consciously choose what to imagine and to invite it into our world. Understand that the you you thought you were may very well not be the you who you actually are. The ego is a frightened version of a repressed and suppressed state of the mind. The mind is living waters impressed by the turbulent vibrations of human history. Our mythology is a primordial realm of gargantuan vistas where we wrestle with the imaginings and creations of our souls.

Somewhere in the dance and symphony of the unfolding of consciousness through mythology, things became crystallized into fear. Whether that was the consequence of the free will gift, as self awareness knew fear, individualized wonder about to dive into the infinite ocean of manifest creation, gazing in a moment of doubt on the ledges of eternity, or not, who knows? The point is, the antidote to fear is, was, and ever shall be with us forevermore. Perfect love, forgiveness, compassion, and the humility and faith to see things from a more enlightened point of view.

So what is the point?

The point is that all matter is energy, and the way we use our energy matters!

When we take control of our minds by cleansing the shadow within the subconscious, we begin to manifest a whole different world from the one we are all part of today.

Big changes are occurring RIGHT now and they are only getting bigger. What you have in your hands is an incredibly powerful tool. It is a tool that will enable you to dissolve unnatural distortions within your own psyche. These distortions are generating immense disharmony, discord, and disease. We see all of these consequences manifesting in the world around us. We now have a choice to do something about it.

You are a free soul and spirit. You are free to create and experience in the moment whatever truth, whatever reality, whatever illusion you so choose. And in any moment you wish you can re-create this dream, for you have the unlimited power to do so.

Ramtha. The White Book.

Part V

Appendix

Truly we live in an amazing world, a world of utter wonder. It behooves us to open our minds and hearts in wonder and consider it all. I recall the fabulous scripture from 1 Corinthians 13 : “Love believeth all things.” We stand in awe at the possibilities of life all around us and most certainly within us. Truly consciousness evolves through experience and experience can be positive or negative depending on your personal orientation. Regardless it is the intensity of the experience which defines the opportunity for a shift in consciousness and there is no doubt that the times in which we share are intense indeed.

The following appendix embraces extreme points of view relating to extra terrestrials, secret government strategies and death itself.

What I have endeavored to present here in **SUNPOP** is a means by which anyone may make a significant shift in consciousness. Consider these things deeply. Life is not what it appears to be, far greater depth and wonder lay just beyond the defining parameters of the normal waking state.

Enjoy. In joy.

Love and Aloha. Dr. Nick Good Kauai March 2009

ARE THESE THE 'END TIMES'?

As much as we may like to, focusing on a purely positive application of the ability to manifest, directing creative power with the heart-soul-mind, does not fully illustrate the whole picture of just what is going on in the modern world today. Extraordinary revelations are surfacing all over the internet pertaining specifically to the negative application of the principles outlined in this work, primarily in secret government departments. It is no secret that the political and military application of human engineering projects has been occurring for decades but just to what extent may well come as a big shock to many. I include the perspective, well summed up in this newsletter, from David Icke, who is without doubt the world's foremost researcher on the subject. I do not necessarily share all the opinions of Icke, however he is a brilliant researcher and, from my experiences with him, a man of integrity. I include this newsletter as a point of interest and another possibility in the reality appearance equation. To be forewarned is to be forearmed. Perhaps it will serve as a little extra motivation to commit to the path of incredible opportunity.

ARE THESE THE 'END TIMES'? NO, BUT THEY ARE THE CHANGE TIMES - BIG TIME

By David Icke,

Hello all...

I spent a couple of days this week with Stewart Swerdlow and his wife, Janet, at their home in Michigan. I have been aware of Stewart's extraordinary story for a long time, but I'd only ever spoke to him on the phone before.

Much of what he learned and experienced in the government/military mind control project at Montauk, on Long Island, New York, very much confirms my own research over the years about the aims, methods and technological abilities of the inter-breeding genetic network that call themselves the Illuminati.

With Stewart Swerdlow this week ...

Stewart was born in Long Island in the late 1950s and he arrived in a 'miracle' birth after his mother was told she had no chance whatsoever of having children. It was the start of his nightmare childhood and early life when he would be taken away at night by what appeared to him to be 'extra-terrestrial' beings, but he later realized they were members of the military made to look 'alien' as part of his mind control manipulation.

He says that while there are extraterrestrial entities and 'ships' on and around the earth - because he saw them many times - the vast majority of sightings and 'abductions' are actually the human military at work in mind control projects.

Stewart was put through unspeakably horrific torture, both as a child and later, to break his mind into compartments, or 'alters' as they are known by programmers, that could be used to house different 'personalities' for different tasks.

I have written extensively on this technique, which allows alters, hidden behind amnesiac barriers, to be programmed with specific information and instructions that the rest of the mind is not aware of. Think Manchurian Candidate, is the simplest way of explaining it, but it is far more sophisticated even than the second movie of that name, which was, in theme and much detail, very close to the truth.

Stewart Swerdlow has spent years deprogramming and it is an ongoing process. He and Janet are now helping others in the same situation - the public would be staggered at how many people have been subjected to mind manipulation, and many end up in apparently top jobs in politics, business, and the military.

The Montauk Project is only one of many mind control operations across the world, but it is certainly among the most significant in terms of experiments into mind potential, manifestation through thought, computer-mind interfacing, and time travel.

Montauk, Long Island, Where the Mind Control Project Was Based

It was there that Stewart learned about the Illuminati-extraterrestrial connection and the reptilian race or races that I have described in my books. It was also where he came across a plan that has become known as Project Blue Beam.

I read about Blue Beam many years ago, but, in the light of what is happening in the Middle East, I discussed it at some length again with Stewart this week. Blue Beam is basically the manipulated 'fulfillment' of Biblical and other religious 'prophecy' to con the population into accepting a 'One World Religion'.

The multiple religions have served the Illuminati well in that they have provided a wonderful opportunity to divide and rule at will. But to complete their goal of a centralized global dictatorship with a world government, army, central bank and currency, and the end to countries and nations as we know them (this is now happening before our eyes), they need to establish a one-world religion, too.

This, according to those who believe in the Blue Beam scenario, is what they plan to do.

Fundamental to the manipulation is a massive conflict involving the Biblical land of so much 'prophecy' - Israel. This includes, it is claimed, the destruction of the mosque at Temple Mount in Jerusalem through either a 'terrorist bombing' or a manipulated 'earthquake'. The bomb is the most likely because of the horrors that would follow in terms of the Islamic response, and I have heard this scenario predicted by my own sources several times over the years.

But whatever the means, the aim is to artificially complete the Old Testament prophecy about the rebuilding of the Temple in Jerusalem. This 'completing the prophecy' deal has been used through the ages and includes the portrayal of the New Testament as a fulfillment of the Old.

One of the most vocal researchers of Blue Beam was the French-Canadian journalist and Christian, Serge Monast. He came to the fore with his information in the early 1990s, but in

1995 apparently died of a 'heart attack', aged 46.

Monast claimed, and Swerdlow agrees, that Project Blue Beam is a massive global plan to mislead the people into following the Illuminati 'religion' - in fact the religion of Babylon currently being played out most notably through the Roman Catholic Church. But instead of the series of deities in circulation in the various religions up to this point, they want to fuse them all into one

Puppet People in the Brave New World

It is claimed that Blue Beam Project, orchestrated through NASA, will go through several sequences to create the One World Religion and put what they term 'the Antichrist' at its head. These include:

- Fake archaeological 'discoveries' to discredit the beliefs of the major religions and show that they are in error.
- A massive 3-D global holographic stage show in the sky with sound and lasers with specific images projected to different parts of the world to fit with the major religious beliefs of each region. Their version of 'God' or the 'Messiah' would speak to them and tell them 'the truth'. Monast, Swerdlow and others say this will include projections of Jesus, Mohammed, Buddha, Krishna, and other leading religious heroes. They will eventually be seen to merge into one - the fusion, or Antichrist deity, that will be the focus of the One World Religion- the religion of Babylon.
- All this, it is said, will happen amid great upheaval in the world caused by war and 'natural' disaster and include a staged holographic extra-terrestrial 'invasion', from which the 'Antichrist' will be seen to 'save us'.

According to some, the system has already been tested with holographic projections of 'Christ' seen in remote areas, and how many 'UFO' sightings could actually be holographic projections? Holographic technology can project anything as a 3-D optical illusion - spacecraft, wars in the sky, angels, 'Mother Mary,' or 'Jesus' - and there is no doubt that such potential exists.

The same goes for technology that can tap into brain function to make it sound like 'God' or 'Jesus' or 'Krishna' is talking to you. This will be even more efficient if people agree to be micro-chipped.

The chemtrail phenomenon is connected to this. The most important reason for the vast clouds of chemical/metallic cocktails being systematically released from aircraft across the world is to create an atmospheric 'soup' of chemicals and metals that can act as a more efficient conduit for the electromagnetic, radio, and other waves being broadcast from the HAARP Project in Alaska, and other sources, that are designed to influence human behavior and perception.

The chemical-metallic cocktail being systematically released from aircraft all over the world...

... settles in the atmosphere to create over time a thickening atmospheric 'soup' ...

... through which the broadcasts from the HAARP project in Alaska (High frequency Active Auroral Research Program) and other broadcast sources can most effectively travel and affect human perception...

These attacks on the human mind are aimed at making people think the way the 'Elite' wants them to while the thoughts appear to be their own. The basic principle is a bit like the computer system in an aircraft that flies the plane. If you can get control of the computer from the ground, you can make the plane act in whichever way you choose (see 9/11). Get control of brain and thought function and the same applies to the 'human being'.

Such technology is extremely advanced, even that discussed in the public domain, never mind the far more sophisticated methods still hidden in the underground bases and development programs. It is important not to judge possibility by what we know and see because the secret stuff is decades ahead of that.

Transmitting thought waves to the human brain is the aim of HAARP and Project Blue Beam

Thus, although I am not saying that Project Blue Beam will actually unfold as some believe, it is technologically possible and the theme, if not the detail, is undoubtedly correct. They want to manipulate religious beliefs to fuse into one after enormous upheaval and conflict between them.

Part of the push for the One World Religion is because a 'one' is so much easier to control than a many. The more you have of something, in terms of diversity, the less control you have at the center, and they seek a world religion because that can be centrally controlled and directed to a common cause.

Divide and rule has been essential to manipulate the centralized control and continues to be so. But once that has been achieved, the prime control mechanism is planned to be uniformity - imposed uniformity through the world government, army, currency, bank, and religion.

A one-world government is planned to control a world army, bank, currency and religion and rule over a micro-chipped, mind-manipulated population

I don't know exactly what is planned to install the One World Religion in terms of holographic sky shows and such like, if indeed that is a course it will take. I am only highlighting what some believe from their research and inside experience so that more people are aware of the possibility. There is nothing that diffuses the power of staged events more than pre-knowledge of their coming and the reaction they are seeking to elicit.

That's why one of the most effective things I have done over the years is to coin the term Problem-Reaction-Solution and explain this technique of creating the problem and then offering the solution. It has stopped so many from being misled by false explanations of events like 9/11 and the London bombings. So it is with Blue Beam. If what people claim is true, we will be aware of what is happening when it happens, and the more who know, the less effective will be its impact.

What I have no doubt about is that there is clearly a plan to artificially manipulate Biblical and other religious prophecy. It's already happening with the Christian-Zionist movement gathering all the time.

The Christian-Zionist alliance continues to grow ever more quickly. Most of these evangelical Christians are just being duped by their leaders into supporting Israel because it plays such a central part in the Bible and the life of 'Jesus'. But those running this stage-show, like those on the Zionist side, are well aware of what it is really designed to do - con the Christians into believing the time of the 'Second Coming' is here. This certainly fits with Project Blue Beam.

They want Christians to believe that the End Times predicted in the Illuminati's Book of Revelation have at last arrived; that we are in the midst of what it calls 'Armageddon', the place of the 'final battle' between 'good and evil'. No-one knows for sure where this 'Armageddon' is supposed to be, but the line being sold is that it comes from the Hebrew words Har Megido or Megiddo, which mean 'Mountain of Megiddo'. The Book of Revelation says:

And the sixth angel sounded, and I heard a voice from the four horns of the golden altar, which is before God, one saying to the sixth angel who had the trumpet, "Release the four angels who are bound at the great river Euphrates." [Now Iraq] And the four angels, who had been prepared for the hour and day and month and year, were released, so that they might kill a third of mankind. And the number of the armies of the horsemen was two hundred million; I heard the number of them.

Revelation 9:13-21

'And the sixth angel poured out his bowl on the great river, the Euphrates; and its water was dried up, that the way might be prepared for the kings of the east. And I saw coming out of the mouth of the dragon and out of the mouth of the beast and out of the mouth of the false prophet, three unclean spirits like frogs; for they were spirits of demons, performing signs, which go out to the kings of the whole world, to gather them together for war on the great day of God, the Almighty ... And they gathered them together to the place which in Hebrew is called Har-magedon.

Revelation 16:12-16

Har Megiddo is located in northern Israel, just south of Nazareth and Haifa in the area being targeted by Hezbollah rocket attacks and when you read and see the material being put out in the United States by the Christian-Zionist alliance it is clear that the idea of the End Times battle between 'good and 'evil', or 'Armageddon', is being pedaled ever more obviously.

This is not, however, the fulfillment of ancient Biblical prophecy, it is the completion of a plan to mirror Biblical prophecy and scam the Christian and Jewish world into believing the 'Lord' is doing what 'He' promised he would do. This is a Blue Beam theme for sure and it is designed to divert and hide what is really going on.

Yes, there are massive upheavals happening and they are gathering pace by the day. But

while it may appear to many like the End Times of Revelation, with all the conflict and control, we are actually experiencing the Change Times that will sweep away this nonsense. Under the radar of the Illuminati game plan amazing things are unfolding from deep within 'human' consciousness.

The Shamanic Parasitic Alien Connection

VANQUISHING THE PREDATOR

From The Active Side of Infinity

By Carlos Castaneda

HarperCollins Publishers; 1998

From the Chapter entitled Mud Shadows; Pages 218-227

Excerpted by Jack Allis

"The sorcerers of ancient Mexico saw those shadows, and saw them as energy that flows in the universe. And they did discover something transcendental."

"They discovered that we have a companion for life," he said. "We have a predator that came from the depths of the cosmos, and took over the rule of our lives. Human beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so."

"You have arrived, by your effort alone, at what the shamans of ancient Mexico called the topic of topics," Don Juan said. "I have been beating around the bush all this time, insinuating to you that something is holding us prisoner. Indeed we are held prisoner! This was an energetic fact for the sorcerers of ancient Mexico."

"Why has this predator taken over in this fashion, don Juan?" I asked. "There must be a logical explanation."

"There is an explanation," Don Juan replied, "which is the simplest explanation in the world. They took over because we are food for them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in chicken coops, the predators rear us in human coops. Therefore, their food is always available to them."

"No, no, no, no," I heard myself saying. "This is absurd, Don Juan. What you're saying is something monstrous. It simply can't be true, for sorcerers or for average men, or for anyone."

"Why not?" Don Juan asked calmly. "Why not? Because it infuriates you?"

"Well," he said, "you haven't heard all the claims yet. Wait a bit longer and see how you feel. I'm going to subject you to a blitz. That is, I'm going to subject your mind to tremendous onslaughts, and you cannot get up and leave because you're caught. Not because I'm holding you prisoner, but because something in you will prevent you from leaving, while another part of you is going to go completely berserk. So brace yourself!"

"I want to appeal to your analytical mind," Don Juan said. "Think for a moment, and tell me how you would explain the contradiction between man the engineer and the stupidity

of his systems of beliefs, or the stupidity of his contradictory behavior. Sorcerers believe that the predators have given us our systems of belief, our ideas of good and evil, our social mores. They are the ones who set up our hopes and expectations and dreams of success and failure. They have given us covetousness, greed, and cowardice. It is the predators who make us complacent, routinary, and egomaniacal."

"But how can they do this, Don Juan?" I asked. "Do they whisper all that in our ears while we sleep?"

"No, they don't do it that way. That's idiotic!" Don Juan said, smiling. "They are infinitely more efficient and organized than that. In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous manoeuvre - stupendous, of course, from the point of view of a fighting strategist. A horrendous manoeuvre from the point of view of those who suffer it. They gave us their mind! Do you hear me! The predators give us their mind, which becomes our mind. The predator's mind is baroque, contradictory, morose, filled with fear of being discovered any minute now."

"I know that even though you have never experienced hunger," he went on, "you have food anxiety, which is none other than the anxiety of the predator who fears that any minute now its manoeuvre is going to be uncovered and food is going to be denied. Through the mind, which, after all, is their mind, the predators inject into the lives of human beings whatever is convenient for them. And they ensure, in this manner, a degree of security to act as a buffer against their fear."

He explained that sorcerers see infant human beings as strange luminous balls of energy, covered from the top to the bottom with a glowing coat, something like a plastic cover that is adjusted tightly over their cocoon of energy. He said that that glowing coat of awareness was what the predators consumed, and that when a human being reached adulthood, all that was left of that glowing coat of awareness was a narrow fringe that went from the ground to the top of the toes. That fringe permitted mankind to continue living, but only barely.

He then made the most damaging statement he had made so far. He said that this narrow fringe of awareness was the epicenter of self-reflection, where man is irremediably caught. By playing on our self-reflection, which is the only point of awareness left to us, the predators create flares of awareness that they proceed to consume in a ruthless, predatory fashion. They give us inane problems that force those flares of awareness to rise, and in this manner they keep us alive in order for them to be fed with the energetic flare of our pseudo concerns.

"But why is it that the sorcerers of ancient Mexico and all sorcerers today, although they see the predators, don't do anything about it?" I asked.

"There's nothing that you and I can do about it," Don Juan said in a grave, sad voice. "All we can do is discipline ourselves to the point where they will not touch us. How can you ask your fellow men to go through those rigors of discipline? They'll laugh and make fun of you, and the more aggressive ones will beat the shit out of you. And not so much

because they don't believe it. Down in the depths of every human being, there's an ancestral, visceral knowledge about the predators' existence."

"The sorcerers of ancient Mexico," he said, "saw the predator. They called it the flyer because it leaps through the air. It is not a pretty sight. It is a big shadow, impenetrably dark, a black shadow that jumps through the air. Then, it lands flat on the ground. The sorcerers of ancient Mexico were quite ill at ease with the idea of when it made its appearance on Earth. They reasoned that man must have been a complete being at one point, with stupendous insights, feats of awareness that are mythological legends nowadays. And then everything seems to disappear, and we have now a sedated man."

"What I'm saying is that what we have against us is not a simple predator. It is very smart, and organized. It follows a methodical system to render us useless. Man, the magical being that he is destined to be, is no longer magical. He's an average piece of meat. There are no more dreams for man but the dreams of an animal who is being raised to become a piece of meat: trite, conventional, imbecilic."

"This predator is not altogether invisible to us. I think as children we do see it and decide it's so horrific that we don't want to think about it. Children, of course, could insist on focusing on the sight, but everybody else around them dissuades them from doing so."

"The only alternative left for mankind," he continued, "is discipline. Discipline is the only deterrent. But by discipline I don't mean harsh routines. I don't mean waking up every morning at five-thirty and throwing cold water on yourself until you're blue. Sorcerers understand discipline as the capacity to face with serenity odds that are not included in our expectations. For them, discipline is an art: the art of facing infinity without flinching, not because they are strong and tough but because they are filled with awe."

"Sorcerers say that discipline makes the glowing coat of awareness unpalatable to the flyer," Don Juan said, scrutinizing my face as if to discover any signs of disbelief. "The result is that the predators become bewildered. An inedible glowing coat of awareness is not part of their cognition, I suppose. After being bewildered, they don't have any recourse other than refraining from continuing their nefarious task."

"If the predators don't eat our glowing coat of awareness for a while," he went on, "it'll keep on growing. Simplifying this matter to the extreme, I can say that sorcerers, by means of their discipline, push the predators away long enough to allow their glowing coat of awareness to grow beyond the level of the toes. Once it goes beyond the level of the toes, it grows back to its natural size. The sorcerers of ancient Mexico used to say that the glowing coat of awareness is like a tree. If it is not pruned, it grows to its natural size and volume. As awareness reaches levels higher than the toes, tremendous manoeuvres of perception become a matter of course."

"The grand trick of those sorcerers of ancient times," Don Juan continued, "was to burden the flyers' mind with discipline. They found out that if they taxed the flyers' mind with inner silence, the foreign installation would flee; giving to any one of the practitioners

involved in this manoeuvre the total certainty of the mind's foreign origin. The foreign installation comes back, I assure you, but not as strong, and a process begins in which the fleeing of the flyers' mind becomes routine, until one day it flees permanently. A sad day indeed! That's the day when you have to rely on your own devices, which are nearly zero. There's no one to tell you what to do. There's no mind of foreign origin to dictate the imbecilities you're accustomed to."

"My teacher, the nagual Julian, used to warn all his disciples," don Juan continued, "that this was the toughest day in a sorcerer's life, for the real mind that belongs to us, the sum total of our experience, after a lifetime of domination has been rendered shy, insecure, and shift. Personally, I would say that the real battle of sorcerers begins at that moment. The rest is merely preparation."

"Discipline taxes the foreign mind no end," he replied. "So, through their discipline, sorcerers vanquish the foreign installation."

"I am going to give the flyer's mind, which you carry inside you, one more jolt. I am going to reveal to you one of the most extraordinary secrets of sorcery. I am going to describe to you a finding that took sorcerers thousands of years to verify and consolidate."

He looked at me and smiled maliciously. "The flyer's mind flees forever," he said, "when a sorcerer succeeds in grabbing on to the vibrating force that holds us together as a conglomerate of energy fields. If a sorcerer maintains that pressure long enough, the flyer's mind flees in defeat. And that's exactly what you are going to do: Hold on to the energy that binds you together."

"Tonight, you have really succeeded in getting me lost," I said.

"You're being torn by an internal struggle," Don Juan said. "Down in the depths of you, you know that you are incapable of refusing the agreement that an indispensable part of you, your glowing coat of awareness, is going to serve as an incomprehensible source of nourishment to, naturally, incomprehensible entities. And another part of you will stand against this situation with all its might."

"The sorcerers' revolution," he continued, "is that they refuse to honor agreements in which they did not participate. Nobody ever asked me if I would consent to be eaten by beings of a different kind of awareness. My parents just brought me into this world to be food, like themselves, and that's the end of the story."

HO O PONO PONO

THE POWER TO CHANGE THE OUTSIDE WORLD FROM THE INSIDE OUT BY JOE VITALE

The power of our interconnectedness to all of Life is the next frontier. Within this article lies the inspiration that forevermore shatters a sense of individual powerlessness. Joe Vitale tells the story of the absolutely amazing Huna practice of Ho'o Pono pono of Dr. Ihaleakala Hew Len. We are powerful agents of change as we learn to utilize the energy of true love and forgiveness.

"Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients--without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

"When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story.

"However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho 'o pono pono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does--but that's wrong.

"The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.

He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

"Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

"After a few months, patients that had to be shackled were being allowed to walk freely,' he told me. 'Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.' I was in awe. 'Not only that,' he went on, 'but the staff began to enjoy coming to work.

Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.'

"This is where I had to ask the million dollar question: 'What were you doing within yourself that caused those people to change?'

"I was simply healing the part of me that created them,' he said. I didn't understand. Dr. Len explained that total responsibility for your life means that everything in your life--simply because it is in your life--is your responsibility. In a literal sense the entire world is your creation.

"Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don't like--is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you. The problem isn't with them, it's with you, and to change them, you have to change you.

"I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho 'o ponopono means loving yourself.

"If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal, you do it by healing you.

"I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

"I just kept saying, 'I'm sorry' and 'I love you' over and over again,' he explained.

"That's it?

"That's it.

"Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

"Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message.

"This time, I decided to try Dr. Len's method. I kept silently saying, 'I'm sorry' and 'I love you,' I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

"Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying 'I love you,' I somehow healed within me what was creating him.

"I later attended a ho 'o pono pono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive.

He praised my book, The Attractor Factor. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

"What about the books that are already sold and out there?" I asked.

"They aren't out there,' he explained, once again blowing my mind with his mystic wisdom. 'They are still in you.' In short, there is no out there. It would take a whole book to explain this advanced technique with the depth it deserves.

"Suffice It to say that whenever you want to improve anything in your life, there's only one place to look: inside you. When you look, do it with love."

THE SOUL: TEACHINGS ON INDIVIDUAL SPIRITUAL REALITY FROM RELIGION, PHILOSOPHY, AND PSYCHOLOGY

Finally, for your further interest, I include a document of a deeply spiritual nature. Mr. Beck in this writing, considers our true identity to be that of soul. I would qualify that with an extra degree of precision. We are the light and love, an extension of Gods Light and Love, shining and vibrating through soul.

Gathered and Summarized by Sanderson Beck

God is absolute reality. All things come from God, and all things are part of God. The soul as a divine spirit comes directly from God. The soul is the same essence as God (made in his image), and this essence is creative spirit which has dominion over all the creatures and objects of the created worlds. As souls we are all truly sons of God or children of God, for God formed us out of Its own being. God loves us as a perfect Father and Mother love their children, and all souls belong to the same spiritual family.

The soul is the perfect and eternal divine essence. The soul may commune and communicate directly with the spirit of God, the Holy Spirit, and thus magnify the divine energy of the soul. The influx of the soul energies into the human consciousness is experienced as the divine attributes of love, intelligence, revelation, power, beauty, goodness, freedom, peace, joy, etc.

In addition to the divine attributes of innate intelligence, love, and goodness, the soul, as a reality which is unlimited, is often described in negative terms, such as infinite, immeasurable, invisible, intangible, incorporeal, immaterial, etc. The dynamic qualities of the soul are expressed positively to convey that it is active, self-moving, aware as the agent of consciousness, actual, free in its use of will, and transcendental of all the limitations of the created worlds.

The soul is the breath of life, the very essence which makes things alive. The soul gives life and removes itself at the body's death; without the soul there is no life. The soul is life itself and animates all living organisms.

As life itself, the soul can never die, and as being, it must always exist. Therefore the soul is an eternal being and immortal.

If souls are the essential beingness of reality, then they can have no beginning or end and must always exist. Although formed out of God's essence, that essence, as the source of all life, can have no source other than itself. Since nothing else could have created it, it must be an eternal reality. That which can move itself always has the ability to move. Souls continue through the cycle of birth and death and birth, etc. Even the "disease" of the soul, vice or evil, is not able to destroy its divine essence. The innate knowledge within the soul implies a previous divine existence. The principle of life could never die, and the pure

essence of the soul is incorruptible. Immortality has been revealed by persons who are in divine consciousness. Also a good and merciful God would save all souls in heavenly bliss forever. Why would a perfect God destroy a soul? The active energy of the soul also intuitively that it will always continue to be active.

The soul is a unity, and all souls are unified in God, the One reality of all that is. Thus, every individual is whole and complete, and yet all individuals are the same essence as each other.

Since the soul is a spiritual entity not crudely perceived by the senses, as are physical objects, it is difficult to pin it down and objectify it or classify it. For this reason philosophers and psychologists often are not able to recognize its existence as a subjective reality. Nevertheless those who are spiritually perceptive or intuitive do recognize it subjectively, as our inward being, the source of our consciousness and experience.

In human experience soul and body are combined together. However, at death, and sometimes in sleep or mystical experience, the soul is able to free itself from the limitations of the body. The soul is immortal and divine, while the body is mortal and earthly. Soul is not the result of a body; rather the soul has made the body, and entering into it, rules over it.

In using the body as its instrument to function in the physical world, the soul demonstrates its power of will. When soul and body interact together, then imperfections and mistakes do occur because of the limitations of the body and its functions. Nevertheless the soul itself cannot be corrupted by the body, even though the intervening psychological functions may be deluded. Although soul and matter appear to be quite different, they are the two opposite poles of energy in the universe.

Descartes and others located the seat of the soul in the pineal gland, the "third eye," in the middle of the head. Yet others have centered it in the heart. The soul can manifest its energy through various centers, though the head and the heart are used primarily as expressions of intelligence and love.

Different levels of consciousness have specific psychic functions. Consciousness is able to leave the body during sleep while the life of the body is still maintained. During dreams and mystical journeys one may experience various levels of consciousness.

The soul transcends the qualities of nature, the senses, feelings and emotions, and mental states of the psychic-material worlds. The soul realm is purely spiritual, but below that are the created realms of the unconscious (intuition), the mind, the emotions, the astral world of the imagination, and finally the physical world. Linking the soul to the physical body, a person has subtle bodies on each of these planes or realms of consciousness.

The soul, by means of attention, will, and understanding, uses the various functions or faculties of the psyche. Yet these functions are not the perfection of the soul, but limited and imperfect instruments designed for a limited and changing world. The soul lets the higher intellect direct the lower mind and the senses in operating the body. The reason

functions as a guide for the passions or emotions, which mediate, between it and the appetites and desires of the body. Though sense perception is most tangible, from the soul's perspective it is least wise; slightly better is belief; next best is thinking or reason; but the highest knowledge comes from the intuitive intellect. Each major level of life has an additional psychic function: plants have nutrition; animals have this and sensation; while humans include thinking. The soul functions through all these faculties, developing those abilities.

The soul uses the mind as an instrument to experience the worlds of creation. The soul is a permanent and changeless, real being, but the mind is always changing and often errs. The soul is active, while the ideas and thoughts of the mind are only passive reflections. To be aware of the soul, one must discern the difference between this active being and the mental apparatus. Many people get wrapped up in the webs of the mind and forget the soul, their very essence. Philosophers and psychologists, using the mind, have frequently failed to recognize the soul's reality; it is not comprehended by reasoning, although it may be intuited. The soul uses the mind to think, and the mind in turn functions through the brain. The mind deals in information and knowledge, while the soul gathers wisdom, recognizes truth and beauty, and expresses love.

The soul takes full responsibility for the consequences of its actions as a creative agent. Thus it maintains its perfection in the ultimate balancing of all the events in time and space and in the subtle worlds of creation. "As you sow, so shall you reap." At the time of death the levels of consciousness render an account to the soul in a judgment which determines what the necessary retributions will be. The soul actually judges its own expressions of consciousness in order to bring them into perfect balance. The process is spontaneous and continuous as each action has its own natural consequences.

When the body dies, the soul passes over to the other worlds. If the soul has not completed its physical experiences and become liberated, it will eventually return to be born again in another human form. The soul will select the circumstances of heredity and environment, which will be most suitable to its next stage of progression and karmic fulfillment of those outstanding causes, which will bring their inevitable effects. The soul may re-embodiment as many times as necessary to gain the experiences which will fulfill its destiny.

The history of the soul extends from God through its diverse experiences on Earth and back into God. Life has a continuous hierarchy, and the soul evolves the forms of expression as it progresses towards total perfection. Group-souls by extension experience the development of plant and animal life before establishing individuality in human incarnation. The soul continually gains experiences on all levels, increasing its universal wisdom. In many lives of human expression and in other worlds in between, the soul gradually becomes more and more conscious of the higher realms, passing through initiations, which mark its progress towards conscious godhood.

The sincere seeker of spiritual awareness will find enlightenment. The individual must search inside for self-knowledge. Each person must make effort to find the truth and live virtuously in order to be true to oneself. God extends grace to those who aspire to find God.

The best education awakens the spiritual qualities within people.

Desire leads one out of oneself into the world, and the not having of what one desires causes pain and suffering. Other related emotions such as anger, jealousy, resentment, envy, greed, lust, fear, etc., cause troubles for oneself and other people. Freedom from desire liberates one from these limitations.

The person who is not attached to action or its results is not bound by them. By maintaining the neutrality and inner peace of the soul, one is able to love without attachment or possessiveness.

Self-control and self-mastery lead to spiritual realization as the higher self rules over the lower self. One must continually overcome the desires and instincts of the body. Everyone is tested by one's own weak spots. Judging and condemning others is foolish, for each person must learn to correct oneself. Learning how to direct the will for good brings the consciousness into harmony with the divine will. Attainment of self-mastery prepares one for greater abilities and powers, for one must be self-disciplined in order to use these wisely.

Meditation is the art of centering consciousness in the true self by quieting the mind. In self-realization, one discovers the Light of truth in the soul itself. By transcending the consciousness of objects, feelings, and thoughts, one may experience pure consciousness and the oneness of the soul with God.

Methods of actualizing one's own God essence include doing good works, increasing awareness, exercising one's faith by praying, and most important of all, loving the good, truth, beauty, the pure essence of God, and loving others as spiritual beings who are all ultimately one. By doing God's will, one exercises one's own divinity.

When a master soul connects one to the holy sound current, the voice of God within, then one can follow this audible life stream back into the heart of God and become totally God-realized.

In soul consciousness one is the Light of God in manifestation. The liberated soul lives in Heaven even while still on the Earth, and can travel in all the realms and be anywhere and know anything. In liberation one experiences being one with all things.

One of the great peculiarities of the subconscious mind is that the subconscious mind cannot tell the difference between imagination and reality. Therefore, what you imagine sitting in your white chair, loaded into the responsive subconscious, has the profound ability to actualize and manifest in the world of form. Those who control reality on this planet have blocked this phenomenal latent power within you from your awareness, while your access to this place has been barred by the four shadow archetypes. Now that you have become a traveler on the inner journey of **SUNPOP**, you have the great opportunity and newfound ability to bring your dreams to full fruition. You are the designer within the realms of Imagination; the subconscious sets the creative life force in motion to “make it so”.

Blessings to you on your journey. May it be a Sacred Adventure, blessing you beyond measure and heralding your entry into the ranks of planetary Superheroes, here to create positive and beautiful change on planet Earth, consciously.

We must never relax our efforts to arouse in the people of the world, and especially in their governments, an awareness of the unprecedented disaster which they are absolutely certain to bring on themselves unless there is a fundamental change in their attitudes toward one another as well as in their concept of the future.

.Einstein

DEAD FOR 90 MINUTES: RIVER OF LIFE REVIVES MAN

The fact that our true essence is not physical, but rather vibratory, and therefore capable of bending the traditional laws of life, death, and incurable disease, is revealed within the amazing story of Mellen-Thomas Benedict. After a long struggle with inoperable cancer, Benedict was documented as dead for at least 90 minutes before dramatically coming back to life after an out-of-body dip in the "River of Life."

The Light of God

I remember waking up one morning at home about 4:30 am, and I just knew that this was it. This was the day I was going to die. So I called a few friends and said goodbye. I woke up my hospice caretaker and told her. I had a private agreement with her that she would leave my dead body alone for six hours, since I had read that all kinds of interesting things happen when you die. I went back to sleep. The next thing I remember is the beginning of a typical near-death experience. Suddenly I was fully aware and I was standing up, but my body was in the bed. There was this darkness around me. Being out of my body was even more vivid than ordinary experience. It was so vivid that I could see every room in the house, I could see the top of the house, I could see around the house, I could see under the house.

There was this light shining. I turned toward the light. The light was very similar to what many other people have described in their near-death experiences. It was so magnificent. It is tangible; you can feel it. It is alluring; you want to go to it like you would want to go to your ideal mother's or father's arms.

As I began to move toward the light, I knew intuitively that if I went to the light, I would be dead.

So, as I was moving toward the light I said, "Please wait a minute, just hold on a second here. I want to think about this; I would like to talk to you before I go."

To my surprise, the entire experience halted at that point. You are indeed in control of your near-death experience. You are not on a roller coaster ride. So my request was honored and I had some conversations with the light. The light kept changing into different figures, like Jesus, Buddha, Krishna, mandalas, archetypal images, and signs.

I asked the light, "What is going on here? Please, light, clarify yourself for me. I really want to know the reality of the situation."

I cannot really say the exact words, because it was sort of telepathy. The light responded. The information transferred to me was that your beliefs shape the kind of feedback you are getting before the light. If you were a Buddhist or Catholic or Fundamentalist, you get a

feedback loop of your own stuff. You have a chance to look at it and examine it, but most people do not.

As the light revealed itself to me, I became aware that what I was really seeing was our Higher Self matrix. The only thing I can tell you is that it turned into a matrix, a mandala of human souls, and what I saw was that what we call our Higher Self in each of us is a matrix. It's also a conduit to the Source; each one of us comes directly, as a direct experience from the Source. We all have a Higher Self, or an over soul part of our being. It revealed itself to me in its truest energy form. The only way I can really describe it is that the being of the Higher Self is more like a conduit. It did not look like that, but it is a direct connection to the Source that each and every one of us has. We are directly connected to the Source.

So the light was showing me the Higher Self matrix. And it became very clear to me that all the Higher Selves are connected as one being, all humans are connected as one being, we are actually the same being, different aspects of the same being. It was not committed to one particular religion. So that is what was being fed back to me. And I saw this mandala of human souls. It was the most beautiful thing I have ever seen. I just went into it and, it was just overwhelming. It was like all the love you've ever wanted, and it was the kind of love that cures, heals, regenerates.

As I asked the light to keep explaining, I understood what the Higher Self matrix is. We have a grid around the planet where all the Higher Selves are connected. This is like a great company, a next subtle level of energy around us, the spirit level, you might say.

Then, after a couple of minutes, I asked for more clarification. I really wanted to know what the universe is about, and I was ready to go at that time.

I said, "I am ready, take me."

Then the light turned into the most beautiful thing that I have ever seen: a mandala of human souls on this planet.

Now I came to this with my negative view of what has happened on the planet. So as I asked the light to keep clarifying for me, I saw in this magnificent mandala how beautiful we all are in our essence, our core. We are the most beautiful creations. The human soul, the human matrix that we all make together is absolutely fantastic, elegant, exotic, everything. I just cannot say enough about how it changed my opinion of human beings in that instant.

I said, "Oh, God, I did not know how beautiful we are."

At any level, high or low, in whatever shape you are in, you are the most beautiful creation, you are.

I was astonished to find that there was no evil in any soul.

I said, "How can this be?"

The answer was that no soul was inherently evil. The terrible things that happened to people might make them do evil things, but their souls were not evil. What all people seek, what sustains them, is love, the light told me. What distorts people is a lack of love.

The revelations coming from the light seemed to go on and on, then I asked the light, "Does this mean that humankind will be saved?"

Then, like a trumpet blast with a shower of spiraling lights, the Great Light spoke, saying, "Remember this and never forget; you save, redeem, and heal yourself. You always have. You always will. You were created with the power to do so from before the beginning of the world."

In that instant I realized even more. I realized that WE HAVE ALREADY BEEN SAVED, and we saved ourselves because we were designed to self-correct like the rest of God's universe. This is what the second coming is about.

I thanked the light of God with all my heart. The best thing I could come up with was these simple words of total appreciation:

"Oh, dear God, dear Universe, dear Great Self, I love my life."

The light seemed to breathe me in even more deeply. It was as if the light was completely absorbing me. The love light is, to this day, indescribable. I entered into another realm, more profound than the last, and became aware of something more, much more. It was an enormous stream of light, vast and full, deep in the heart of life. I asked what this was.

The light responded, "This is the RIVER OF LIFE. Drink of this manna water to your heart's content."

So I did. I took one big drink and then another. To drink of life Itself! I was in ecstasy.

Then the light said, "You have a desire."

The light knew all about me, everything past, present, and future.

"Yes!" I whispered.

I asked to see the rest of the universe; beyond our solar system, beyond all human illusion. The light then told me that I could go with the Stream. I did, and was carried through the light at the end of the tunnel. I felt and heard a series of very soft sonic booms. What a rush!

Suddenly I seemed to be rocketing away from the planet on this stream of life. I saw the Earth fly away. The solar system, in all its splendor, whizzed by and disappeared. At faster than light speed, I flew through the center of the galaxy, absorbing more knowledge as I went. I learned that this galaxy, and all of the universe, is bursting with many different varieties of LIFE. I saw many worlds. The good news is that we are not alone in this universe!

As I rode this stream of consciousness through the center of the galaxy, the stream was expanding in awesome fractal waves of energy. The super clusters of galaxies, with all their ancient wisdom, flew by. At first I thought I was going somewhere; actually traveling. But then I realized that, as the stream was expanding, my own consciousness was also expanding to take in everything in the universe! All creation passed by me. It was an unimaginable wonder! I truly was a wonder child; a babe in Wonderland!

It seemed as if all the creations in the universe soared by me and vanished in a speck of light. Almost immediately, a second light appeared. It came from all sides, and was so different; a light made up of more than every frequency in the universe.

I felt and heard several velvety sonic booms again. My consciousness, or being, was expanding to interface with the entire holographic universe and more.

As I passed into the second light, the awareness came to me that I had just transcended the truth. Those are the best words I have for it, but I will try to explain. As I passed into the second light, I expanded beyond the first light. I found myself in a profound stillness, beyond all silence. I could see or perceive FOREVER, beyond infinity. I was in the void. I was in pre-creation, before the Big Bang. I had crossed over the beginning of time - the first word - the first vibration. I was in the eye of creation. I felt as if I was touching the face of God. It was not a religious feeling. Simply I was at one with absolute life and consciousness.

When I say that I could see or perceive forever, I mean that I could experience all of creation generating itself. It was without beginning and without end. That's a mind-expanding thought, isn't it? Scientists perceive the Big Bang as a single event which created the universe. I saw that the Big Bang is only one of an infinite number of Big Bangs creating universes endlessly and simultaneously. The only images that even come close in human terms would be those created by supercomputers using fractal geometry equations.

The ancients knew of this. They said Godhead periodically created new universes by breathing out, and de-creating other universes by breathing in. These epochs were called yugas. Modern science called this the Big Bang. I was in absolute, pure consciousness. I could see or perceive all the Big Bangs or yugas creating and de-creating themselves. Instantly I entered into them all simultaneously. I saw that each and every little piece of creation has the power to create. It is very difficult to try to explain this. I am still speechless about this.

It took me years after I returned to assimilate any words at all for the void experience. I can tell you this now; the void is less than nothing, yet more than everything that is! The void is absolute zero; chaos forming all possibilities. It is absolute consciousness; much more than even universal intelligence.

Where is the void? I know. The void is inside and outside everything. You, right now, even while you live, are always inside and outside the void simultaneously. You don't have to go anywhere or die to get there. The void is the vacuum or nothingness between all physical manifestations. The SPACE between atoms and their components. Modern science has begun to study this space between everything. They call it zero-point. Whenever they try to measure it, their instruments go off the scale, or to infinity, so to speak. They have no way, as of yet, to measure infinity accurately. There is more of the zero space in your own body and the universe than anything else!

What mystics call the void is not a void. It is so full of energy, a different kind of energy that has created everything that we are. Everything since the Big Bang is vibration, from the first word, which is the first vibration.

The Biblical "I am" really has a question mark after it.

"I am? What am I?"

So creation is God exploring God's Self through every way imaginable, in an ongoing, infinite exploration, through every one of us. Through every piece of hair on your head, through every leaf on every tree, through every atom, God is exploring God's Self, the great "I am." I began to see that everything that is, is the Self, literally, your Self, my Self. Everything is the great Self. That is why God knows even when a leaf falls. That is possible because wherever you are is the center of the universe. Wherever any atom is, that is the center of the universe. There is God in that, and God in the void.

As I was exploring the void and all the yugas or creations, I was completely out of time and space as we know it. In this expanded state, I discovered that creation is about absolute pure consciousness, or God, coming into the experience of life as we know it. The void itself is devoid of experience. It is pre-life, before the first vibration. Godhead is about more than life and death. Therefore there is even more than life and death to experience in the universe!

I was in the void and I was aware of everything that had ever been created. It was like I was looking out of God's eyes. I had become God. Suddenly I wasn't me anymore. The only thing I can say, I was looking out of God's eyes. And suddenly I knew why every atom was, and I could see everything.

The interesting point was that I went into the void, I came back with this understanding that God is not there. God is here. That's what it is all about. So this constant search of the human race to go out and find God ... God gave everything to us, everything is here - this is where it's at. And what we are into now is God's exploration of God through us. People

are so busy trying to become God that they ought to realize that we are already God and God is becoming us. That's what it is really about.

When I realized this, I was finished with the void, and wanted to return to this creation, or yuga. It just seemed like the natural thing to do.

Then I suddenly came back through the second light, or the Big Bang, hearing several more velvet booms. I rode the stream of consciousness back through all of creation, and what a ride it was! The super clusters of galaxies came through me with even more insights. I passed through the center of our galaxy, which is a black hole. Black holes are the great processors or recyclers of the universe. Do you know what is on the other side of a black hole? We are; our galaxy; which has been reprocessed from another universe.

In its total energy configuration, the galaxy looked like a fantastic city of lights. All energy this side of the Big Bang is light. Every sub-atom, atom, star, planet, even consciousness itself is made of light and has a frequency and/or particle. Light is living stuff. Everything is made of light, even stones. So everything is alive. Everything is made from the light of God; everything is very intelligent.

The Light of Love

As I rode the stream on and on, I could eventually see a huge light coming. I knew it was the first light; the Higher Self light matrix of our solar system. Then the entire solar system appeared in the light, accompanied by one of those velvet booms.

I saw that the solar system we live in is our larger, local body. This is our local body and we are much bigger than we imagine. I saw that the solar system is our body. I am a part of this, and the Earth is this great created being that we are, and we are the part of it that knows that it is. But we are only that part of it. We are not everything, but we are that part of it that knows that it is.

I could see all the energy that this solar system generates, and it is an incredible light show! I could hear the music of the spheres. Our solar system, as do all celestial bodies, generates a unique matrix of light, sound, and vibratory energies. Advanced civilizations from other star systems can spot life as we know it in the universe by the vibratory or energy matrix imprint. It is child's play. The Earth's wonder child (human beings) make an abundance of sound right now, like children playing in the backyard of the universe.

I rode the stream directly into the center of the light. I felt embraced by the light as it took me in with its breath again, followed by another soft sonic boom.

I was in this great light of love with the stream of life flowing through me. I have to say again, it is the most loving, non-judgmental light. It is the ideal parent for this wonder child.

"What now?" I wondered.

The light explained to me that there is no death; we are immortal beings. We have already been alive forever! I realized that we are part of a natural living system that recycles itself endlessly. I was never told that I had to come back. I just knew that I would. It was only natural, from what I had seen.

I don't know how long I was with the light, in human time. But there came a moment when I realized that all my questions had been answered and my return was near. When I say that all my questions were answered on the other side, I mean to say just that. All my questions have been answered. Every human has a different life and set of questions to explore. Some of our questions are universal, but each of us is exploring this thing we call life in our own unique way. So is every other form of life, from mountains, to every leaf on every tree.

And that is very important to the rest of us in this universe. Because it all contributes to the Big Picture, the fullness of life. We are literally God exploring God's Self in an infinite Dance of Life. Your uniqueness enhances all of life.

His Return to Earth

As I began my return to the life cycle, it never crossed my mind, nor was I told, that I would return to the same body. It just did not matter. I had complete trust in the light and the life process. As the stream merged with the great light, I asked never to forget the revelations and the feelings of what I had learned on the other side.

There was a, "Yes." It felt like a kiss to my soul.

Then I was taken back through the light into the vibratory realm again. The whole process reversed, with even more information being given to me. I came back home, and I was given lessons on the mechanics of reincarnation. I was given answers to all those little questions I had:

"How does this work? How does that work?" I knew that I would be reincarnated.

The Earth is a great processor of energy, and individual consciousness evolves out of that into each one of us. I thought of myself as a human for the first time, and I was happy to be that. From what I have seen, I would be happy to be an atom in this universe. An atom. So to be the human part of God ... this is the most fantastic blessing. It is a blessing beyond our wildest estimation of what blessing can be. For each and every one of us to be the human part of this experience is awesome, and magnificent. Each and every one of us, no matter where we are, screwed up or not, is a blessing to the planet, right where we are.

So I went through the reincarnation process expecting to be a baby somewhere. But I was given a lesson on how individual identity and consciousness evolve. So I reincarnated back into this body.

I was so surprised when I opened my eyes. I do not know why, because I understood it, but it was still such a surprise to be back in this body, back in my room with someone looking over me, crying her eyes out. It was my hospice caretaker. She had given up an hour and a half after finding me dead. She was sure I was dead; all the signs of death were there - I was getting stiff. We do not know how long I was dead, but we do know that it was an hour and a half since I was found. She honored my wish to have my newly dead body left alone for a few hours as much as she could. We had an amplified stethoscope and many ways of checking out the vital functions of the body to see what was happening. She can verify that I really was dead.

It was not a near-death experience. I experienced death itself for at least an hour and a half. She found me dead and checked the stethoscope, blood pressure, and heart rate monitor for an hour and a half. Then I awakened and saw the light outside. I tried to get up to go to it, but I fell out of the bed. She heard a loud "clunk," ran in and found me on the floor.

When I recovered, I was very surprised and yet very awed about what had happened to me. At first all the memory of the trip that I have now was not there. I kept slipping out of this world and kept asking, "Am I alive?" This world seemed more like a dream than that one.

Within three days, I was feeling normal again, clearer, yet different than I had ever felt in my life. My memory of the journey came back later. I could see nothing wrong with any human being I had ever seen. Before that I was really judgmental. I thought a lot of people were really screwed up, in fact I thought that everybody was screwed up but me. But I got clear on all that.

About three months later a friend said I should get tested, so I went and got the scans and so forth. I really felt good, so I was afraid of getting bad news.

I remember the doctor at the clinic looking at the before and after scans, saying, "Well, there is nothing here now."

I said, "Really, it must be a miracle?"

He said, "No, these things happen, they are called spontaneous remission."

He acted very unimpressed. But here was a miracle, and I was impressed, even if no one else was.

The Lessons He Learned

The mystery of life has very little to do with intelligence. The universe is not an intellectual process at all. The intellect is helpful; it is brilliant, but right now that is all we process with, instead of our hearts, and the wiser part of ourselves.

The center of the Earth is this great transmuter of energy, just as you see in pictures of our Earth's magnetic field. That's our cycle, pulling reincarnated souls back in and through it

again. A sign that you are reaching human level is that you are beginning to evolve an individual consciousness. The animals have a group soul, and they reincarnate in group souls. A deer is pretty much going to be a deer forever. But just being born a human, whether deformed or genius, shows that you are on the path to developing an individual consciousness. That is in itself part of the group consciousness called humanity.

I saw that races are personality clusters. Nations like France, Germany, and China each have their own personality. Cities have personalities, their local group souls that attract certain people. Families have group souls. Individual identity is evolving like branches of a fractal; the group soul explores in our individuality. The different questions that each of us has are very, very important. This is how Godhead is exploring God's Self - through you. So ask your questions, do your searching. You will find your Self and you will find God in that Self, because it is only the Self.

More than that, I began to see that each one of us humans are soul mates. We are part of the same soul fractaling out in many creative directions, but still the same. Now I look at every human being that I ever see, and I see a soul mate, my soul mate, the one I have always been looking for. Beyond that, the greatest soul mate that you will ever have is yourself. We are each both male and female. We experience this in the womb and we experience this in reincarnation states. If you are looking for that ultimate soul mate outside of yourself, you may never find it; it is not there. Just as God is not "there." God is here. Don't look "out there" for God. Look here for God. Look through your Self. Start having the greatest love affair you ever had ... with your Self. You will love everything out of that.

I had a descent into what you might call hell, and it was very surprising. I did not see Satan or evil. My descent into hell was a descent into each person's customized human misery, ignorance, and darkness of not knowing. It seemed like a miserable eternity. But each of the millions of souls around me had a little star of light always available. But no one seemed to pay attention to it. They were so consumed with their own grief, trauma, and misery. But, after what seemed an eternity, I started calling out to that light, like a child calling to a parent for help. Then the light opened up and formed a tunnel that came right to me and insulated me from all that fear and pain. That is what hell really is.

So what we are doing is learning to hold hands, to come together. The doors of hell are open now. We are going to link up, hold hands, and walk out of hell together.

The light came to me and turned into a huge golden angel. I said, "Are you the angel of death?"

It expressed to me that it was my over soul, my Higher Self matrix, a super-ancient part of ourselves. Then I was taken to the light.

Soon our science will quantify spirit. Isn't that going to be wonderful? We are coming up with devices now that are sensitive to subtle energy or spirit energy. Physicists use these atomic colliders to smash atoms to see what they are made of. They have got it down to

quarks and charm, and all that. Well, one day they are going to come down to the little thing that holds it all together, and they are going to have to call that ... God. With atomic colliders they are not only seeing what is in here, but they are creating particles. Thank God most of them are short-lived milliseconds and nanoseconds. We are just beginning to understand that we are creating too, as we go along.

As I saw forever, I came to a realm in which there is a point where we pass all knowledge and begin creating the next fractal, the next level. We have that power to create as we explore. And that is God expanding itself through us.

Since my return I have experienced the light spontaneously, and I have learned how to get to that space almost any time in my meditation. Each one of you can do this. You do not have to die to do this. It is within your equipment; you are wired for it already.

The body is the most magnificent light being there is. The body is a universe of incredible light. Spirit is not pushing us to dissolve this body. That is not what is happening. Stop trying to become God; God is becoming you. Here.

The mind is like a child running around the universe, demanding this and thinking it created the world. But I ask the mind:

"What did your mother have to do with this?"

That is the next level of spiritual awareness. Oh! My mother! All of a sudden you give up the ego, because you are not the only soul in the universe.

One of my questions to the light was, "What is heaven?"

I was given a tour of all the heavens that have been created: the Nirvanas, the Happy Hunting Grounds, all of them. I went through them. These are thought form creations that we have created. We don't really go to heaven; we are reprocessed. But whatever we created, we leave a part of ourselves there. It is real, but it is not all of the soul.

I saw the Christian heaven. We expect it to be a beautiful place, and you stand in front of the throne, worshipping forever. I tried it. It is boring! This is all we are going to do? It is childlike. I do not mean to offend anyone. Some heavens are very interesting, and some are very boring. I found the ancient ones to be more interesting, like the Native American ones, the Happy Hunting Grounds. The Egyptians have fantastic ones. It goes on and on. There are so many of them. In each of them there is a fractal that is your particular interpretation, unless you are part of the group soul that believes in only the God of a particular religion. Then you are very close, in the same ballpark together. But even then, each is a little bit different. That is a part of yourself that you leave there. Death is about life, not about heaven.

I asked God, "What is the best religion on the planet? Which one is right?"

And Godhead said, with great love, "I don't care."

That was incredible grace. What that meant was that we are the caring beings here.

The Ultimate Godhead of all the stars tells us, "It does not matter what religion you are."

They come and they go, they change. Buddhism has not been here forever, Catholicism has not been here forever, and they are all about to become more enlightened. More light is coming into all systems now. There is going to be a reformation in spirituality that is going to be just as dramatic as the Protestant Reformation. There will be lots of people fighting about it, one religion against the next, believing that only they are right.

Everyone thinks they own God, the religions and philosophies, especially the religions, because they form big organizations around their philosophy. When Godhead said, "I don't care," I immediately understood that it is for us to care about. It is important, because we are the caring beings. It matters to us and that is where it is important. What you have is the energy equation in spirituality. Ultimate Godhead does not care if you are Protestant, Buddhist, or whatever. It is all a blooming facet of the whole. I wish that all religions would realize it and let each other be. It is not the end of each religion, but we are talking about the same God. Live and let live. Each has a different view. And it all adds up to the Big Picture; it is all-important.

I went over to the other side with a lot of fears about toxic waste, nuclear missiles, the population explosion, the rainforest. I came back loving every single problem. I love nuclear waste. I love the mushroom cloud; this is the holiest mandala that we have manifested to date, as an archetype. It, more than any religion or philosophy on earth, brought us together all of a sudden, to a new level of consciousness. Knowing that maybe we can blow up the planet fifty times, or 500 times, we finally realize that maybe we are all here together now. For a period they had to keep setting off more bombs to get it in to us. Then we started saying, "We do not need this any more."

Now we are actually in a safer world than we have ever been in, and it is going to get safer. So I came back loving toxic waste, because it brought us together. These things are so big. As Peter Russell might say, these problems are now "soul size." Do we have soul size answers? YES!

The clearing of the rain forest will slow down, and in fifty years there will be more trees on the planet than in a long time. If you are into ecology, go for it; you are that part of the system that is becoming aware. Go for it with all your might, but do not be depressed. It is part of a larger thing.

Earth is in the process of domesticating itself. It is never again going to be as wild a place as it once was. There will be great wild places, reserves where nature thrives. Gardening and reserves will be the thing in the future. Population increase is getting very close to the optimal range of energy to cause a shift in consciousness. That shift in consciousness will change politics, money, energy.

What happens when we dream? We are multi-dimensional beings. We can access that through lucid dreaming. In fact, this universe is God's dream. One of the things that I saw is that we humans are a speck on a planet that is a speck in a galaxy that is a speck. Those are giant systems out there, and we are in sort of an average system. But human beings are already legendary throughout the cosmos of consciousness. The little bitty human being of Earth/Gaia is legendary. One of the things that we are legendary for is dreaming. We are legendary dreamers. In fact, the whole cosmos has been looking for the meaning of life, the meaning of it all. And it was the little dreamer who came up with the best answer ever. We dreamed it up. So dreams are important.

After dying and coming back, I really respect life and death. In our DNA experiments we may have opened the door to a great secret. Soon we will be able to live as long as we want to live in this body. After living 150 years or so, there will be an intuitive soul sense that you will want to change channels. Living forever in one body is not as creative as reincarnation, as transferring energy in this fantastic vortex of energy that we are in. We are actually going to see the wisdom of life and death, and enjoy it.

As it is now, we have already been alive forever. This body that you are in, has been alive forever. It comes from an unending stream of life, going back to the Big Bang and beyond. This body gives life to the next life, in dense and subtle energy. This body has been alive forever already.

To read the full story, click on this link:

<http://www.near-death.com/experiences/reincarnation04.html>

www.near-death.com/nothing_better_than_death

