

"LIFE IS HELL AND THEN YOU DIE

OR

"WOULD YOU RUN THAT BY ME ONE MORE TIME?"

Reassurance for all who fear death.

By

David and Yvonne Brittain

“LIFE IS HELL! AND THEN YOU DIE”

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(Reassurance for all who fear death)

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ASCENSION SUPPORT TEAM

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THE ASCENSION PROCESS SELF-TEACHING TOOLS SERIES

AUTHOR'S COMMENTARY.

During the medieval “Dark-Ages” the intelligence of man was clouded by fear of the unknown. The fear was based in ignorance of the true nature of the unknown. Fear is both, illogical and contagious, and flourished (as it always does) in the absence of the individual's independent clear thinking. For example, even the uneducated farm labourer of those times would have known that to reach a certain, distant field might require him to plod across the flat and level fields that stretch to the horizon. He would also know from personal experience that as he walked towards the horizon, more flat fields would come into his view whilst the horizon continued to remain in the distance. He would also know the difference between flat, level fields and hills.

Around the same time the current expert's current theory authoritatively insisted that the world is flat. Also that any ship that ventured to the horizon risked falling over the edge of the world. Unlike the plodding farm labourer, the expert that produced this theory probably had never been required to plod towards more flat fields over the distant horizon. Our interest is in the labourer rather than the expert. The labourer's common sense and experience might have made him doubt the expert's theory, but simply because he had never seen the sea, he would bow to the greater knowledge of the expert. The world is flat; everyone we know believes it is flat, why? Because the experts tell us it is flat. Today everyone knows that the world is round and they know why we don't fall off of the world. Widely held knowledge has replaced widely held contagious fear. But fear of the unknown is still with us today.

The medieval farm labourer and his mates were never likely to go to sea. Probably, for that reason they all regarded edge-of-the-flat-world dangers as highly irrelevant to their rural lives. But even if the subject were raised, each would quote the experts, instead of quoting from their own personal experience. Also no doubt the local Baron made quite sure that his serfs had very little spare time or energy left to conjecture about anything.

Even in these modern times the situation is unchanged. Our society is designed to drain your money and energy as fast as you can earn or produce them, regardless of your level in modern society. Nothing is relevant except to survive in the ongoing rat race. But this fulltime frenzy of work and pointless competitive diversion conceals many fears of the unknown.

It has been suggested that you are always welcome in the crowd scene until you have personal problems. Then suddenly you are on your own because the crowd can only quote the experts. One of the greatest hidden fears that many people have is fear of that great unknown, *Death*. Everyone understands illness and pain, but few can bear to think deeply about death, and also what comes after death. I can only quote from my own experience of the experts. After the deaths of loved ones, each time I was left with the feeling that the experts were reluctant and embarrassed by their medieval answers to my searching questions. So maybe seekers will find it helpful in their teaching roles if together we gently explore various aspects of a bogeyman named...

Death.

PART ONE

THE REALITY BEHIND JOY AND GRIEF.

Most people would agree that the human race is the oddest life form on the planet. All of us muddle through each day as best we may. Our past quickly grows hazy and our future is unforeseeable and uncertain. Because of that haziness, mostly we seldom learn from our mistakes. Because of that uncertainty we may regard the future nervously as something beyond our personal control. These vague but persistent feelings of helplessness about the past and the future profoundly affect us in our moment of actual control, a moment we all think of as “Now”.

Because of those profound effects on our “Now”, most of us are left ill prepared to handle events that are dumped into our laps by that future. This is the reason why the arrival of unexpected joy-filled and grief-filled events upset the equilibrium of our emotions. The birth of a person into our family fills us with joy. The death of that same person, maybe many years later, fills us with grief. Why are we so ill prepared? The answer is our lack of knowledge. A loved one may decide to emigrate to the other side of the world. Maybe your circumstances will prevent you from ever seeing that loved one again. After that loved one has departed you will miss him or her terribly and will somehow have to cope with his or her absence, but you won't feel grief.

The loved one emigrates and you feel a sense of loss. The loved one dies and you feel a sense of loss, and also an overwhelming sense of grief, a feeling of actual pain. This is where lack of knowledge enters the scene. With the former you know where the loved one has gone, with the latter you are unsure. What makes your situation worse is that those around you are unsure as well. They long to relieve the pain of your grief but they are tongue-tied because they don't know what to say. All of us at some time have faced this predicament. It may be helpful to realise that all concerned are experiencing the same feeling but have given that feeling different names.

Now let us explore that last sentence. When the loved one of a person you are fond of dies it hurts you because you feel compassion for that person, even though you may not have known the loved one that has died. This isn't a conscious or voluntary feeling; it just pours through you to that person. A similar powerful feeling passes through you when on television you see the sufferings of starving refugees or of the victims of catastrophes. You may switch programmes because the feeling makes you mistakenly feel so helpless, but in fact what has poured through you to those that need it is a very real energy called Compassion. As the virtue of Compassion passes through you it hurts because it is awakening an identical virtue that lies dormant within you.

When it is you that have lost a loved one the grief you feel is Compassion flowing TO YOU because YOU need it. The pain you feel and call grief is the dormant compassion in you awakening. To hug the pain of grief to yourself seems to be the most natural thing to do, but if you can accept our explanation you may also accept that relief from the pain of grief requires that you do the very opposite. This means that instead of clinging to that personal grief you **consciously** expand your thoughts to include everyone in the world now suffering a similar grief. Simply by **consciously** doing this you relay the energy of compassion to where it is needed by fellow human beings. Although they may be complete strangers to you, in the process the pain of grief is swiftly relieved and only leaves the sense of loss to be gradually coped with.

PART TWO

A DEEPER UNDERSTANDING OF YOU.

You may feel that part one was easy for us to write but is more difficult for you to do, especially if you lack accurate knowledge of where and why your loved one has gone. Once again we hit the lack of knowledge barrier. In part one we offered you a method of understanding and coping with grief, your grief or the grief of others. From our own experience we know the method worked for us. Now we look at your sense of loss that also alone you have to cope with.

Those around you will gladly help and advise you about the practical issues involved that must be dealt with as you face your future. Unfortunately they cannot relieve your sense of loss, only you can do that, but how? Once again you will find it helpful to expand your thoughts, only this time to encompass your entire life up to now.

If the lost loved one was your husband or your wife your life will include a period of time before you met and married the one you have lost. Concentrate your thoughts for a while on that period. You will recall the time when your sense of independent completeness did not rely on the existence of a partner. You could think of that period as chapter one. This would make the period of time with your partner chapter two. Now you face chapter three with the assurance of the recalled knowledge that as alone you coped with chapter one you also will be able to cope alone with chapter three.

Though it may seem to be, this isn't playing with words because the experiences gained in your chapter one prepared you for what you would experience in chapter two. In chapter one you experienced independent completeness. In chapter two you experienced the vulnerability of opening your heart enough to entrust your sensitive, innermost feelings to another person. Now you face chapter three knowing from your own experience that both, completeness and sharing yourself are learnt parts of your being. We have explained this because a great part of the sense of loss for a widow or widower is the recurring thought, "How will I cope without him / her?" A feeling of helplessness as if your only source of strength has forever gone.

So now you must recall what you gave to as well as what you received from that partnership. This will enable you to look at yourself in a different light. By giving thought to this aspect of your past you will realise not just your partner but also you were a source of strength during the partnership, otherwise the partnership couldn't have worked. Separate sources of strength that for a time blended as one. This means that, despite your present reluctance to face those fears and self-doubts, in your heart you know that your own source of inner strength will never fail you in the future.

Often at the time of your loss those around you will include well-meaning ministers or teachers of established religions. Previous to your loss the busyness of your life may have made irrelevant any thoughts as to the real and intended purpose of your existence. Deeply hurt by your loss, the traditional explanations and assurances that are offered by those well-meaning priests will often fail to relieve your pain and satisfy your intellect. For many people who think for themselves, to have faith is not quite enough; they also want to know, **why?** They want logical reasons to explain the apparent unfairness of life. Just like we the authors, priestly utterances such as, "There are things in Heaven and Earth we are not meant to know", may no longer satisfy you. Just like so many others before us, we the authors sought and found that knowledge and offer it to all that can accept it.

We are here to help so it is up to you and the flexibility of your mind. All of us are on a journey from the moment we are born until the moment our physical body can no longer serve us. For each of us the journey began long before we were born into physical existence and will continue long after we leave physical existence.

In this sense life for us in the physical represents only tiny parts of that journey. During those tiny parts our separate paths meet, entwine to learn from each other for a while, and then part again to continue alone. There is a definite reason and purpose for those meetings and those partings.

The reason is that all of us are here to learn, to evolve as totally **independent individuals**, and to develop our knowledge and understanding of **why** we exist. The purpose is to one day, meet our Creator, not on our knees but as a friend and an equal. This is the hard lesson that those partings teach us, hence our own need for compassion.

PART THREE

TO MEET OUR CREATOR AS A FRIEND AND EQUAL.

Our title for part three suggests that up to now as individuals we all have allowed ourselves to be greatly devalued by others. Our title also suggests that, our Creator is far less than we believe, or, more likely, that individually we all are far more than we have allowed ourselves to believe.

The teachers of established religions in the west insist that we are and always will be “The dependent children of God”. The teachers of ancient religions of the east insist that individually we be rather like the tentacles of a sea anemone in that we are simply extensions of God. They go on to tell us that our unique individuality is an illusion we must pierce, and that one day, like the anemone’s tentacles, all of we illusionary Me’s will retract into God to become one central ME. The authors admit this is a gross simplification of what is taught in the east and the west. The point we are making is that both versions insist we are and always will be dependent on our Creator for our continued existence.

Their insistence is based in the non-provable assumption that the Creator is all that exists. After awarding the status of fact to unproved assumption, teachers of established religions of east and west then had to fit the undeniable existence of the human race into their scenario. Since their scenario is limited by “God is all there is” obviously human beings, individually and as a race, had to be relegated to an eternally junior role by the west, and to a temporary and illusionary role by the east.

Let us suppose that east and west have each got part of the truth. Then the calcification of imposed unquestioning respect for centuries old tradition expanded each of those parts to become regarded as the entire truth. Both are locked into the same non-provable assumption, and each has built a different scenario that will fit with that assumption. Each authoritatively insists that they alone are right and all others are wrong. All over the planet we lay people either meekly submit to their authoritative tone, or we duck out of the whole issue, and instead watch sport on Tele.

An added complication for lay people is contributed by the world of science, which, with a similar authoritative tone, insists that Creation was blind and mechanical, and that life occurred in our universe by random chance. Recently a few scientists admitted rather sheepishly that the more they delve into the secrets of nature the more they witness intelligent pre-planning at work. From all of this you will gather that anyone, priest, scientist or lay person, is free to make their own non-provable assumptions, and to then build scenarios to fit.

To meet our Creator as a friend and an equal, think of the connotations of that phrase. Since we’ve all agreed that the “non-provable Assumption Game” is open to all, let’s make some assumptions. Regardless of whether you believe in a Creator or not, let us assume a Creator does exist and that the Creator’s reason for existing is to create. A fair question to ask is, “To create what?” What would be a challenge to a Creator mind with unlimited control over unlimited energies? To such a mind, to create a physical universe would be child’s play.

Nowadays even school children know that physical matter is really energy compelled to spin in tiny space-enclosing orbits that build up to atoms. The thought may be uncomfortable to contemplate but it applies whether those whirling atoms are used to form galaxies of stars and planets, or to form the bodies of ants, or of humans.

Some sort of control creates atoms and space out of energies. If we ask the scientists they can prove the control exists, but they go all woolly and vague when we ask what does the controlling and also when we ask “why?”

At this point we freely make another assumption, that our Creator’s mind does the controlling that creates atoms. Now we have another painful, mind stretching thought. No matter what our unaided physical senses tell us about physical matter, there is no physical matter. The whole physical universe and everything it contains is simply a structure of energies that are compelled to act in a certain way. To find out why we must return to our original question. What would be a challenge to a Creator mind?

The clues are all around us. Today we hear of genetic engineers that have been described as “Playing God with the fabric of life”. In an over-populated world we have scientists blithely forecasting the advent of cloned human beings. This permits us lay people to assume that our Creator’s greatest challenge is to create unique Creators. We shall look at this idea in part four.

PART FOUR

HOW MANY CREATORS DOES THIS CREATION NEED?

We ended part three with the assumption that our Creator's greatest challenge is to create unique Creators. We mean unique creators that are in their own individual ways equal to their Creator. Our title asks the question that any intelligent person might ask.

What is our Creator's purpose for these equal and unique creators after they have been created? Once created these creators must have a creative role identical to our Creator's, but how many captains does one ship need? Only one or else confusion reigns if, as established religions have chosen to assume, "God is all there is"

Earlier in this exploration we suggested the "Non-provable Assumption Game" is open to all, including people who prefer to think things out for themselves. This leaves us free to assume that our Creator isn't all there is. By making this assumption our exploration can comfortably embrace the parts of the truth offered by eastern and western religions, this whilst we remain free to create our own scenario. The point of creating our own scenario is to discover our true role and how to achieve it with the least delay.

It is pointless to continue with our ruthless competition to be top of the heap if our true roles are to be individual creators we need knowledge not competition. Now we make our next assumption that each member of the human race uniquely represents the challenge our Creator accepted. Whether we realise it or not, we are the next generation of Creators. Each of us eventually will create our own Creation with the same purpose in mind as our Creator. At least this assumption contains a specific and vital role and purpose for each individual human, even though it may be unacceptable by eastern and western religions.

Let us clear up this point about whether or not our Creator is all there is. During the confused melee of daily life this may seem an obscure, irrelevant point until we recall that the sincere beliefs of countless people are locked into these scenarios. The scenarios were created from non-provable assumptions made by other people. If God is all there is this means that each of us is part of God and we are locked inside God's Creation; there is nowhere else to go. This applies with both eastern and western scenarios. If we assume God isn't all there is, then our scenario comfortably accepts that we are part of God, are dependent on God, and will remain that way until we each evolve to become God's equal. Then we will be free to leave God's Creation. Let's put these scenarios into familiar terms.

When you have a family of children you provide for their every need including the need to feel loved. You teach them all you can as patiently as you can because they learn at their speed not yours. You enjoy their childhood, allow them to make mistakes and guide them to learn from those mistakes. Then you enjoy their school years, the approach of their teens and the need of some freedom and independence that their widening interests require. The years quickly pass and before you know it you have a family of adults ready to go their own ways. Always they will love you, but if you are wise you will allow the relationship to subtly alter so that you regard them as friends and equals, who are no longer children dependent upon you for anything.

That is our scenario. With similar familiar terms we can compare the western scenario to a family of children who always will be dependent on their parents, and will never grow to adulthood.

Were we parents of such children, reluctantly we would regard them as retarded. With the eastern scenario God doesn't really have a parental role because the children are only imagined.

For our non-provable assumption and the scenario we have created from it to make sense our Creator has to be part of a process that creates Creators. This idea enlarges the whole picture and will only be acceptable when each of us ceases to place low limits on our value as individuals. Then we will realise and truly believe we are priceless Creators in the making. That is our destiny and why we have to strive to become independent adults who have outgrown the need for parents. In part five in the limited space available we will explore the process

PART FIVE

A PROCESS THAT CREATES CREATORS.

If we asked a mighty oak tree why year after year it produces acorns it would probably reply, “I have to produce acorns because that’s the only way I can produce more oak trees” If we asked the developing acorns why they exist we would probably receive many confused replies. When an acorn was fully developed with the potential to germinate to become an oak tree the parent oak tree would release it. Until that stage of development was reached each acorn, regardless of the other acorns, would remain part of, and dependent for everything upon the parent oak tree. Now we will take our analogy a little further.

When the individual timing is right each of the acorns will leave the tree, and will take with them a pattern to use to create their own versions of an oak tree. But this won’t be enough because always the acorns have been dependent on the parent oak tree for their continued existence. Somehow the individual acorn has to survive until it finds soil in which to germinate after it leaves its parent oak tree. To solve this problem the oak tree also gives a tiny part of itself to each individual acorn to use as an independent store of nourishment after it leaves its parent.

In our oak tree analogy you will notice that the acorns are not illusionary, nor are they drawn back in to their parent tree, nor do they remain as acorns eternally dependent on their parent tree. Most established religions, and even some teachers of New Age Thought, indulge in deep conversation-stoppers such as, “Below is a reflection of above”. If below really does reflect above, what does the oak tree, in our analogy reflect? It goes without saying that the oak tree represents our Creator and we of mankind are the confused, developing acorns. Later in this series we will explore the gift we each take with us from our Creator when we leave our Creator. Here we will remind you that this is our scenario, based on a non-provable assumption that anyone is free to make if they so choose. The assumption states without apology that more than our Creator exists.

We are taught that our Creator is Omnipotent, Omniscient, and Omnipresent. In simple English this means our Creator is all-powerful, knows everything, and is everywhere at the same time. In the same uncompromising tone we are taught that God is eternal which means no beginning and no end. In the past many heretics have been burnt at the stake simply for asking the then current tone-users, “From where did God get this power, wisdom, and knowledge?” Today flames have been replaced by ridicule and by publicly ignoring the questioner. But regardless of that, we must explore this obvious contradiction in terms, because everything **we know we have to learn, and we humans also must reflect what is above.**

If we think of our Creator as part of a process that creates Creators then we are faithfully reflecting our Creator’s experience. Each of us is going through exactly the same process as our Creator has already been through. It means that there is a perfection level that is populated only by Creators such as ours, each of who had to strive to attain that perfection level. Just like the acorns that grew to become mighty oak trees, each Creator had to start from the bottom and painfully climb to that perfection level. Each Creator started as a dependent part of an existing Creator’s Creation just the same as we have.

To accept our scenario you will have to drastically re-evaluate your own worth. It doesn’t matter whether currently you are the servant or the master, the aggressor or the victim, the exploiter or the exploited. Whatever your role in this life, step back from it and look at it again in the full light of real knowledge.

With that knowledge you will be determined to dump any aspect of your life that diverts you from your true goal. All of us have secret and hidden fears and doubts, including for many people, the fear of death.

So consciously and in full awareness dump them. Tell yourself that despite fear and doubt your aim is that goal now you know it exists for you.

Of course this is easy to say, but how does it help you to cope with your grief and your sense of loss? Whatever may be the ultimate purpose, you need to know where your beloved has gone, and what he or she had to face alone.

As you read the second half of this book you will gain an insight into the true mechanics of birth and death, and where they fit into our scenario. The insight will reveal to you what your beloved faced, what you one day will face, what each of us will face, when our time arrives. Then you will realise that there is no death, there is only a transition that feels as natural as does physical existence.

PART SIX

WHAT IS THIS LIFE SO FULL OF CARE, WE HAVE NO TIME, TO STAND

AND TO STARE --- *AND THEN WE DIE?*

Often, amid a dripping forest of rain-drenched, shiny umbrellas, the priest, in sonorous tones, informs the mourners that we are born with nothing and we die with nothing. Alternatively, amid gales of laughter at stating the seemingly obvious, a jolly wag will remind us that we can't take it with us when we "Snuff it"

In actual fact both, the priest and the jolly wag have got it wrong. Of course you can't take material things with you. What would you do with them even if you could? Contrary to what many people believe, the important, lasting things in our lives are not material, and so we do take them with us. But before we look at these non-physical possessions let's look at death (as most people are taught to regard it). Then in part seven onwards we will look at death in the context of evolving life force and reincarnation.

The sketchy knowledge many people have about 'after-death' is further confused and distorted by their ignorance about 'before-birth'. The teachers of established Christianity teach their many followers that one newly born baby equates with one brand-new innocent soul. When this baby grows to adulthood its enquiring mind may have difficulty in accepting these Christian teachings; for example, that we are all born with brand-new souls, to live one physical life each, and then to die. At some stage after our death our Creator will judge each of us. Gratefully, what is supposed to happen next to unforgiven sinners, becomes less menacing, and instead, more vague as each century passes by.

To accept these teachings, one of the difficulties to be faced by the enquiring mind is the question of; on what basis will our Creator judge us? This is a fair question when we observe that many people appear to have life loaded against them from start to finish. Conversely, for other people life appears to be "A bed of roses" from start to finish. An alternative view of the same teachings suggests that none of us were given any choice about being born in the first place.

How could our Creator judge with equal fairness, the sins of a nuclear physicist, and the sins of a pre-historic Homo-Sapiens Caveman? Again this is not a trivial question, because according to those teachings, every soul ever created will be waiting to be judged. Another question an enquirer might ask is where is this mixture of countless souls that have lived their one physical life apiece and then died? What are they doing now? No doubt the sincere teachers of Christianity have answers to these questions, interspersed with traditional demands, that their followers have unquestioning faith.

Our concern is not for how teachers or followers choose to use their freewill. Our concern is for the negative effect on the outlook of the individual. If a respected teacher has encouraged a follower to choose faith instead of knowledge, then for the follower, ignorance equates with loyalty to the teachings. But for the individual, ignorance also equates with fear of the unknown.

Only logical knowledge can transform the unknown into the known. This applies both, to followers and to non-followers of religions. So let us now try to replace with knowledge, the fear of death, and of the unknown, that needlessly blights the lives of so many people.

To understand death and thus to lose the fear of death, we must first understand the purpose of life. This is made more difficult when we are only able to regard life from our limited, individual points of view. When we are prepared to burst through those limits we will then replace our fears with the self-confidence gained from true knowledge.

In our articles and books we have offered our readers an alternative scenario to those offered by eastern and western religions. To build that scenario we have included our belief that our Creator is part of an ongoing process that creates “Creators”. Readily we have admitted that we don’t yet comprehend how the process started. As part of a process our Creator’s role would be to ensure the continuity of the process. For this reason our scenario is built around what we believe is our Creator’s viewpoint instead of the limited viewpoint of we, the creations of our Creator.

Just like any process here on Earth, if the intended result is to be achieved, once started the process must run its course without interference. Logically this means that our Creator would simply start, monitor and supply the energy needs of the process. It also means that the intended products of the process are more Creators who will continue the process. We realise that this talk of process seems unfeeling, and a far cry from the various traditional, blurred, unthinking pictures we are offered of our relationship to our Creator.

It only seems that way until we use thought instead of emotion without thought. For example, when would-be parents long to have a child to love and cherish, they deliberately start a process with an intended result. Carefully they monitor the process and supply all energy needs. But to the parents, a vital part of the process is also to ensure that the child feels fully included in the love the parents have for each other.

This has to apply to each child equally, no matter how large the family grows. At first the child must be protected and guided, but as it grows older the parents allow the child to exercise its intelligence and freewill. The child will make mistakes and hopefully will learn from those mistakes. At that stage the parents know it is wise not to interfere with the learning process. Instead the parents set an example of harmonious living that the child will eventually learn is the best and only way to live.

Once again, the learning speed is different for every child. The more children in the family, the longer it will take for the entire family to learn the lesson of harmony and balance. It will take longer because the faster learners will have to develop patience and understanding for the disharmony caused by the thoughtless and selfish actions of the slower learners. At no stage will the parents think of their children as a crowd, even though at first the children might think of each other in that way.

The parents will always regard each child (slow or fast learner) as a unique, incomparable, very special individual in his or her own right. This parental love and respect for each child continues as each child evolves towards and achieves adulthood and equality with the parents. The mutual exchange of love and respect continues long after the child has achieved adult, non-dependence on the parents. Then it is the individual members of the now adult family that individually choose to continue the process. In our example, the parents represent the perfectly blended she and he of our Creator’s mind. Obviously each unique, incomparable, family member represents each member of a family called mankind. Each human being is destined to grow from childhood dependence to adult independence. This is the ongoing, warm, loving process that creates Creators out of people like you and me. Whilst our self-doubts and fear-filled minds need our Creator as a parental figure, we will always be part of our Creator.

When we individually conquer our fears and self-doubts, our courage will allow us to fully comprehend our true and glorious adult destiny. But nowhere, in the process we have described, is there room for death. This can only mean that mankind has misunderstood the true meaning of death. So now let's find out why.

One of the reasons is that, most of us get fixed ideas and fixed images of self and of those around us, as in this example at our place of work. For years our fixed image of old Joe, the maintenance man, has been that of an oil stained, blue boiler suit, a pair of greasy rubber boots, and a scruffy old cap and scarf that covers but cannot conceal Joe's silver hair and his wry, fatalistic grin. For years we all shared this image of Joe, until one day when Joe invited us all to his daughter's wedding. Then, as we all turned in our pews to watch the entrance of the bride, we all received a similar mental shock. Why were we shocked? Because suddenly we all realised that the elegantly dressed, distinguished stranger, proudly leading the bride, was our old Joe!

In exactly the same way, we receive a sudden mental shock when a loved one dies. Our fixed image of the loved one includes the loved one's animated with life physical body no matter how old or worn out with illness it may be. The mental shock stems from the sharp reminder that our eyes only ever saw the visible part of our now departed beloved. Our sense of loss is a different matter altogether.

Our fixed image of our beloved was so familiar we never even thought about it. The shattered image then compels us to think of our beloved in an unfamiliar and pain-filled way. It is pain-filled because now, just when we need accurate knowledge to reassure us as to the whereabouts of our beloved, whom can we ask? In the same way we take our own physical existence for granted, and so we never think beyond our physical existence. Often the reason why we avoid thinking about these questions is because we don't know what to think or what to believe. This is when fear of death enters the scene. So now we must look at what many fearfully think of as death, from our Creator's wider (parental) point of view.

PART SEVEN

A WIDER VIEWPOINT

In our ‘process of Creators’ scenario our Creator evolved from childhood to adulthood, and is now the parent of children. From our Creator’s viewpoint, all of those children are fully expected to evolve and grow in intelligence to our Creator’s idea of adulthood. Not just the brightest children, all are special and unique, and each will learn in his or her, own timing. Now let’s look at the children’s progress so far.

In a busy household the nursery is like a different world, a world in which to feel safe and secure. Just like earlier, in the womb, in the nursery all needs are supplied without needing the conscious thought of the infants, because mother does the thinking. In that sense mother is part of the process that creates Creators. The womb and nursery represents both, the physical universe, and the astral vortex of reducing power-levels of incoming energy that creates our universe. The beloved infants represent every trace of life force that has yet to evolve to the, “Conscious, aware, me, intelligence level, (to the human level). The mother is Mother Nature, whose intelligence thinks for the beloved infants throughout the lower astral power-levels and the physical universe. In the nursery the infants frequently sleep, but when awake, must be protected from each other. In this sense the physical body is each infant’s protection. If the body is irreparably damaged, the beloved infant slips into the peace of astral sleep until a new physical body is available. The explanations in this chapter are relevant to our theme, learning to lose the fear of death. As part of the lesson we have learnt that, below the human level, all life force in the physical universe is guided by the overall intelligence of Mother Nature.

The guidance is the product of her intelligence, and is received in the stepped-down form of instinct, appropriate to the evolvment level of the life force. Thus the life force of an elephant will respond at one level. The life force of bacteria in the elephant’s intestine will respond at a much lower level. But both levels of life force evolvment will respond to that guidance, both, when in the physical or in the astral. So here we observe the ongoing, pendulum of astral and physical existence of the many levels of guided, evolving life force. At these levels of evolvment life force cannot think, it can only respond, at its own level, to the guidance of instinct.

The life force, guided by Mother Nature, enters, activates, and gives direction to the atomic structure that is the physical body. The life force abandons the physical body when the body becomes too ill, old, or damaged to continue. The life force doesn’t die, it moves to the astral level to which it has evolved. It cannot die because it is a living, evolving part of its Creator’s energies.

So now we realise that the visible and physical body is simply a tool and vehicle. Its function is to enable non-physical, evolving life force to experience physical existence. So far we have discussed life force that cannot think, it can only respond to instinct. This applies equally to your lovely dog or cat that died, the fish you caught for your supper, the house fly you just sprayed, and the tree you sawed into logs. It also applies to the life force of the now extinct dinosaurs of prehistoric times. It means that the ongoing evolvment level of the physical body reflects the ongoing drive of the life force to evolve, certainly not the other way around.

Let's think about this astral/physical pendulum mechanism in terms of reincarnation. Even when life force has evolved to the individual, human, conscious, aware level it continues to use this mechanism. When the human body can no longer function, the individual, human, conscious, aware life force returns to a power-level of the astral vortex.

There he or she awaits another opportunity to re-enter physical existence. This is no different to all of the levels of evolving life force below that of the human level. There is a power-level in the astral vortex to match every level of life force evolution. In a similar way to the fixed structure of coils of wire in a transformer, the energy structure of the astral vortex is constant and unchanging. It is the power-level of the energy, flowing through the vortex fixed energy structure that is continuously reduced in power-level. From this we learn that physical evolution really reflects non-physical life force evolution. Also that life force evolution is really the drive to continually increase the capacity to reach ever-higher power-levels of the astral-vortex.

In our analogy of the nursery, our helpless, unthinking, beloved infants gradually sense, and then discover how to use, their physical bodies. Next they learn how to move about in their cots. Then they painfully learn to climb out of their cots to crawl about on the nursery floor. More bruising experience teaches the infants how to stand and then how to walk. Now intelligence begins to blossom in the nursery world of the infants. The realisation dawns in each of the infants that they can choose to walk to their toys. Finally each infant notices that the nursery has a door that leads to somewhere else if they can discover how to open it. This is the evolution level where the nursery becomes a classroom for life force that has evolved to the conscious, aware, freewill endowed, individual human level. At this level individual intelligence coupled with freewill choice replaces blind obedience to the guidance of instinct. From our Creator's (parental) viewpoint, all of the life force represents the family, not just the life force that has evolved to the human level.

How would our Creator regard us at our human level? Our Creator would probably regard us as school children that are at present fascinated and diverted by our physical classroom and by each other. Just like most children, we enjoy what is easy and what we are good at, and we avoid if we can what is difficult and unfamiliar. Also, like most children, we nervously avoid thinking about leaving our familiar junior school, when alone we have to enter the unfamiliar senior school. It never occurs to us that beyond the world of classrooms and schools is an adult world in which each of us has a unique part to play. So to lose the fear of death we each have to re-assess our own value, from our Creator's point of view instead of our own.

PART EIGHT

ATTITUDES IN THE MIST

So far we have discussed an astral vortex that we have compared to a transformer, in that its coils gradually transform high power-level energy into very low power-level energy. Elsewhere we have described how the vortex structure resulted in the creation of a physical universe formed from spinning atoms of low power-level energy. Also we have described how dormant high power-level life force was able to descend the vortex to enter the lowest power-level of all, that of physical existence. We have described evolution as the ongoing drive to achieve adulthood in the same sense as our Creator regards adulthood. The only way the life force can achieve adulthood is to climb from the lowest power-level to our Creator's high power-level. At first, as dormant life force, the drive to climb the vortex power-levels is in unconscious obedience to instinct. At the human individual life force level, the conscious, aware, intelligence of the life force can choose to climb or not.

Let's now bring this knowledge into our daily lives. Between the moments that a human egg is fertilised, to the moment the baby is born, the foetus is continuously transformed. From a simple life form consisting of a few cells, it rapidly passes through many of the lower levels of evolution before it finally evolves into a human baby. This is common knowledge, but how does it apply to the ongoing pendulum existence of the life force that enters and activates the baby? This question is relevant to the subject of losing the fear of death. When the same physical baby grows to adulthood and then to the degeneration of dotage, the life force will have to depart from it. So now let us explore how life force enters and leaves its physical vehicle.

Reincarnation we have described as the continuous pendulum existence between the astral vortex and physical existence. Eastern religions describe our individual vortex climb in terms of spiritual attainment, and we have described it in energy power-level terms. In fact, evolution, spiritual attainment, and increasing one's capacity to exist on ever-higher power-levels of energy, all three are the same thing looked at in different ways. The advantage of thinking in terms of energy power-levels is this. We all know that our familiar, solid, physical universe is really composed of atoms that are composed of energy. We all already know that this energy that forms atoms is very real, and must arrive from somewhere. Our certainty of the realness of that energy takes the astral energy vortex out of the realms of unfamiliar mystical knowledge. Instead it places it firmly into the layperson's store of scientific general knowledge.

A human being exists physically and on the astral, many, many times. Every time his or her intelligence evolves a bit more. Each time he or she will gain some spiritual attainment. Each time he or she will increase the capacity to exist on yet higher power-levels of the energy vortex. This is the point of the whole exercise. So whilst on the astral, our human being has relinquished his or her worn out physical body. He or she has returned to the power-level of the vortex, that his or her total capacity has achieved over many lives. When we leave the limitations of physical existence it is like being cured of a lifetime of amnesia, spent in a diving suit on a murky seabed

We know that it states the obvious to suggest that an inexperienced boy of seventeen years could not imagine himself at the age of seventy years. Probably it would spoil his life if he could. Of course he could visualise himself with grey hair and with an old and failing body. But it would be beyond the boy's powers of perception to imagine the rich total of bitter, sweet experience that the decades ahead will give him. It would also be beyond the boy's powers to imagine his outlook at the age of seventy.

It would be an outlook moulded by those decades of experience that he had lived moment by moment. In this sense, for the boy, life is like moving through a mist, where only now is fairly clear. His past blurs and fades into the mist. His future has yet to materialise out of the mist.

The only moment the boy can control is this moment called, 'Now'. The mist is filled with people and events that the boy will face and interact with when they appear before him out of the mist. Whenever the people and events appear, the boy can only interact with them at his then current level of understanding. The people and events may seem positive, or they may seem negative, but how the boy allows them to affect his outlook is the lesson he is there to learn. Each person and each event eventually slips from the boy's 'Now' into the mist of the past. But it is the effect on the boy's outlook, that will remain in the boy's "Now". If that effect is positive, the boy will regard his unknown future with Positivity. Conversely, if that effect is negative, the boy will face his unknown future with Negativity. From boyhood to dotage his level of understanding continues to increase, unless he allows his current level of understanding to be clouded by emotions he previously felt at an earlier level.

This only becomes obvious when we place it into the context of an experienced old man of seventy, riddled and torn with guilt or self-blame, over mistakes he made in his younger days. Or his present outlook soured by hate and bitterness over the people and events of long ago. At the start of this discussion we mentioned that there are things you take with you to the astral. Your outlook is one of those things because it is the self-image you have built. Unconsciously or consciously, you built that image of self. No one but you has the right to change that image.

The boy became an old man and then (to the best of everyone's knowledge) he died. Contrary to his pre-conditioned expectations, he discovered that he wasn't then promptly marched away to await judgement by God. Our Creator-parent does not and cannot interfere with the process that creates Creators. Instead the confused old man found that he was faced with a long, dark tunnel, brilliantly lit at its far end.

How he will deal with this situation will very much depend on how he has faced his unknown future during his physical life. This is important, so let's pause here to examine this a little more deeply. Each of us has to face our future in our own way. For us all, the future contains an unforeseeable mixture of joys and disappointments that we deal with as each appears. The content of the mixture is of lesser importance than what the entire mixture represents. To each of us the mixture represents ongoing uncertainty that we must live with, from birth to death. In other words, the only foreseeable certainty in anyone's future is its content of ongoing uncertainty.

Uncertainty only becomes certainty when it is fixed in our past. This is why we use our past as a rough guide to our future. From this it will be obvious that how we regard our uncertain future will be powerfully influenced by how we allow ourselves to regard our past.

For example, we can view the events in our past in two opposite ways. The negative way, with bitter regret for lost happiness. Also, the dread that the future may contain similar awful problems to those we faced in our past. Or we can view our past the positive way with optimism firmly based in our knowledge that, as we knew happiness in the past we may well know happiness again in the future. Also, that as in our past we faced and resolved those awful problems, we can be confident of our ability to resolve similar problems in our future. One of those two ways to regard the past will also be the yardstick we will use to regard the future. So in that sense it doesn't matter whether you are a pharaoh of Ancient Egypt, or a factory worker of today. You will regard your future in one of those two ways during your physical life.

Now we return to our disembodied, confused old man, who is now faced with a mysterious, dark tunnel with a light at its far end. Of those two ways that we have described, which will he use? To the old man the tunnel now represents the unknown just as in physical life his future represented the unknown. He has a freewill choice to make, and only he can make it, to move through the tunnel and into the light, or to move away from the tunnel and the light. All of this sounds very mystical. So whilst the man ponders on his choices, let us transform the mysticism into practical knowledge that we can all understand and use. What are the tunnel, and the light?

Both represent different power-levels that the man must ascend to return to his total achieved power-level in the astral vortex. Earlier in this article we compared physical existence (as viewed from a total achieved astral power-level) to a lifetime of amnesia, lived in a clumsy diving suit, on a murky seabed. Of course it all felt completely natural whilst on the seabed, and now our confused old man has left the seabed and has removed his heavy diving suit. But the man will continue to suffer from amnesia until he returns to his achieved power-level on the astral. The man was born completely stripped of memories of his previous physical and astral existences. Now, as he faces the same tunnel, the only memories he has to guide and influence his choice are of this last physical life.

The light at the far end of the tunnel is that man's total achieved power-level on the astral. The tunnel contains all of the power-levels that were previously stripped from him to enable him to be born into low power-level physical existence. In energy terms, he knew that his higher power-level had to be reduced before he could safely and gently enter the much lower power-level atomic structure of the growing foetus. Part of the power-level reduction process required his multiple (higher power-level energy) memories to be left in the same tunnel. This also was necessary to protect, in the mother's womb, the foetus that was to be his future physical vehicle. For a moment let us consider his reincarnation, in human, psychological terms instead of power-level reduction terms.

There always seems to be confusion when the subjects of birth and death are discussed. The Christian priest teaches that our old man was born with a brand new soul and that when the old man dies, his soul will sleep until awakened in God's good timing. In complete contradiction of this belief, many people on their deathbeds, describe with joy, long dead loved ones that are there to meet them. Are the teachings inaccurate, or are people about to die, prone to hallucinations? The former seems more likely because the priest must teach only what he was taught. The dying person is in an altered state, similar to that of a psychic medium that describes what only the medium can psychically see.

Only when we apply the concept of reincarnation to this contradiction do we pinpoint the inaccurate part of the priest's teaching. The inaccuracy lies in the question, when do you sleep? Does a soul sleep at the start or at the end of a physical existence? One thing is obvious, even to a person devoid of any kind of belief in God or the Hereafter. No matter what else death means to us, death is a certain escape from all physical pain. During physical life, a toothache or an aching back can be physical and mental torment until the pain is relieved. After the pain has gone we feel released, but may sleep to allow our bodies to rebuild their drained resources of physical energy.

When we leave physical existence we also leave its physical pain, so the need to sleep does not apply. The need to sleep does apply though, at birth and before. The priest teaches of brand new souls that enter brand new babies.

Reincarnation teaches us that we are experienced old souls. Also that to reincarnate, we must, with blank sheet minds, re-enter a physical vehicle whilst it is still a foetus forming in its mother's womb. Psychologically the need to sleep becomes obvious. It would be to escape the mental torment and mental pain that an aware, adult soul would suffer, trapped in the helpless body of a physical infant.

On his astral total achieved power-level, our old man has reviewed the lessons he previously set to learn during his last reincarnation. He alone judges his progress so far, and then plans his next reincarnation accordingly. He chooses his future parents and the environment into which he will be born, and so on. For the man, from his wider point of view whilst on the astral, there is only one reason to re-enter physical existence. The reason is to re-learn those lessons whilst in the confusion of physical life. Most of that confusion is caused by the necessity for everyone's forgetfulness during his or her physical lives.

PART NINE

WHY?

At this point a fundamental question must be answered if the readers are to make sense of this pendulum existence. The question is, why? We have explained that all life force is gradually ascending the power-levels of the astral vortex. Eventually all life force will rise above the vortex/physical pendulum existence. This includes the man in our example. Meanwhile, his progress continues to increase the gap between his achieved power-level on the astral, and the power-level of physical existence.

At the end of each reincarnation he leaves his physical body and returns to a higher power-level in the vortex. Finally the man reaches the highest power-levels of the vortex. This man through his own efforts is highly evolved, highly spiritualised, and able to exist on a very high power-level. But to achieve this high level he had to repeatedly return to the lowest power-level of all. Again and again he had to begin to make progress whilst stripped to the power-level of a helpless human foetus.

As the power-level gap grows wider, a strange thing begins to happen. Earlier during the vortex climb, when the gap was much narrower, our man was slow in making progress. Each time when he reincarnated he was overwhelmed by the thoughts, ideas, and beliefs of other people that he believed knew better and more than he did. As a result of this, at the end of each life in the physical, he faced the tunnel with fear and trepidation.

Our confused old man has made his choice. Before his physical death he had developed an optimistic outlook despite the uncertain future that we all face. He has brought this outlook with him, and so he optimistically moves along the tunnel and into the light. But suppose he had developed a pessimistic, fear-filled outlook with which he now faced that tunnel? Full of self-doubt and fear of the unknown, he wouldn't know what to do, or what to choose. What happens then? We need to know because for each of us, when our time comes, we will be faced with that same tunnel and that same quandary.

The tunnel and the light often are featured in the descriptions of near-death experiences of patients whilst undergoing surgical operations. These descriptions are very similar to those given by many clients during past-lives regression therapy. In both cases the person knows that he or she is fully conscious and aware, and has left the physical body. The person can see his or her unconscious physical body on the operating table surrounded by frantic surgeons. Or, on his or her deathbed, surrounded by grieving relatives, at the end of that past life.

In both cases, when the person lifts his or her gaze from the physical scene below, the next to be seen is the tunnel and the light. Often whilst describing this tunnel to the PLR therapist, the client will suddenly realise that he or she is not alone. Someone has come out of the light and down the tunnel to meet the client. Then the delighted client recognises the person as his or her beloved and trusted friend or relation that died before the client died, during that past life. The client's self-confidence now fully reassured, arm in arm, together they move through the tunnel and into the light.

All of this sounds very encouraging and similar to the priest's comforting assurances that, one-day we all will be reunited with our loved ones. But what does it really mean? Amid the illusion and confusion of physical life, people that we have categorised surround each of us.

Our regard for each person is governed by our experience gained by our contact with that person. As a result, some people we deeply love and trust, whilst others we may distrust, fear, and even hate. Or any shade of feeling between these two extremes. We could describe it as a private mental catalogue that each of us makes, and then takes with us when our physical life ends.

Thus when someone emerges from the light and the tunnel to meet us, automatically we consult the catalogue before we agree to trust and accompany that person. For each of us the dream ends when we enter the light of our achieved power-level on the astral. Only then are we able to fully comprehend how that private mental catalogue distorted our regard for those around us. Released from the physical dream, we remember that we are all beloved students of a university for potential creators. For each of us our self-taught lessons take the form of an ongoing play.

The play is acted out on a theatre stage called physical life. We are the actors and actresses, and individually we make many exits and entrances as the play proceeds. There is no script, and so, offstage (on the astral) we students collaborate with each other so that onstage we will all learn from each other and from the play. To play our parts to the full, whilst on stage we have to fully immerse ourselves in the roles we have chosen. We may choose to sometimes play the villain, the hero, or a crowd scene part. But the lessons we learn from each part, onstage, are really to help each of us to eventually graduate (with flying colours!) from the University of Potential Creators.

We choose a different role each time that we appear in the play, sometimes as the oppressors, and other times as the oppressed. Each role offers us a different viewpoint of the roles we have played previously. Then as we learn more and more about ourselves, each of us, at our own speed of learning, chooses to refine our image of self. To achieve this, we plan our future parts so that whilst on stage they include the opportunity to realise that it is simply a play. Also to learn of the greater reality that lies behind the play.

Previously onstage the apparent realness of the play, and its cast, deeply affected each of us until we left the stage. But then we learn to always be true to our refined self-image, both off stage and on stage. Only then does each of us begin to deeply affect in a positive and beneficial way, the play, and its entire cast. In accelerating numbers the actors and actresses, on stage, choose to portray the real person behind the fictional character part. Eventually, each of us in our own timing, finally leaves the play, and ascends to a higher grade in the University of Potential Creators.

His optimism that carried him into the light allowed our dear old friend to rediscover the truth behind the play. Even when fear and self-doubt clouded his optimism, always a trusted beloved from his past, would lead him into the light. Then the beloved would return to his or her achieved astral power-level (this might be higher or lower than our old friend's achieved level).

Sometimes the old man's fear and mistrust were so intense that even when his loved ones left their different astral levels to meet him, he would refuse to believe in them. At the human level this entire Creator Process is governed by individual freewill choice. To reincarnate, our man chose to move through the tunnel.

Now only he can choose to return along the same tunnel. No one may force him if he chooses not to. But if he does choose not to enter the tunnel, where can he go? He cannot yet return to physical existence, and his fear has barred him from his achieved astral level.

So where is he? He is trapped by his fears on the Interlife Zone between physical and astral existence.

There he remains, oblivious to everyone and everything whilst he exists in a world of self-created fantasy and fear. He has become a trapped soul. He will remain trapped until a psychic medium in the physical, or someone on the astral can persuade him to re-enter the tunnel and move into the light. This is the only Hell, and only self-doubt and fear can create it. After countless delays caused by his fears, our man, whilst on his achieved astral level, finally decided to do something about it.

He learnt to always include in his future lessons for whilst in the physical, the chance to gain knowledge of his link to his higher self. For each of us the pivot of the pendulum existence is our higher self that exists above the astral levels. That was the breakthrough for our man, when he ceased to allow others in the physical to over-ride the guidance of his higher self. His progress accelerated on the astral.

Whilst in the physical, he became a light-worker that helped to transform general confusion and fear into the clarity of self-knowledge. The higher that he climbed on the astral, the more affect he had on the confusion rife in the physical. But also, despite undergoing the required reduction process each time to be able reincarnate, he found that his astral-achieved high power-level began to affect his physical body.

How was this possible? To understand how, first we must consider the purpose of a physical universe. Earlier we described physical existence as a womb and a cradle. This womb and this cradle are for dormant life force that has the potential to evolve to the human (individual Me) intelligence level. Until the life force evolves to that level, it exists in unconscious harmony and balance with the rest of Creation, and always in the moment called "Now".

Even the apparent foresight of the little red squirrel that hoards nuts for the winter, it is not foresight. The squirrel collects and hoards nuts "NOW" in response to instinct that compels it to act "NOW". In this sense, all life force below the human level is an unconscious, guided part of an overall harmonious pattern. But what happens to that pattern when life force evolves to the human level? Just a passing glance at planet Earth clearly demonstrates what happens. At the human level, individual conscious awareness replaces blind obedience to the overall pattern.

The overall pattern is the product of an overall intelligence that never interferes with the pattern. Looked at logically, this means that there is no permanent place in that overall pattern, for the individual human level of conscious, aware intelligence. Yet we return to that pattern again and again, as we progress to climb the vortex. Let us think about this for a moment in terms of, Mother, Womb, Nursery, and Classroom.

Mother represents the overall intelligence. The lower power-levels of the non-physical astral vortex and our physical universe together represent the womb and nursery. Energy, converted into the physical matter of physical bodies, represents the protective-garments and vehicles that all non-physical life force must wear whilst existing in the physical.

We can compare the overall pattern to Mother's set nursery routine. That routine is very flexible. It has to be to cover needs that range from those of newly born babies, to those needs of active toddlers that are near to school age. Because of the flexibility of her routine, Mother seldom if ever has to alter it. She designed her nursery routine for infants because they are unable to think for themselves. But also her routine extends to the protective garments worn by the active toddlers who do think for themselves.

Carefully Mother never interferes with the way a toddler chooses to think and act, because she knows it will learn from mistakes.

She also knows that when it has learnt to always choose harmony and balance as its way of thinking, it will permanently leave the nursery. Mother only asserts herself when, in their immature and arrogant thoughtlessness, the children's mistaken thinking becomes a threat to the nursery. Then Mother gives those children an experience to learn from, of a world where harmony and balance is missing.

The experience this time is familiar to us all. It is of a planet where pollution, and man-made global overheating have made freak weather patterns and rising sea levels a normal, studiously ignored, way of life. In this sense in our analogy of the nursery, it is fitting that we have likened Mankind's current use of thought to that of wayward and clumsy children. This isn't punishment, it is we being affected by what we originally caused, or allowed to be caused by our apathy.

Through the mistakes we all make whilst in the nursery, we all experience different aspects of disharmony and unbalance. Whilst in the nursery our mistakes cause no permanent harm to anyone. So the lesson we all individually learn from the nursery is to choose to think and act always with harmony and balance. Eventually we no longer have to consciously choose because each of us becomes harmony and balance. Then we can be trusted not to create havoc wherever we go when we leave the nursery.

Now we return to our old friend. To reincarnate yet again he must descend from his very high, achieved power-level of the astral vortex. Again he must pass through the tunnel to the Interlife zone, and from there, safely reduced in power-level, into physical existence. Now with increasing difficulty he sleeps whilst his tiny, helpless physical vehicle takes form. His difficulty is the vast gap between his astral and physical power-levels.

Probably our readers have already seen typical examples of our old friend. You stop to admire a stranger's baby in its cot or pram. For you it is like an electric shock to see bright intelligence and instant recognition when the baby's eyes meet yours. Today, wherever you are in the world you could experience such a shock.

No longer is this a rare experience because for countless ages we have all made those gruelling two-way trips through the tunnel. These are highly developed souls whose chosen character roles on the physical stage are identical to their image of self on the astral. Just before and ever since this new millennium began, these highly evolved souls have been reincarnating into the physical. As our old friend is typical of these returning souls, let us follow his progress.

Patiently our old friend dozes and holds his high power-level intelligence at bay. This he must do to allow his baby vehicle to develop naturally, in its own timing. At this helpless stage all he can do is observe from his cot or his pram. Through the physical eyes and brain of the baby our old friend receives glimpses of the real self-images of those character actors and actresses that surround him. The baby enters early childhood and because it is so filled with self-confidence, it becomes a source of astonishment to its parents and grandparents. Most of us have looked back in wonder when we have compared it to our own lack of self-confidence when at a similar age to our grandchildren.

More sources of astonishment for us all are the instant rapport that youngsters have with computers. It is as if they instinctively know that computers are simply tools that will release mankind from drudgery, to allow him and her at last, the time to concentrate on being truly human. Also children quickly grasp the computer's potential to teach people everywhere to cherish and share with all people everywhere.

Our old friend is typical of this new special generation of children and young people who are changing the attitudes and outlook of their elders. No shabby, nationalistic, propaganda campaign will fool these clear-eyed souls into bloody wars against other souls. At their schools and colleges these fearless souls already run their own campaigns. They focus the public spotlight into the furtive shadows of the hypocrisy that always has riddled our society. At their age most of we elders were too busy, concentrating on qualifications for future careers in that society, to even notice the hypocrisy.

Now, at long last, a new, enlightened generation is learning from the mistakes made by previous generations. It isn't so much the mistakes we made; it is our reluctance to acknowledge and rectify those mistakes. This generates confusion and impatience in our youngsters. Who can wonder if, amid the physical illusion, many of them take to addictive drugs, as an escape from the madness of generally accepted normality?

In his outspoken teens our old friend tried to cure the problems of the world. Later, with a little more wisdom, he tried to alter the legislation that he believed caused those problems. Baffled when this failed he turned away from the world and instead withdrew into himself. Then, just as he'd previously planned whilst on the astral, a light worker taught him to meditate. Quickly this triggered his conscious link to his higher self. Next, knowledge of the bigger picture flowed down the link to widen his outlook, and this in turn revealed what he had previously missed. He realised that those legislators and legislated, rulers and ruled, all have the same thing in common.

They are all unique and special individuals who don't yet realise they are unique. Because of this each of them lacks self-trust. Filled with hidden fears, and with doubt of self, they merge their individuality into that of the crowd. Either as the leaders and manipulators of the crowd or as the faceless 'led' of the crowd, but always as a crowd.

This gave our old friend a clue as to his role. Quietly and in his own way he began to help those he met to look at their selves in a new light. His help took the form of talking to, and writing for, individuals, because in a crowd people listen as a crowd. The effect of his work on individuals remained unseen, but he trusted that the affected individuals in turn would pass on the effect in ever-widening ripples.

This is happening now. There are countless numbers like our old friend, quietly bringing the light of self-knowledge and self-confidence to individuals all over planet Earth. The work began slowly and painfully, as an idea that was alien to accepted normality. Then, just like a virus, it quickly spread around the planet to affect everyone it touched.

What of our old friend's ascension above the vortex power-levels? Why must it include the ascension of his physical body? There would be no need to include it if his intended final destination was to remain as part of his Creator's Creation. But this isn't his intended final destination. His final destination is to be the adult creator of his own unique creation, maybe alongside, but certainly not as part of, his parent Creator's Creation. Together our old friend, merged with his feminine aspect twin soul, must leave their Creator's Creation. Their adult role is to fulfil their part in the process that creates creators.

When the acorns leave their parent oak tree, they all contain the patterns needed to become oak trees in their own right. But this is not enough because when they leave the parent tree they also leave behind its flow of life-giving sap.

This problem is overcome early in the process, whilst the acorns are developing on the tree. Each acorn converts some of the sap into a form of stored nourishment (the kernel), to use after they leave the tree and before they individually take root in fertile soil.

Now we must apply the same idea to our old friend, and what applies to him also applies to each of us. When we leave our Creator's creation we will need an equivalent to the acorn's kernel. Everything that is part of our Creator's Creation (physical and non-physical) is totally dependent for continued existence, on an unfailing flow of energy from our Creator. That energy flow is very real both, before and after it has taken the form of atoms. The Creator-donated energy flow is continuously reduced in power-level as it spirals to the centre of the astral vortex, on its way to the sub-atomic level to then be formed into lowest power-level atoms.

As we climb the power-levels of the vortex we emboss our self-built image of self, onto the energy flow at our currently achieved total power-level. Our old friend's self-built image of self belongs to him, because he alone created it. But the energy flow onto which that image is embossed is not his, because it enters and leaves his image, on its way down the vortex to become lowest power-level physical matter.

His spiritual progress, the control his highly evolved intelligence has over his thoughts and emotions, his striving in the altered state to reach ever-higher power-levels of the energy vortex. All three are the same thing, and they mean that our old friend, with his self-built, harmoniously balanced, image of self, could rise above the vortex. But first he must descend again to physical existence to collect the energy version of the acorn's kernel that later he will need to reach his intended destination.

PART TEN

A FEW THOUGHTS ABOUT INTELLIGENCE AND ATOMS.

Now let's all get comfortable and familiar with such daunting words as "Intelligence" and "Atoms". Earlier we defined intelligence as a very real Creative energy that has evolved to the human level of aware, consciousness of self, and will continue to evolve at its own speed to our Creator's level. That definition applies to all of us. Many people (including the authors) might feel that if ascension requires highly evolved and developed intelligence, "We ain't goin' anywhere". But if for a moment we all drop our self-judgmental roles, we may then regard our own intelligence in a more favourable light. Let's cheer ourselves up with an example.

In the world of science, names such as, Albert Einstein, Isaac Newton, and Charles Darwin, these and many more are justly revered. But for what are they revered? Obviously it is for their invaluable contributions to the ever-growing store of scientific knowledge. We could say that the products of their individual intelligence benefited mankind, and for that we honour them.

But also, in comparison to them, we tend to devalue our own intelligence; these men were special, where as we are not special. But if we asked these honoured men, they would not agree that they were any more special than the rest of us. This wouldn't be false humility; it would simply be the truth. The great store of scientific knowledge is composed of both, what has been clearly proved to be true, and of what has been clearly proved to be untrue. Provable knowledge of both is an essential foundation on which to build further reliable truth.

If asked, any of these great thinkers might tell you, "From existing data, all that I knew for sure was what it definitely isn't. Knowing this, I wracked my brains to discover what it definitely is. Finally, no nearer to the answer, I shelved the problem until tomorrow, and instead went home to relax in a hot bath. Then, amid the warmth, steam and lather, whilst musing upon pleasant thoughts of supper later on with my wife, inspiration came like a flash in the form of the searched-for answer. Suddenly I knew the answer, and the rest that followed was just tedious hard work. This was inspiration from his higher self that was only able to reach him when he ceased to create a barrage of thought. This same inspiration is a woman's intuition, and the businessman's sudden hunch or the poet's or the composer's creative-flow, that in the middle of the night awakens them.

All of us have experienced these sudden intuitive flashes of "Knowing" no matter what we choose to call them. What we do with that inspiration is then up to our individual freewill choice. But no one is barred from his or her higher self, and so in that sense we all have the same potential to highly evolve our intelligence.

After all consider this thought, the same man, whose ideas changed the way mankind regards the universe, would probably be completely baffled by the intricacies of an income tax form. Equally, his brilliant mind might retire totally defeated, when faced with a gunge-clogged S. bend drainage pipe of a kitchen sink.

Really this means that our praise for the man should be equalled by our praise for his wife, who took on all the mundane boring tasks to free him to think. Possibly Mrs Einstein seldom if ever, felt riveted by her husband's theories. But in her love for him she intuitively and fully directed her intelligence towards releasing his thoughts from the mundane. So which of the two had the highest evolved intelligence? Who may judge? Brilliance of intelligence becomes meaningless unless guided by the love of harmony and balance.

From these examples we all may allow ourselves to never again feel intimidated by comparisons of intelligence levels. These comparisons are simply fake weapons used in a school fictional stage play about a temporary and illusionary competitive world.

Now let's see how we all feel about atoms? Just like our guess about Mrs Einstein's non-riveted feelings, probably the answer would be, "We feel indifference, and can take them or leave them". This was a fair answer for many thousands of years, because until recent decades no one had the technology to see an atom, let alone, to see inside of it. Ancient Greek philosophers (who were also the scientists of the time) theorised that if something solid were continuously cut in half enough times, eventually what would remain would be an atom. Also that if you then cut this tiny atom of solid matter into halves it would disappear because it would be too small to exist.

Until comparatively recent days, no one since that time had any better ideas. As a result, countless generations both, of learned scientists, and of learned theologians, based their theories and teachings on one ancient unproven idea. The idea, that solid physical matter is entirely separated from the blind, non-physical process (favoured by the scientists) or, of the non-physical intelligent Creator (favoured by the theologians) that somehow created solid physical matter.

Later this same rigid idea placed severe limitations on the far-reaching work on the laws of physics by that genius, Isaac Newton. The same rigid idea also limited the brilliant insight of Charles Darwin, as to the wider meaning and ongoing purpose of evolution.

The rigidity of the concept was based in the idea that all atoms of solid matter were created once only. Then once created by whatever created them, the atoms were left to get on with obeying the laws of physics. Even young schoolchildren of today are in a position to know a scientifically proven truth, denied for aeons to scientists and theologians alike.

The truth is that each atom is created and re-created continuously from an incoming flow of energy from the non-physical dimensions. The energy flow arrives via the nucleus, which is really an empty space at the centre of each atom. If the energy flow ceased, the physical universe would cease to exist in its physical form. This applies no matter who or what supplies the ongoing energy flow. These physically-structured atoms of whirling energy particles must obey the laws of physics. All of us have lived with the affect of this unintended distortion of truth ever since. As a result we will only trust our physical senses.

This means that we rely entirely on our physical senses to tell us everything we want to know, even when we become curious to know about the non-physical. When use of these inappropriate senses, leads, as it must to failure and disappointment, often we will doubt the reality of the non-physical. Or we will doubt our own abilities. Instead we tend to rely on the abilities of others rather than to seek inside ourselves for senses, more appropriately attuned for the task.

Why did we ask how you feel about atoms? We asked to enable you to fully comprehend the realness of the non-physical, because it is no less real than the physical. Exactly the same energies are the basis of both, physical and non-physical existence. To make those same energies physical they had to be reduced in power-level and compelled to spin via the sub-atomic level into the form of atoms.

So now we come to the real question. What was and is, continuously used to control and compel high power-level energies to become low power-level atoms? The answer must be the living intelligence of our Creator. This needs to be an acceptable answer, rather than the product of wishful thinking. So first we must acknowledge that living intelligence can and does control energy, even on our human level amid physical matter.

Every human trio of “Me, Mind, and Body”, is really a structure composed entirely of energy-flows. This structure is set amid, and is an integral part of, a larger energy-flow structure that we regard as physical existence. Simply by the use of thought, the living intelligence of “Me” is able direct “Body” via “Mind” to climb a mountain, or to send a rocket composed of atoms, to the moon. Equally, because emotions also are flows of energy, the living intelligence of “Me” is able to create or shatter the happiness of another “Me” simply with the vibrations of mutually understood words. As we all learn more and more about our own human trio, the living intelligence of each of us continuously evolves to ever-higher power-levels of the astral energy vortex. Harvest time for our Creator is on an individual basis for each of us. Our individual evolvment of our conscious, aware, living intelligence will finally be able to channel our total achieved energy power-level from the astral and above.

We will actually draw down that high power-level energy into the low power-level energy structure of the atoms that form our current physical body. To remain physical, the energy structure of atoms must remain at the low power-level range of physical existence. Ascension means that we have consciously raised that power-level to above the point where the atoms of our body can no longer remain in physical existence. Each in our own timing will take over from our Creator the control of that energy. Each acorn will have converted life-supporting flowing sap into an independent kernel (energy source) to use later on, after leaving the parent tree. So our individual ascension to the non-physical level is the beginning not the end of our conscious, aware, learning process. Ascension is simply the doorway by which we leave the nursery and the classroom for infants. The same doorway will lead us as ascended masters to the next grade up in the University of Potential Creators. But the only place for death, in our scenario, is the death of fear, and the fear of an illusion named, “DEATH”

In our self-published E-Book “Not just how but why?” (A Seeker’s Guidebook to our Creator’s great plan.) We have explored the whole subject in greater depth. If you would like to buy the E-Book please contact us:

David and Yvonne Brittain

ASCENSION SUPPORT TEAM (UK)

<http://www.ascensionsupportteam.com>

Ascension Support Team

About David and Yvonne Brittain

Yvonne and myself (David) are English. We met and married in the early nineteen eighties and merged our spiritual work begun separately many years before. In the mid-eighties, through a friend who had South American connections, we gained early knowledge that confirmed our previous meditations, about what later became known as the Ascension Process. For us this knowledge was like a target suddenly cleared of fog, where logic at last replaced mystique. Living and spreading the “Ascension Word” became our life from then onwards.

In 1991 we took early retirement to follow very definite guidance from Sanat Kumara that we must leave England and move to the Aude Valley in the Languedoc/Roussillon area of southern France. There we founded the Ascension Support Team. Neither of us could speak a word of French but despite this our move to the “Land of the Cathars” felt to us like a homecoming. Very soon “Anchoring the Light” and the rescue/release of trapped souls left in the wake of the Holy Crusades became a large part of our work. The ongoing sense of ‘deja vu’ that we experienced in this mystical part of France made it clear to us that we are Cathars reborn.

Yvonne was born with many psychic gifts and later received intensive training to discipline and develop them as tools to aid her spiritual work. Yvonne then deeply studied the subject and techniques of Past Lives Regression Therapy of which she then became a practitioner. Yvonne’s “Postal Clairvoyant and Past-Lives Personal Information Service, evolved quite naturally from her PL Regression work. In a similar way Yvonne’s “trapped souls rescue/release postal service” evolved from the frequent need to release souls trapped at sites beyond our limited resources to visit.

My spiritual work previously had been directed more to the healing aspects until, in the late nineteen eighties, I received via Yvonne a very clear psychic message. “Stop reading and start writing”. When rather hesitantly I tried, to my surprise I knew what to write, it simply flowed. Not like dictation from an ascended master, it was more like an intuitive key that unlocked knowledge I didn’t know I had. Articles for Ascension newsletters, booklets and then full-length books followed including our self-published: “A Common Sense Approach to ‘The Creation’. Yvonne’s role in these writings is that of psychically attuned critic/editor and also my main defence against “Writer’s Ego Trips”.

Yvonne’s spiritual artwork portrays scenes and people seen in her meditations. Together we designed and produced “The Ascension Cartoon Book” and now with the aid of our computer we self-publish our writing and also produce sets of greetings cards with Ascension and Cathar themes, and also New Age cartoon themes.

The difficulty with writing about ourselves is because, probably like many seekers and light-workers, we feel so ordinary. Our work is done quietly, mainly on a, “one to one” basis, by letter or visit. We prefer to work this way because we can then encourage each genuine seeker that we meet to also become a teacher. The blend of Yvonne’s energies and my energies appear to have a triggering effect on people.

For each seeker the time arrives to inwardly process that ever-growing mixed bag of knowledge gained from others. The seeker must use discernment both, to separate the wheat from the chaff, and to offer the wheat to yet others. Time is short. The students now must also evolve to become teachers, and so we regard this as another important aspect of our work. Ascension thought is essentially vastly expanded horizons thought in that each seeker has to choose to burst through the bonds of comfort zone thinking. To burst through those bonds may be a painful, guilt-ridden experience because our childhood beloved role models lovingly provided those bonds.

Expanded horizons thinking requires us to admit to the possibility that our well-intentioned role models miss-directed us just as they were miss-directed by their childhood role models. This means that we have a great deal to unlearn before we become mentally flexible enough to even start to learn. For many would-be spiritual teachers unlearning causes too much self-inflicted pain, and so instead they try for an uneasy merging of belief in the Ascension Process, and the religious instruction that they received during their childhood. This uneasy merger does not and cannot work because it contains so many contradictions. In our writings we explore these contradictions and then we explore the real purpose and ultimate destination of every human that has ever existed. We will meet our Creator as our parent and also as a friend and an equal. To explore and accept the ramifications of that statement would indeed require a generous dose of expanded horizons thought. But Yvonne and myself refuse to believe that our Creator intended anything less than this.

As we know from our own experiences, the Ascension Path can be very lonely for seekers so please do feel free to contact us.

We wish you all Love, Light and Laughter on “The Path”

David and Yvonne Brittain. ‘The land of the Cathars’ FRANCE.

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