



Beings of Light

We are All ONE

Layne Layton

About This Book

This is the story of Jonathan Smith, an average guy, who spent the majority of his life trying to find purpose and reason. The only real quest he had was for truth. He wanted more than anything to know who he really was, where he came from, if anywhere, before appearing on this Earth and what would happen to him after his time on Earth was done.

After many unsuccessful attempts at trying to find truth, Jonathan had all but abandoned any hope of knowing such things. It was then, through an unexplained occurrence, that Jonathan found himself outside of time and space in a Realm of Thought and Light.

Through his experience, Jonathan came to understand who he was. He once again was brought back into the knowledge of all the things he had forgotten. He saw and experienced the Entities of Light, the Beings of Light, the Light World, the World of Matter, the Entities of Self and so on. He learned the nature of good and evil and he came to understand why things appear the way they do to the inhabitants of Earth.

Jonathan, knowing he could stay in the World of Light, came back to share his story with us, that we might remember who and what we are. For, we are all Beings of Light.

Beings of Light

- We are All ONE -

LAYNE LAYTON

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TO ALL WHO SEARCH

And ye shall know the truth, and the truth shall
make you free. – John 8:32

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Real

It seems so simple
But then it's not
Can you tell me
Have I missed the plot
It seems I seek but never find
This person inside mine
I wonder how to get in touch
And why I think it means so much
I start to hope, I dare to dream
But then I think it's just a scheme
I wonder if I can escape
If maybe I can find the break
In these walls that keep me still
All I want is to be real

M. Jones

Chapter One

Lost

They call me Jonathan A. Smith, the “A” stands for Adam. All of my friends call me Adam. Being called Adam is one of those things a person really never gives much thought to. I had no reason to until that grand day when I learned who I really was. No, I am not Adam, you know, the first man that God created and placed on the Earth; not directly anyway. The only way to really start this story is from the beginning. OK, so this story has more than one beginning and one of those beginnings isn't really a beginning at all.

As people go, I am just your average run of the mill person with an average run of the mill heritage, nothing special really. I don't want to bore you with the mundane aspects of my life. You know the story; average kid grows up, doesn't really seem to fit in, fumbles his way through school, manages to get married, has a few children, works from job to job trying to find his place in life and in the world. My story has been told a million times over and over again.

Although my life appeared to be fairly normal looking in from the outside, there was always this nagging feeling that something wasn't right. I had this innate feeling that there was more, so much more and yet I was trapped in a reality I really didn't much care for.

There was a fire burning inside of me. At first it was nothing more than a small flicker, however as

time went on, this little flicker turned into a raging inferno. I realized fairly early on that my quest was for only one thing. I wanted truth, I wanted to know who God was or even if there was a God and I wanted to know who I was. Oh, what a journey that has been.

In telling my story, I have no intention of creating or debating doctrine. For you see, that is the very thing I wanted to get away from. I was raised in a conservative religion. A fine religion as religions go, however, I suspect like many, it did not seem to answer my burning questions. You know, the ones about who we are, why we are here and where we are going after this life. Oh, OK, they had the answers; however, I have to admit they did not make any sense to me.

After spending much of my life trying to make sense of everything that everyone told me was true, I quickly realized that I was becoming more and more confused. That was just in my own religion. Of course I knew I had the correct religion and everyone else was wrong or at least slightly misinformed. How did I know? My parents told me, and everyone at church told me. I knew this for a fact. I was absolutely certain. It was true even if I didn't understand it. It was true even if it didn't make sense. It was true even if it didn't seem to correspond with any other religion out there.

As you can see, it really wasn't my religion that had a problem. It was me. I was extremely confused. Everyone seemed to contradict each other. My religion seemed to contradict other religions. Western religions seemed to contradict Eastern

religions. Religions in general all seemed to contradict science. It was as though everyone was looking at a huge disco ball and everyone was seeing something different. They were all having a different experience and then fighting over who was right. It appeared that everyone was so bent on convincing everyone else that their piece of the puzzle was the only truth, that they failed to realize that they were only holding a piece and that every piece was just as important, as the next, when trying to solve the puzzle. Even one missing piece and the puzzle would not be complete.

And with that, the search began. I began to read and study anything I could get my hands on. What was the key? I figured if I could only find the key, then I could unlock this grand mystery. Was the key in: what I ate, how I acted, how I dressed, where I lived, who I associated with? Maybe I was sleeping too much or maybe not enough. Maybe I really should be eating more vegetables and not so much meat. It is probably the fact that I am not meditating on a rock in the middle of the forest that I am not finding the answers. I was often told, that the reason I wasn't finding the answers, is because I wasn't praying enough. I should really be reading more scripture. Maybe if I just had more faith. That was it; I just needed more faith. That would solve everything.

Well, as you can see, I had an endless supply of 'what ifs' and 'if onlys'. I knew it was just a matter of technique. I just had to do all the right things in all the right order and I would arrive. I would find God. I would be translated and I would live in bliss for

ever more. So that is exactly what I did, I set out to methodically find God. I tried everything I could think of; everything anyone suggested and everything I read. I just knew it had to work. I just knew that any moment now, a vision would open up before me and God would reveal himself and all the secrets of the Universe.

You must understand at this point, I did not see God anywhere. I did not feel His presence and He certainly wasn't listening to me, or answering my prayers. Speaking of prayer, please allow me to take a moment and share with you my concept of prayer during those days. I had a notion of a God; a religious view of a Supreme creator; a grand dictator if you will; a God that is a sovereign judge over all of creation; a God that it was my job to please. If I did everything right, then God would love me and help me. If I didn't do everything right or sinned, then God would not be pleased and I could expect no help at all.

I always considered myself on the back side of that equation and never really expected much as far as help went, because I considered myself unworthy. However, this did not stop me from trying. I begged, I pleaded, I made every attempt possible to get God to notice me and I thought maybe, just maybe, He would take pity on me and grant me one small crumb of a blessing here and there, just to keep me going.

It all seems kind of funny now however at the time I was not laughing; rather I was crying in agony as I bore my sole to my pillow and the ceiling of my room. Oh yes, I even tried the closet. My clothes and shoes are well familiar with all my hopes and

desires. Deep down, I really didn't feel that my thoughts and words were going much further than that. As much as I hoped and desired for God to listen to my prayers, I really didn't think that He was. In fact, from my observations of myself and others, I was sure He wasn't.

Sadly, as much as I had hoped that God liked me, I was becoming more and more convinced that He didn't. Truth be told, I was starting to believe that He really didn't pay much attention to this world at all. I observed that it wasn't just me that was feeling this way. It appeared that almost everyone around me wasn't really having any greater success than I was.

I began to observe and pay attention to others, to see if there was anyone out there getting results. I began to observe many different religions and their various practices. I also began to dig deeply into my own religion, to see if I could find out why it didn't work for me. And to be honest, I really didn't see it working for anyone else either. Despite the fact they / we all put on a great display, it really didn't seem to work the way I had been led to believe that it should work.

As I sat, thinking about where I was in life and what book I would read next or which technique I would try; the thought came to me, you are fooling yourself, if you believe this is the way to get to God. Well, of course this is the way. People have been doing it this way for thousands of years. It was all about rituals, customs, sacrifice, faith and prayer. Everybody knew that. Then the thought came much louder this time; you are fooling yourself, if you

believe this is the way to get to God. The thought kept coming and coming and would not go away. I was perplexed.

Well, I could go on and on to fill a whole book with all my thoughts, reasonings, doubts and confusions. I had question after question. Why am I here? Why is there bad in the world? What is good and evil? How could I know the good from the evil? I observed that things that were good in one country or culture were fundamentally wrong in another. Things that were permissible in one religion were taboo in another. About the only thing that anyone could agree on was that it was not good to kill and yet even with this, there seemed to be those exceptions when it was OK and even honorable in some circumstances.

On with the questions, why did bad things happen to good people? Why did good things happen to bad people? The questions never seemed to end. The inconsistencies never seemed to end. The anxiety and the fear never seemed to end. When you stand alone, facing a world of inconsistencies and unknowns, then everything becomes frightful. You never know who is good, and who is bad. You don't know who your friend is and who is going to stab you in the back. In that frame of mind, the world becomes a dark and lonely place to be; full of all kinds of dangers, heartaches and pain.

I just knew though, that if I could just learn to control my thoughts, my breathing, people around me, my eating or my environment; then it would all be safe again. It would all make sense. I would have what I really wanted; peace. I set out with a vengeance to control everything I could. What I found

however, to my amazement, the more I tried to control everything, the more out of control my life became. The more I tried to control my thoughts, the more my thoughts ran wild. The more I tried to control others, the more they resented it and fought back. The more I tried to control my eating, the more my body rebelled. It all became an endless uphill battle.

I began to wonder if others were having the same problem or if I was just weak and needed to exercise more discipline and control. So I began to observe in earnest those who had devoted their life to learning to control others as well as themselves. With very few exceptions, despite some very amazing displays of control, they did not appear to be anymore loving or joyful than I did. Don't get me wrong, there are some amazing incredible people, out there doing some very amazing and incredible things; however they didn't seem to have any better understanding of who God was than I did.

OK, so where does all this questioning, wondering, pondering, asking, observing and doubting get us? Well, it brings us to the night when everything I had ever believed; everything I had ever known; everything I had ever understood vanished. Everything I thought I knew dissolved. It was almost as if I had been living in a dream world and someone finally woke me up.

I am so excited to share my story with you. It is an adventure; a journey that transcends time and space. Please forgive me if I stumble over words; if I can't get across the exact thought I desire to convey. You

have to understand that what I am about to share with you did not come to me via words and in fact, in many cases, there are simply not words to describe what I saw and felt. Never mind that though, I will do my best to tell the story exactly as it happened.

Chapter Two

In The Beginning

Late one evening, I was warmly perched on a log next to a small fire pit in the back section of my property. I came to this place often, as I attempted to sort out the perplexities of life. The sky was clear and the stars were out in full force. The fire had been burning for some time and was in desperate need of another log. I sat all alone pondering my journey, the years of searching and the profound disappointment I felt. After all this time, I didn't feel I was any closer to knowing how to love unconditionally. I wasn't any closer to knowing how not to judge others. I wasn't any closer to knowing who I was and I certainly wasn't any closer to knowing who God was. I still didn't have a clue why I was here on this planet. I was about as alone as anyone could possibly get.

As I sat there, gazing into the fire, I began to feel strange. My vision blurred and I started to feel as though I was going to fall off the log I was so carefully balanced on. Thinking I was getting sick, I instinctively laid down on the ground with the idea that I just needed to rest a bit and I would be just fine. As I lay there, now staring into the great expanse of space, I began to lose all consciousness of everything around me, as the stars began to dance around. I would like to say everything went dark, because that is how my mind was processing the events, yet there was no darkness. I suppose it would be equally true to say that there was not any light either. You may question how such a thing is

possible.

The story I am about to tell you is full of many such paradoxes. Both it is and it isn't at the same time. I was neither dead nor alive. I was neither sick nor healthy. I was neither here nor there. I was neither in time, nor out of time. I existed, yet I did not. As perplexing as my situation was, I really didn't care what was going on. I was in a state of complete balance and peace. I didn't care about anything. I was just happy to be. I could have stayed there for an eternity and been just fine with that.

As I began to observe, my awareness shifted and my perception of time and space completely vanished. In that moment I knew I had always existed and always would. I was without beginning or end. It all seems a bit strange to say now; however, in that moment, I knew I was an eternal Being. I knew I was GOD.

Now I know what you are thinking. Oh great here we go again with some guy that goes by the name Adam and thinks he is God. Yes, I know it all sounds rather fantastic and yes, I know it sounds like I am more than just a bit off my rocker; however, I am not asking you to believe a word I am saying. I don't think that I would believe it myself if somebody else was telling it to me. The truth is, I am writing my story because I can't not write it. I have to tell it. Just as I feel I have to breathe; I feel I have to tell my story.

It doesn't so much matter to me if anybody listens, understands or even believes. I realize it sounds a bit selfish; however, I am writing for me, for no other reason than to express in written form my experience.

For no other reason than to create in form and matter what was first created in thought and light. In other words, I write my story for the sheer joy it brings me. However, if you like it or gain something from my experience then my joy is even greater. Whether you like it or you don't, nothing will ever be able to detract from the endless joy I feel as a result of this experience.

As I was there, basking in the glory of Being; with no other thought than incredible love and joy I heard the words "This is GOD". Yet, in that moment, I had no concept of GOD at all. I was pure Being, pure thought. I was everything, yet I was nothing. I was the entire Universe before there was a Universe. I was light as well as dark. I was neither this nor that. I could perceive no separation in myself. There were no stars, there were no galaxies, and there were no Planetary Systems. There were no Beings or creatures or manifestations of life in form anywhere. Nothing existed, yet I perceived that everything existed in thought or potential. Everything was.

Then the words, the thought, the idea, the image, I really don't know what to call it, came to me "In the beginning". I instinctively knew that I was seeing the beginning, before the worlds were created, before anything was. All was in perfect balance, all was peace, and all was GOD. There wasn't anything that wasn't GOD. Nothing at all existed that wasn't GOD. Everything existed as; pure thought, pure energy, pure potential. Everything was so perfect. It was eternal. There was no beginning, and there was no end to what was. It had always existed.

In this state of GOD or “GOD state” as I later came to refer to it, I really didn't exist. I mean I did but I didn't because all was GOD. I had no perception or realization apart from GOD. I was truly one with GOD. I was GOD. There is really no other way to explain it. In this perfect and eternal state of Being; there was no want, no unfulfilled desire, no lack at all. When you are everything, there is nothing lacking.

As I mentioned before, I could have remained in this state forever and ever. But then; I, GOD, the void, the nothing that was everything, expressed a desire to know itself, to understand itself, to see a reflection of itself. I began to understand that when you are everything, there is nothing outside of everything that can reflect or give feedback. In this state of existence, although everything is perfect, there is no way for GOD to express or to know itself /herself /himself (words fail here).

In this GOD state, I had no concept of separation or gender or opposites at all for everything was One, GOD. Except I (Jonathan A. Smith) did not know myself as me, or a God. I simply was. I / we / it was all knowing, all powerful, all present, all loving, all of everything because there was no other.

Back to the thought; the desire that wasn't really a desire at all, the first contemplation of the ALL. With this grand event came a magnificent division. The Light, GOD, the ALL divided. I perceived this much the way light traveling through a prism divides into a multitude of different colors. Each light color was completely unique. There were no two that were the

same. They were each separate, yet combined they equaled the Great Light, the one and only light, the pure light of GOD.

At this point, I began to understand that I was one of those lights; I was a unique color, the only one like it. I was completely unique and special. Every one of the colors was completely unique and special.

Beautiful, radiant, bursts of pure energy or thought. There was not one that was not beautiful and desirable. All were important because they were all a part of GOD. They were all one with GOD. They were all GOD. It was much like taking the whole ocean and dividing it up into individual drops. Each drop is important if you ever want to experience the whole and complete ocean again.

It was in that moment that I was overcome by joy, because I realized something I had long forgotten. I am of infinite worth and importance, we all are. I also realized that we are only separate in consciousness. There really is no separation between each one of us and there is no separation between us and GOD. We are all One.

Later, as I reflected on this part of the experience, several thoughts came into my mind. Love the Lord thy GOD and Love thy neighbor as thyself. Yes, of course, how could I not, we are all the same. "Judge not lest ye be judged", this seemed so obvious now. If I judge another, I am only judging myself. In truth, I am judging and condemning GOD.

I perceived an infinite number of us Intelligences or Entities of Light, manifestations of Pure Energy. There was a number far greater than I could comprehend, yet at the same time, I knew all of them

intimately because they were all a reflection of me. I loved them as they loved me because they provided a way for me to know myself. They provided a way for me to perceive myself and a way for me to express myself. We became; this and that, something to admire and something to be admired, something to create and something to enjoy that creation. I perceived that we were all equally endowed Entities of Light.¹

There was not one of us that was greater or less than another. There was nothing lacking in any of us. We were all given sovereignty, free agency and the ability to be what ever we wanted to be. There were no laws or rules that we had to follow. There were no restrictions placed on any of us. There was no one to restrict us because we all were the Gods;² we all were the one and only GOD.

I knew without knowing that at this point, all I had to do was desire; express that desire as a thought and I could create. The thought would manifest in form. We all could. We were all creators. We were all the creator. We were all experiencing ourselves and each other through creation. We were GOD experiencing GOD. As each one of us contemplated and thought in essence, we all contemplated and thought, the Whole expanded. There was no division, when one expanded their thought, that thought was expanded and available for all. Another could take that thought, ponder it or contemplate it and expand it even more to the benefit of all. Creation had begun and there was no stopping it or turning back.

The only way to dissolve everything back into the

One, without a knowingness of self; was to withdraw the first thought of creation, the thought of separation, the thought of this and that. I came to understand that this would never happen; because, as thought evolved and progressed a greater idea was born. One that was far superior.

Subsequently, after the first thought; the Entities of Light, the intelligences of GOD, the Colored Lights of Energy began to contemplate possibilities and expand thought. As they expanded thought, in that same instance, the thought was lowered into the vibration of light, which then appeared as form. An evolution began.

At this point my consciousness shifted once again from one participating in the process to one observing the process. A vast expanse opened up before me and instantaneously, I witnessed the birth of the Universe. I was stunned by the simplicity and beauty of the process. As one thought after another was contemplated and expressed, in form and light, the Universe began to grow, develop and expand.

The process appeared relatively slow at first, but then my view changed and it seemed that in an instance the whole entire Universe unfolded before my eyes. The Entities of Light, us the Gods, combined as the creator of all; GOD, began to express new thoughts and ideas continually. The variety of thought and creation was stunning. There was no end to the wonderful creations. The colors, the beauty, the majesty, it was all so wonderful. Suns were born, Planetary Systems and Galaxies came into being, all that was began to emerge.

I perceived the picture as though it all just

happened; yet, intuitively, I knew that the process must have taken millions if not billions of years. I could not determine the exact time because from my vantage point of perception, there was no time. Although I believe it may have taken billions of years I think it is equally true to say that it all happened instantaneously. I saw planets being formed in various parts of the Universe. This was all done by the Entities of Light, the Gods, the expressions of the one GOD.

Chapter Three

The Realm of Light

I saw that as Entities of Light, we existed in a Realm of Light where everything that took form was light, or a vibration of light. Everything had life or a vibration of life. Everything seemed to have a presence or knowingness. Everything was connected and all things were a part of each other.

In the Realm of Light, the Entities of Light were continually contemplating and creating and expanding the Whole. As the Entities of Light expanded in thought, the Universe or Realm of Light expanded in form and as this happened, GOD expanded in consciousness. Yet I understood that GOD could not really expand, because GOD was already everything. Nonetheless, the realization of GOD, through the expansion of thought and the creations of light in form, increased.

I saw that it was similar to the seed of the Great Red Wood tree. Although the tree sprouted, grew, expanded and developed into a large and beautiful tree; the tree always existed in all of its splendid glory in the small seed of the tree. There was nothing, from the great tree, that was lacking in the seed.

I realized the same was true of GOD, before the Entities of Light emerged. There was nothing lacking. GOD could not be added to or expanded. Yet, like the seed, there was the need or the desire to manifest in form, to experience the full potential of the unmanifested thought.

The Entities of Light continued to expand thought

and create, because to think and contemplate was to create in the Realm of Light. I saw that it was as simple as that, as the Entities of Light focused on a certain thought they desired to create, it would instantly manifest in the Realm of Light as a vibration of light and therefore take on form.

I came to understand that everything in the Realm of Light was a vibration of light and the higher the vibration, the more pure the thought. For above the vibration of light was pure thought or above the vibrations of light was GOD.

I understood that pure thought or pure energy was the beginning. As pure thought began to manifest, it became high frequency vibrations of light. The further thought traveled from the boundless limitless expanse of the One Whole GOD, the lower the frequency became. As thought became more limited and restricted, its vibrations in light became slower and slower.

I observed that as the vibrations continued to lower, what had previously appeared as vibrant, alive and translucent now began to appear as solid, lifeless and eventually dead, with no color or life at all.

I had not seen or experienced anything but pure thought and high vibrations of light up to this point. Although I was consciously aware of the possibility of the lower vibrations of light, as an observer, I had not experienced them in all of creation.

As I desired, I was able to be in any part of the Universe I liked, I was limitless and boundless. I could observe anything I desired to observe. I could know anything I desired to know. I could contemplate

anything I desired to contemplate. And, I could create anything I desired to create.

I witnessed the evolution of the Universe, by the Entities of Light, by GOD. New Suns came into form all throughout the expanse of space. Clusters of Suns formed galaxies. Within the galaxies, planets and new worlds came into form around the Suns, creating Planetary Systems in a myriad of different varieties, shapes and sizes. All of this occurred as the Universe expanded and filled. Planets were set into motion. Solar and lunar cycles were established, everything with purpose and intent.

As the Entities of Light continued to create, all manner of life began to appear in form, in every imaginable variety. There were small creatures, large creatures, flying creatures and creatures that could do all manner of amazing things, like change color or change shape or become invisible. There were even creatures that could be in multiple places at the same time. There were creatures that could assume any shape or color they desired. I was amazed to realize that many, if not all, of the creatures found in our fairy tales actually exist, in one form or another, throughout the Universe.

I could have spent an eternity just observing the wonderful variations of creation. As one creature emerged, the Entities of Light would contemplate it and make changes to it, if they desired and with the new or expanded thought, they would create a new creature, first in thought and then in form.

I saw that because all the Entities of Light were connected in consciousness and thought, there was

not anything that was created that was not in harmony with everything else in creation. Everything had perfect order. Everything existed in its proper place. One creature never threatened or disturbed another. It was not possible at such high frequencies of light and creation.

Creatures did not eat creatures nor did they chase or harm each other in any way. No such thought was ever contemplated, at this vibratory level, because all knew they were One. I would like to say that they did not contemplate harming another, because they knew by doing so, they would only be harming themselves, yet this would not be accurate either, because nothing at this level of light even had the slightest concept of harm, lack of unity or harmony. The thought did not exist.

Although my attention was focused on certain aspect of creation, I understood that creation was occurring in various forms and stages all about me, throughout the whole Universe.

I saw that the process was not linear; rather, the various stages of creation were occurring simultaneously. Some were in the very early stages of development, while others were highly developed and advanced. Yet I continued to witness that none were greater or less than another. They were just at different stages of expression. They had no thought or concept of being superior or inferior, they were all One. They never saw themselves as more or less advanced. None that is, except the Entities of Self.

Many of the Entities of Light, after bringing into form all that they thought to create, had the desire to experience their creations. They wanted to play with

what they had made. The Entities of Light found joy in creating and they desired the joy of interacting with their creations.

I saw that it was much like the creators of a one thousand or one million piece orchestra. Because of their connection to and oneness with the whole, they could only experience the whole orchestra. Yet, these Entities of Light desired to experience each individual sound produced by each individual instrument.

With the desire to experience their creations, the Entities of Light, contemplated and created a vehicle or form by which they could do just that. Now I saw that these forms were varied and many. Yet each was individually designed and created, so that each Entity could experience creation in the manner they desired.

For the Entities of Light to enter form, they had to limit themselves or separate themselves even further. This was done so that they could gain experience and with experience knowledge. I saw that even though, they had created all things, they did not have an interactive knowledge or experience of their creations. It was for this purpose that they took form. By doing this and limiting themselves, they were able to understand and experience all the various aspects of their creation. The creators of the orchestra were now able to experience the sounds and the vibrations of each and every instrument they had created. This was done much to their delight and enjoyment.

The Entities of Light chose to limit themselves, for the purpose of experiencing their creations, knowing that when they had finished experiencing what it was

they desired to experience, they would instantly expand back into the consciousness of the Whole. They could come, experience their creation for as long as they desired in form and then they could dissolve the form or the vehicle at will.

As the Entities of Light took on form, they became Beings of Light. As the Beings of Light expressed love and joy towards their creations, the creations themselves, the plants and the creatures experienced and felt love and joy. All were edified and filled.

The more something was loved and admired, the more joy it received and the higher it began to vibrate and the more it began to shimmer and shine. All of creation glittered, glistened and glowed in a dazzling array of light and color.

As one creature or creation interacted with another, through thought or feeling, then their lights or colors would intertwine one with another. The mixture of colors and light was breathtaking as creation experienced itself and as the Beings of Light, in form, experienced their creations.

This was not all though, along with the vibrations of light, were the vibrations of sound. As each thing vibrated, shimmered or shined, it created a tone; a melody that was in perfect harmony or unison with the sounds and melody of everything else. The planets had a certain tone or melody, the vegetation had a unique tone and melody and so it was with all things. Yet they harmonized and blended perfectly.

Much like the variation in creations and creatures, there was no end to the variations of tone and melody. I witnessed it in all things. There was not anything that did not contribute to the melody of the

spheres. The song of life and Being rang out everywhere.

As this experience continued, I became more and more conscious of the fact that what I was witnessing was GOD. I was seeing the infinite all around me. I saw GOD create. I saw GOD be created. I could see GOD. I could experience GOD. I could hear GOD everywhere. There wasn't anything that did not display the ideas, creations and vibrations of GOD, including me.

I was baffled at how I could have missed something so obvious during my life on Earth. Why had I not seen these things before, why had I not experienced GOD, like this before? Why had it appeared that I was not connected to the great and wonderful Universe of life, of love, of joy, of GOD? The questions began racing as I contemplated the vast differences between what I was seeing, feeling and experiencing now, compared to what I had thought, felt and believed just a short time ago.

How was such a discrepancy possible? I knew, from my current vantage point, that I had always been a part of GOD and that I had always been an Entity of Light. I knew that I always had complete creative power and that all I had to do was think and I could create. With this understanding, I could not reason out in my mind how I went from this wonderful state of harmony, to a feeling of complete separation and chaos. How did I go from a world of such life and color to a world that seemed so dark and void of life?

As hard as I tried to understand how such a thing

could have occurred, I could not. I would have to wait to find my answers. The answers to all these questions did come; however, I have to say it was not at all what I had expected. This did not surprise me though, because up to this point, nothing was as I expected it to be.

Chapter Four

A New World of Light

My consciousness shifted once again and I found myself once more an Entity of Light. I was one of many, who had come together to create and express ourselves in form. We had the idea to create a new world. A world similar to other worlds we had experienced. This was done just like many of the other Entities of Light throughout the Universe.

As we began to contemplate and think what it was we wanted, creation spontaneously occurred before us. All we had to do was think and it was so. As one thing was created, we contemplated it and expanded our thought, with an expanded idea and as we did, that expanded idea came into form. Everything was formed in this manner.

I could see clearly that what science termed evolution was exactly that. Yet it was as though I was looking on the other side of a two way mirror. I could see creation taking place in thought before it appeared in form. From our perspective on Earth, a perspective of lower vibrations, this process appears as a natural evolution of life, evolving over millions of years. Yet from the perspective of the Entities of Light, a perspective of much higher vibrations, it all appeared instantaneous.

I saw that the evolution of the Earth mimicked the evolution of the Solar System, which mimicked the evolution of the Galaxy, which mimicked the evolution of the Universe, which mimicked the evolution of the Entities of Light, which sprang forth from the first

thought.

I observed on Earth, as I observed everywhere else in the Realm of Light, that everything that is, is a creation of thought. Everything that is can be traced back, thought by thought, to that first primordial thought, that first thought of Being, that first thought of GOD. There is not anything that was created that was not created by thought and there is not anything that was created that was not created by GOD.

I saw, as though looking at two sides of the same coin simultaneously, that science on the one side and religion on the other side, were saying the exact same things. They had fought and battled mercilessly all these years and they were both reporting the same events, just from a slightly different angle. It all became clear. As I pondered each one of the sciences, from physics to geology to botany to astronomy and so on, they were all in perfect harmony. They all expressed a different view of the same events.

With this, my mind began to ponder the various religions of the world and their teachings. Likewise, they too were all describing the exact same thing, just from a slightly different perspective. As I contemplated more and more the sciences and the religions, I could find no disharmony anywhere. I, at that point, could not understand all the arguing and fighting that had occurred over the years. It all seemed so pointless. I thought, if everyone could just realize that they were only holding a piece of the puzzle; that they were only seeing what they wanted to see. It was only through the stubbornness of the scientists and those of religion, that they refused to

see any other piece but their own. I came to see that they did not want to. They had too much to loose, so they thought. Yet, there were some that did allow themselves to see; however, they were few.

In the beginning of this new world as the new ideas began to express in form, they were simple at first, without any measure of complexity. Once again however, one idea built upon another and another until a variety of wonderful creations began to emerge. So as with the first thought, the void took form and began to divide. After the division, came the creation. All manner of vegetation was produced in its various forms and varieties. All forms traceable back to that first thought of creation.

Next, what I saw before me was the Entities of Light in the very act of creating. I could see the joy they experienced as their creations emerged. It was not one Being against another. There was no competition at all. All worked in perfect harmony to create and expand creation to the delight of all. When one felt joy, they all were raised in joy, there were no exceptions. They created out of love, a love to create, a love to expand, a love to express. This love was the same love that was first expressed by GOD, with the Entities of Light.

All worked in harmony to reveal and develop the one grand thought or plan. At this stage of development, there was no concept of good or bad, right or wrong. There were no opposites, all was desirable and good. The Entities of Light, as the one GOD, continued to create. Separate, yet in perfect unison, they expressed their ideas and thoughts into

form.

As thought evolved further, life began to express in the oceans and in the air. New creatures came into being. Once again, one thought upon another until all the varieties of the ocean emerged and all the varieties of the air came into existence in form. In like manner, all the creatures of the land were created; all in their various forms and variety. All this was done to the delight of the Entities of Light. It was all so wonderful, fun and joyful. Love and joy was expressed by the Entities of Light continually throughout creation. As everything took form, developed and emerged, the Entities of Light were pleased with the job they had done.

At this point, a new desire emerged by the Entities of Light; a desire to experience their new wonderful creation. The Entities of Light wanted to interact and be a part of their own creation. Instantaneously, I was once again an Entity of Light. I could see all of our ideas expressed in matter. I felt so much joy, for having been a part of this grand and wonderful process. I felt love for my creations and ideas; and the creations and ideas of all.

I could feel the idea, springing forth in me, that I wanted to experience what we had created. I wanted to be a part of it. I wanted to interact with the animals, the land, the fish, and the sea. I wanted to interact with, experience and play with, all of creation. I wanted to know what it was like to experience all these things. I wanted knowledge of these things. We all did. Not all, as in all the Entities of Light, for they were many. Some were content just creating. Some did not contemplate the idea of

experiencing creation. Some remained from the beginning content just to be an Entity of Light.

We were not content to be; we wanted to expand into experience. How could we truly have knowledge unless we could have experience? We all wanted to expand in knowledge, and knowledge came from experience.

I saw that it was much like a person that contemplates, designs and builds a very fast, high performance sports car. After spending years, paying close attention to every detail, the day finally comes when the creation is complete and it stands before the designer, in all its splendid glory. Although the creator of this fine machine knows every detail of the car, inside and out, he has no real experience or knowledge of what this machine can actually do. It is only when he gets into the drivers seat and starts the engine and races off down the road that his experience changes into knowledge. Now he has experienced his creation. Now he has a knowledge of what he has created and its full potential.

We, the Entities of Light, desired to experience our creations from a first hand perspective. We saw our creations, and we saw that they were good. Now, we wanted to experience what we had created. To do this, we contemplated and created man in form. We created man in our image; or, in other words, we imaged man forth in our thoughts, and the image became form.

We saw that man was good; yet, we contemplated man further and did not feel that our ideas could be fully expressed or played out by man alone. We

wanted to express ourselves on a much wider scale. We wanted to experience life from various angles and aspects; with the desire to better know and understand ourselves and our potential.

We knew, as did the ALL, before the first thought, that as One, this was not possible, because there was nothing to reflect variation. With this, we created women. Not as an opposite or lesser form but as an equal that could express a further range of thought and emotion. This was done in the same fashion as we, the Entities of Light, were created. We were all equal; yet, we were distinctively different in color of light. Not one greater or less than the other. All were perfect. It was only through this method that we could gain knowledge and understanding of ourselves; and it was by this means that GOD could fully comprehend GOD.

With this, we created first, man and then women, as a vehicle to be used by us, the Entities of Light, to experience form. We came down, or limited ourselves, to inhabit these forms we had created; that GOD had created, for we were all a part of the one GOD. As we began to experience the excitement of our creation, we were filled with joy.

With the creation of the body of man and woman, we could touch and feel, for the first time, on the level of form. We now had the ability to limit ourselves as desired; therefore; we could now experience what we could not experience before. We could hear the sounds of our creations and experience them as vibrations. We could see first hand the trees and the greenery; the water and the animals. It was all so fantastic. We could smell the flowers and touch

the birds. There was nothing lacking.

We were gaining knowledge and experience; we were feeling emotion and joy on a level we had previously not encountered. During this time, we retained our knowledge of being one with GOD. We were able to have this experience; yet, we were also able to stay connected to the All. Harmony existed in all things. We continued to think; yet, with our thoughts of the body, we were able to experience creation on a new level. At any point, we could dissolve our form back into the Whole or back into an Entity of Light; when our desire for experience had been filled.

As things spontaneously produced around us and existed in their order and realm, as had been established during creation; we now found that we could create, by manipulating form. We were able to become a physical participant in creation. We could play with our new world and the things therein; and we could explore its depths. And although there were male and female, there were no opposites; all were equal yet unique and different. All things were wonderful and desirable there was nothing that was not desirable and there was nothing that did not exist in a state of purity and innocence.

Chapter Five

The Entities of Self

At this point in my experience, I became aware of a whole group of Entities. Ones I had not really noticed or given much attention to before. I am not sure, when what I saw took place; because, I had lost all reference of time and space. I believe, it may have begun shortly after the Entities of Light emerged and creation began. Regardless of when it occurred, what I saw truly amazed me.

As I began to focus in more intently, on this particular group of Entities, my attention gravitated to one in particular. This Entity of Light did not seem to be resonating at the same frequency, as I had observed in all other Entities of Light. I perceived that this Entity had once been just as bright and desirable as the others; yet, something was different now, something had changed.

My mind traveled backwards and I observed this Entity from the beginning. I saw that he³ was very much involved in the expanse of the Universe, as it began. The thoughts and contemplations of this entity enhanced all of creation and contributed to the beauty and joy of all. I saw many great and wonderful things produced by this Entity of Light. I could see that he was admired and loved by all.

As I became more and more aware of the thoughts of this particular Entity, I could see a trail of thoughts like none I had witnessed up to this point. I observed that this Entity began to contemplate his own identity, as an individual Entity. This had never happened

before. All the other Entities of Light, although distinct, did not think of themselves as separate and they did not act as though they were separate.

I saw however, that this Entity of Light began to contemplate the idea that he was a separate and unique Entity. He began to observe all the things that had been created; and he reasoned that he himself had created them. He reasoned that his contributions to the Whole were somehow better or more desirable than that of others.

These were all thoughts that were new and foreign to the Entities of Light. For, they had always worked as One and always shared the joy as One. I saw that the more this Entity of Light took notice of his contributions to creation, and the more he admired his creations, the more he began to desire them for himself. For, there was the idea of Self now, where there had been none before. Therefore, this Entity of Light became an Entity of Self. This newly evolved Entity of Self began to believe that since he had created all these things and that since his creations were more desirable, as he supposed, then he must somehow, be better or more powerful than the other Entities of Light. With this line of thought, his reality changed and he began to see himself as a God. Now in truth, he was an expression of GOD, but because of his reasoning's, he believed himself to be the GOD; the GOD of all creation.

Through his contemplating, he had separated himself from the Whole and set himself up as a superior Being. He could no longer recognize the Whole, which was GOD, and therefore he saw no other to challenge his ideas. Now, although he saw

himself separate, in truth he was not. It was not possible for him to separate himself from the Whole or to separate himself from GOD. Because he was not separate, his ideas and thoughts, which he reasoned to be his own, were not his own and were available for all to contemplate.

Because of this, many Entities of Light began to contemplate the thoughts and ideas of this one Entity of Self. They began to grasp hold of the idea that such things were possible, as were proposed by this Entity of Self. They began to reason amongst themselves, that if this Entity was GOD, or somehow superior than they were, then they must be inferior Beings. In truth, no such thing was possible; yet, they reasoned it so. A great many Entities of Light, grasped hold of this new line of thought and reasoning and made it their own. Therefore, there evolved what I perceived as a countless number of Entities of Self.

These Entities of Self began to digress thought in a million different directions. Just as the Entities of Light wanted to explore all of the possibilities of the Whole; the Entities of Self wanted to explore all the possibilities of the individual one; separate and distinct from the Whole.

The perceived division, between the Entities of Self and the other Entities of Light, was really no division at all. It was a rebellion or a falling away, so to speak; yet, there was no rebellion, because GOD could not rebel against GOD and GOD was all there was. The Entities of Light, as the expression of GOD, were choosing paths of exploration that differed one from another; yet, all were valid. I saw

that, in truth, one line of exploration was not more or less desirable than another. All was an expansion of thought into knowledge and all was still GOD.

The Entities of Self perceived all to be individual and distinct; therefore they began to explore the depths of competition. Being separate and unique identities, they reasoned amongst themselves, that some must be more intelligent than others. They reasoned that some must be more superior than others. Thus, there began to be divisions and classifications amongst themselves. Feeling isolated one from another, and desiring to feel superior over all others; the desire for individual power began to emerge.

Those desirous to explore the depths of power were unable to do so without exploring the depths of control. As the depths of control began to be explored, a new thought and emotion came into being and that was one of fear. This process continued, like all processes of creation, one thought at a time, manifesting into experience. This exploration of thought became a labyrinth of possibilities. There appeared to be no end to what could be explored, experienced and defined.

I saw that there is always a perfect balance in the world of thought. As one believed that they could do harm, another believed that they could be harmed. As one Being contemplated what it would be like to control, another would contemplate what it would be like to be controlled. All thoughts are creations; so the Being that contemplated being controlled will experience control, at the hand of the Being that contemplated the idea of controlling. The same is true

of the Beings that contemplated and created the thought of being hurt. This thought must be expressed and therefore will be fulfilled by the Beings that contemplated the idea of hurting another.

I came to see, that there is no good or bad in this, it just simply is. One thought being expressed, being answered by another thought being expressed. Ask and ye shall receive. I understood that whatever we contemplate in thought must manifest. We are the creators of all that is and there is nobody doing anything to us that we have not contemplated in thought. I saw that, whatever thoughts we contemplated or resonated with, sooner or later, would manifest in our perceived reality, in some form or another.

Through this process, many new ideas emerged that had never existed before, such as greed, hate, jealousy, anger, lust, and so forth. And so it went on and on until all the depths of such ideas were fully explored and experienced.

Chapter Six

Designing a Plan

As my attention turned away from the Entities of Self and back to the Beings of Light, in the new world, I observed that many had reached a point where they were no longer content continuing on in the World of Light. They had explored all of its depths and ideas as much as they desired and they began to contemplate other possibilities.

This group of Beings began to reason that, in this perfect state of peace and harmony, they could not fully comprehend the finer aspects of Being. They appeared a curious bunch, explorers if you will. I could see a spirit of adventure and a spirit of curiosity. They wanted to gain more knowledge and understanding. They wanted a greater understanding of themselves. In truth, I saw that they wanted a greater understanding of GOD, for that is what they were.

I perceived that the Beings of Light knew, in their current state, they could not gain a full recognition of who or what they were. They began to realize that for this expansion to occur, a greater contrast would be necessary. They reasoned that without the perception of an opposite, knowledge could not be gained. They saw the wisdom in lowering or slowing their vibrations even further into a world of contrast or opposites.

I recognized from my vantage point, that this had to be. There was no other way to gain such knowledge. I perceived it like a fish that had always been in the

water. There was no way for the fish, to comprehend or appreciate water, unless it was presented with an opposite. By removing the fish from the water, it could instantly appreciate and have a knowledge of something it could not otherwise have comprehended.

In like manner, it is similar to a human being always having plenty of air to breathe. It is not until the air is removed, that the individual is fully capable of valuing what they had. There is not anything that is, that can be fully appreciated, until a lack has been experienced to some degree. I perceived that the more lack that is experienced, the more appreciation that is gained.

I saw this was true for all things. The Beings of Light existed in a state where all was beautiful and joyful and everything produced spontaneously as they desired. Yet, I could plainly see that, even though everything was so perfect and wonderful, the Beings of Light could not comprehend or appreciate what they had. I saw that the Beings of Light had this inner desire to know, yet they could not do so in their current state.

For this reason, they came together and devised a plan that they might all be able to gain a greater understanding and appreciation for such things as love, compassion, empathy, joy, excitement, and the like. All the things that they had, but could not comprehend. They concluded, that by lowering their vibrations, voluntarily, into what was termed the World of Matter, they could produce an environment that would be ideal for gaining the knowledge and experience they wanted.

They knew by doing this, they would be resonating

more closely with the thoughts and ideas of the Entities of Self; yet, they saw this as necessary and even desirable, that they might learn. Now, I suppose you could say that they were tempted into lowering their vibrations into a slower form, that they might gain knowledge and experience. However, I did not perceive this to be the case.

These Beings, being connected with the consciousness of the ALL, were able to contemplate any thought of the ALL that they desired. Therefore, as they began to contemplate the thoughts of greater understanding, in truth they were contemplating some of the possibilities that had previously been created, in the Realm of Thought, by the Entities of Self. I could see that the Beings of Light did not consider the Entities of Self to be bad, wrong or evil; because they did not see them separate from themselves or from GOD. They were all One.

I came to see, with increasing clarity, that there is no such thing as evil or bad. All things exist that we might have contrast. It is by this contrast, that we are better able to understand the more finite aspects of ourselves. Without contrast or the perception of opposites, we would not be able to truly know ourselves.

So, the Beings of Light devised a plan in which they would descend into the World of Matter. They recognized, however, that such a plan had risks. They foresaw that by limiting themselves from the Whole and resonating more closely with the Entities of Self, they would become vulnerable. They knew that, in this state of vulnerability and separation, they could

become lost, so to speak. They perceived that, since thoughts create, if they allowed themselves to be greatly influenced by the Entities of Self, they could, by their own thoughts, create a reality in which they could not escape.

Now, the reason they could not escape, is because they would have lost all notion of the higher Realms of Thought. Therefore, they would be stuck in the Realm of Self, with the ideas and thoughts of the Entities of Self; unable to perceive the thoughts and ideas of the Whole or the One. Not being able to perceive the Whole, they would be unable to raise their vibrations back into the Realm of Light.

For this reason, their plan was designed with many safeguards. I saw that everything in the World of Matter would reflect truth. I saw that all things, if observed, would point back to the One or the Whole. There were signs and symbols everywhere; which, if contemplated, would guide the thoughts of the Beings of Matter back to the Realm of Light.

Yet, despite all these things, I saw, that the possibility continued to exist, that many would not return in consciousness and therefore remain in an eternal state of Self or isolation. I knew however, that they were not isolated and that they were not separate from the Whole; yet, this is how they would perceive themselves to be.

I saw that it was the desire of all, participating in this plan, to return to the World of Light, after they had gained knowledge in the World of Matter. There were none that contemplated the idea of remaining lost or separate from the Whole. They only desired to go there, that they might fully appreciate themselves

and GOD, for they were the same.

Now, so that none would be separate in consciousness forever; it was decided that throughout time, for there would be the perception of time where none had existed before, certain Beings of Pure Light would descend into matter; that the ways of truth and light would not be forgotten completely. These Beings of Pure Light, although in matter, would remain conscious of the Whole and would not allow themselves to contemplate the thoughts of the Entities of Self; therefore, they would not fall subject to the possibility of becoming lost in consciousness.

I saw that these Beings of Pure Light, in essence, would become a Savior to those that had become lost. Yet in truth, they could not save them; all they could do was provide them with truth, as found in the World of Light. It was still up to each individual Being to accept the ideas of the One, back into consciousness, and therefore raise themselves back out of the world of Matter and the thoughts of Self back into the Realm of Light.

Some of the Beings of Light, in the World of Light, did not wish to participate in the plan. They were content where they were and did not desire or contemplate further experience or understanding. For those however, that did want to participate in the plan, I perceived their desires were varied and many. Some only wanted to briefly participate in this new plan; they only had one small aspect of themselves that they wanted to understand better. Then I saw others that wanted the full experience, they wanted to descend all the way to the bottom most depths of

Self, that they might emerge with the greatest possible amount of knowledge and understanding. Either way, I saw that all was good and that all was a matter of individual choice and desire.

I saw that the length of time each Being spent in matter, was determined by what it was they wanted to experience and what knowledge they wanted to gain. I saw that the plan was designed in such a way, that, once a Being had achieved the desired objective, for which they entered matter, they would return at once to the World of Light. I observed that it was also determined that, once a Being returned to the World of Light, if they so chose, they could once again descend into matter for further experience.

I saw that the whole descent into matter was setup like a big play, a grand adventure, a dream, if you will, where all the participants chose what part they wanted to play, based on what it was they wanted to learn. I noticed that there were, what appeared to be, an infinite number of parts in this drama. Yet, all the parts perfectly harmonized, so that no matter which part was being played, all participants could gain what it was they desired. I saw that all things, including the Earth, the animals, the plants etc. had a part to play and a function to serve in the plan.

I realized that there were no bad parts. All parts were desirable. From the perspective of the World of Matter, it would appear that some were evil and some were good. I could see however, that this was not at all the case. Every part, no matter how it was played, was to the benefit and welfare of all. Therefore, even in the World of Matter, despite the appearance of evil, there in truth was none. No such

thing ever existed; it could not, for all was still GOD. Yet, the perception of evil did exist, that all might have contrast and therefore knowledge.

Once the plan was established, I saw the Beings of Light begin to descend into matter. I recognized that all these Beings had to do was fully contemplate what it was they desired to experience and what knowledge they wished to gain. By doing so, they would instantaneously appear in matter, in the perfect environment and circumstances that would best answer their desired thoughts.

I saw that all Beings, on Earth, were exactly where they desired to be, for the progression of their own knowledge and understanding. Now, because there is a perfect balance in all things; I saw that one Beings thoughts and desires, was always an answer to another Beings thoughts and desires. So, as one Being or group of Beings desired to further explore the thoughts of poverty or lack, there would always be another Being or group of Beings that desired to explore the thoughts of plenty or abundance. Thus, creating an opposite or a contrast by which both experiences could be realized.

Therefore, it was by this method that the World of Matter came into experience.

Chapter Seven

The World of Matter

As, the soon to be, Entities of Matter contemplated more and more the ideas of Self, I began to see that what once appeared as a bright and vibrant Realm of Light, started to become dull and dark. The Realm of Light no longer appeared to be sparkling and alive. At first, I supposed that the whole Realm of Light was lowering in vibration and that all of creation was becoming dark and lifeless. I realized however, that this was not the case. I came to understand that the change was only occurring in the perception of the Beings of Matter.

It was then that I realized that everything exists in multiple dimensions or vibrations of light at the same time. I saw that what a particular entity experienced was completely determined by the level at which their thoughts vibrated. Therefore, those that continued to retain thoughts of the Whole or the ALL, thoughts that were not limited, continued to experience a world of bright, beautifully vibrating life. Whereas those, that contemplated the limited thoughts of Self, experienced a very different reality of darkness, dullness, and a realm without life; vibrations much lower than the Realm of Light.

I could see that not only did the World of Matter and the World of Light both exist simultaneously, but in truth, they were the same world. Yet, from the perspective of the World of Matter, I could no longer perceive the World of Light. Because both worlds were in essence the same, I saw that they greatly

resembled one another. They both had all varieties of plants and animals and all was very familiar; yet, it was all very different at the same time.

Unlike the World of Light, nothing in the World of Matter appeared alive, bright and vibrant. The light in everything was no longer perceptible; although I knew it was still there. Everything in truth was filled with and surrounded by light. However, to the Beings of Matter, it appeared more like a World of Shadows or a World of Darkness, with everything only very dimly resembling its true nature and character.

I also perceived that, in the World of Matter, there was now the perception of time and space. I knew, from what I had observed previously, that these things were only found in the World of Matter and that in truth, they did not exist. In the World of Light, there was a notion of such things; yet, the concept was so vastly different that they could really not be compared. In the World of Thought or at the level of GOD or the One, I saw that time and space did not exist in any form at all. The Entities of Light at this level exist in an eternal state of NOW or an eternal state of GOD. Yet, for the Beings of Matter, I could see that the ideas of time and space were both necessary; for the grand adventure in matter to be carried out.

I observed, the further one descends into the lower vibrations of light, the more perceptible time and space became. At the high vibrations of light, it was as though I was experiencing a whole entire movie all at once. It was as though I was able to perceive the whole thing simultaneously. However, if I desired, I could slow the movie, so to speak, and

focus in on any particular part I chose. As I lowered my vibrations, or slowed the image, then I was able to experience the movie in all of its finite detail.

From the higher vibrations, I could choose any aspect of creation I wanted to experience with greater granularity. I could lower my thoughts or separate myself from the Whole and descend into the lower or slower vibrations, which then introduced the concept of time and space. From this new vantage point, I could gain experience in much greater detail with a much greater degree of understanding.

I could explore every thought and emotion, in increasing levels of granularity, until I had played them out to my hearts content. I saw that it was like looking at pond water under a microscope. Without the microscope, it was just one unit of pond water. However, with the microscope or the lower perspective, world upon world could be examined and viewed.

I saw that from the higher levels, thoughts produced instantaneously. Yet the further one descended towards Self, or the lower or slower the vibrations became, time became a factor. Therefore, what appeared to occur immediately, in the World of Light, when slowed, into the World of Matter, appeared to take a greater amount of time. The process was slowed so that those participating could perceive, at greater detail, the events involved.

As I watched the World of Matter, I observed that one by one the Beings of Light began to emerge as Beings of Matter. I perceived that, as this occurred with the first Beings, they were in great shock,

because of the contrast. I saw that these first Beings were no longer able to perceive the World of Light, from which they had come. I could see, because they had reduced their vibrations and limited themselves, that they had forgotten who they were.

The Beings of Matter were resonating so closely with the thoughts of the Entities of Self, that they were no longer able to perceive their connection with the Whole and they no longer worked in perfect unison one with another. They believed their thoughts to be their own and they believed that they were a Self, separate from the Whole; just as did the Entities of Self. Even though in truth, such a thing was not possible.

I saw though, that they were not completely cut off from the knowledge of the Whole or GOD but rather, they retained a vague remembrance of these things to help guide them back to the World of Light. Because of this remembrance and because of the new conditions, in which they found themselves, they reasoned that they must have been cast out of the presence of GOD and thrust into the World of Matter. Yet, I could plainly see that this was not the case; not at all. These Beings had chosen to descend into Matter to gain experience. They had done so through their own free will and choice.

The Beings of Matter began to explore their new world and they began to have ideas and the desire to create, just as they had done in the World of Light. Yet, in the World of Matter, unlike the World of Light, creation did not produce spontaneously. That is, it did not appear to produce spontaneously. If the Beings of Matter desired to create something, they

would first contemplate it in thought and then through their own efforts bring it into form. At least this is what they perceived.

They did not realize that in truth, their thoughts did continue to create. Because of the perception of time and how slow everything seemed, most did not make the connection between what they were thinking and contemplating and what evolved around them.

I saw, as time progressed, that the Beings of Matter began all manner of contemplating and creating. They began to contemplate sin, where there had been none before. They began to contemplate sickness, where there had been none before. And they began to contemplate death, where there had been none before. They had indeed, through their thoughts and reasoning's, created many limitations, where there had been none before.

I saw that the concept of sin was, just that, a concept. It never did exist in truth. In the high vibrations of light, there was no such thing as sin. The perception of sin was introduced only as the Entities of Light descended into matter and assumed the ever slower vibrations. The thought of sin and therefore the creation of the idea into matter was simply a means of gaining experience and contrast. I saw that it too was a very necessary part of the evolution of Self.

As the understanding of these things became more prevalent on Earth, I saw some that latched onto the truth that there is no sin, and therefore began to act as if they were not accountable or responsible for their actions. Yet, they failed to fully grasp the greater

truths and higher vibrations, that we are all one and all is GOD. Therefore in the name of truth, they justified their actions because they still perceived that they could do things that in truth did not exist. So, as long as they continued to contemplate thoughts, which were in any way separate from the Whole, they continued to deceive themselves and they continued to live with the concepts of sin; although they professed not to. And with this, they continued to descend into the lower vibrations of deception; yet, they believed they were free of such things.

As my attention shifted, I saw Beings of Light popping in and out of matter, coming and going as they experienced and gained knowledge. To the Beings of Light, it appeared exactly as that, popping in and out of matter, for they had no concept of time. To the Beings of Matter however, their perception was very different. They experienced the popping in and out of Matter as a birth and death with a fixed span of time in between.

I saw that in truth, there is no such thing as death. It is not possible. All is life, and all is connected. No such separation could occur. However, from the slower vibrations of the Beings of Matter, such a separation appeared possible. Time and time again, I saw many experience the ideas of hurt, pain and separation because they perceived that the Beings, that they had grown to love, were gone. Some believed that this separation was permanent, while others believed that it was temporary. Yet, in either case, they continued to believe that a separation had occurred.

To the Beings of Matter, both the entering into

matter, as a birth, and the exiting of matter, as a death, were perceived as either a joyous event or as a tragic or painful event, depending on their thoughts and understanding. Yet there was in truth no birth or death, but simply a transition in and out of matter or in other words, a transition in and out of the visible light range at which the Beings of Matter resonated.

Because of their belief in sickness, accidents, death etc, the Beings of Matter failed to realize, that these Beings had simply played out their thoughts and ideas, as far as they could at that time in matter. These Beings were not dead; they had simply raised their vibrations or lowered their frequency and transitioned to another plane for further experience and learning.

Some raised their vibrations back toward the One, as they began to let go of their ideas of separation; while others, still desiring to explore the thoughts of Self and separation, lowered their vibrations further towards Self. Yet either way, all was good because all produced knowledge and understanding. A death did not occur, only a separation in vibration or perception. They were all still connected and they were all still One.

For I saw that these events often times produced situations of perceived loss, pain, tragedy or mis-justice. Yet, because everything is always answered perfectly, the manner in which a Being popped in or out of the Plane of Matter, always created the perfect situation for those that remained in matter, to learn and grow as they desired.

I saw that for most Beings, once they popped out

of matter, they no longer carried with them the slower vibrational thoughts of separation. Their thoughts were quickly raised back into the Realm of Light. From this new vantage point, these Beings did not experience any concept of loss, separation or time. Any pain, discomfort or grief they may have perceived, during their time in matter, was gone; they no longer resonated with that level of thought.

I saw some, however, that were so attached to the Plane of Matter that they did not want to allow their thoughts to go anywhere else. They could not let go of their perceived: possessions, fame, importance, status or their desire for revenge. Therefore, because they held these ideas and thoughts in their consciousness, they continued to remain connected to the World of Matter. Yet, they were not visible to the World of Matter. Because of their unwillingness to let go of the things of matter, they held themselves in bondage, to a plane in which they no longer belonged. I saw many in this state of existence. They were confused because they still perceived everything in the World of Matter, just as it had been when they popped out; yet, the World of Matter no longer recognized them.

There were others though, that, when they popped out of the Plane of Matter, refused to let go of the lower vibrational thoughts that they carried with them. I saw these as Beings that continually contemplated the very low vibrations of hate, anger, fear, pride, jealousy, resentment, prejudice etc. For them, they did not pop back into the Realm of Light. This was not possible, because they did not resonate on that level. Nor did they remain connected to the

World of Matter.

Rather, when they popped out of the Plane of Matter, they emerged in a world of thought that was home to the Entities of Self. This was a dark and loathsome place, devoid of life and color. Here they could continue to play out their desire for hate, greed, control and separation. They were free to contemplate these thoughts for as long as they wished and as thoroughly as they chose.

They could remain there for an eternity, for that is how it seemed, as time stretched out, the slower the vibrations became. I saw that no one was ever lost in this condition. They were not forgotten or sentenced to eternal punishment; as I had once supposed. Rather, they were experiencing the realization, in form, of their own thoughts. They had done it to themselves.

I saw that, one by one, each one of these Beings, which had descended to the depths of the lower vibrations, would eventually tire of their situation and they would begin to contemplate the possibility of better things. As they did this, they would begin to raise themselves back up towards the higher vibrations of light.

To the Beings, that descended into Self, this process of return appeared very long and painful; yet, to the Beings of Light, at the higher vibrations of thought, their return appeared to be very quick. For, they had begun to let go of the perceived idea or thought of separation. At the highest vibrations of thought, they never perceived a going away and a coming back; for they had no concept of separation at

all. To them, they were always there as a part of the Whole.

To GOD or at the level of GOD, they were never lost or forgotten; they were always one with GOD. I saw, in truth, that GOD did not punish or torment anyone; it was not possible. At the higher vibrations of light, such ideas did not even exist. It was only by the thoughts and contemplations of each Being, that the perception of punishment or torment was experienced; depending on how far they had separated themselves from the One.

I saw that back in the World of Matter, the Beings of Matter began to contend one with another. They began to covet, and there began to be wars and all manner of hate and control exerted one against another. They were weak and they had to labor for those things which, in the World of Light, were produced spontaneously.

Chapter Eight

Vibrations of Thought

The more I observed the Beings of Matter, the more I realized that, not only had they lost the realization that they were the creators of their reality, they had also lost the realization that they were drawing upon a common mind or thought. They failed to realize that they were connected to the collective consciousness.

They supposed that their thoughts were their own; when in truth, they were the thoughts of the collective Whole. Thus, they did not realize that as they grabbed hold of a thought and contemplated it, that their contemplations were being fed back into the Whole, for all to either benefit from or to suffer from.

I saw that each Being had the capacity to tune into any frequency of thought that they desired. I perceived each Being to be much like a transmitting and receiving station of thought. I could see that the Beings that contemplated thoughts of Self or separation were, in truth, tuning into or resonating with the thoughts and ideas of the Entities of Self. Whereas, those Beings that contemplated the thoughts of no lack or limitation, were tuning into the thoughts and ideas that resonated more closely with the World of Light, the Entities of Light or GOD.

I could see that the Beings of Matter did not recognize what was happening. They would receive a thought, from the collective Whole, which resonated with the vibrational level at which they were at. Mistaking this thought for their own, they would

contemplate it and based on their contemplations, either they would raise or lower their vibrations; therefore, causing them to resonate at a higher or lower level. Thus tuning them into the thoughts associated with that level.

I saw that not only did they receive thoughts; they also transmitted, their newly contemplated thoughts, back out into the Whole for others to receive and contemplate. Therefore I could see that every thought contemplated by every Being or Entity was either serving to raise the collective Whole, back towards the One and GOD or lower the collective Whole further towards separation and Self.

This was a perpetual process for all the Beings of Matter and in truth, all the Beings of Light. Now, depending on the state of each Being and depending on the level of light at which they resonated, this would determine the level of thoughts they received. Those, which were at the higher levels of vibration or thought, resonated with a much brighter and purer Realm of Light.

Although they may have continued to exist in matter, their experience was very different, compared to those that resonated at a lower vibration of light. The Beings, at the higher vibrations of light, saw less and less separation and less and less limitation. Their thoughts were more centered on the One and the Whole; therefore, they did not contend one with another. Nor did they continue to find fault with each other; because they knew they were all One. They knew that by doing anything or thinking anything unkind of another, they were in truth only hurting themselves; and they were only further separating

themselves from GOD.

So, as these Beings received vibrations of thought that were congruent with their own vibrations, they would contemplate them and raise them back towards the One. By doing so, they would help to raise those around them. They would become in tune with even higher vibrations and they themselves would be raised.

Now, I saw that the same was true for those that contemplated the lower, slower vibrations of separation. As they received a thought of Self and separation, instead of dismissing the thought, knowing that it came from the collective consciousness of the vibrations of Self; they believed that it was their own. They would embrace and contemplate it into an even lower thought vibration; therefore, sending it out again for all to receive.

I saw that it was possible to receive a thought from the collective, acknowledge it and then let it go, without further contemplation. By doing this, I saw that the thought remained benign and was not intensified back into the consciousness of the ALL; and therefore, was not produced in experience. I also saw that it was possible to take a lower thought and, by unveiling its limitations, raise it back into a thought of higher vibration; thereby, producing events more consistent with those found in the Realm of Light.

By contemplating lower thoughts with more lower thoughts, the Beings of Matter truly did not know the damage they were causing. I saw, as more and more Beings began to contemplate these thoughts, whole

groups, races, and civilizations began to fall deeper and deeper into the much lower vibrations of dense matter.

I perceived that, as all the Beings coexisted together, they could choose the thoughts they would accept and contemplate. They were in complete control of how their world would evolve and how it would manifest; yet, most did not know or recognize this.

It was by this very process of receiving, contemplating and transmitting thought that I saw the world evolve. As more and more people began to contemplate the thoughts of fear, disease, death etc., the more these thoughts were available for all to contemplate, the more these things, in all their various forms, were produced in the individual lives of the Beings of Matter as well as in nature itself.

For, I saw that it was not just the thoughts of the individual that created, but the thoughts of the collective group; because, in truth, all were One. So I saw that, even though a particular Being of Matter had not contemplated the details of a specific event, the idea existed in the consciousness of the Whole, at which level they resonated. Therefore, the event would be produced, in matter, as an experience, to answer their thoughts.

I saw that the Beings of Matter would witness an event and instead of seeing it as a creation of past thoughts, they would see it as separate from their thoughts. They would contemplate the event with more lower vibrational thoughts and therefore more such things would appear in their reality.

I saw that as the Beings of Matter thought more

and more about the various forms of sickness and disease, and as they explored their depths, these new ideas would begin to emerge and express in matter.

These Beings were baffled by the new diseases and they supposed that the Gods were angry with them; yet, they failed to comprehend that they themselves had created them. And thus it went with all things. Everything was taken out of a state of harmony and wholeness into a state of chaos, imperfection and separation; all by the power of thought and creation.

As the Beings of Matter further contemplated the ideas of Self and lack, they created and experienced many things that had never existed before. I saw that in truth, none of these things could exist. There never was any lack, in any way; yet, through reason and thought it had become so. The more it was contemplated, the more it appeared.

Now, because the Beings of Matter no longer recognized themselves as Beings of Light, and because they were so greatly influenced by the Entities of Self, they began to see themselves as Beings of Darkness or Beings of Self. They saw themselves as sinners, completely separated from GOD. They could no longer see or perceive the light that was in them; for it was still there. They truly saw themselves as a loathsome and lost people, fallen from the graces of GOD. And as their thoughts went, so did their reality.

Left to proceed on their own, it was clear that the Beings of Matter would have continued to descend deeper and deeper towards the thoughts of Self;

because they were being influenced by the Entities of Self. There was no way out for the Beings of Matter. The only way out, of the self created deception of separation and lack, was through the contemplation of higher thoughts. As a Being of Matter thinks, so is he.

Most of the Beings of Matter were unable to contemplate higher thoughts because they had been so influenced, by the Entities of Self, that they had lost all notion of such things. The knowledge of these things was completely taken from them by their own contemplations. Left to themselves, these Beings would have most likely thought themselves into nothingness; believing that they did not exist at all.

I saw evidence of this in many Beings who were convinced that they would die. They believed that after death there was nothing, therefore they would no longer exist. These Beings found themselves in a self induced coma like state where they continued to exist, yet without belief in their existence; therefore, it was as if they no longer existed, yet they did. They were still Beings of Light, still one with the Whole, still one with GOD, yet they knew it not.

Now because of the conditions that prevailed and the self created deception that existed, it was obvious that many were lost and would continue to be lost if their thoughts could not be raised and thus their reality changed.

Chapter Nine

Light Returns

Knowing that many were lost in the perceived thoughts of Self, there were certain Pure Beings of Light who, as established from the beginning, had not contemplated the ideas of Self. They desired to intervene on behalf of the lost Beings of Matter. It was known, by these Pure Beings of Light, that they could not force the Beings of Matter to change their reality. This was not possible.

The only way, for the Pure Beings of Light, to help the lost Beings of Matter, was to set an example for them and to demonstrate to them the possibilities of their true nature; therefore, allowing the Beings of Matter to raise their vibrational thoughts back towards the One. And thus, freeing their minds from the separation of Self.

The Beings of Matter were all in various states of self created reality. Therefore, it became necessary, for the Pure Beings of Light, to descend in matter, under a variety of circumstances and conditions, in order to provide the ideal environment by which higher thoughts could be contemplated and produced.

Some Beings, who were accepted by one group or people, would not have been accepted by another group; because of their divisions and classifications. So, these Beings of Pure Light came at different times throughout history and in various forms; so that the ideas of truth could once again be contemplated and realized.

These Beings of Pure Light, knowing no separation

from GOD and from their fellow Beings and knowing no thought of Self, began to teach and instruct the Beings for which they came to help. Because of the thought world the Beings of Matter had created, they often times could not comprehend nor did they care to contemplate the ideas shared by these Beings of Light.

As I observed, I saw that these higher thoughts were always available to all of the Beings of Matter and that they were in no way cutoff; as they supposed that they were. Yet, because of their beliefs and ideas, they refused to contemplate the higher thoughts when they came to them, because, they judged them as bad and wrong, although they were not. It was for this reason that the Beings of Pure Light had to descend into matter, in order to reach the consciousness of the Beings of Matter.

As my attention shifted, I saw one of these Beings of Pure Light and there was not in him the slightest degree of separation from the Whole or from GOD. He descended into matter, as a Shepard, in hopes of reclaiming the lost sheep. Yet, they were not lost in and of themselves, for that was not possible; they were only lost in consciousness or belief. There was no way for them to separate themselves from each other or from the Whole, except in thought. They could never be separated from GOD and they would always be a Being of Light. They would always be one with GOD, they would always be GOD. There never had been and there never would be a separation.

This perfect Being of Pure Light descended into matter that the Beings of Matter and Self might know

the truth and that they might realize their true nature. He desired to give them the truth, so that the truth would set them free, from their self created world of deception and separation. This Being of Pure Light went about speaking and demonstrating in ways that were long since forgotten by the Beings of Matter. They could scarcely relate to this Being and his ideas.

Because this Being knew that there was no such thing as sickness, and he had no thought of such lack and limitation, he healed those who were lost in the bonds of sickness. Yet, I came to see that he did not really heal the sickness because he saw none. He healed the thought that produced the sickness. By doing this, he restored the Beings of Matter to their natural state. Now, this only worked with the Beings that allowed themselves to contemplate the thoughts and ideas of health. Those that refused to contemplate the idea, that this Being could heal them or that they could be healed, were not healed. They did not allow themselves to be healed. It was truly the Beings of Matter, contemplating and accepting the truths offered by this Being of Pure Light, that this new reality was created and they found themselves once again whole.

This Being of Pure Light went about demonstrating many truths of Pure Being or GOD. He saw no limitation and therefore, he was operating at the highest possible vibration of light. Consequently, as he thought, instantaneously his thought was produced in matter. This Being was able to turn water into wine, walk through seemingly solid objects, and even walk on water. This was no great thing, in truth,

because every Being of Light could do the same, had they not lowered their vibrations into the thoughts of Self, lack and limitation. It was these thoughts, coupled with the thoughts of sin, sickness and death that prevented the Beings of Matter from manifesting as Beings of Pure Light.

This Being of Pure Light made many statements that were not understood by the Beings of Matter. They, in many ways, could not comprehend his teachings. Those who chose to listen and contemplate, this long forgotten line of thought, were healed and made whole and their sins were forgiven them; because, in truth there was no sin, except the digression of thought away from GOD towards Self.

This Being of Pure Light made statements such as “I and my father are One” and “if you have seen me, you have seen the father”. This Being was further misunderstood because the Beings of Matter could not reason nor comprehend how this was possible.

The Beings of Matter had invented and reasoned their own Gods. They had contemplated and created a God that was more in line with their own way of thought. Many were angry and vengeful and therefore they reasoned that God or the Gods, because they had many, must also be angry and vengeful. They saw control as necessary and they sought to control one another and they also sought after power. Therefore, they reasoned amongst themselves that God was a God of power and control. In truth this was never the case.

Because of their many creations of God and their belief in laws, rules, power, separation and authority, they would not contemplate the thoughts of this Being

of Pure Light. The Beings of Matter were angry with this Being of Light, because he threatened their beliefs and their way of life. He threatened all that they had come to be.

They were so immersed in Self that they could not conceive any other way. They did not want to, because they did not want to give up their power and control and their perceived sense of importance. With this, many refused to listen; yet, some did listen and they were changed.

Now, this Being of Light knew that the Beings of Matter were completely lost in the thoughts of sin, sickness, lack and death. Therefore, it became necessary for him to demonstrate, to the Beings of Matter, that in truth, these things did not exist. So, this Being of Pure Light allowed himself to transcend the depths of all thought and allowed himself to perceive the thoughts of lack and limitation, the thoughts of sin, sickness and death; that he might demonstrate to the Beings of Matter that these thoughts could be overcome and that there was no thought ever conceived that was outside of the Realm of GOD and his love.

To this end, this Being of Pure Light contemplated the thoughts of each individual Being of Light, as a Whole, because there were none separate from him. As he did this however, he also maintained his oneness with the Whole of GOD or with the ALL; therefore, transcending all thought and not becoming lost in it. By this means, this Being of Pure Light in a tangible way demonstrated to the Beings of Matter that no thought was beyond return and that all could

instantaneously be forgiven or relieved, for there was nothing to forgive, of their perceived lacks, limitations, sins, etc, if they would but contemplate the higher thoughts of GOD or the ALL. If they would only repent or turn away from their thoughts of limitation, they could once again be restored to their perfect state. They could be resurrected, from the dead state of Self and lack, back into the perfect, One, Whole, complete body of GOD or the ALL.

As his final act in matter, this Being of Pure Light allowed himself to be put to death that he might demonstrate, in matter, to the Beings of Matter that death had no triumph. And in fact there was no death, there never had been, there was only life, life eternal from the beginning. Therefore, this Being of Pure Light became an example to the Beings of Matter of the possibilities of thought.

Many Beings of Matter perceived the light that emanated from this Pure Being of Light and began to contemplate and think thoughts that began to lift them from their fallen condition. Yet, many more became hardened, by the teachings, because they could not understand them. They were so consumed with the ideas of suffering, pain and grief, because their thoughts resonated with the Entities of Self, that they failed to see the greater truths.

Following this Being of Lights transition, back into the Realm of Light, there began to be many that proceeded to contend one with another; for there were many that supposed that they understood what was being taught. And, instead of profiting from the teachings, they became a stumbling block to the Beings of Matter. The Beings of Matter used these

ideas and teachings to further their own pursuit of control, power, fame, glory, and prestige; all under the guise of piety, humility and authority. The Beings of Matter began to fight over the meanings of the words and the ideas they perceived to be true. They failed to comprehend.

Nevertheless, despite the fact that many failed to understand the Beings of Pure Light, while they were in their presence, their words and their teachings were recorded in various forms and throughout various traditions. Their works lived on throughout recorded and verbal history. Many, throughout time, did benefit from the pure thoughts of truth that were once again restored to the consciousness of the lost Beings of Matter.

Chapter Ten

Judgment

As my experience progressed, I came to understand that each Being of Matter, when they had experienced all that they had desired to experience in Matter, would return to the World of Light. Upon their return, they had the opportunity to review every detail of their time in matter; that greater insights might be gained. A great many considered this review to be a judgment because of the ideas of such things that they had gained from the Entities of Self. Yet, that is not at all what it was.

I came to see that from the limited perspective of the Beings of Matter, that it was frequently hard to gain knowledge because their own ideas and thoughts, regarding an event or situation, often clouded the truth. I observed that even though a great deal of learning occurred by the Beings of Matter, while they were still in the World of Matter, it was usually not until the time in matter was reviewed and observed in the World of Light that the real knowledge was gained.

I saw a great many, that when presented with the opportunity of going over their life, recoiled from the thought. They still perceived themselves to be bad or evil and they feared to face the truth of their experience. They feared God and they feared being punished, because they believed God to be an angry vengeful God. These Beings existed in the slightly lower Realms of Light where various degrees of separation still existed. The Beings at the higher

Realms of Light no longer saw evil and the threat of punishment. Therefore they fully embraced the chance to learn and gain knowledge.

I had the opportunity of experiencing a complete review of my life. I saw all the events that had transpired during my time in matter. I saw everything, from every possible angle and perspective all at once. I not only saw and felt what I had experienced, I also perceived what every other Being had felt and experienced. That was not all though, I came to understand what the rocks, the trees, the Earth, the animals, the bugs and everything else perceived. It was as if I were all of these things and all of these Beings. I was not separate, for I truly was ALL.

When I did something to hurt another Being or to hurt anything for that matter, I experienced it as though I was hurting myself. I experienced each and every one of my thoughts and perceptions. I could see first hand how all of my thoughts had developed. I could plainly see how each thought shaped and molded my reality. I could see that I had created everything all by my thoughts. There wasn't anything that I experienced that I did not first create the possibility in thought and then in form.

There was no other, only me, only the One. I understood for a brief moment that the perception of all others was only to help me better understand and know myself. I also recognized that I was only there to help others better know and understand themselves. Then my perspective shifted and I saw that we were all there that we might better know and understand GOD, that GOD might fully express GOD.

I was free to examine the events of my time in

matter in any way I chose. I could skip events if I was not ready to look at them. Other events, that I had already learned from and gained all that I could, I did not have to review again. Those events, I could let go forever. I did not have to review every event in minute detail. Some I could fast forward through and others I could slow down and see all angles and perspectives. The choice was completely up to me. Those with me, however, did prompt me and encourage me to examine certain parts that I would have otherwise glossed over. Thanks to their help, support, and counsel, I was able to learn a great deal more.

I had always grown up with the idea of a judgment by God, followed by a sentencing, based on my thoughts and actions, to a good place or a bad place. What I experienced however in no way resembled what I had been taught. There was no judgment, no condemning and no sentencing. GOD was not angry with me. On the contrary, while going through this experience, I felt and perceived nothing but Love.

You see, all throughout this experience, I never once was judged. There wasn't anybody there to judge me. There were Beings there with me, as I went through this experience; however, it was never their intent to judge me. I found, that in reality, what was really happening is that I was judging myself. At first, I was really hard on myself. I could not see past what I perceived to be the slightest imperfection. I believed that in order to make it, I had to be perfect. Therefore, I tried to justify all of my thoughts and actions and prove that I had been as close to my idea

of perfect as was humanly possible.

That was just it though; it was only my idea of perfect, what I believed perfect to look like. The truth is, as I came to see, there is no such thing as perfect. All is perfect because all is GOD. I could clearly see that the ideas, rules, and laws that the Beings of Matter create for themselves, in matter, instantly dissolve into their native nothingness, as these Beings enter back into the higher Realms of Light.

As I danced around my life, trying to explain everything, the Beings of Light that were with me smiled and laughed at my antics. They showed me such love and compassion. They were not interested in judging and condemning me, rather they wanted to help keep me from judging and condemning myself and anyone else for that matter.

They were there to help me learn from my experience. They knew that thought was neither good nor bad and that all Beings, in truth, were connected to all thoughts or the collective Whole. Therefore, thought only appeared good or bad as a Being resonated more and more with the lower vibrations of separation.

The Beings of Light also helped me understand, with certainty, that we are not our form. On Earth, I saw how we identified with our bodies. We identified with our race or nationality, with our skin color and with our gender. I saw however, we are none of those things. These are only the forms or expressions we chose to help us play out thought. I saw the inhabitants of the Earth and how they perpetually battled one with another over their differences of form; not realizing that their form was

only a creative reflection of thought. I saw the Beings of Matter setting up ideas and standards for themselves as to which forms were more desirable, as if it was possible for one form to be more desirable than another. All were expressions of creative thought and all were expressions of GOD.

I saw that we are the manifestation of thought lowered into form as a vibration of light. By thought, we are able to assume any form we desire. We are able to dissolve our form at will and merge back into the Whole, if we so choose. Yet, I knew that by merging back into the Whole, we did not lose our individual awareness.

With the help of the Beings of Light, I further realized the impossibility of existing outside of the Whole, or outside of GOD. I realized that the lower vibrations would always exist and that they would always be a part of me because they are a part of the Whole. Yet, I also realized that I did not have to tune into these frequencies of light if I did not want to.

The Beings of Light helped me to understand that if I perceived a fault or an imperfection in someone else, in truth the fault or the imperfection was no more than a contemplation of my own thoughts. It was not in the other Being, it was in me. I learned that it was not possible to judge another Being without revealing a separation in my own thinking, a separation away from GOD or the One. I learned much from these Beings, who patiently worked with me to help me identify the separations in my own thoughts.

For me, this experience was a very positive

experience; it gave me insight into what I still desired and what I still wanted to learn. With this experience and the knowledge gained, I was truly able to know for myself who I was. Now I could know love and joy like I had never known it before, because I had been without it. At least I had perceived it that way. What I realized though is that, in truth, I was never really separate from these things.

I saw that as we go through our experience in matter that there are Beings there with us throughout the whole journey. I came to realize that we are never alone. Not only because we are all One, but because there are so many other Entities and Beings of Light that love us and care about what we are doing that they are always there to help and assist us.

It was made known to me that it was not necessary to wait until our transition back into the World of Light to review our time in matter. Rather, each and every one of us could contemplate our thoughts and our actions and arrive at the same level of understanding. All that was necessary was for us to contemplate any levels of separation or limitation from the Whole, which may exist in our thoughts and remove them.

I saw that such Beings were available to all who wished to evaluate and gain knowledge from their experience on Earth. Yet, because many did not wish to face themselves, they did not readily take advantage of the opportunity that they had.

One by one, however, the returning Beings of Matter came to realize that the purpose of their experience in the world of opposites was not to condemn or torture them but rather to give them

experience and knowledge. Therefore, slowly, these Beings turned away from their fears and doubts and began to contemplate and learn from their time spent on Earth.

They learned many great lessons from evaluating and contemplating these experiences. For now, they could truly see all thoughts and events involved and not just their own. They could see a situation from all perspectives. Therefore, they could see that what they thought of a situation was just that, their thoughts and very rarely, if ever, reflected the whole truth of the event.

After each review, I saw that every Being was free to continue on as desired. Some, wanting further understanding in the World of Matter, would once again contemplate what it was they wanted to learn and how they wanted to learn it. And therefore, they would once again find themselves back in the World of Matter in the perfect situation to accomplish their desires. Others, having experienced all they wanted to, in the World of Matter, would continue on in the World of Light. There was no end to the things that could be created and explored in the World of Light, therefore there was no end to the possibilities.

I could see that, from this experience, there were many that relinquished their desire for Self and separation. They turned their thoughts back to the Whole. Yet they did so with knowledge and a level of experience that they could not have gained in any other way and one that could not be taken away from them.

Chapter Eleven

All Things Restored

As my experience progressed, I saw a panoramic view of the Earth. I saw it as though I was looking at it from the beginning all the way to the end. I saw it when it came into form in the World of Light. I saw it as it appeared to descend into matter and I saw it as it appeared to reemerge from matter back into the World of Light.

During this time I witnessed a countless number of Beings of Light descend into matter to gain experience. Beings, civilizations and races came and went, all having fulfilled their desires for creation. I saw some civilizations raise their vibrations of light and become more vibrant and I saw many more civilizations lower their vibrations of light and become more loathsome. I saw some civilizations that raised their vibrations to such a degree that they all popped back into the higher Realms of Light, without a death in matter.

I could see that because the Earth existed at many different vibrational frequencies at the same time, that very little of existence was visible to the Beings of Matter. They could only perceive what they could see in their visible light range. Yet, there were visible light ranges that were perceptible to other Beings that were not perceptible to the Beings of Matter.

Just as the Beings of Matter desired to play out thought that knowledge might be gained, I saw other Beings, on other planes, which had chosen to play

out, to the fullest, other lines of thought that they might have experience. I perceived that all possible variations of thought were being played out everywhere to the very last degree so that all of creation, could expand in knowledge and understanding. As each Being of Light or as a group of Beings expanded in knowledge, understanding or experience, the Whole benefited and the Whole expanded in consciousness.

I saw that it was not necessary for each Being of Light to experience every thought to the fullest individually. However, as a Whole, every possible combination of thought and creation would be explored to its absolute fullest. And with this, GOD was ALL, with nothing lacking.

I saw that there were a great many Beings that coexisted on the planet Earth and its surrounding planets simultaneously; yet, because they were all vibrating at different frequencies, they failed to perceive one another. I saw so many different varieties of form and life that I could not even begin to describe them all. They ranged from the very bright and ethereal Beings, as found in the higher Realms of Light to the very most repulsive of Beings as found in the lower Realms of Separation, far below the Realm of Matter.

I saw that there were some on the Plane of Matter who could perceive other frequencies of light. Some could perceive higher frequencies of light and some lower. Some could perceive Beings that more resembled Beings of Pure Light and some could perceive Beings that more resembled the lower vibrations of the Entities of Self. These Beings often

times appeared very grotesque and distorted.

Nevertheless, they all existed simultaneously; yet, they knew it not.

As I was pondering the various realms of existence, my attention turned back to the World of Matter and the Beings of Matter. I saw that as time progressed, in the World of Matter, that the Earth began to tremble and quake as it started to manifest the collective thoughts of its inhabitants. The Beings of Matter could not escape because they continually looked down into matter instead of looking up into light.

Many Beings of Matter began to contemplate the same thoughts and ideas of lack, danger and fear, therefore these thoughts had to manifest in creation. Earthquakes and natural disasters began occurring more and more frequently, in diverse places. The Earth began to shift and groan and many strange things began to occur to answer the desires of these Beings. The more the Beings of Matter began to fear and contemplate changes in climate, the more these changes occurred and began to manifest in matter.

This pattern played itself out over and over again until the Beings of Matter were completely afraid and alone. They alienated themselves from each other as their intolerance and fear of each other increased. Cultures divided against cultures and nations against nations until it appeared that all of creation was in complete and utter chaos. It seemed that all of matter would spontaneously self destruct.

Yet, as I witnessed this breakdown and unraveling of civilization, I also witnessed many that did not

resonate on these lower frequencies. They were in tune with the higher Realms of Light and they did not become fearful and panic because they no longer contemplated the ideas of Self, harm, death, and annihilation. Despite the fact that food appeared scarce and all things seemed uncertain, these Beings were calm and centered because they knew that their thoughts created their reality. They no longer contemplated such ideas as hunger, fatigue or lack and therefore, they no longer experienced these things. These Beings became a light of hope to those still under the illusion of loss and pain.

As more and more Beings of Matter found themselves completely lost, broken and empty, no longer desiring to live in the thought world they had created for themselves, they desperately hoped that someone or something would save them. Yet, they failed to understand that the power was within them, it always had been from the beginning. When nobody came and they were faced with no other options, they slowly started to relinquish their desires for hate, greed, anger, and the like in favor of a more peaceful and loving way.

Once this occurred, these Beings began to contemplate the possibilities of peace, and love. They once again started to contemplate the ideas that all could get along. They started to desire that there would no longer be separations and divisions amongst them. In short, they turned back to the ideas and teachings of the Pure Beings of Light.

As one thought after another turned back towards the One and away from Self, these Beings began to raise their vibrations back towards the Realm of

Light. Some did not contemplate these things at this time and further digressed into the lower vibrations of matter; yet, those that did contemplate these things found themselves emerging in a World of Light and beauty.

As this process occurred, I saw many that transitioned back into the Realm of Light and out of the lost and fallen state of the Realm of Matter. To them, it appeared as though the Earth had been changed instantaneously into a World of Light and beauty. It also appeared to them that they themselves had been changed into Beings of Light. What they failed to realize is that they and the Earth had always existed as a creation of light and that it was only their perception that had changed. For they now perceived what they were not able to perceive before.

With this change, the old World of Matter seemed to be gone, and a new World of Light seemed to appear. For these Beings, a new millennium had begun. These Beings were back in the presence of the ALL consciousness; back in the presence of the Pure Beings of Light. Harmony existed once again amongst all the Beings of the Earth World of Light. I saw that many, who were now able to see the Pure Beings of Light, fell down and worshiped them. Yet, the Pure Beings of Light did not desire the praise or the worship for themselves, they only desired the glory to be given to The Whole, The ALL, to GOD, for that is all there was.

At this point, everything had changed back into a World of Light. And so it was for the Beings of Matter that came back into the World of Light. Yet in

truth, I saw that the Earth continued to exist at all levels of creation or vibration from the very highest to the very lowest. All continued to exist simultaneously. So, even though many Beings had come back into the World of Light, there were many more that did not.

There were many that continued to exist in their miserable state, not realizing that for others, a change had occurred. While some were experiencing a new millennium of peace, others, at the lower vibrations of light, were not. To them, life continued to deteriorate based on their thoughts and vibrations. They failed to realize the reality they were creating.

As I witnessed these things, I marveled at how I had once perceived everything to be linear and to be occurring in a single dimension of time and space. I could clearly see that, from my vantage point, there was no such thing as time and space and that all things existed simultaneously at various dimensions or at various frequencies or wavelengths of light. So, what appeared as a change of the Earth from a state of matter to a state of light for one particular Being or group of Beings did not necessarily appear that way to another Being or group.

In the Earth World of Light, I saw beautiful, magnificent colors; colors that were long forgotten by the Beings of Matter. I saw that everything was dancing with the vibrations of life. I could perceive the sounds and the music of all creation once again on the Earth. Everyone had all things in common. They thought as One, they worked together as One and they continued to expand and grow as One.

I did not see any discord anywhere. All was in

perfect harmony and balance. There was no more hate, anger, or greed. These things could not exist at such a level of light. Life spontaneously produced everywhere. The Beings were not vegetarians, as I had once supposed; for it was no more possible for them to eat plant life than it was for them to eat animal life; for all was life and none was to be destroyed. I saw that in this state, even the plants and vegetation did not fear danger or destruction. All was truly at peace.

I saw the Beings of Light, once again restored to a state of Being, where they no longer required food to eat, nor did they require sleep. They did not even require air to breathe. There was nothing that they required or that they were dependent on for their existence, except for GOD.

I saw that as these Beings continued to remove from themselves the ideas of separation and limitation, that their vibrations would once again be raised. As this occurred, I perceived that the Beings of Light could dissolve their form and once again become Entities of Light or Thought; having no separation from the One.

Those Entities that resonated on the level of no limitations were completely free to experience creation at various degrees. They could function as a Whole, one with GOD, they could function as one of many, yet in perfect unison, or they could function as an individual Self.

With this, I saw the full array of understanding or degrees at which GOD could be contemplated. There was GOD the ALL, the One, the only Supreme

Creator, there was God the many as one of a multitude of Entities of Light and there was god the individual who perceived himself alone and no longer in touch with his true nature. Yet, despite the level at which GOD was contemplated or experienced, there was never a separation except in consciousness and thought. Everything was always part of the One.

Once again, my focus changed and I could see all of existence all at once. I could see that all the Beings of Light were in various stages of development and growth. No two were the same. So, as one group was coming back into the World of Light, other Beings or groups of Beings were descending into matter. I saw that this process was continually occurring in one form or another. I saw that this process would play itself out for millions if not billions of years as we perceive time on Earth.

I saw that eventually, all the Beings of Light would come back together again in consciousness. They would all see themselves as One once more. They would know themselves as GOD. All the colors of light would merge back into the One and only true light of GOD. All would be back at perfect rest, in a perfect state of peace. I saw that all of matter and form will dissolve back into the One. All will be as it was before it all began. I saw that all would be resurrected or restored to its perfect place and that not one Being or Entity of Light would be lost.

As I witnessed all separation from GOD removed, and the whole Universe dissolve back into its native nothingness. It was then that I experienced the ALL once again; the ALL that was nothing that was

everything. And once again, I saw that the ALL, that was GOD, had a desire that wasn't really a desire. I saw the great void divide once again. And once more, I saw the Entities of Light emerge. Yet, this time was different than what I had experienced before. This time, the Entities of Light were much more radiant and wise. I could see that their plan for expression was far greater than anything ever witnessed before. A new birth had occurred, and with this new birth, I saw things that simply can not be described. Once again, the circle of life had gone all the way around. And it was wonderful.

Chapter Twelve

Home at Last

As my experience came to a close, I had the realization that I was free to do anything I chose. I could stay in the World of Light, if that is what I desired. I could explore new worlds and realms. I could go about experiencing all there was to experience in the Universe. I could merge back into the Whole and become One with everything again. The possibilities seemed endless.

As I was contemplating all the wonderful things that I could do and all the fantastic things I could experience, the thought occurred to me that I could go back to the world of matter. As this thought took place, I almost laughed it completely out of existence. Why would I want to go back to the World of Matter? There was nothing there for me. I no longer desired to live in the world of opposites. The dream world, or the world of illusion, just did not do anything for me anymore. No way, I was not going back. There was no possible way that this genie was going to be crammed back into the confined restrictive limited space of matter.

I must have gone on and on for an eternity presenting to myself all the reasons why lowering my vibrations back into matter was a really, really bad idea. Not only was it a bad idea, but I couldn't believe that such a thought even came to me. Then I remembered that thoughts are just ideas from the ALL, which I was picking up. I didn't have to contemplate the thought. I could just leave it alone

and go on my way. I could leave it for someone else to contemplate and experience. No, not me; I reasoned that I must have picked up on someone else's signal. The polite thing for me to do would be to put that thought back where I found it and walk away as if nothing ever happened.

I had forgotten that my thoughts were basically transparent and that all the Beings around me could watch the show. I saw many smiles and laughs, as I battled with an idea that I wanted nothing to do with. As hard as I tried, I could not let it alone. I knew, deep down inside, that thought was for me. I knew I had to contemplate the possibilities of lowering my vibrations back into matter. I also knew that as soon as I did, the World of Light I now perceived would be instantaneously lowered back into the World of Matter. Back into the world I once fought so hard to escape from. I had found truth and light and I did not want to go back.

Yet, I knew, go back, I must! I had not done all that I had wished to do. I began to think of all those Beings who had forgotten all these great and wonderful things. I began to remember all the perceived loss, suffering and pain that so many were accustomed to. I began to desire to share with all, the vision I had received. I wanted to help all those lost Beings, yet, they were not really lost. I wanted to help this lost Being; yet, I was not lost. In truth, I wanted to serve GOD. I wanted us all to come back into a knowledge of our true selves. I wanted all to come back into a knowledge of the World of Light and of GOD.

As I contemplated more and more on these things,

I once again found myself lying on my back staring up at the stars in the night sky. I was back; yet, at the same time, I am not positive I really ever left. As I lay there, tears started rolling down my face. I am not sure exactly why, I think the whole experience must have overwhelmed me. I don't know if I was crying because I didn't want to be back, or if I was crying because I was happy to be back. I am not real sure.

I must have remained there, on my back, for hours as I thought about all the things I had experienced. I was grateful that I was able to remember all that I had gone through. Yet, at the same time I was very frustrated because I was back to thinking one thought at a time and I could no longer perceive the whole picture as I could before. Yes, I was back in the world of limitations. There was no doubt about that.

From my experience, I came to the understanding that our form, here in matter, has the capacity to do all things. The form in and of itself was designed to be limitless. After all, it was designed to be used in the World of Light, where all things are possible. I saw that it is only through our limiting thoughts that we limit the body or the form. I saw that in truth we could reprogram this form, so to speak, by eliminating our limiting thoughts.

In this very form of light, for that is what it is, we could do all the things that the Pure Beings of Light did. These forms can heal and regenerate instantaneously. They can also overcome the perceived limitations of matter such as gravity and all other laws of nature. I saw that this form could even be in multiple places at the same time.

I saw that it was not necessary to die and be resurrected, but rather we could raise the vibrations of our current form to the point where we no longer existed in the lower vibrations of matter but rather in the higher vibrations of light. I could go on and on describing all the wonderful possibilities available to us with the form we have.

So, there I was remembering all the limitless possibilities available to me. All I had to do was raise my vibrations back into the Realm of Light. That shouldn't be too hard. Should it? Then I began to remember all the limiting thoughts I had thought. With this, I realized that my form had been programmed, through years and years of my thinking, to vibrate on a much lower frequency of light. Oh yes, I was back in time and I was once again dealing with the slower lower vibrations of thought. I could see that my form was still tuned into the lower vibrations of Self. I could see that part of this came from my genetic make up. It was given to me at birth, as a starting point for my experience; exactly as I had desired, so that I might learn and gain knowledge. The rest of the tuning into Self, I had done, thought by thought, over the years of my life.

So, here I was remembering all the great and wonderful things that I had both seen and experienced at the same time as I was receiving a plethora of low vibrating ideas of Self. I could see that I had a great deal of work to do.

Morning came quickly, for I had scarcely realized the passing of time. Still flat on my back, I decided it was time for me to move. The fire had long since

gone out and everything was now moist with the morning dew. As I sat up, and began to look around, I recognized a beauty that I had never noticed before. For a brief moment, the trees seemed to glow with light, just as they had done in the World of Light. Everything seemed to glow, even the rocks, the grass, and the flowers. I perceived that even I was glowing again.

As quickly as it all came, it was gone. The light, the life, the music, it all appeared to be gone; yet, I knew that it was not gone. I knew that I was responsible for bringing myself down into the lower vibrations of Self. Now, I had to be the one to bring myself back up into the higher vibrations of light.

I would like to say that it has been an easy job; it has not. I have found that contemplating the ideas of Self are very easy. It really doesn't require much effort at all. If I am not vigilant and if I don't pay close attention, I find that before I know it, the thoughts of Self, limitation and lack have consumed me.

There are so many things, in our world today, that resonate with the thoughts of Self. Often times, these things can be very difficult to escape from. The Entities of Self have spread their thoughts to such a degree and influenced the Beings of Matter to such a degree that ideas that used to be hidden, to the majority, are now available to all.

But, with knowledge comes power. As more and more Beings of Matter realize that the thoughts they perceive, as their own, are really not their own and that they are simply tuned into the lower vibrations of the Entities of Self. Then they will begin to turn away

from those thoughts and willfully turn their attention back towards the higher vibrations of the One.

This has been my journey since returning to the World of Matter. I am back, to work out my own salvation. I am also back to share with as many Beings of Matter as I can that, in truth, we are Beings of Light and that we are One with GOD.

I spent a countless number of years searching, trying to find GOD. I looked everywhere I could think of for the answers. After going through this experience, I finally realized that all the answers, I had been searching for, were in me all along. The GOD, that I wanted to find, was in me; it was me. There was no separation, there never had been. I am that small, self contained, seed of possibilities bursting forth into experience; we all are. I came to the conclusion that it was time to quit searching for GOD; and time to start experiencing GOD or the One.

I no longer worry about why I am here, where I came from, or where I am going after this life. I no longer worry if I am doing it right or not or if I am going to make it or not. I no longer worry if GOD loves me or not. And, I no longer worry about what is good and what is evil. I don't preoccupy myself with all the frustrating mundane annoyances of life because I now realize that all things are there to help me gain knowledge and experience.

So, what do I do with all of my time since I no longer have to worry and stress about all of those things? Well, I experience life. I live, instead of just exist. I see the beauty in all things. I am now able to see GOD everywhere; whereas before I was not able

to see GOD anywhere.

I always wanted to know and see GOD, now I do. I know and see GOD in myself and I know and see GOD in everything else around me. I see GOD in my wife and in my children. I see GOD in my cats and in my dog. I see GOD in my friends and neighbors. I see GOD in the homeless person on the street. I see GOD in those thought, by some, to be my enemies. I see GOD in the trees and in the flowers. I see GOD in the mountains and in the streams. And of course, I see GOD in YOU.

You are a Being of Light – We are all ONE!

1I use the words Entities of Light to refer to the Intelligences or manifestations of pure thought or energy I witnessed. As these Entities of Light take on form, I will refer to them as Beings of Light.

2God, with just a capital “G” refers to the individual Entities of Light, energy or thought. GOD with all capitals refers to the One, the Whole and complete GOD.

3I use the word he however, there was no gender, only Entities of Light in all their various colors.