



Neil Haddon.  
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# It's Up To You, Now!

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# **It's Up To You, Now!**

## **Introduction**

As I write this Introduction, April 2006, plans are being made for World War III. This will be different to its two predecessors of last century: this time the plans include the use of nuclear weapons from the outset.

Let me say straight away, this is not fiction: this is a deadly serious work of fact.

The same gang of megalomaniac monsters who brought you the war in Iraq on the pretext of Saddam's 'weapons of mass destruction' are planning yet another excursion this time into Iran with weapons far more destructive and sophisticated than Saddam could ever have dreamed of.

The US Administration has already scheduled a test for June 2<sup>nd</sup> this year, of a 700 ton "bunker busting" nuclear bomb that is intended to penetrate the ground before exploding in order to destroy underground targets. Also known as the "Robust Nuclear Earth Penetrator," when this bomb forms the classic mushroom shaped cloud over the cities of Iran, we shall no doubt be told this is proof that the target was indeed a nuclear facility, and the ensuing indiscriminate radiation fall-out is entirely the fault of the 'Eye-ranians'. Yahoo! Another victory for the war on terror!"

And make no mistake, these plans, if allowed to be put into effect will impact every one of us regardless of location, colour, creed, gender, wealth or social standing. There is no doubt that humanity as we know it is perched on the edge of a precipice, and we'd best do something about it – sharpish!

"But, what can we do about it?" you may ask. Therein lies the purpose of this book.

Within each one of us is a hidden world. A world so full of mystery and magic that we cannot begin to know the extent of it - even after a lifetime's exploration. A world which most people on the planet are unaware of; in moments of great inspiration, at best, they might suspect that there may be 'something else'. Things may happen, events, thoughts, feelings - but the cause can be easily dismissed as 'chance', or 'luck', or even 'alien', 'extra sensory', some force from outside.

In truth, this world is so deeply hidden that mankind could soon become totally insensitive to it altogether. It has been buried by hundreds, thousands of years of human 'experience'. The burgeoning weight of ever more 'scientific knowledge' has thrust this world so far down, it has become almost heresy to think of it, let alone speak, teach, and promote its resurrection.

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Fortunately, here and there, in all races, in all corners of the globe, a few, wise, men have kept alive the notion, the awareness of this great kingdom, this Fantasia, where anything is possible. We are forever indebted to them, and it is their gift that we acknowledge in this work. Their legacy that we should be eternally grateful for. Their insights that we should celebrate by bringing this secret world back into the light of day.

Within this hidden world lies the secret of all power. The hidden world is within each and every individual of the human race. Therefore, does it not follow that the secret of all power is within each and every one of the human race?

Each one of us has this power within us. But it is useless, it is as nothing, it may as well not exist - unless we are aware of it. We need to know we have this power, know we possess it, understand it, use it, develop it. We need to learn how to apply this power; we need to become so practiced in its application that it becomes second nature to us, part of our make-up, our 'character'.

For, contrary to the popular quotation, knowledge is not power: it is the application of knowledge that is powerful.

We cannot demonstrate powers we do not possess: to all intents and purposes, man does not have the power of flight. Patently, therefore, we should not go jumping from tall buildings. But we should look at the word 'possess' in a more active sense; the miser may possess a great fortune, but to keep it locked away for its own sake, it may as well not be there at all.

This is the hidden world. We all have this secret of power, we have it already. We do not need to go seeking it from outside.

But we need to use it, or we shall lose it.

The world today is advancing at such an ever increasing and alarming pace. We are faced daily with more additional information than our grandparents experienced in their lifetime. And the growth of that knowledge base is accelerating. The hidden world will become even more remote, even more inaccessible unless we take action now. Tomorrow will not do; it may be too late.

However, there is good news: the hidden world does have the capacity to handle this growing knowledge, to cope with what otherwise will become information overload, and lead to a further descent down the slippery slope of oblivion.

As stated above, however, knowing that fact is not enough. We need to apply it.

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All would agree that we will not do kindly acts, unless we are kind. And we are kind because that is our predominant attitude, our natural way of thinking. We do generous acts, because we are generous and of a generous nature, it is our natural attitude, our way of thinking about things.

The inventor, the designer, thinks in a certain way. He therefore is able to be an inventor, or a designer, and can invent and design things.

The way we think, determines who we are; who we are, determines what we do.

The way we think depends upon our attitude of mind. So mind determines who we are, and consequently what we do.

What we do, brings about what we have in our lives. It is always, "Be. Do. Have."

Now let the penny fall into place; who we are (be) determines what we are able to do, and this brings about what we have: it must therefore follow that we are creating our own world, must it not?

"Yes," you may say, "but that is only my little world, my little sphere of influence. I'm only one of over six billion; what difference can I really make?"

O.K. Would you though agree that your sphere of influence affects your immediate family, friends, work and social colleagues? How many people does that cover? Twenty, thirty? And if each one of those is likewise influencing the lives of another twenty or thirty – already we're approaching a thousand. And if that thousand also affects another thousand each...? Get the picture? Moreover, as we shall see, each of us affects many, many more than immediate, direct contacts.

Every man, woman, and child above infancy should be aware of the information contained in this work. Whilst the information is universal, this book is nevertheless for Individuals. For each one of us is unique. Ourselves. Unlike our animal companions, we are not one of a herd, flock, gaggle, or school.

And yet, we are not separate.

It is for those who, however fleetingly, have thought about making a difference. Those who despise apathy, but haven't quite known what to do about it. Who lament the state of things, but couldn't be bothered to vote because it wouldn't make any difference. Who object to being called the 'silent majority', but keep quiet about it. Those who are sure there must be a better way if only they could find it. 'Surely there's more to life than this', - but where?

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This book is a plea, hopefully a catalyst to precipitate action. We being humans have for too long allowed things to drift. Time to take hold, resume control, break free, and regain our rightful place in creation.

The need for this book is urgent. Dramatic changes in lifestyle and in the perception of 'normality' are taking place within decades now, not generations. Ideas of relationships and behaviour towards each other, employment practices, ethics – be they political, medical, business or whatever - are today radically different from ten years ago, let alone thirty or forty.

The casualty is morality. Not the fire and brimstone church pulpit morality of half a century ago, but basic goodness, doing 'unto others as you would have them do unto you', knowing right from wrong for the greater good, taking part being as important as winning. Right now there is a significant sector of society which can still recall, and can still relate to those 'old-fashioned' moral values. It is those vestiges of old-fashioned morality this book seeks to revive.

Not that everything old was necessarily 'good'. Who could defend female repression, or domestic cruelty? Apartheid, or racial abuse? Who would long for smog, or rickets? But conversation, community, neighbourliness, natural family values, people working at relationships with each other, happily inter-acting together; mutual respect, acknowledgment, helping others, being of service to each other; a level of security on our streets, in our homes, value and respect for others' property; fair dealing and fair trading – at retail, in business, and in employment; opportunities to use our imagination. Our world is surely a poorer place for the loss of these.

Compare what we have today: people walking down the road talking to a plastic chip, but afraid to acknowledge the person coming the other way; kids with St.Vitus' Dance of the thumb as they send endless text messages, but who do not know how to conduct a sensible conversation; the horrendous abuse by television – potentially a most powerful and positive medium for education – with its intrusion into privacy, its subliminal messages, and the incessant diet of soap operas conditioning society to communicate by screaming abuse at each other.

What happened to 'trust'? No longer do we 'trust' our doctors, our dentists, our politicians, the media – and often with good reason. Sadly, experience has taught us all to become at least wary, if not cynical; conspiracy theories gain ground on virtually every important issue. What happened to laughter? Why and when was it replaced by smut and lewd innuendo? Why, today, do we laugh at someone, rather than with someone? Sarcasm and gallows humour are what

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pass for light entertainment. 'Joy' is a word hardly used today – let alone experienced –and we all know what happened to 'being gay'.

Yet it need not be so. We allow it to be thus. Yet, the power and the means and the ability to effect change exist. They exist within each one of us. And it is we who must bring about this change. Not 'the Government', not 'the Church', not 'terrorists', not 'somebody'. No. Us - each and every one.

We stand, my friends, at a fork in the road between Heaven and hell. Not the 'hell' of dark figures with red eyes and pointed tails; not eternal damnation in the raging fires. But a hell nevertheless.

A living hell of despair, poverty, war, disease, flood, suffering, starvation. A hell of manipulation, anarchy, lawlessness, violence. Dog eats dog, abuse of power, until we have literally destroyed our world, ourselves, and the very fabric of life itself.

The other path leads to peace, harmony, growth, development. Love of ourselves and one another, respect for each other's being who we are. Helping each other; supporting each other. Pooling our talents and skills for the greater good of all. Giving freely of ourselves and our abilities without expectation of reward or return – in other words, for the sheer joy of giving. Treasuring every blade of grass, every leaf, every grain of sand on the beach. Valuing diversity, knowing it will benefit all.

The ultimate purpose of this work is a supplication, a fervent prayer, a heartfelt plea. An earnest appeal – to you, dear reader. Did you see the wonderful film by Wolfgang Petersen, "The Never Ending Story"? Fantasia is being destroyed by the 'Nothing': this is because children no longer believe in 'fantasy', they now believe in 'nothing'. The film cleverly uses a 'story within a story' format, and fortunately, Bastion, a young boy reading this special book, "The Never Ending Story" still has imagination, still believes in magic, and his ability to let fantasy be real, saves Fantasia for us all. Which do you believe in?

We must revive that magic. For, there is magic in the world. The Midrashaic sections of the Oral Torah were written down some 1,600 years ago and among its components is the collection of teachings known as Pirkey deRabbi Eliezer. Chapter 34 contains the following:

"When a tree is cut down, its 'voice' travels round the world but is unheard by us."

Is this not the stuff of fairy stories? How could our sages, who received and transmitted the Torah, know this magic secret of nature which has only recently been revealed with the aid of finely tuned electronic devices?

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My dearest hope is that even one of you can still believe in yourself, can take into your heart the message of this work. For if it can touch one, it will touch all.

However, a couple of words of caution. First of all, you will perhaps be faced with many 'new' concepts within these pages. The natural reaction of most humans when faced with something new is to instantly leap into some form of action or other. This is fear at work. On the one hand this is a judgement-based reaction – fear of being adjudged 'wanting' by our peers; on the other hand it is a desire to control – even that which we do not understand: if we can control it, it can do us no harm. Put aside that fear: there is nothing menacing here.

Secondly, a word about your interpretation of these facts. Too often we jump to conclusions – this is equally as true of meeting people, as of hearing or reading new facts. Please do yourself the favour of reading the whole with an open mind before sitting back and deciding your reaction. As the book builds concept upon concept, it may be that a suggestion clashes with your previous experience and the tendency could be for you to discard the whole book because of it. Whereas a little forbearance may allow you to take on board additional ideas which result in an appealing whole, and put the initial, disturbing suggestion into context.

Then, when making your decision, listen to your heart. Feel what resonates with you. It is your choice. You are a special and unique entity, only you know what is 'right' for you. So, accept what sits well with you; if something does not resonate, please leave it behind.

Whatever your decision at the end of the day, I wish you well on your journey.

"Do not believe in anything (simply) because you have heard it.  
Do not believe in traditions because they have been handed down for many generations.  
Do not believe in anything because it is spoken and rumoured by many.  
Do not believe in anything (simply) because it is found written in your religious books.  
Do not believe in anything merely on the authority of your teachers and elders.

But after observation and analysis, when you find that anything agrees with (your) reason and is conducive to the good and benefit of one and all,  
Then accept it and live up to it."

Kalama Sutta

Buddha (Anguttara Nikaya Vol I, 188-193)



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### **Chapter One. The Cosmos**

If like me, you're fortunate enough to live away from the big city, you'll have lots of opportunity to enjoy those shiny black nights, lit only by the glow of the stars, some big as footballs and near enough to touch, others barely pin-pricks, twinkling in the far, far distance. Maybe you've marvelled at this experience sometime when on holiday, away from the pollution reflected back from the city's lights. Either way, a wonderful exercise is to pick a warm starry night, take a blanket and find somewhere quiet where you can lie down and gaze at the night sky. It's great to have your partner with you; just lie there, holding hands maybe, but quiet inside and out, not thinking - just drinking in the sensations.

Then take a trip inside your head.

Take a few deep, slow breaths, and let your mind picture this soft, black, vastness spreading out before your eyes. Look beyond your vision. Imagine you have Superman-style eyesight, yet this vastness still stretches out as far as you can see. The latest estimates reckon it stretches for eighty billion light years in every direction: since one light year is about six and a quarter trillion miles, eighty billion of them is quite a way.

Breathing deeply and rhythmically, hold that picture in your mind for a few moments. Meditate upon the awesome magnitude of it all. Transport yourself to the bridge of the starship Enterprise with the image in your head projected onto that vast screen in front of Sulu and Chekov. Breathe slowly, deeply, and feel that picture with every sensation in your heart, your mind, and your body.

This is the Universe; this is where you live.

Although we call it, "Space", it's actually a pretty crowded place.

The Hubble telescope – your universal spectacles – can see for many millions of miles, and identifies billions of spiralling star clusters, or galaxies. You live in one of them called the Milky Way, which is about one hundred and fifty thousand light years across. Like its neighbours, it contains lots of stars, or 'suns'. In fact it has about 400 billion of them. Seeming random to us, they are in fact placed exactly according to a specific geometric plan. We know they move about the heavens, but can only imagine the intricate dance they step out between themselves.

Lying there, experiencing the tranquillity, you can almost hear the music.

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Way out to one side of the Milky Way is a five billion year old star quietly going about its business, orbiting the centre every 240 light years or so at about 550,000 miles per hour, accompanied by its orbiting moons, called planets, some of which in turn are accompanied by their own moons, (called moons).

This is the solar system; this is where you live.

The solar system contains nine planets – some say there used to be another one between Mars and Jupiter (indeed, that Mars was originally its 'moon') –, asteroids, comets, meteors, and dust, all held in orbit by the central sun. There is a plausible body of evidence that says we may have two suns: our sun in fact has a sister star, which we cannot see. These two orbit both each other and as a pair, like a dancing couple in a cosmic reel. If so, this would resolve a number of challenges our eminent scientists have been wrestling with for many years, including the 24/26,000 year 'wobble' (called 'precession') of the Earth's axis whereby over the period, the North and South poles would appear to carve out two opposing cones in the night sky.

All nine planets are very different. Each has its own unique characteristics of size, rotation, length of day and year, environment, composition. Each would seem to have its own identity, yet some force holds them all in delicate balance, preserving the unity of the whole solar system, and the stability of each component.

The planets vary in size from a tiny four and a half thousand miles diameter Pluto, to the giant Jupiter at two hundred and eighty thousand miles across. Fiery Mercury is only thirty six million miles from the sun, whereas from freezing Pluto, the sun is four billion miles away and must seem like a dying candle.

Third in line, a comfortable ninety three million miles from the blazing furnace of the sun, lies the beautiful 'blue' planet, so called because of the colour of light reflecting from its oceans.

This is the Earth; this is where you live.

That light, despite travelling from the sun at one hundred and eighty-six thousand miles every second, still takes five hundred seconds to reach Earth. Light is the visible manifestation of energy beamed to us from the sun; what we can't see arrives as cosmic rays, gamma rays, x-rays, ultra-violet rays, heat, and microwaves. As raw energy all of these would destroy life as we know it. Fortunately, we have the very sophisticated protection of our atmosphere.

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Stretching three hundred and fifty miles above the surface of the Earth, the atmosphere reflects, filters, and converts the sun's raw energy to allow the special environmental conditions required. Life on Earth, in a sense, is totally supported by the atmosphere and solar energy. The atmosphere absorbs the energy from the Sun, recycles water and other chemicals, and works with the solar energy forces to provide a moderate climate. The atmosphere also protects us from high-energy radiation and the frigid 'vacuum' of space.

Basically the atmosphere has five layers. Near the Earth's surface is the troposphere, the densest, which hosts most of the weather. Next comes the stratosphere containing the ozone layer which absorbs ultra-violet radiation. These two lower layers contain 99% per cent of the air, which is comprised of 78% Nitrogen, 21% Oxygen, and 1% of other gases, mainly inert Argon, together with water vapour and dust.

Temperatures in the upper layers rise from -93° Celsius to 1730° Celsius, then back to the cold 'emptiness' of space. Chemical reactions and other exchanges take place very rapidly here under the effects of raw solar energy.

Streaming into the Earth from space itself also comes a mysterious energy which is only now beginning to be recognised by a few enlightened scientists. So far they haven't even agreed what to call it. Our ancestors used words like 'prana', 'Akasha' 'chi' to describe the essential life force itself. More recently scientists have used the word 'aether' to describe the unifying force behind, between, and through all things – the space between the nothing. Relevant to us just now is this aether's manifestation as gravity and magnetism.

As the aether streams in towards the Earth's core, we experience the force of gravity, pushing down toward the centre of the Earth. From the core, some of the aether is radiated outwards again in the form of a sort of 'sub-force' which we might call "levity", to maintain a balance. This gives the effect of holding us gently but firmly on the surface of the globe, whilst not crushing us flat.

Gravity controls the orbit of the Moon. Gravity is also what makes it possible for us to stand on the Equator, without falling off, even though we are whirling through space at over one million, three hundred thousand miles per hour! Powerful stuff is gravity.

Magnetism too has many wonderful properties and uses; most relevant here is the force-field it forms which surrounds the Earth, deflecting and cushioning us from the force of the solar wind and its charged particles.

Cunningly, the Earth revolves on an axis which is tilted at 23 ½° to the sun. This enables all areas of the Earth to experience climactic seasons. When the

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Northern hemisphere is tilted towards the sun, its rays are more focused as they strike the surface; moreover, the hemisphere enjoys more sunshine as the daylight hours are longer. The top half of the Earth heats up. Meantime, the Southern hemisphere is suffering shorter days, and the sun's energy is dispersed over a wider area. Winter comes to the South, here the Earth rests. As Mother Earth moves around her orbit, she literally shows her bottom to the sun, and the process repeats in the other hemisphere.

Together these effects allow a varied environment world-wide, for breeding and germination of crops and to provide replenishment to the land.

On the geographical front, the oceans cover two-thirds of the Earth's surface, and contain 97% of the life-giving water. Half the water is in the Pacific which hosts the deepest point, south of Japan in the Mariana Trench, some 6.9 miles down; the highest summit on land is Mount Everest at 5.5 miles high. Between these extremes lies a fascinating, often bewildering world.

El Azizia in Libya recorded a temperature of 136° Fahrenheit in 1922, whilst Vostok in Antarctica shivered down to -129°F in 1983. Whilst Arica in Chile is parched with barely three-hundredths of an inch of rain per year, Lloro, a mere 2,250 miles to the north-north west in Colombia is drenched with five hundred and twenty three inches.

These effects are brought about by changes in atmospheric pressure as measured on your barometer. The temperature and density of the air reacts to the heat of the sun on land or sea and it rises or falls. As more air rushes in to equalise these pressure differences, wind is formed. The highest conventional wind speed of 231 miles per hour was recorded at Mount Washington, New Hampshire, USA, in 1934. However, some wind systems can be more powerful: hurricanes, typhoons, or cyclones (depending which ocean you're in) which form over the sea, can be 480 miles across, and seven miles high. Tornadoes, their land based cousins, although usually lasting no more than fifteen minutes, can be far more destructive, with frightening internal wind speeds: sensors at Bridge Creek Oklahoma, recorded speeds over 312 miles per hour in May, 1999. The energy and forces at work within these awesome 'twisters' can create conditions quite foreign to our world, distorting the very aether itself.

Thunderstorms are another source of exceptional power. Across the globe, there are usually between fifty and a hundred cloud-to-ground lightning strikes every second. The average flash delivers a current of ten thousand amps at one hundred million volts. Where does the power come from?

These diverse conditions, from the heat of the desert to the cold of the ice-cap, from depths to dizzy height, from drought to flood, wind, rain, lightning,

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somehow combine to enrich our world with myriad life forms and food to nurture them.

This is Gaia, Mother Earth; where you live your life.

Over the aeons of time, millions of species of life-forms have developed on earth. The origin of life is a hotly disputed area of theories and counter-theories amongst our scientific 'establishment'. Some tell us that life originated in the sea some three to three-and-a-half billion years ago; another speaks of life on land four billion years ago. We have 'evidence' of photosynthesis – the process whereby plants and bacteria turn sunlight into chemical energy dating back 3.8 billion years, bacteria fossils in 3.5 billion year-old rock, and surely there will be more to come. The situation is so complex, the scientists regularly dispute even what constitutes 'life' itself.

Truth is, they don't know how life originated. What they'd have us believe is that a swirling mass of gas, the result of a big bang explosion of nothing, just happened to condense and coagulate into an alchemist's dream, surrounded by an environment which just happened to change to suit every wild hypothesis our ancient scholars come up with, and out of this haphazard sludge came life. Moreover, as time went by, this life decided for itself that it could survive better if it adapted, metamorphosed, evolved into something better, and better and better until we came along.

Of course, their theories have more holes than a Gruyere cheese, but no worry: just invent another hypothesis to overcome the shortcomings of the first one.

No worry that evidence is appearing that man walked with the dinosaurs; no worry that mathematically it is implausible that even in a four billion year time span, our DNA could have evolved naturally to its current sophistication; no worry that archaeological remains have been found which show that homo sapiens – you and me – existed side by side at the same time as Neanderthal man, our so called weaker, less efficient, should-have-become-extinct predecessor.

There is far, far too much structure and order in the Universe as we know it, let alone the myriad areas we know nothing about, for it all to be happenstance. Big bang? Mindless evolution? Sound plausible to you? No, me neither.

Those responsible for this weird and wonderful explanation are, predictably, the first to ridicule others who claim life on Earth was seeded – (perhaps partially at least) – from other planets. Which theory sounds the most far-fetched? Judge for yourself.

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What we do know is that three-quarters of species live in the oceans, some even inhabiting areas so saturated with sulphur from the Earth's core, that only the undeniable evidence of our own eyes extended by new submarine probes going deeper than ever before convinces us that life there is possible. Other life-forms can lie dormant beneath the desert for years waiting for a slight increase in moisture content to pop up and resume life again. Several fish species can change gender in the course of their lives, to correct local population imbalance, whilst temperature will determine the sex of certain reptiles. In truth, all we can do is marvel at the wondrous diversity of life in all its forms around us.

Through it all we can detect a purpose.

One amazing hypothesis vigorously debated since it was propounded in modern form some forty years ago, is the Gaia Hypothesis. This suggests that the Earth itself is alive. The Gaia Hypothesis proposes that our planet functions as a single organism that maintains conditions necessary for its own survival. While this hypothesis, formulated by James Lovelock in the mid-1960s and supported later by Lyn Margulis, is not 'scientifically' substantiated, it has spawned several interesting ideas, and gives elegant food for thought about the interaction of physical, chemical, geological, and biological processes on Earth.

Lovelock explains the process, "Life, or the biosphere, regulates or maintains the climate and the atmospheric composition at an optimum for itself." To take a very simplified example, let's look at the temperature of the Earth. Most people realise that dark clothing absorbs heat, and light clothing reflects it away from us, keeping us cool. One way the Earth can keep cool is by covering herself, or parts of herself at any rate, with white gleaming clouds. Clouds, as we know are made of water, but for a cloud to form, tiny particles in the atmosphere (called cloud condensation nuclei, 'CCN') must be present to condense the water vapour into droplets.

Certain tiny organisms called plankton which dwell in the world's oceans are known to release a sort of CCN into the atmosphere. When the oceans heat up, not only does water evaporate into the atmosphere, but also the plankton thrives and releases more CCN's, which condense the water vapour into droplets, encouraging the formation of clouds. These reflect sunlight and the ocean cools: the plankton grows more slowly, fewer CCN's, fewer clouds, the ocean warms up again. Imagine that tiny, one-cell plant with its finger on the thermostat of the mighty Earth!

This process is not yet proven, and is probably not the sole source of temperature control, but is under serious scientific consideration, and serves our purpose to illustrate the delicate mechanisms at work, almost unnoticed, to regulate the collective existence of all life-forms on this amazing planet. The

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Gaia Hypothesis is, as Lovelock says, "... an alternative to that pessimistic view (-unfortunately held by so many in positions of power – NH) which sees nature as a primitive force to be subdued and conquered."

So, we have come down from our mighty Universe – (could there be more than one?) – through one of the many, many Galaxies, where orbiting round a fairly ordinary star, our Sun, is a living planet we call Earth, blessed with an abundance of intricate wonders. So far along our journey, we have taken a very brief look at one or two pretty amazing features. However, there is an even more wondrous creation we have yet to explore.

This is man; you, and me.

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### **Chapter Two Being Human**

We said that Earth was blessed with an '...abundance of intricate wonders', but the vehicle we hired for this journey, or incarnation, far surpasses even that wondrous creation. Physically, the statistics are amazing.

The first layer of atmosphere that Gaia wraps around herself consists of a delicate balance of gases, we call air. Without air, we could not live. Our lungs inhale over two million litres of air every day, without a conscious thought on our part. They are large enough to cover a tennis court. They force oxygen into the blood.

The blood is a liquid organ driven by the heart which beats about 3 billion times in an average lifetime. The heart forms in the womb before the brain; it has its own unique neural tissue. In one hour, your heart produces enough energy to raise almost one ton of weight one yard from the ground. Every day your heart pumps a total of 8,000 gallons of blood 12,000 miles through your body. However, as we shall see later, your heart does much, much more than simply pump blood.

Each day you will lose - and replace - 200 billion red blood cells. Kidneys clean your blood. Each minute, about a quart of blood passes through your kidneys and comes out clean. In a lifetime, your kidneys will wash more than 1 million gallons of blood. The liver is often called the body's chemical factory. Scientists have counted over 500 different functions which the liver performs.

Your skin is the largest organ of your body. In one square inch of skin there are four yards of nerve fibres, 1300 nerve cells, 100 sweat glands, 3 million cells, and 3 yards of blood vessels. The average adult is made up of 100 trillion cells, and 50 million of these will have died and been replaced with others, all while you have been reading this sentence. The tiniest cell in the human body is actually the male sperm, while the largest is the female egg. Is that wondrous, or what?

Although your bones seem hard, inside they are in fact light and spongy; they are about three-quarters water. There are over 600 muscles in the body, and we exercise at least 30 of them when we smile. We do not know – yet – the purpose of the muscles in the outer ear, and the external muscles that move the eyes seem to be 100 times more powerful than they need to be: they are the strongest muscles in the human body for the job that they have to do.

Your eyes are the most physically complex organ you possess apart from your brain. They are composed of more than two million working parts and can



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process 36,000 bits of information every hour. Our eyes can distinguish up to one million colour surfaces and take in more information than the largest telescope created by man. Under the right conditions, they can discern the light of a candle at a distance of 14 miles. In a normal life-span, your eyes will bring you almost 24 million images of the world around you; they can instantaneously set in motion hundreds of muscles and various organs in your body.

We literally see the world "with fresh eyes" every morning. The first time we open our eyes, the top layer of our vision sense receptors is simply scorched away. Your eyes contribute 85% of your total conscious knowledge, and utilise 65% of all the pathways to the brain. The eye is the only part of the human body that can function at 100% ability at any moment, day or night, without rest. Your eyelids need rest, the external muscles of your eyes need rest, the lubrication of your eyes requires replenishment, but your eyes themselves never need rest.

In addition to oxygen, the other 'must have' supply to keep the body in good working order is water. The human body is composed of seventy-five per cent water, the brain is said to be eighty-five per cent water. It is hardly surprising therefore that any shortage will affect the body's performance, and should be replenished immediately. What is absolutely amazing is that many people take in hardly any water! A recent survey in America found that one in ten of those interviewed never drank any water at all. I suspect that is also true in Great Britain, and much of the 'civilised' world.

We drink tea, coffee, diluted fruit cordials, and carbonated drinks. But not water. Yet it is water our body wants, and nothing else will do. The preferred alternatives of today have many properties, but most contain caffeine, all cordials and carbonated drinks contain sugar or a sugar-substitute, and all are diuretics: they stimulate urine production. In other words, by drinking these, you are actually dehydrating your body, which is the last thing you want to do.

Caffeine is an addictive drug: the more you take, the more you want – which is good news for the Nesco sales department, but not for your body. The sugar in juices and sodas is usually sucrose which is damaging to the whole metabolism; sugar-substitutes (saccharin, sucralose, aspartame) have all sorts of bad effects on the body and the brain, including creating a hunger sensation. So by regular intake of these chemicals – caffeine, sucrose, sucralose, saccharin, aspartame, - and alcohol – you are attempting to condition your body chemistry to operate in a way the system was never designed for. Would you run your new family saloon on leaded petrol?

So many of our 'pains' and 'ills' are merely manifestations of a shortage of water. Water is what the body wants, and water is the finest, the most natural –

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and should be the first –medicament applied to the 'dis-ease'. Best of all it's virtually free. And you don't need to wait for a doctor's appointment to get it!

Water plays a role in nearly every body function, from regulating temperature and cushioning joints to bringing oxygen to the cells and removing waste from the body. It acts as a solvent, a coolant, a 'glue'; it generates 'hydro-electricity', and may be key to not-yet-understood magnetism within the body. Vitally, it is a significant determinant between 'good' and 'bad' bacteria in the body.

75% of the weight of the upper body is supported by the hydraulic effect of water within the spinal discs. Your cells could not exist without a constant supply of fresh, clean water, in and around them. Blood may be thicker than, but is mainly made up of, water.

Water, then, is an essential component of this wondrous mechanism you call your body, which is all under the perpetual control of your sub-conscious brain. Your sub-conscious brain has one over-riding priority – survival. Faced with a shortage of materials, it will look to manufacture, then scavenge, then prioritise. In the case of water the brain will ration supplies for as long as possible, then progressively shut down what it considers to be non-essential functions in order of priority. It is this 'shutting down' as unnoticed dehydration progresses, that causes us dis-comfort, 'dis-ease'. Dehydration will eventually affect blood pressure, circulation, digestion and kidney function. But even on a daily basis, not getting enough water can cause fatigue, dry skin, headaches and constipation.

The oft-forgotten wonderful news is that given a return to adequate supply, the body will in most cases repair itself.

One of the most effective things you can do to improve your health and that of those near and dear to you, is obtain a copy of Dr. F. Batmanghelidj's amazing book, "Your Body's Many Cries for Water". Although a highly qualified medical doctor and researcher, Dr. 'Batman's' book is easily understood, and will open your eyes to the solution of many of today's ills. He includes testimonials of success with weight-loss, asthma, angina, even Alzheimer's. Each day, you should aim to drink two pints of water for every fifty pounds of body weight, more if you exercise regularly. That is, at seven stone, you need four pints, at eleven stone, six pints and so on. In general, avoid distilled water: it is an aggressive absorber, and can quickly increase the acidity of the body – which prefers to be alkali. Also, if your water is dosed with the man-made poison, fluoride, buy a filter to remove it: drinking fluoridated water is definitely not good for your health!

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And then there is the brain itself, and your brain is very thirsty: it uses almost a third of your water intake, so it's no surprise that even small water deficits have a crucial impact. A mere 5% dehydration will impair the performance of your brain severely – by as much as 50%!

The brain is by far the largest user of energy in the body. Although a mere 2% of body weight, it consumes a whopping one-fifth of the energy produced by all we eat and drink. It also uses one-fifth of the oxygen we breathe, and one-fifth of blood pumped from the heart goes directly to the brain.

It is more complex than the most powerful computer: currently the world's most sophisticated computer is only as complicated as a rat's brain. There are more connections in your brain than there are stars in universe. In other words, your brain has an almost infinite capacity for storing information.

98% of everything scientists know about the brain has only been discovered since 1996: 80% of what they thought was true about the brain before then, has now been found to be inaccurate. This has been brought about by the development of computer-enhanced scanning and imagery techniques. In 'real time', scientists can now examine parts of a normally functioning 'live' brain with a thickness of less than 1/100,000th of a human hair.

One thing they have recently learned is that brain cells (neurons) are constantly making structural changes in the brain, forming new synaptic connections (a sort of 'thought pathway') with other neurons, at the very same time that we are learning, or thinking or forming a new memory. This is called 'Brain Plasticity'; what it means is that your brain is constantly changing!

It used to be believed that geniuses were born with more brain cells than the rest of us. This is now known to be false: you have the same potential as Einstein! It has now been determined that on average each human brain has about 100 billion brain cells – (you could fit about one million brain cells on a grain of rice) – and there can be as many as 10,000 to 100,000 what are called 'dendrites' branching off of each nerve cell or neuron. Again, each of those dendrites has anywhere from 100,000 to one million spines, called DSPs - Dendrite Spiny Protrusions.

These DSPs, which form connections every time we learn, can create anywhere from one- to one hundred million new connections from each Dendrite spine. To cut a complicated story short, this means that your human brain has the capacity over your lifetime, to form a number of new learning connections which would be written down as 1, followed by 6.2 million miles of zeros – give or take. Will that be enough for you?

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To all intents and purposes, your physical brain potential is limitless.

So, those old excuses like, "I'm not smart enough," "That's too complicated for me," "I'm too old to start learning new tricks," are no longer defensible. You can keep learning and increasing your knowledge and mental capability until the day you pass on.

Research also shows that memory and mental ability is affected by the usage level of our neural pathways. The more often we use a pathway, the easier it is for the nerve impulse making the connection to 'fire'; conversely, as we use certain patterns less and less, they atrophy and become more difficult to follow - like an unused forest path getting overgrown with vegetation. This is something we can readily relate to; we can all think of a skill, or technique, or something we learned in the past, but have not used - or 'practised' - for several years, like a piece we learned on the piano, or guitar: try to play it today, and we are all fingers and thumbs. The office worker using a computer programme daily will be far quicker and more adept, than someone who, although adequately trained on the same programme in the past, now uses it only occasionally.

In another experiment, college students were placed within a PET scanner and asked to mentally go through multiplication tables ( $1 \times 7 = 7$ .  $2 \times 7 = 14$  etc). The scanner duly recorded activity at a not unexpected point in the brain - but also at five other points simultaneously. Did this mean we need to use six areas of the brain to remember what four sevens are? Well, they repeated the test but as the student went through the tables, they gradually introduced a sedative until the student fell asleep. At the first, expected area of the brain, the activity light literally switched off - but the other five activity lights remained on, even though the student was asleep.

The conclusion is that we are thinking at six levels at the same time, but that five-sixths of our thinking is done at a sub-conscious level.

This amazing, multi-tasking two to three pound bio-computer works at quite an astonishing pace too, firing electrical impulses at 250 miles-per-hour along 45 miles of nerves. Yet, it cannot process a negative command or statement: when a child is told, "Don't spill your drink" he has to actually think of spilling it, before he can take the necessary action not to do it.

The final part of the human vehicle we are going to examine on our whistle-stop tour is the DNA. We all know what DNA is don't we? 'De-oxy-ribo-Nucleic Acid'. Got it? Let's stick with 'DNA'.

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First thing to know is that DNA is far and away the densest information storage device in the known universe. Dr. Werner Gitt, former director and professor at the German Federal Institute of Physics and Technology has calculated that if we take the material in the head of a pin, say two millimetre diameter, and draw it out to the thickness (or 'thin-ness') of a strand of DNA, it would circle the equator thirty-three times! This, pinhead amount of DNA can store the equivalent amount of information contained within a pile of paperback books nearly five hundred times higher than from here to the moon.

A molecule of DNA consists of two chains, strands composed of a large number of chemical compounds, called nucleotides, linked together to form a chain. These chains are arranged like a ladder that has been twisted into the shape of a winding staircase, called a double helix. Making up the 'rungs' of the ladder are what is called 'base pairs', two molecules of mating chemicals.

There are three billion base pairs in the DNA code within each cell. There are one hundred trillion cells within your body. If the DNA strands in each cell were unwound, they would measure six feet long, so all the DNA in your body placed end to end, would reach the sun and back six hundred times!

Your complex DNA molecules were passed on to you, with slight modification, from your parents, who received theirs from their parents, and so on. In this way, you are linked to the genetic memory of all your ancestors: a new technique called 'gene genealogy' offers the ability to scientifically uncover genetic legacies dating back thousands of years.

Now, here's the really clever part: DNA carries the information needed to direct protein synthesis and replication. Protein synthesis is the production of the 100,000 uniquely different proteins needed by the cells for their activities and development. Replication is the process by which DNA copies itself, so as cells die and are replaced, your unique body signature is preserved.

Most people have heard of cloning – the process of exactly duplicating an entire living organism from a single cell. The DNA in your body contains all the information needed to reproduce every cell in your body. Later on we shall be talking about holograms. In a true hologram, every part of it, every fragment contains the whole picture. Your DNA makes you a holographic being.

The billions of other molecules which make up 'you' come from the food and water you eat and drink, the air you breathe, and the sunlight which bathes you each day. Every component - the carbon, the vitamins, the essential minerals, the proteins, the carbohydrates – all came from recycled material whose original molecules came from the stars. In effect, you are recycled stardust! Aren't you special?

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In Chapter One, we looked at where we are. Here we've examined the intricate and breathtaking wonder of who we are. Or have we?

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### **Chapter Three Universal Consciousness**

Well, not really.

You see, Chapter Two is really about 'what' you are, rather than 'who'. We've only been looking at the components which make up your mechanical body – brilliant though they may be. That intricate, fine tuned, super-advanced piece of technology we just discussed is without doubt the pinnacle of bio-chemical electro-magnetic wizardry, but it's not 'you'.

So just who, or what, is this "You" who is reading this book?

Can anyone honestly believe, let alone try to seriously argue, that you are merely a random collection of chemicals and organic tissues, selected by chance, and refined by centuries of circumstance? Generated by one chance in a million from the coming together of two of your own kind, to exist on this similarly happenstance lump of rock which just manages to fling itself through space in a certain combination of motion, revolution, spiralling, which keeps you nicely on the ground, without crushing you on the one hand, or on the other, flinging you out into oblivion? At the same time this mindless lump of rock manages to miss all the other big bits of space debris out there in its path, and accidentally, has its own safety mechanism for dealing with the smaller bits. It whirls through space (which again just happens to be there and of its own nature), miraculously keeping an ambient distance between heat and cold, and somehow even managing an orbit with an axial tilt to enable plants to grow all over its surface at once to produce food to sustain this haphazard existence you call life. All this lucky, chance, catalogue of co-incidences just to allow you to exist for three score years and ten only to disappear, vaporise, vanish, from nothing to nothing in seventy-odd trips around the sun?

What an awful, bitterly frustrating, immeasurably long chain of co-incidences to lead you all the way down the long and winding road, only to drop you into a bottomless pit at the last stride. Using any kind of judgement, to consider that all this is just a haphazard co-incidence makes no kind of sense. Indeed, if we follow that train of thought – that all "life" is for nothing, no purpose, meaningless, - then the whole human race – and we may as well take the animals, - and, yes, the plants too (for they're "alive" also aren't they?) along with us and end the whole miserable business here and now, in a mass suicide sooner rather than later: why proliferate this pointless exercise, and indeed deliver it onto our offspring in turn?

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No, I don't think so. And indeed there is mounting evidence which finally points to a link between 'science' and spiritual belief – scientific evidence of the existence of 'God'.

Is that we call "I" merely a body comprised of cells and tissues, flesh and blood? If "I" were an empty vessel, product of some mindless cloning process, this may be so. But "I" functions, walks, acts, does things, thinks and even feels. So "I" cannot be just the body.

What about those non-tangible features which are available to every one of us all day and every day; those areas we cannot point to and say, "Doctor, I'm having trouble with this." What about that whole area of mental activity?

We all have mental abilities; some excel in one field, some in another area of interest. IQ tests seek to classify us into genius or moron, although how often do we recognise 'highly intelligent but no common sense'? We can all reason, we have logic, we can acquire, retain, and apply knowledge. We can solve complex problems. We can teach ourselves skills, both mental and physical.

Look into a mirror: your eyes physically accept the rays of light that form the image staring back at you, but what lump of tissue can understand that this is a picture of you, discern that your eyes are blue, your lips are flushed with pink, or note the colour of your hair?

A very narrow minded scientist, conditioned by hundreds of years of limited imagination, may try to tell us that the brain is what delivers this understanding. But a brain is only a physical combination of cells, and chemicals, and electrical impulses (-where did they come from for heaven's sake?).

So we are led to the idea of a "mind" which can interpret what the physical organs – eyes, ears, nose, tongue, skin – are detecting in our environment. So far so good, but if this were all, we would be barely more than two-dimensional; today's industrial robots can perform some of these tasks –albeit clumsily by comparison. We don't need to be Nobel prize winners to know that "mind" is a far more amazing tool, capable of infinitely complicated reasoning, comparison, memory, judgement, imagination, ..- hang on, 'imagination'?..doesn't this imply the ability to originate something new, something different, in other words the ability to create an idea, the ability of original thought?

But who or what tells the mind what it shall think? Is the mind then, not just another tool which the "I" uses, to think, reason, and plan, the same as it uses the body to carry out its physical purposes?



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Go back to the mirror. What do you see? A friendly face, a familiar body – perhaps a little fatter/slimmer/shorter.... than you would like? That may be the physical you. Then there is the mind which is interpreting the brain response to the input of your eyes. But who tells your 'mind' you are happy or unhappy with the picture of that familiar body?

The Oracle of Apollo at Delphi, Greece, was inscribed with the words, "Know thyself."

In this context, your body is a physical machine, a biological miracle it's true, but a vehicle which gets you from A to B, and does things which you command it to do. Part of this body is your brain whose electrical impulses are decoded by your mind into thoughts. But who or what tells your mind what to think, compare, analyse, reason, plan?

In the Master Key, Charles Haanel wrote:

"The 'I' of you is not the physical body; that is simply an instrument which the 'I' uses to carry out its purposes; the 'I' cannot be the Mind, for the mind is simply another instrument which the 'I' uses with which to think, reason, and plan.

The 'I' must be something which controls and directs both the body and the mind; something which determines what they shall do and how they shall act.....

When you say, "I think," the 'I' tells the mind what it shall think; when you say, "I go," the 'I' tells the physical body where it shall go."

So the 'I', the real 'you' is something greater. Your inspiration, intuition, your critical awareness, or consciousness is patently independent of your physical or mental abilities.

"I" have control over my body; "I" have control over my mind: "I" even have control over my personality.

Personality is nothing more complicated than a mixture of many, many attitudes, reactions, judgements, habits, belief patterns – many of which may have been programmed into me during my formative development, sometimes the result of countless years' acceptance by my seniors, and their seniors before them. Any part of my personality can be refined, altered, added to, or withdrawn entirely, if "I" so choose to change.

Indeed, you may be surprised to learn that it is easier to change who you are, than to change your habits but remain the same 'person'. One of the most effective affirmations you can use is

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"I can be what I will to be; I can be what I choose to be"  
(Don't forget the power of gratitude: "I am grateful that I shall be what I will to be.")

If you have habits that you want to change therefore, change who you are: does the old habit fit the personality you have now become? If not, what's it doing there? It will even be easier to buck addictions, if you really change your personality.

Shakespeare wrote in 'As you Like It',

"All the world's a stage, and all the men and women merely players,"  
and it's true. We are all playing a part and the part we are playing determines how we behave, what we do, how we conduct ourselves – in other words our personality, warts and all! So, by choosing to play a different part, we display a different personality.

Moreover, the flow of the Universe works from 'Be' to 'Do' to 'Have': who we 'are', determines what we 'do', and what we 'do' determines what we 'have'.

We come therefore to the conclusion that "I" must be bigger, must be more, than all of these things. Patently "I" is intangible; "I" cannot be contained in a test tube or in a laboratory. "I" is also capable of some pretty fantastic achievements. Consider the awesome complexity of the human body, the infinitely intricate tasks it can perform with ease, its built-in maintenance and protection systems, its self generation capability; "I", remember is in control.

Take a moment to review the (forgive the pun) mind-blowing capabilities of the mind, its enormous memory, all maintained, prioritised and indexed to recall any detail it has received, ever, when it is stimulated to do so. Its ability to categorise qualities to infinite levels between good and 'bad', like and dislike, up and down, important and trivial. Again, 'I' is in control.

Have you ever had the experience of seriously starting to consider a subject, maybe something quite new to you, and suddenly information, people with experience, events and opportunities related to that subject appear as if by magic? As if your mind was reaching out 'into the aether', attracting relevant material? It happens, and it can be cultivated. "I" can learn to do it at will.

Then there is the mind's ability to create information. To imagine, originate, dream something entirely new, wild, radical, different; this is not just the prerogative of inventors or fiction writers, we all can and do generate new ideas constantly. This is perhaps mind's greatest quality, and once more, remember "I" is in control.

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Now, although so many people find the question "Who am I?" so deep and complex that they soon abandon the thought entirely, I hope you have come far enough with me to realise that "I" belongs in that area which the world's greatest thinkers down the years have called 'spiritual'. To many the word 'spiritual' conjures up organised religion with ancient practices and rituals. But it is only a word. Whilst being humans, we have a physical body, a mental faculty, and a spiritual being. They are just expressions we use to pigeonhole ideas into, so we all have a rough idea what we're talking about.

The 'spiritual world' is that area, or level, or plane of existence which is intangible, non-material, having to do with the very life force, the vital principle, of being. It is the realm of the spirit, that central, vital, intrinsic core common to all life.

We all intuitively recognise that this is the core of our being, although sadly, too many find it too much trouble to investigate, understand, and develop.

So, "I" is spirit.

Let the mind dwell for a moment on that thought and its stupendous implication.

"I" is spirit; 'you' is spirit; 'all God's chil'ren' is spirit. If we as a species achieve nothing else, let us at least stop being afraid to acknowledge that we all have that one thing in common.

And this 'spirit' is One. All the sages, all the wise men, all the philosophers down the ages tell us one thing: Spirit is perfect and indivisible. So you are a part, an integral part, of Universal Spirit.

.....

Given that "I" is spirit, here comes the most wonderful, the most almighty consequence imaginable: the only (!) power the spirit possesses is the power to think. Bear in mind that this is about the most powerful activity that could be conceived, hence the exclamation mark.

However, many do not realise the awesome power of thought, nor the fact that this power is available to every single last human being, yes, You! It is not the preserve of the great and the good; it is not reserved for the highly educated, or the formally trained. It is not exclusive to the philosopher, the holy man, or the scientist. Nor does it demand years of discipline and deprivation in the pursuit of some abstruse doctrine.

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This power is as naturally available to the lowliest as the highest, to the university doctor as to the TV addict, to the corporate vice-president in Manhattan, as to the disadvantaged on skid row.

Perhaps more startling is the fact that the vast majority of people do not realise they are utilising thought powerfully and effectively every day of their lives, and maybe beyond.

We are dealing with pretty heady stuff here, and to give ourselves a chance we need to go back a step or two. The only power the spirit possesses is the power to think, and the spirit, "I" is in control of what it shall think.

So to start with we have choice. We receive data from a number of sources, we think how it 'sits' with us – our beliefs, our ideals, our personality, attitude – and we decide "we like that," or "we prefer this", or "we'll reserve judgement on that until we have more information". We can choose what we think, how we react, how we are to allow any circumstance, any event, and any information to affect us

In this way, we can control our lives, our personality. If we are short tempered, - and we choose to change -,then, when faced with some irritation, we can choose to count to ten, draw a deep breath, remind ourselves of our intention to be more patient. The more often we do this, as with anything, the easier it becomes, the more it becomes part of us, of our personality. The morose or miserable man, if he is unhappy with his attitude, can choose to think each morning before he drags himself out of bed, that this is going to be a day of great adventure, he is going to savour every moment. When he has done this for several days, he will find he is enjoying his life, his friends and colleagues will respond to his new mood, and his enjoyment is reinforced.

I often smile up here on the West Coast of Scotland, for there is a natural tendency among these dear people when greeted with "How are you today?" to reply, "No' bad!" Which is good to hear, but I really believe they would be much happier inside, for saying "Great! Fantastic! Really good!"

On a more serious note, many years ago now, before incidentally I had started out on my path of formally seeking to grow, I worked in an office among fashionable young executives, and smoked cigarettes like a chimney; the third packet was regularly opened before the end of the day. I was young, invincible, comfortable amongst my peers, and socially acceptable. In my youth I had been a keen athlete, and regarded myself as still physically quite fit, which was obviously borne out by the fact that at six feet tall, I weighed a trim 147 pounds. Then one day, delayed for an important meeting in a distant office, I had to walk/run hastily to be no more than acceptably late.

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I arrived gasping for breath, my chest heaving, and of course desperately hiding my discomfort from the gaze of so many of my peers and superiors. I remember vividly, even now, as my body sought equilibrium, my mind was thinking, "This is STUPID! This is smoking! This must stop!" I carried the remains of a packet of cigarettes and my trusty lighter around with me for quite some time, but from that moment, I never smoked another cigarette.

I tell this tale not so you send me sacks full of letters of admiration, (at the time I was amazed at my strength of will), but to illustrate that the choice was made, it was firmly held (unwittingly – or was it 'sub consciously'? - I chose exactly the right time to make the decision), and each day it grew easier – helped in no small measure by my sense of pride, and satisfaction in my will power. For 'will power', I would now write, 'power of thought'.

This is just a practical example of how we in fact fashion our lives. We are the product of what we think. Our past methods of thinking, our predominant mental attitudes, determine what we are today, and we shall be in the future the product of our current thoughts. This is not a 'fatalistic' attitude; rather an awareness of the marvellous possibilities available to us – if you can determine what you are to become, why not let that determination be someone you are proud of, comfortable with, have great respect for? Or, to put it another way, if you are not happy with the way your life is right now – Change!

We are familiar with media stories of people with life threatening illnesses – often cancer – who, because of a steadfast, positive mental attitude, are enabled to overcome their disease. The Reader's Digest library abounds with tales of amazing survival against all odds, because those involved refused to give up hope. Many notable captains of industry and commerce achieved their success by holding firm in their minds the idea of their ambition, a process that in some cases may have taken years and several set-backs to realise.

These are some of the more visible examples of the power of thought, employed by individual "I"s to address specific issues. In each case, these examples are accompanied by earnest desire – to overcome pain and suffering, to cheat death, to become successful, - a determined refusal to be beaten.

The thinking power of these individuals has no greater potential than the thinking power of me, or you. The "I" that is spirit, that is controlling their thought has no more power, no more potential, no more resources to draw upon than your spirit, or mine. They may have refined their thinking processes, developed them, exercised them, focussed them more than we, but we start with the same talent – and we can catch up on the practice.

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Another amazing quality of our minds is the apparently unlimited capacity of our ability to think. The more we think, the more we can think. There is apparently no end. G.A.Sala wrote:

'Thought engenders thought. Place one idea on paper, and another will follow it, and still another, until you have written a page. You cannot fathom your mind. It is a well of thought that has no bottom. The more you draw from it, the more clear and fruitful it will be.'

Illustrations of this, chart the technological progress of mankind. Everything that exists was first a thought. No matter how simple, no matter how complex. Prehistoric man thought that the sharp edge of a piece of flint could be used as a cutting tool – indeed, he probably cut his finger on a piece, by chance. He thought it much easier and more precise than ripping things apart with his bare hands. So he gave it a try, and it worked. Pretty soon his versatile mind had thought that if he tied pointed pieces to a long stick, they could be effective as spears; thicker pieces with wider angled edges could be bound to short sticks as axes to split things; finer, slimmer pieces would make more accurate knives.

We've come a long way today to cruise missiles, automated woodworking machinery, scalpels and electric razors. But unlikely as it may seem, it was that original prehistoric thought, and it's subsequent refinement and development, which originated these second millennium tools.

Everything which we perceive to exist in this experience we call life, whether it be tangible or intangible, whether local, global, or in the vast realm of the cosmos, first originated as a thought.

Think of the chair in which you sit to read this book. First the idea, the functional requirement for something to sit upon: then experience creeps in, some shapes; the properties of some materials; some are more comfortable than others. Then new materials, new manufacturing capabilities and techniques, design, style, colour, cost, all come into play, to result in this item, which you maybe take almost for granted. And in time, age, use, decay, neglect, will see the end of the chair, and it will be no more; but the thought of the chair will live on.

Your bank originated as a thought. Not just the bricks, mortar, steel safes, the physical clothing of the idea, but the institution itself began as a thought in someone's brain, was developed and refined by more thoughts, and was brought into the complicated, wide reaching, high technology enterprise it is today.

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It was made manifest in our society, our world, our cosmos. Heart transplants, the Hubble Telescope, deforestation in Indonesia, cyanide pollution in Rumania, all began as a thought, and came to pass in our reality.

We therefore see that thought is creative. We also see that we must take care in formulating our thought, lest undesirable conditions follow.

The entire world population of elephants, rhinos, tigers, to only name a few, is seriously in danger of being wiped out, because someone thinks that a teaspoonful of their horn, hide, bone, or other parts, will cure some irritating disorder, or exert undue influence over another's emotions. Are we sick or what?

But to return to more constructive matters, every thought is a cause, and the resulting products, conditions, services, which ensue, or manifest, are the effects. This is the awesome power of thought. From this phenomenon, the most audacious schemes, the most incredible plans, the most outstanding achievements have been accomplished; idea building on idea, thought upon thought, until the ultimate goal is reached – and often exceeded.

We can adopt the same approach to our lives, although let me add a grain of advice: if you wish changes in your life, by all means set forth without fear toward that noble end you have in mind, and be assured that if you are true to your goal, you will succeed, but set yourself reasonable steps; steps to make you stretch from stone to stone, but not fall in between and drown in the river of defeat.

"It is by attempting to reach the top in a single leap, that so much misery is produced in this world", wrote the English journalist and commentator William Cobbett. Too often, serious intent can be blunted by the distance from achievement to achievement being too great, so that we grow dissatisfied with our efforts, and begin to develop the habit of negative thinking.

If you think for a moment, you will know as well as I or any man that negative thinking needs no assistance in this day and age. The collective news media positively thrives upon it. Picture the all too familiar scene: no disaster today, no horrendous atrocity to report, the various bloody vicious wars around the globe are getting a little stale, so a perfectly innocent happening is seized upon, bombarded with bucketsful of negative "What ifs", authoritatively supported by instant experts who pop up like mushrooms to pontificate on the unthinkable consequences which could possibly ensue if the very worst were to happen at exactly the wrong time in the most unfortunate combination of freak weather conditions, - and you've filled up the opening spot of the ten o'clock news, and tomorrow's front pages as well.

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To have taken the same innocent item, shed sunlight and laughter upon it, speculated on the enormous benefits which could just maybe result if everything conspired to go well – would not sell any papers.

Negative thinking is the motorway to misery. Our predominant mental attitude is what shapes our lives. If we are forever focusing on the negative, guess what we are going to get?.... Exactly, give yourself a reward.

Is there not too much of an attitude today of highlighting the negative, leading to apathy, hopelessness, sloth, which then breeds selfishness, isolationism, and defensiveness? And what quality of life is there in any of that?

To continually give our attention to the negatives, the things we don't want, only gives them more power in our lives, gives them more effect on who we are to become. Forget the bad things, forget the things you don't want, the undesirables; put them out of your mind, they are taking up valuable space, effort, and time. Ignore them; deny them any value in your life.

This time span we have here on earth is all there is; there are no action replays, this moment has now gone: we had our chance and either used it, or blew it. Me, my seconds are too precious to waste on things I don't want anything to do with anyway.

If we are stumbling in the dark, we wish for light. When we are confused, we look for clarity. Peace in Northern Ireland, Ethiopia, Rwanda, Indonesia –there are too many – will not be achieved by recounting – nor even regretting - the horrors of past atrocities, but by each side becoming peaceful. If we wish love, we must become loving; we will not get what we wish by despising hatred.

You cannot portray anything by describing what you do not want. Wealth is not a product of hating poverty; wealth is a function of abundance. Always, strive towards your desires; concentrate on what you really want. The power of thought is such that you can achieve, attain, accomplish anything you desire, by focusing your full attention on what you truly want – as long as your thoughts are in harmony with natural law. And the nature and quality of your thought will determine the nature and quality of what you yourself become.

What you are determines what you can do; what you do determines what you will have. You cannot display skills that you do not have. You cannot love someone, unless you are loving; and he who loves others, will be loved.

I wish I could remember where I read that our thoughts are like messages on a fax machine. We send out our messages, but the originals are ours, we keep



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them. So, as they say, to each his own. If we transmit thoughts of hatred, we keep that thought within ourselves. If we send out thoughts of negativity, that refusal, denial, opposite of what we want, will become part of our own make-up.

Thinking then, is powerful business. Thinking for ourselves is how we demonstrate our free will.

Most upbringings teach that we have free will (- regrettably certain domineering fanatical religions continue to deny the fairer sex this privilege), and this in its most simplistic interpretation means we are free to choose. Free to choose what we think, how we behave, what we partake in.

That we should be individuals is our given right, and this breeds the rich diversity of human experience and is a vital ingredient of growth. However, those who seek to individualise themselves to the point of being a single, distinct, separate entity, lead sad lives indeed. Their discomfort comes, as St. Paul's, from "kicking against the pricks" - or in modern parlance, from trying to swim uphill. Their separateness is a delusion, it is false. It therefore creates difficulty, disharmony, and limitation.

We cannot be separate. We are each a part of the human race. I grant there are times we may well wish we were not, in the sense of accepting partial responsibility for some horrific act of barbarism perpetrated by one of our fellows, but Unity is the way it is. We cannot escape it. I can find no honour in the lifestyle of the hermit, or the religious order which locks itself away from the world in the pursuit of 'higher spirituality'. Tosh! All the real spirits are out here, generating the growth and development which is what it's all about, being of service to others, facing challenges and hardships to help their fellow spirits along the way. Aye, and making mistakes, and getting bloody noses to learn and become stronger for them.

We cannot be separate. Did we not decide earlier that we are Spirit? Spirit is ever whole and complete, and indivisible. We are all part of the collective community of Spirit. We are all part of this great spiritual journey that is, for now, known as life on Earth. We cannot shut our eyes, look the other way, pretend it is nothing to do with me. Even choosing to not play our part, is part of the rich tapestry of experience.

Wally Minto, ('The Results Book', 'Alpha Awareness Training') a man perhaps unknown except to a relatively privileged few, but an amazing thinker and teacher, used to say that life on Earth is like a trip to Disneyland. Ninety-five per cent of the people are on holiday; it's up to the other five per cent to look after them.

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This is not a smug expression; there is no intention of superiority here. The ninety-five are not 'wrong', and the five 'good'. There is no 'right' nor 'wrong'; 'good' and 'evil' are but different perspectives of the same quality. No, these statistics are but a sad reflection of how we have allowed 'life' to evolve, starting with Plato and the age of 'Reason', over 2000 years ago, then accentuated by the rise of 'science' over the last three or four hundred years. We stopped listening to ourselves; it became easier to let someone else do the thinking, our thinking for us. After all, 'they' carried the responsibility then, didn't they? It was 'their' fault if it went wrong, mmm?

(But whose fault was it that we let them get us into this? Who abdicated responsibility?)

And as we gave more and more of our power away to these 'thinkers' (some say this was all part of their occult plan) and they started to take advantage of it, class systems, injustice, abuse of power, began to be commonplace; any concerted, collective rebellion against this state of affairs was invariably met with the sop of seeming concession, an all too brief hollow victory. But if we look closely through history, all that happened was that one set of self-seeking gluttons, was simply replaced by another, opportunist band of coveters. The net result being widespread apathy and sloth. (You'll hear me use such good old fashioned 'Old Testament' words quite often – would you believe I actually set out to read that great tome when I was a boy? After three hundred 'begats' my youthful head was turned, and I gave up!) So now, ninety five per cent 'know' that they can't make any difference, they were 'born' to their lot.

Well, I dare to suggest that a new age is dawning. Men and Women throughout the world, in ever growing numbers, are being drawn together from a variety of movements which have common principles. I myself have been privileged to be in the company on several occasions of a few hundred 'friends' from all over the world, and experienced the tremendous bond of 'oneness', the common goal of the emancipation of the human Spirit, the return to a reliance on spiritual law, whereby every single transaction must be to the glorious benefit of every single soul affected by it.

This is not a 'millennium thing'. Look around, peer beneath the fodder served up daily by the newspapers and broadcasting media, and you can discern a new thinking emerging, across the world. People beginning to question where they would never doubt before; people refusing to swallow what is served up to them by the 'authorities'; people able to research and investigate for themselves.; people crying, "Nonsense!" in the face of persuasion based upon profiteering, warmongering, and coercion.

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The Internet and communication generally is shrinking the world. And more and more people who care are emboldened to put their thoughts and feelings and prayers into the public domain – and people globally are responding to it. Why?

Because such feelings resonate with them!

I dearly believe the time is now appropriate to recast Wally Minto's statistics, as more and more of our brothers and sisters remember their inner power, their ability to think and choose for themselves, and find the courage to own their own beliefs.

You see, "I am" is perhaps the most powerful thought of all. It is a total statement of beingness. It is a declaration of ability. It encompasses the complete concept of 'Spirit with the Power of Thought' –infinite intelligence, a combination of unlimited potential.

"In the Beginning was the Word", are the first words of the Gospel of St. John: I believe "I am" could well have been that first originating thought. When we assert it today - just that sentence, "I Am." - it reaffirms our power, our potential to achieve whatever we can conceive in our thought.

The only power the Spirit possesses is the power to think, and we have seen that our thinking is creative – our day-dreams, fantasies, imagination can be refined, developed into firm ideas, possibilities, and as we explore even further with our reasoning and our experience both as individuals and as a species, applying the creative attributes of our mind along the way, possibilities become probabilities.

"I am" - the one essential thought, the thought which brings everlasting hope: as long as one individual consciousness continues to think, "I am", there is hope for all of us.

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### **Chapter Four Edge of Darkness**

So, now that we have some idea of who we are, and where we live, we can turn our attention to what is our current situation.

In many respects it can not be considered good.

Global statistics reveal some alarming trends: food production is up, but hunger is at record levels; the world's economy is expanding, yet joblessness is at record highs. And while countries struggle to meet the laudable targets of clean water, basic sanitation and reduced mortality in developing nations, they and others pour more than \$100 million dollars every hour of every day into soldiers, weapons, and ammunition.

Over the past two hundred years or so, the acceleration in our achievements has occurred at an unprecedented rate. A man of two thousand years ago would find the world of 1800 different, but not unimaginatively so. However, a man of two hundred years ago would be totally dysfunctional today. He would find himself in a world beyond his wildest imagination.

There is no doubt that much of this is for the best. A hundred and fifty years ago, the average life expectancy in Great Britain would be about 40 years; today, with improved water supply, sanitation, and education, men and women can confidently expect to reach 70 or 80 years. Our knowledge in so many areas has progressed in leaps and bounds, and if we think back as recently as the world our parents grew up in and compare it to today, we can see the fantastic pace of this acceleration.

My mother, in 1920 could not have conceived the things she takes for granted today – automatic washing machines and vacuum cleaners in every home, central heating and hot water 'on tap', television beaming real time images from the other side of the globe – in colour – into her living room. She has seen pictures from men on the moon, from spaceships a few miles above Venus, yet when I was growing up thirty years later, Dan Dare was just being invented! Today, astronauts' shuttling back and forth to orbiting space stations is so routine that we only hear about the disasters or lucky escapes.

The development in communication technology is nothing short of breathtaking. How long would it have taken for you to send a greeting to your loved one in another country or state a mere thirty years ago? Today it will take about ten seconds. A whole book of poems or photographs can be transmitted from the other side of the world in minutes; love songs or an audio file may take just a little longer. Who says romance is dead?

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The Internet is transforming the world. Relationships can be established with people the other side of the globe, at all levels, and from entirely differing backgrounds and cultures. The Internet allows almost limitless amounts of the very latest information to be available to the widest possible audience at the click of a button. Radical ideas by visionaries who think outside the establishment box can be shared – and aired to the general public.

Yet, the magazine Popular Mechanics predicted in 1949 that “computers in the future may have only 1,000 tubes (valves) and perhaps weigh only one and a half tons.” Now, operating systems capable of amazing functions are out of date in a few years – Microsoft no longer supports Windows '95 or earlier: they're technically 'obsolete'.

Similar advances have been made in the wider scientific field from nuclear fission to fusion, from dynamos to DNA. We saw earlier, how electro-magnetic scanning and imagery has advanced brain research, overturning in a decade long held theories based on blind speculation.

But it is here at the cutting edge of science that the spectre of concern begins to raise its head. Within the last thirty years or so, we have learned how to literally control the weather, not just seeding clouds to make rain, but altering pressure systems to suit local needs. Google the Internet about the unprecedented hurricanes which hit the south-eastern USA a few months ago, and you will readily find some amazing theories with satellite evidence to support them.

We genetically modify crops to suit growing conditions, resist disease, be more fruitful – even to suit a marketing man's idea of our preferred taste! We can programme the sex of our children; we could determine the colour of their eyes, the level of their IQ. We have cloned copies of higher animals; some would like to clone humans. We are seriously talking of tinkering with human genetics to combat the threat of biological terrorism.

Yet no-one knows the long term effects of such interference. If a butterfly delicately flapping its wings in Japan can cause a hurricane in the Bahamas, - by some mechanism which is so alien to our monkey-minds that we pooh!-pooh! its very existence - what will be the result of man's blundering around in areas which affect the very fundamentals of life on Earth?

Do you know that it has even been suggested that we should consider re-positioning the Earth further away from the Sun to mitigate global warming?

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We have the ability to effect changes which will constrain generations to come: some of these changes may be completely irreversible. We are talking of man-made mutation to the entire human race, to life itself.

H.G.Wells said, "Human civilization becomes increasingly a race between education and catastrophe." More poignantly, Gregg Braden, in "The Lost Language of God", reminds us of the words of Carl Sagan, when he describes our age as 'technological adolescence'. Rather like children playing with fire, "we have acquired the technology of creation, but have not reached the maturity to use it wisely." "Will we survive the learning curve?" he asks.

"Necessity," said the Greek philosopher Plato, "is the mother of invention," and the grim necessities of the last century spawned some pretty horrific inventions – and gruesome statistics to go with them.

Before World War One total world population was somewhere around two billion people: by the end of last century ten per cent of that number had been killed as a direct result of war. Matthew White, in his 'Historical Atlas of the 20<sup>th</sup> Century' lists the following memorial:

Genocide and Tyranny	83m
Military Deaths in War	42m
Civilian Deaths in War	19m
Man Made Famine	44m
Total	188m

Words like "genocide" and "ethnic cleansing" had to be invented to describe the atrocious inhumanity which man learned to inflict upon his fellows.

Total deaths from all causes last century are given as 4.126 billion, so when we add criminal murder to the war total, we can say that one in twenty were hastened to their end at the hand of their fellow humans.

In spite of our concept of the 'Dark Ages', the evidence is that far from becoming more civilised towards each other, we allowed ourselves to become more brutal – and brutish – during the 20<sup>th</sup> century than at any other time in recorded history. What statistics we have indicate that three times as many people fell victim to war in that century alone than in all the wars since the birth of Christianity.

It is all too easy for the mind to become numbed by such enormous figures of the dead, but try to frame the following details in the context of the spectators at the last ball game, or football match, or pop concert you attended; use the population of your village or township as a benchmark. When reading of the

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bloody trench warfare of 1915, my father tried to picture 'that many men marching past in ranks of three...':

"...an estimated 26 million people died during the Great War; at least another 20 million or so were maimed, permanently shell-shocked, or otherwise disabled. Civilians accounted for half of all war deaths, killed mostly by malnutrition, lack of medical care, crowding, and the breakdown of social services.

World War II, however, dwarfed World War I in scale. It signalled a new era of warfare - total war, waged not just against military forces, but mercilessly against a country's economy, infrastructure, and civilian population.

Almost 54 million people are believed to have perished in frontline fighting, aerial bombardment, concentration camp mass murders, repressions of uprisings, and disease and hunger. (Sixty per cent, 32 million, were civilians.)

(extracted from *The State of the World 1999*, Chapter 9 by Michael Renner, The World Watch Institute)

No wonder historians coined the expression, "the century that murdered peace."

And these were just the two major wars: another one hundred million have perished in often dirtier and even more shameful 'minor wars' around the globe, like Korea, Vietnam, Congo, Algeria, Chechnya, Sudan, Angola, Palestine, Rwanda, et cetera, et cetera.

The latter days of 1945 however saw us cross a terrifying boundary with the deliberate use of two atomic weapons against the people of Japan. This led to the cold war and the nuclear escalation that threatened us all until the 1990's - although the danger still exists. At its peak in the late eighties, the global nuclear stock-pile amounted to over three tons of warhead for every human being on this planet. This was the century in which we had to invent another new word, "overkill", to denote the obliteration of a target with far greater force than was necessary.

It is not generally known, but there is some evidence which suggests Hiroshima was not the first use of nuclear weapons, and demonstrates that we have not learned the lessons of history - albeit dim and distant history.

The area north of New Delhi is regarded by many as the cradle of Indian civilisation and culture. Most of the Vedic literature was composed here and much of the social, religious and political traditions of India originated in this region. The district and town of Kurukshetra is regarded as the battle field of Mahabharata, a great 18-day battle fought here in the ancient past between Kauravas and Pandavas for upholding the cause of dharma (divine law).

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The Mahabharata, written down in Sanskrit between 300BC and 300AD is an ancient religious epic collection of traditions and stories handed down by word of mouth for hundreds of years previously. The core event of that story is the great battle that was fought on the field of Kurukshetra between the five sons of King Pandu and their allies on the one side and the hundred sons of King Dhritarashtra, with their allies, on the other side. The battle was the culmination of a long history of struggle and diplomatic manoeuvring, and it involved virtually every tribal king and every powerful city-state in Central and Northern India at the time.

It was a tragic war that pitted brothers against brothers, sons against fathers and uncles, brave noble men against brave noble men. And it was devastating. Nearly all of the best men died in the long battle. The Pandavas, the son of King Pandu, survived, but there was no victory, for the war had destroyed the world that they knew, and the emptiness of what they had won coloured the rest of their lives. (Sound familiar?)

In the Mahabharata, there is a graphic description of the explosion that follows the use of 'a Brahma-astra' (nuclear weapon). The vivid Sanskrit prose describes in great detail the classical mushroom shaped cloud, the intense heat and radiation, the nuclear winter that follows, and the horrible effects on its miserable survivors:

"(the weapon was) a single projectile charged with all the power of the Universe. An incandescent column of smoke and flame as bright as the thousand suns rose in all its splendor. An iron thunderbolt, a gigantic messenger of death, which reduced to ashes the entire race of the Vrishnis and the Andhakas. The corpses were so burned as to be unrecognizable.

The hair and nails fell out [radiation poisoning?]; pottery broke without apparent cause, and the birds turned white.... after a few hours all foodstuffs were infected [again radiation poisoning?].... to escape from this fire, the soldiers threw themselves in streams to wash themselves and their equipment..."

The Drona Parva [Book of Drona] relates:

"The valiant Adwatthaman, then staying resolutely on his (vimana) [flying machine made of wood, with wings and an engine :NH] touched water and invoked the Agneya weapon, incapable of being resisted by the very Gods. Aiming at all his visible and invisible foes, the preceptor's son, that Slayer of hostile heroes, inspired with mantras a blazing shaft of the effulgence of a smokeless fire and let it off on all sides, filled with rage. Dense showers of arrows then issued from it in the welkin [heavens :NH]. Endued with fiery flames those arrows encompassed Parthiv on all sides. Meteors flashed down from the firmament. A thick gloom suddenly



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shrouded the (Pandava) host. All points of the compass also were enveloped by that darkness... Inauspicious winds began to blow. The Sun himself no longer gave any heat... The very elements seemed to be perturbed... The Universe scorched with heats seemed to be in a fever. The elephants and other creatures of the land scorched by the energy of that weapon, ran in fright, breathing heavily and desirous of protection against that terrible force. The very water being heated, the creatures residing in that element, O Bharata, became exceedingly uneasy and seemed to burn...Huge elephants burnt by that weapon, fell down on the Earth all around, uttering fierce cries loud as those of the clouds. Other huge elephants, scorched by that fire, ran hither and thither, roared aloud in fear, as if in the midst of a forest conflagration. The steeds, O King, and the cars also burnt by that weapon looked, O Sire, like the tops of trees burnt in a forest fire."

In a post to the Audarya Fellowship discussion forum, December 2000, Professor Shantanu Nagarkatti, Surgeon, and expert lecturer on the Bhagavad-Gita, is quoted as follows:

"An archaeologist from the former Soviet Union, Professor A.A. Gorbovsky unearthed from the fields of Kurukshetra (north of New Delhi) - a human skull. He took this skull back with him to his country to study and carbon date it. His evidence revealed that this skull belonged to a man who died in a war 5,000 years ago - the approximate date of the battle of Kurukshetra. Amazingly, the skull emitted radiation similar to that of an object exposed to a nuclear blast."

It seems we have learned little, as a race, in 5000 years. It is ironic that Robert Oppenheimer, Supervising Scientist of the Manhattan Project which developed the first modern-day atomic device, and incidentally a keen student of Sanskrit literature, should murmur after the first test explosion, "...now I am become Death, the destroyer of worlds" quoting a description of Shiva, from the Bhagavad-Gita.

Much later, the Reverend Martin Luther King said, "Our scientific power has outrun our spiritual power: we have guided missiles, and misguided men."

Perhaps the amazing thing is that the vast majority being humans are intrinsically good. Most people will only resort to violence when pushed to extreme limits. For example, if you were Prime Minister or President, what degree of pressure would persuade you to commit to your conscience the lives of millions of your countrymen to possible slaughter, and their families to enduring misery?

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So, why does it happen? Why did we annihilate one in twenty of our fellow beings in the last hundred years? What was the motivation?

Inevitably greed. Not the avarice of the soldiers, sailors, airmen, support staff. Not the covetousness of the generals and commanders. No, the rapacious desire of literally a handful of individuals who, with the complicit assistance of major corporations, themselves greedy for the promise of obscene profits, bribe and manipulate gullible politicians to dupe, trick, coerce ordinary men women and children to sacrifice their own lives in shattering the fabric of their fellow beings' existence.

Yet, hopefully we have learned from the past and the bright promise of a new millennium will lead us forward into a rosier future for all, will it not? Sadly, no. Not yet, at least.

Although nuclear technology was barely five years old, and by no means fully understood, the fifties and sixties saw a headlong dash for 'us' to have more atomic firepower than 'them'. The trench warfare mentality of 1915 - where as long as 'we' killed one more of 'them' in a day, week, month, than 'they' killed of 'us', we were winning,- had changed little. Only now the chips weren't individual soldiers, nor battalions, but cities and conurbations.

The arms race was getting such that very soon humanity would have been destroyed by the fall-out from atmospheric testing without any need for an actual war. Both sides in the 'Cold War' were following a mad strategy - and that's in fact what it was officially called in USA, 'M.A.D'. In 1964, Robert McNamara, U.S. Secretary of Defense, said in interview, "It's not mad! Mutual Assured Destruction is the foundation of deterrence." The threat that any aggressive act by the 'west' would be met with an equally devastating blow from the 'east', stayed the hand of both.

Both sides fought for the advantage. Tired of playing an endless round of "Mine's bigger than yours", they embarked upon a new strategy. First the USSR developed anti-ballistic missiles (ABM's) to give them an edge; then USA came back with MIRV's (multiple independently targeted re-entry vehicles). As early as 1969, between them the two sides were spending over \$50 million per day! Even the USA could not sustain this kind of expenditure, nor justify it to a public who scorned the futility of civil defence initiatives against nuclear attack. Eventually, this led to the strategic arms limitation talks, SALT. Although hailed as a major 'entente' between the two factions, it actually did little more than nullify the production of ABM's.

Both sides smiled and signed agreements, then as is customary in these matters, went home and carried on manoeuvring for advantage. Concerned

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about the MIRV's, the USSR directed the attention of their ex-German electronics engineers to develop an electromagnetic shield. This shift in technology has led to the development of the most terrifying weapon of all.

The late 19<sup>th</sup> century had seen the emergence of one of science's truly great minds, Nikola Tesla. Born in Serbia in 1856, he emigrated to the United States in 1884 arriving with little money, a book full of poems, calculations for a flying vehicle, and an already impressive portfolio of electrical achievements behind him. Acknowledged today as 'The Forgotten Father of Technology', he was a remarkable inventor, electrical engineer, and scientist.

His achievements include a telephone repeater, the rotating magnetic field principle, alternating electric current system and power transmission, the induction motor, wireless communication, radio (many still credit Marconi with the invention of radio in spite of a US court finding Tesla as the inventor), fluorescent lighting, radio control devices and over 700 other patents.

Whilst working with radio waves, he designed the Tesla coil, still used as a basis in radio today, to receive and transmit energy in this form. He went on to experiment with actual wire-less transmission of electrical power. In his Colorado laboratory he installed the largest Tesla Coil ever built which he called the 'Magnifying Transmitter'. To demonstrate, he lit 200 lamps without wires from a distance of 25 miles and created man-made lightning, producing flashes measuring 135 feet. He claimed the 'Transmitter' was capable of generating some 300,000 watts of power. Local media reported that Tesla actually transmitted about 30 to 50 thousand watts of power without wires. In effect, he had perfected an 'electric ray'.

He himself had a deep aversion to war, and continuously sought a technological way to end warfare. Throughout his life he was an altruist, believing, "Science is but a perversion of itself unless it has as its ultimate goal the betterment of humanity." "The greatest good will come from the technical improvements tending to unification and harmony..." such as his inventions leading to "...the sun's energy controlled to create lakes and rivers for motive purposes and transformation of arid deserts into fertile land..."

The dark clouds of conflict gathering over Europe no doubt occupied his mind and led to his announcement in 1931 that he was on the verge of discovering an entirely new source of energy, saying, "The idea first came upon me as a tremendous shock (I don't know if he intended the pun! NH)... I can only say at this time that it will come from an entirely new and unsuspected source." The headline in the New York Times, 11 July 1934 read, "TESLA, AT 78, BARES NEW 'DEATH BEAM.'" The article reported that the new invention "will send concentrated beams of particles through the free air, of such tremendous

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energy that they will bring down a fleet of 10,000 enemy airplanes at a distance of 250 miles...". Tesla stated that the death beam would make war impossible by offering every country an "invisible Chinese wall."

The idea generated considerable interest and controversy, although Tesla had difficulty in securing finance. He attempted to deal directly with the Prime Minister of Great Britain but with Neville Chamberlain believing or hoping for "peace in our time", the approach was to no avail. By 1937 it was clear that war would soon break out in Europe and frustrated in his attempts to generate interest and funding for his "peace beam," he sent an elaborate technical paper, including diagrams, to a number of Allied nations including the United States, Canada, England, France, the Soviet Union, and Yugoslavia. Titled "New Art of Projecting Concentrated Non-Dispersive Energy Through Natural Media," the paper provided the first technical description of what is today called a charged particle beam weapon.

Ironically the greatest interest in Tesla's paper came from the Soviet Union. In 1937 Tesla presented a plan to the Amtorg Trading Corporation, an alleged Soviet arms front in New York City. Two years later, in 1939, one stage of the plan was tested in the USSR and Tesla received a check for \$25,000.

In 1960, Premier Nikita Khrushchev announced to the Soviet Presidium, "We have a new weapon, just within the portfolio of our scientists, so to speak, which is so powerful that, if unrestrainedly used, it could wipe out all life on earth. It is a fantastic weapon."

The offensive potential of the defensive electromagnetic shield had been realised.

It is of course practically impossible to prove the use of this invisible weapon-at-a-distance, but speculation exists that it may have been used to down the ultra high-flying U2 spy plane of Gary Powers in 1960, and to destroy the submarine USS Thresher off the east coast of the USA three years later.

Later, in 1975, the then Premier Brezhnev had introduced to the on-going SALT talks the strange proposal that '...we should also consider outlawing the development of new weapons more frightful than the mind of man had ever imagined.' No-one knew what the Russians were talking about. Asked afterwards what weapons they meant, they referred vaguely to weapons of an electromagnetic nature. The proposal was not adopted.

It is a sad reflection throughout human history that new technology is inevitably perverted to mean new ways to wage war. Tesla's dreams for a technological

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means to end war seem as impossible now as they did when he proposed them two generations ago.

At the heart of this technology is what Tesla regarded as his most important discovery, made in the late 1800's -- terrestrial stationary waves. Basically, he discovered that the Earth could be used as a conductor and would be as responsive as a tuning fork to electrical vibrations of a certain frequency. Furthermore, he had discovered the exact frequency at which the earth normally pulsates. These natural waves are created as a result of electrical activity in the atmosphere. Collectively called The Schumann Resonance, they are quasi-standing [SCALAR] ELF (extremely low frequency) waves that naturally exist in the earth's electromagnetic cavity, the space between the ground and the ionosphere.

By transmitting strategically placed pulses at the exact ELF frequency of the normal earth pulsation, scientists have learned how to manoeuvre high and low pressure weather systems to direct storms and literally create weather. Tesla's discovery can duplicate almost every single weather condition, from cyclones to tornados; and now, with Solar Power Satellites supporting land based towers – HAARP (High Frequency Active Auroral Research Program ) and GWEN(Ground Wave Emergency Network), weather control becomes easier still.

It gets worse. In the early 1960's, Dr Andrija Puharich discovered various mental effects on brainwaves in the ELF frequency range and specifically that 7.83 Hz the Schumann Resonance frequency - the earth's pulse rate - made a person feel good, producing an altered-state; that 10.80 Hz caused riotous behaviour; and that 6.6 Hz caused depression. It has since been discovered that 10 Hz puts people into a hypnotic state. With most of North America covered by a spider's web of an artificial magnetic field extending from 30 feet below ground to about 500 feet above, everyone can be affected and mind-controlled.

Michael Edward posted on World Vision Portal discussion forum, 28<sup>th</sup> August 2004:

"...In speaking with everyone I can who survived the direct path of Hurricane Charley (July, 2004, Tampa Bay, Florida wreaked \$ millions damage and left 28 [official] dead), I have begun to see a definite pattern in their stories... they were describing extreme mental and mood changes they could not control.

About an hour before the centre of Hurricane Charley passed over, survivors have described how they became very tired, depressed, and lethargic. This was an overall mental and physical depression that even affected them with general body aches and a widespread feeling of non-wellbeing. Almost all said it was as if they were drugged with a pain killer, but without the "goofy" side effects. They could do the things they

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needed to do, such as get mattresses into their bathrooms to huddle under, but their thinking seemed "surreal."

When the eye passed over, they described feeling "numbed," both mentally and physically. While a few took a look outside to see if it was all over, most said they just didn't have a thought to do anything other than sleep and not move an inch from where they were. Stupor, hypnotized, trance, under a spell, and zombie were the most common descriptions.

Personally, Charley was the third hurricane direct hit I have lived through, yet I never felt the same symptoms with the first two as I did with Charley. I experienced the same as all those who survived this hurricane with me. Our experience with Hurricane Charley was unique and different."

(reprinted with permission.)

So, was Nature given a helping hand? The presence of ELF scalar electromagnetic frequencies would account for Michael Edward's findings. Scalar mind and weather manipulation are accomplished in the same low frequency range. There is further indication - the rapid and dramatic change in Hurricane Charley's direction.

Heading in from the Atlantic, an amazing thing took place. Charley's path should have taken it right through the heart of Jamaica. Suddenly it made a perfect arched curve to the south, swung around the island, and returned to its original course! Further north, it made another, sudden, right-hand turn to come ashore at Charlotte Harbor. No hurricane ever acted like Charley or followed such an erratic path since records began 200 years ago.

More recently, we had in 2005 the experience of Hurricane Katrina which appeared to be deliberately guided to hit the Louisiana coast around New Orleans. Shortly thereafter Ophelia headed for Houston, Texas, but was miraculously diverted at the last moment. New MIMIC microwave imagery displayed on certain Internet sites ([www.enterprisemission.com](http://www.enterprisemission.com)) showed mysterious energy pulses in a sort of tuning fork configuration, quite obviously directed at the heart of the storm. Similar images are available as Hurricane Wilma was 'destroyed' almost before she had been born.

As we have observed before, proving the use of these weapons is by no means easy, but the implications are, as Brezhnev remarked, 'more frightful than the mind of man had ever imagined.'

The awesome potentiality of such weaponry is severe enough, but the real concern is that the mind-set of the people controlling these tools of Armageddon is the same as it was throughout the last brutish century.

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If we have sent one in five of our fellow being humans to an early grave in the last hundred years, and wreaked untold permanent damage to Mother Earth and her protective atmosphere in the process, how long will it take us, with a quantum leap in weapons technology, to destroy the whole shooting match (pun most definitely intended)?

For years, a hidden agenda of population control has existed behind the policies of the World Bank, and the World Health organisation, - even UNICEF! - to name but three. Vaccination programmes to control diseases in third world countries, quite deliberately targeted at women and young girls have surreptitiously also delivered contraceptive chemicals. Standard weapon against the spread of AIDS in Africa is - the condom!

The popular press is now beginning to publish 'scientific evidence' that as a result of pollution and abuse of the ecology, the Earth cannot sustain six and a half billion people for much longer. Guess what the simple response of the controlling global elite might be to this situation? Remember this question when you reach Chapter 8.

Throughout 2004 and 2005, Iraq has witnessed wholesale bloody carnage. No matter what sanitized gloss is spinned out to the compliant global media, a discerning search of the Internet reveals a grimmer picture from respected journalists. Much of Iraq ignores the U.S. puppet government in Baghdad. Two years after 'the war ended' essential services like water and electricity are sporadic at best and non-existent elsewhere: parts of Baghdad itself have electricity for no more than four hours a day. Attacks on oil pipelines occur daily, hostage taking is commonplace. Construction companies are pulling out every day, and foreign workers are pouring out of Iraq in fear of their lives.

The British House of Commons Foreign Affairs Committee recently concluded that Iraq has become a battleground for Al-Qaeda and the war may well have increased the terror threat. It points out that coalition forces have failed to bring law and order to the country creating a vacuum for criminal elements and militias.

Having alienated the religious sensibilities of much of the population by the destruction of holy sites during the official war, the response to a protest by a minor leader of the country's major religious group, the Shi'ites, was still to surround its holiest enclave with tanks and pursue a strategy of artillery and aerial bombardment against a ragged band of unskilled and lightly armed believers.

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[Re-reading this passage at the turn of 2006, I am amazed that the situation is even worse: since it was written, multiple deaths are reported daily, hostage taking –and executing – is commonplace, and the 'authorities' are no nearer to an exit strategy, let alone a semblance of 'peace'. They are about to press ahead with elections, which will achieve no more than even more bloody sacrifice of innocent lives. And to add icing to the cake, what has a newly elected US president promised us? Another war, this time for Iran's oil.]

In Beslan, Russia, we watch in horror, as fanatics – some of them women – use hundreds of little children as pawns of war to publicise their cause. And, whilst there can be no excuse for such atrocity, what is the response of the superior power? Tougher military crackdown, tanks, artillery, sanctions, draconian rule – the same old slaughter, ethnic cleansing, and genocide.

In Western Sudan, Darfur is of course the tip of the iceberg. In how many other back-water countries and regions of Africa, Asia, or South America are innocent people suffering daily rape, pillage, and plunder as some little tin-pot bully boy furtively emulates his bigger 'civilised' brother out of the glare of the global media spotlight?

Moving away from war and conflict, why after centuries of science and advancement of 'knowledge' is the health of the World's populations still in such a sorry state? The charities will tell us in expensive advertisements, that for a few pence a day we can eliminate bilhazia, virtually rid the world of malaria, provide sight-saving cataract surgery, and the like. So, why hasn't it happened? Instead of our 'few pence a day', how many poor Africans can we help for the cost of one ICBM?

SOS-arsenic.net put it this way:

"One old, fat, bald, fungus-ridden rich man who cannot get an erection means more to the pharmaceutical industry than half a billion poor people vulnerable to malaria. And almost three times as many people - most in tropical areas of the Third World - die of preventable, curable diseases as die of AIDS. Malaria, tuberculosis, acute lower respiratory infections claimed 6.1 million lives in 1998. People died because the drugs to treat those illnesses are non-existent or are no longer effective. They died because it does not pay to keep them alive."

Look at the blackmail perpetrated in South America and South Africa in particular over so-called HIV-AIDS drugs.

Pulling the strings behind all of this of course is the same handful of avaricious, self-seeking moguls, totally devoid of morality or humanity whose mind-set only gets progressively more rapacious as it feeds on its own 'success'. These are



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the real villains. Reported by several researchers as no more than thirteen families – most, as we would say in Scotland, 'well kent names' - their tentacles have a stranglehold on just about every controlling influence on the planet, as they seek to hold every last one of us in thrall to their goals.

They control the banks, the media, the drug companies, the oil and energy companies, the arms manufacturers, the raw material extractors, the education of our children - even the entertainment industry. Who does not regard the banks as a necessary evil? Does anyone believe the mainstream press is not pursuing some hidden agenda? How do you suppose the drug cartel, 'Big Pharma', makes such obscene profits year after year? Has anyone not heard of Enron – and do they believe that was an isolated case? Can you imagine the consequences of a world without oil? Yet, don't you know that demand – which is still growing: just think about developing China, India, Africa, - has long since exceeded supply which is dwindling alarmingly? So, where's the next generation of energy coming from? Guess who owns the uranium mines; guess who's suppressing the 'free energy' patents.

'Free energy'? Yes, there are countless inventors throughout the world burning midnight oil, spending their own cash, pushing themselves to the limit, risking scientific ridicule and physical violence to develop 'over-unity' engines, that is, engines whose input (one unit) is less than their output. In other words, we get more out than we put in: the excess is 'free energy'. Invariably these machines are environmentally friendly.

Oil prices are rocketing as demand exceeds supply, greenhouse gas emissions now occupy the minds of scientists and governments everywhere, yet these largely altruistic inventors striving to bring 'free' energy to the world population receive no government support, - neither financial, nor in the form of patents, grants etc. Why? Because the ruling elite absolutely must retain control!

When they are ready, lo! and behold some new form of energy will appear – controlled and provided by them at a cost of course. And if the delay in introduction reduces the Earth's population by a couple of billion or more, so much the better. Believe me, I kid you not!

The USA's megalomaniac ambitions over recent years has resulted in their national debt spiralling completely out of control. The USA is bankrupt. Trillions of dollars in debt: it does not have the 'liquid' resources to validate its global borrowings and credit. Decades ago however, the global financial system was manipulated such that the greenback became the principal currency of international trade. One of the reasons why Saddam Hussein offended the US was because he was switching his countries' trade into Euros and other

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currencies, and selling dollars. Other countries following suit – like China – are also off the US Christmas card list.

Many highly qualified economists see world-wide financial meltdown as a serious possibility. But guess who has been buying up gold reserves, gold-mines and extraction companies? Look behind the political pawns who wield power particularly in the USA, but other nations too.

In their hands, governments both secular and religious are as modelling clay to be shaped and coloured as they wish. They control – and manipulate – the United Nations, the White House, and the European Union; there is even talk of a union of the nations of Africa, Asia, and South America. Do not get the idea that these organisations are independent of one another. The aim – domination.

This goal has been pursued over many generations, but there are signs of acceleration of late.

The one ray of sunshine is the emergence of more and more free thinkers who have taken the education served up to them and applied their independent reasoning and intuition to it. Using the unrestrained communication of the Internet, they are starting to reveal some truth to the 'masses': "The king is in the altogether!"

There is no doubt that in many respects, humanity is at the edge of darkness. We are figuratively teetering on the edge of a black hole, about to be sucked in - to oblivion. But, there is nothing to fear.

Yes, you read that right, in spite of all I've just said, there really is nothing to fear.

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### **Chapter Five Nothing to Fear**

Now just bear with me a little: I can understand if you think I've just gone off my trolley. In the last chapter, I encouraged you to open your eyes to a picture of a world destroying itself, obsessed with war and violence, with greed, manipulation, and control. Fear and worry are what we are supposed to feel. However, that way we will achieve nothing.

Perhaps you may be familiar with the story of the rabbit hypnotised with fear by the stoat? Horses, dogs, children, wives (and husbands) can be physically and/or verbally abused into total confusion; and in that state, they will tend to do exactly the wrong thing and aggravate the abuse.

To deal with fear, we need to understand it, to learn how to minimise it, and overcome it.

Fear and worry, with guilt and judgement, are perhaps the most destructive forces in the Universe. And yet we being humans have locked ourselves in to a spiral of ever more preoccupation with all four. Centuries of conditioning, have led us to a natural reaction to look for danger as a priority, to always exercise caution before enterprise. Even when we commit to something, we are at risk of sabotaging our efforts as we constantly worry if we will succeed..."have we really done the right thing?"

You will often hear that fear is a throwback to our primeval 'fight or flee' instinct, but we can refine our understanding more than that. In those days we were a herd animal, with a primitive group response to stimuli. It appears the genetic memory of our physical form retains some of that aptitude buried deep in our sub-conscious mind. If you are walking through the park at night and someone jumps out from behind a tree in front of you, your response is automatic; you do not need to consciously think, "Oh dear! What a shock! I'd better be frightened." You're scared. Right there and then. (Check your underwear for confirmation!)

Remember we were talking of neural pathways through the brain, and the more often we use that path, the easier it is for the neurons to 'fire'? This is what is called a predominant brain cell pattern. These patterns become impressed on our sub-conscious mind, and in a sense become part of our 'reality'. For instance a child who has a bad experience with the dentist, will often 'be afraid' of dentists in general as part of his make-up for the remainder of his days. He will say, "I am terrified of dentists," as if this is a pre-determined state, an

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unchangeable characteristic hard-wired into his physical construction. Even conversation about someone else's visit to the dentist will evoke the fear response in his mind.

The ego exploits this weakness in our make-up to keep us feeling vulnerable, and separate.

But when we came into this life being human, we were granted individualised consciousness with which we can analyse our emotions and reactions. So, let's get this fear thing into perspective.

There are almost as many classifications of different types of fear given by the psychologists, as there are things people are afraid of. Basically, I believe there are just two basic types of fear: physical fear, and psychological fear.

The first can be seen as a positive natural instinct: you are about to be attacked by a vicious dog, a wild animal, a snake, or even a mugger; your natural physical fear instinct kicks in and requests a quick burst of adrenaline; this sharpens your senses and your reaction times in an attempt to equip you to avoid or survive the attack. Without this sub-conscious response, we would be far more vulnerable than we are. In fact, when we boil it down, this is not fear at all: it is simply our ever-loving sub-conscious mind demonstrating once again its superior powers in providing a super-conscious defence mechanism, to keep us safe.

All (other) fear is created in our conscious mind and can be seen as the ego continuing its crusade to convince us that we are separate. I have seen this idea expressed as our desire to maintain attachment – attachment to the status quo, our reputation, our superiority over others, our family, friends, possessions, youth, our (temporal) life.

We are frightened to move out of our comfort zone, frightened of 'the unknown'; we are afraid to put our heads above the parapet, afraid to stand out from the crowd – in case we are judged 'wrong' or 'at fault'; we do not want to let go of our position (of 'advantage' as we see it); the thought of growing old terrifies us almost to the point of despising our senior colleagues; and most of all we fear death.

Attachment means dependency. The shipwrecked sailor clings to his life raft, he is dependent upon it for his survival; the climber is dependent on the rope which attaches him to his colleagues, or his anchor point. So it is with intangible things – we cling to our family and friends because we depend on them for support and love; we preserve our reputation for we know this governs how we are perceived by our peers.

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A sly little voice inside our heads tells us that we must have this dependency or we will be nothing special, a nobody. Actually, this is the ego defending itself: the ego feeds on its self-image out of insecurity: actually, the ego is afraid! In fact it is terrified that you will see right through its delusional power!

Let us now examine the last fear on our list, perhaps the most basic human fear, since understanding the fear of death will put all these other fears into perspective.

Ask yourself exactly what you fear about death. Think deeply and be completely frank with yourself – after all, no-one else need know! What is it? Is it fear of what you leave behind – your loved ones? Is it fear of pain you associate with death? Is it fear of the unknown – what lies beyond that portal of demise?

At the root of each of these is, in reality, attachment to this – mortal – life (and I use the adjective deliberately.) We all know from very soon after we become aware in our time on Earth, that our body is decaying, however slowly, and that eventually it will expire. Yet we allow ourselves to be convinced that this carbon-unit, this bio-chemical organism is in fact 'us'. But if it were 'us' would we not be able to control it? Could we not say to our body, "Stay young", "Do not feel pain", "Do not die" and expect it to obey? We all know the body follows the natural physical laws, it feels hunger if we don't feed it, it feels cold on a Winter's day, hot in Summer, it ages, it feels pain when injured.

Chapter Three showed us that we are not our bodies – we are more, so much more. We are spirit, which is ever whole and indivisible.

The human frame is only a vehicle we borrow for this temporal journey; like all vehicles, when it gets old and unreliable, it is cast aside. But the driver doesn't go to the crusher with it. When a car goes to the crusher, it is empty; so also when a human frame reaches terminal decay, it too is empty. Your body is made up of physical elements – ultimately earth, wind, fire and water – there's no human spirit, no human life force in there.

Spirit, as we have seen earlier is whole, and indivisible. It cannot be harmed or destroyed. Death of the physical body is therefore the means of release for the spirit. How often do we hear the expression after a long painful illness that death was a 'release'?

Physical deterioration, aging, and death are therefore just another natural cycle of life on Earth. Consider the caterpillar. It lives its lifespan, earthbound, feeding on leaves. Then it undergoes metamorphosis, a transfiguration, a 'complete change of physical form or substance as if by magic': it 'dies' as a caterpillar,

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only to be reborn as a beautiful, colourful butterfly which soars on the currents of the air, and lives on nectar.

The well known bible, "A Course in Miracles" summarises itself as follows:

"Nothing real can be threatened.

Nothing unreal exists. Herein lies the peace of God."

You exist; the spirit of you is real: it cannot be threatened. Enjoy peace of mind.

You live in a Universe, a Creation, of Infinite Love.

That sentence needs to be ground into the very fibre of your being. It needs to be at the root of every thought, feeling, and emotion. It is the ever-present motive behind every single emotion, every situation, every event.

Just think what it means: you are a being in a Universe, a Creation, of Infinite Love. Realise the consequences upon that thought, and set them as the touchstone of your future reasoning and assessment.

God, Allah, Creator, Universal Consciousness, The Infinite, - use your own name - truly is Love. Through and through. His Creation through which we journey is built solidly and solely on this awesome Principle.

That being the case, ask yourself, "Is hell fire, punishment, purgatory, damnation, compatible with the concept of Universal - that is, 'everywhere, omni-present, encompassing-all-in-totality' - Love?"

So, what is to fear? At the ultimate, everything will turn out for the best. Every thing that happens to you, is for your ultimate benefit and greatest good. Think back to 'bad times', 'unpleasant' events which have already befallen you: can you not see in hindsight some benefit that came out of that trauma? Was there a valuable lesson learned? A resulting change for the better? Are you stronger, wiser, more accomplished now you've been tempered by the fire? And, did it really hurt? Even at the time?

Seek the Love in every moment - even the 'bad' ones.

If you look hard enough - no that is misleading: in fact it usually requires very little effort- but if you are open to hear the still small voice within, you will inevitably find you are not alone as you journey through the dark. Just ask for help, and a comforting voice, a guiding hand, a reassuring warmth will come to your aid. We are loved more than we could ever know.

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Now, having bolstered our courage and with our emotions in perspective, let's face this current situation. Face it, analyse it, find the benefit, or advantage, or opportunity in it.

Adversity inevitably brings out the best in being humans. It was this 'best', this concerted human synergy which halted the might of Nazi Germany at the cliffs of Dover. More recently, recall the wave of human emotion which encircled the Earth in the magnificent response to the Asian tsunami of 2003.

The challenges we face today, present many occasions for fear. However, down the centuries, those who have been subjected to the most frightening experiences have frequently emerged with words of inspiration. These people have detached their physical bodies from often brutal treatment and drawn upon the infinite strength of the spirit. Invariably they have a deeper knowing of their real selves as a result.

Often times, these dark events present the opportunity for us to remember the innate goodness, the unselfish love which exists in most human breasts, but gets forgotten, or buried by the pressures of the daily living mess that we have gotten ourselves into. For some, these spontaneous reactions to others' misfortune are short-lived, and they soon drift back into the humdrum routine centred on paying this month's bills and containing the over-spends. But a few are inspired to retain the glow of self-worth they felt reflected by a victim's smile of gratitude, and their lives shift – maybe ever-so slightly, but each little helps.

As we will see, not one passing thought is ever wasted and a thought or deed imbued with Love travels the extent of the Universe. One candle can disperse a hall full of darkness, so, although gloom may gather all around us, a reflection of the Love that we know is the underlying principle of all there is, radiating from our hearts will rekindle the flame in our brothers and sisters, banishing fear for all.

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### **Chapter Six Choices**

So, what's to do?

In the early 1980's, a small group of people who believed in the existence of forces beyond our normal three dimensional level of understanding, gathered together for their regular Sunday meditation. Carla Rueckert, who had been receiving - or 'channeling'- psychic information for several years, was demonstrating to a group member how to channel. Among the group was her 'soul-mate' Don Elkins, a respected and qualified academic - M.Sc. in both Mechanical and General Engineering, PhD. in Philosophy, Professor of Physics for twelve years at the University of Louisville, Kentucky, founder and head of Mechanical Engineering Department at Alaska State University. He was ex-US Army (Korea), served many years as Captain on Boeing 727s for a major airline, and a keen investigator of Unidentified Flying Objects phenomena.

Get the picture? We are talking serious, sensible, worldly people here.

Carla, who always previously did 'conscious' channeling, suddenly and involuntarily went into complete trance, and quite unexpectedly was contacted by an energy form which announced itself as 'Ra'. Ra explained that it was a group consciousness from sixth density dedicated to serve the population of Earth during 'its imminent transition from third to fourth density'. Its main purpose was to remind being humans of the unity of all consciousness, which it called "The Law of One". Thus began a four year session of channeling, now published in five volumes, "The Law of One by Ra, an Humble Messenger."

Ra explains that each dimension affords different levels of teaching along the path to this Oneness, and that our present, third density level is all about choice. We have the choice to love and respect others, to live in harmony with each other and the environment around us; or to seek to manipulate and control other beings, and the plants, animals, or environment for our own purposes. Or indeed, we can choose not to choose, throw our choice away, sit on the fence, and hide behind someone else.

Even if you dismiss this guidance from a more advanced, super-terrestrial source, most people will surely admit that the world is in a sorry state, as we witnessed in the previous chapters, and the question is, what can we do about it? This leads to three options:

1. Decide the choice is too difficult, and do nothing; be a victim of (someone else's) circumstance.



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2. Look after 'Number One'; grab what you can for yourself: "Pull up the ladder, Jack, I'm all right!"; dog eat dog.
3. Live with an attitude of love, service, and harmony which radiates from you and offers comfort to all you meet, accepting the principle that you are an integral part of Universal Consciousness.

The choice is entirely yours. The primary law of our Universe is free will: your right to decide for yourself is inviolate. So, whatever you choose, it's 'OK'.

You see, your Creator created the 'O.K.' Universe. There is no good, nor evil: whatever you choose is O.K. – for in a Universe of infinite Love, everything is bound to come out O.K. in the end.

The late and much loved Wally Minto figured this out and explained it this way:

"You see, if your child is smoking and you know it's not O.K. to smoke, what is your child admitting if he stops smoking? That's correct; your child is admitting he was wrong. But, if it's O.K. to smoke and it's simply that the results of smoking through a lifetime are usually not desirable, then the child can quit smoking without being wrong.

It's this concept that has given me so much success in communicating with youth about their problems. So many times parents will drag in their child sure that I am going to tell the child how horrible he is for smoking or drinking or taking dope or whatever it may be. As soon as the parents leave the room, my communication with the youth is that his problem is O.K. I mean, it really is O.K. to take dope. It's even O.K. to shoot heroin. The results of shooting heroin, though, are a life expectancy of about four years. That's O.K., too, because we've all got to die sooner or later, and if a person chooses to do it in that manner, and that soon, that's O.K. I also point out to the youth the probable results of letting go of the problem."

This way, the youth can pull himself round without having to admit he was 'wrong'. In your case, if you haven't been fortunate to read Wally's "Results Book" and you choose the hard way, maybe it will take a little longer - but the Creator will still be waiting for you, arms outstretched, with Love. So, it's your choice.

Regarding 'doing nothing', Wallace D. Wattles says in 'The Science of Getting Rich':

"There is one mental attitude which is fatal and which you must avoid, and that is the attitude of believing yourself the victim of circumstances, condemned to a dreary grind from which escape is impossible or very difficult. It is not so. They that are for you are very many more in number than they that are against you."

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Edmund Burke put it succinctly,

"All that is necessary for the forces of evil to win the world is for enough good men to do nothing."

However, doing nothing is a choice. There is enough evidence out there, staring us in the face that 'things' are not good. The media thrives on reporting it ad nauseam – as we have already remarked, if there's no bad news, they invent some. Even the most spurious of the tabloid press bombards us daily with crime figures, wars and conflict, neighbourly dirty deeds, injustice, greed, selfishness, manipulation, exploitation, abuse, et cetera, et cetera... Yet, many brothers and sisters will still jump straight to the sports pages, or TV listings.

On a deeper level this book, and other books, CDs, tapes, and seminars from more learned authors are available to broadcast awareness of what we believe is a critical situation. And still, many fellow being humans will regard the content as of passing interest at best, more likely scaremongering sensationalism, and – even if they finish the work – will cast it aside without a second thought, and carry on, pretending that "it's nowt do to wi' me" – 'it's not my concern'.

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it,"  
was Albert Einstein's view of those who choose not to choose.

Another group may choose to see the state of things as fortuitous – aren't we always told by those thousand-dollar-a-day success gurus to see every challenge as an opportunity? If the drug companies, the energy suppliers, and the arms manufacturers are making billions in time of war by selling products to both sides at exorbitant prices, why shouldn't the little guy make an extra 'couple of bob' in his little corner store by doubling the price of bread to the strife-torn civilians? And as the Nazis enter Paris, he'll whip down the tricolour, and hoist the Swastika instead.

Doesn't aerial and artillery bombardment present wonderful opportunities for looting? How many personal scores have been settled by a 'stray bullet' in the heat of conflict?

I guess in most countries of the world, containment of significant crimes is becoming ever more of a burden to local law enforcement officers: this of course opens up very favourable circumstances for the street-wise 'jack-the-lad' to conduct profitable business which he keeps just below the threshold of serious crime so as not to attract attention. And pretty soon, everyone's doing it: whether it be petty shoplifting or not buying a bus ticket, it becomes

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'acceptable' – even to those who regard themselves as upright citizens. The yard-stick has become not "is it morally 'right' or acceptable practice in society," but rather "can I get away with it?"

In some of our basic relationships with one another these days, we see the same selfishness. Unprincipled jockeying for position and promotion is commonplace from the board-room down to your mate on the line, or your pal in the office. Scrabbling to the top over the heads of your colleagues is considered par for the course. I was told a long and arduous tale just the other day of such an example of intrigue and manoeuvring for position. What was at stake? One of many seats on the committee of a local bowls club! Talk about big frogs and little ponds. But it's everywhere.

We have created an ethos, a culture which seems to be based purely on survival of the fittest – at any price. "You have to look after yourself," is used to justify almost any selfish act. Surely this is focusing on lack, poverty thinking with a capital P? It implies that there is a chronic shortage of 'it' so one must grab as much of 'it' as possible before anyone else can get hold of 'it', then be prepared to defend 'it' with all one's might. It's a bit like seagulls fighting over a piece of bread.

Popular literature and its modern day successor – television – breed this mindset. Drama is created by the claustrophobia of characters thrown together in a struggle for power (of some kind). 'Good' competes with 'bad' or 'evil' for dominance. It was ever thus. Today's difference is that the competition has become substantially more dirty and underhand, and the anti-hero has become infinitely more attractive, often completely eclipsing the defender of the moral ground. 'JR' was always more exciting than Bobby or Cliff Barnes; Bonnie Parker and Clyde Barrow are portrayed as 'folk heroes' instead of the ruthless, amoral, lily-livered killers that they really were.

And what of our sporting heroes? The thug who breaks the rules every time the referee isn't looking is lauded by the fans. If he does get caught, most times he is seen to get away with it when his club buys him out of trouble with the authorities. In any event, everyone is aware that the obscene sums he is earning mean that any sanction short of a complete ban from future competition is in reality meaningless. Often these are not minor infringements of the rules, but blatant common assault: why I wonder does basic civil law not apply on the professional playing field? Why do we wonder at the deplorable standards of our youth today, when they have such effective role models?

The breakdown of traditional family life over the last couple of generations is undoubtedly an additional factor of influence. Marriage as an institution has become almost a joke, - curiously marriage is now seen by many either as a

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formality to be entered into and abandoned without much thought, or by others as an entrapment to be avoided at all costs. Single parent families now constitute an alarming proportion, and on top of this, there is an enormous rise in the number of youngsters farmed out to day care nurseries almost from birth: does anyone suppose that parental care will be restored to them when they start school?

Before the feminists jump on their soapboxes and start beating their bra-less breasts, I know this is an engineered situation, a deliberate policy from the sixties or so, originally to gear the economy to the two wage household. This left many couples with no choice but for both to work, with additional consequent burdens on routine and child-care leading to child neglect, and a breakdown in the marriage.

The single-parent situation now has even more undesirable consequences as one wage earner tries to cope with the parenting challenge whilst under an invidious financial disadvantage. Sadly, the lack of parental time, energy, and disposable income makes it easy for the child to be tempted into trouble.

Yet at the end of the day, we allowed this to happen, we bought into it. It was dangled under our noses in the form of better lifestyle, affluence, independence, rebellion, youth power, free love, feminism, rock and roll, and a dozen other guises, and we swallowed it – as we were meant to.

Understandably, we all view our world from our own perspective, but it is important to place our microcosmic view in the background of the bigger picture. Can you imagine a hierarchy of secret societies stacked one on top of the other, each one requiring loyalty to itself, but knowing not that it is controlled by the one above? Progression from one society or level to another is only by invitation after intense screening and observation by members above. The goals of the higher are always a little more intense than the one below, and any manipulation of the lower order can always be presented in the most plausible and acceptable terms. Thus the 'worker' has no knowledge of the higher agenda he is actually promoting.

For maximum effect, rewards are tailored to suit what the 'worker' believes he is supporting, but especially his own wealth, status, regard. If the lower orders are ostensibly charitable, noble, Christian endeavours, not surprisingly there is rarely a shortage of willing sheep.

Before you discount all this as 'conspiracy theory', or not relevant to your everyday life, ask yourself, does the friendly teller, or manager at your local bank seem at all like an overseer of a sugar plantation of old? What a thing to

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suggest: they always seem so helpful. And yet, heshe is a servant of a venal empire which enslaves the world.

I am sure the vast majority of employees of Big Pharma – the world-wide drug cartel – believe they are genuinely contributing to the health and well-being of humanity. Their far-removed masters however have an entirely different agenda.

Let your mind build castles in the air along these lines – as high as you like – and you have a picture of service to self carried to the extreme. If your mind goes back to the moguls we spoke of in Chapter Four, give yourself a pat on the back: you made the connection.

So, by our naïvety, our acquiescence we have a responsibility for the situation. Our society is only reaping what our society sowed. It is not 'someone else's fault: 'someone else' does not exist. Only we can get ourselves out of it.

So this is another choice, a second route to follow: you can choose to serve yourself as an active and deliberate strategy for your life, using other beings to serve your purposes – and as we have illustrated above, those who choose not to choose are ripe for manipulation and control. You can seize the lucrative opportunities which abound from the current climate of international, national, and local community conflict, and lies, and deceit. There will be no lack of devious handlers waiting and wanting to entice you. As with all endeavours, practice will lead to more efficiency, and those who become adept are soon head-hunted for promotion and development to even greater heights.

The third path is found within.

This is the path of service to others. It is a course of conduct which depends entirely on who you are. Whilst helping out down at the local hostel ladling out soup, fundraising for your favourite charity, or joining a peace initiative in some war-torn community is laudable work, the essence of service to others goes deeper than this. Neither is it essential that a person on the service to others path take up such demonstrably charitable works.

Service to others is a status of being that is arrived at through a deep and continuing personal examination of who you are inside. And who you are inside, depends solely on you.

In Chapter 4, we spent some time exploring who we are, and argued that, "We are the product of what we think." Now, it is necessary that the creation of this 'product' (me, we, you) comes from our own individual thought – not the slavish, mindless acceptance of someone-else's idea, belief, or dogma. Blind,

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thoughtless acceptance of the notions of parents, society, or the church as to who we are, how we behave, what we believe, is a denial of our development into creative, self-aware beings.

If you take time to think about the nature of the whole universe, one characteristic will stand out above all others, and that characteristic is 'growth'. Sow a grain of corn, and the resulting plant will yield a hundred new grains; one pip from an apple will produce a tree which will provide apples in abundance for years and years to come.

Birds, fish, and animals rear several young in a lifetime, mostly several at each birth. Reproduction is a natural process for all living things, even minerals. Creation is constantly flowing forwards.

You, yourself, from the moment your father's sperm burrowed into your mother's egg, were growing, and are still growing. You must grow to survive. As Leslie Fieger says in 'The Delfin System':

"Even the most stagnant human being who repeats his days like TV reruns is growing emotionally, mentally, and spiritually."

Like you, the universe is growing too; the entire creation is expanding. New stars are born daily, and new galaxies formed. Old stars die and are replaced by new ones; your old cells die and are replaced by new ones.

Just as your physical body grows from the moment of conception, so your mental abilities and spiritual understanding are capable of immense growth. How do you develop your mental and spiritual powers? In the same way that an athlete develops his physical abilities – by exercise and practice, motivated by a desire to achieve more.

A seed must leave the safety of its outer shell before it can sprout; the mariner must leave the safety of the shore before he can explore new lands, new opportunities. So too you must make the conscious effort before you can become more -emotionally, mentally, and spiritually. You must be willing to relinquish the safety of parental or societal/herd comfort zones, let go the restrictions of past limitations, restrictive thoughts, beliefs, behaviours and open yourself up to the possibility of growth, of becoming more. The only limitation is your own imagination. You can be what you choose to be.

Once you have the desire in place, the first thing you must do is seek solitude. Peace and quiet to analyse your self, to 'go within'. You do not need to 'go into the wilderness for forty days and nights', a quiet, warm room where you will not be disturbed for twenty or thirty minutes at a time is quite sufficient (- if you

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are lucky enough to live somewhere warm enough and peaceful enough to sit out under the stars undisturbed by mosquitoes or midges, so much the better).

This most important step is actually the simplest: to decide to take the time and trouble to stop and think who you are.

It is amazing how many never do take the time. So many of our brothers and sisters are so busy doing this and doing that, their life is passing them by and they don't realise it. Try asking one or two of them what it is all for? (Try asking yourself, first!) Why do they do this? The answer will be for some vague result to take place in the future: a new house, new dress, holiday, new car, getting married etc. etc. But what if the future never comes?

There are many clever sayings: "Yesterday's history, tomorrow's a mystery, but today's a gift; that's why we call it the present." It is so basic, it is almost a truism, yet how few ever take heed? You cannot alter the past; it has gone; it is never to be again. The future has not arrived yet; anything can happen between now and then; it may never come. The only time is Now. The only reality is Now.

So, if you have not already done this, stop and take the trouble to ask yourself, "Who am I?" "Where am I?" "What am I doing?" "Why?"

Forget what happened yesterday, or last year, or when you were a child. Those things have passed, and there are no mistakes, no sins. So have no regrets. You are a unique entity, a precious soul, a perfect spirit making a perfect contribution to whatever situation you encounter at any time. You may choose to try a different approach if a similar set of circumstances ever arises again, but your action is a result of your valuable experiences gleaned up to this point.

There are many good guides available on basic meditation techniques, - in fact the one I use regularly is described in the Appendix - but first, all we are seeking to do here is to decide what is your path - not what belief system did you grow up in, whether Muslim, Christian, Hindu, Catholic, Protestant, etc. - nor your 'supposed' preference, but your own determined, consciously chosen course of conduct by which you wish to live this life.

If you decide you wish to follow a path of love and service to others think consciously of what this should entail, so that the foundations (which you will inevitably refine as you grow and mature - which is quite OK) become grounded in your conscious and sub-conscious being. You will start with high ideals. Then fail to live up to them! But do not be dismayed. Hold firm to your chosen path, and each challenge will be more easily overcome.

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The challenge, the doubt, the back-sliding is your ego trying to assert itself over you. Make your own decisions, accept yourself, love yourself, forgive yourself, seek from within the past the support of the love and the wisdom that was present in those moments when you felt let down by friends or family, or that life had given you a kick in the teeth.

You can be what you will to be. Live the person you choose to be. Recognise in yourself your connection with all that is. You are every thing, every being, every emotion, every situation. Live unity, live in harmony.

A spiritual person touches all whom they meet by the radiance that they give off of self-acceptance and self-understanding. Let your light shine. Be assured others – albeit perhaps 'blindly' – will seek your light.

I'm not suggesting you resign your job and take up 'the cloth'; it matters not a jot to your Creator whether you're a doctor or a dosser, a lord or a labourer, a Trump or a tramp. Whatever your station in life, it's the standards you live your life by which really matters.

You cannot impose your belief, your enlightenment on others. The greatest teacher who ever lived said, "Let he who hath ears, hear" – in other words, let those who are ready to listen take note. 'When the student is ready, the teacher shall appear': until then, his mind is closed.

Seeking to impose your beliefs upon another –on an international scale the root cause of most wars – is a blatant infringement of the other's free will. Moreover, as we have observed earlier, for the other to unthinkingly accept what he is told to accept, creates no ownership.

In a Universe of Oneness, of universal, infinite Love, there is neither 'right' nor 'wrong'. Yet, this is the cause of all our worldly problems. Look at all the troubles in the world today, and in past years: from your own, local disagreements in relationships, to global warfare. At the root of every conflict is "I'm right, you're wrong,"; "My way is correct, yours is in error," –and because this comes from both sides, conflict results.

Those who have examined themselves in the ways described above, have accepted themselves, forgiven themselves, learned to love themselves, see themselves as whole and pure, will attract others who 'sense' something different, and seek, by association, the same 'peace of mind'. In this way, those who choose the service to others path, lead and teach by example.

There then are our three choices: to sit on the fence – no doubt blaming everyone else for our misfortunes; to scrabble to the top of the heap, using



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others, taking advantage of the 'meek and the weak', caring nothing for those we trample underfoot; or to take time to know ourselves, and choose to have a conscious and grounded desire to be of service to our fellow brothers and sisters.

At the end of the day, the choice is yours and yours alone. This may be a good time to relate the story of the Native American grandfather who was telling his grandson how he felt about a recent family tragedy. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one."

The grandson asked him, "Which wolf will win the fight in your heart?"

The grandfather answered, "The one I feed."

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### **Chapter Seven One Hundred Monkeys.**

If you have followed me this far, and have chosen or at least are considering a path of love and service to others, one thought which may loom large is along the lines, "Yes, OK. But how effective can I be? After all, there are 6.4 Billion being humans on this planet and only one little me! What good can I do?"

Let me tell you a story.

On the Japanese island of Koshima in the early 1950's, scientists fed sweet potatoes to a colony of wild monkeys, by dropping them in the sand. Whilst the monkeys liked the taste of the potatoes, they were not too excited by the grit of the sand.

Somehow, one young monkey found that by washing a potato in the sea water, it tasted much better. This monkey then taught another to wash potatoes, who taught another, and soon lots of monkeys on the island were washing potatoes. When the hundredth monkey learned to wash potatoes, suddenly all the monkeys on the island were washing potatoes. Moreover, spontaneously monkeys on other islands and the mainland, who had no physical contact with the original colony, started washing potatoes!

This story was first told in his 1979 book, 'Lifetide' by Lyall Watson who concluded that this pointed to the phenomenon that when a certain critical mass is reached, spontaneous behaviour patterns will result throughout the group, species, race etc.

However, it was a story. (I used to get told off for telling 'stories' when I was a kid.) Certainly the spontaneous behavioural leap across the sea to other colonies has no basis in scientific fact, nor do the conclusions. Or do they?

Gregg Braden, in his audio series, "Speaking The Lost Language of God" draws our attention to a number of remarkable new developments.

The first experiment he reported was carried out by Dr. Vladimir Poponin, a quantum biologist. In this experiment, a vacuum was created inside a sealed container. For some time, science has acknowledged that you cannot have a perfect vacuum: 'something' will always remain. This 'something' always contains photons or particles of light.

The distribution of the photons in the tube was mapped and Poponin found they

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were completely random inside the container. This was the expected result.

Then some DNA was placed inside the container and the 'vacuum' restored. The distribution of the photons was re-measured. This time, they were in an ordered pattern, aligned with the DNA. In other words: the physical DNA had affected the non-physical photons.

Moreover, when the DNA was removed from the container, and the distribution of the photons measured again, the photons remained ordered and lined up where the DNA had been!

Next, 1993, INSCOM (Intelligence and Security Command - US Army) placed some white blood cells as a source of DNA in a device to measure response to the donor's emotions. The donor was then exposed to powerful video clips on a variety of subjects - clips of war, clips of an erotic nature, humorous clips, etc. The DNA response was to mirror the donor's emotions with no time lag. When the donor was stressed, the DNA curled up tight, when relaxed, the DNA uncurled. And this response was instantaneous.

The samples were then separated from the donors by fifty miles. The results were the same. Some time later it was confirmed to Gregg Braden by Dr. Cleve Backster ("The Secret Life of Plants") that in fact the DNA had been separated even further, from Los Angeles, California to Phoenix, Arizona, -300 miles! Again the result was the same, and again incidentally with no time lag.

How was such communication possible? What was the medium through which the donor's emotional response was transmitted to his DNA sample 300 miles away? How was this response instantaneous?

Gregg rightly poses the question, "What is the implication for human organ transplants?" If the donor can influence his own DNA in a test tube at a distance of 300 miles (at least!), surely there must still be some relationship between donor and his kidney, bone marrow, etc. even though they now reside in another's body? Most transplant survivors need a continuing cocktail of drugs to suppress rejection or other adverse physical reactions, yet it has been reported that sometimes an organ recipient experiences thoughts and feelings that are totally strange and new; later it becomes obvious that they fit with the character and consciousness of the deceased donor.

Heart and lung transplant patient, Claire Sylvia tells in her book, "A Change of Heart" how, soon after her operation she suddenly developed cravings for fried chicken, although, "I had never gone to fast-food outlets." She also became impetuous and aggressive, although previously a calm, conservative person.

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She eventually discovered that her donor had been an eighteen year old biker with a passion for fast food; he had bought his favourite chicken nuggets just before his death.

Cardiologist Dr. Pim van Lommel says,

“The DNA in the donor heart seems to give rise to fields of consciousness that are received by the organ recipient. Unfortunately, until now scientific research on this has not been possible due to the reluctance of the transplant centres.”

To extend this train of thought a little further, what about human transfer of DNA through hugging, kissing, making love, etc?.

The HeartMath Institute in California found that the heart does far more than just pump blood. Surrounding every human heart there is a field of energy, like a do-nut, which extends at least five to eight feet –beyond that our existing instruments cannot yet measure; it may extend for miles!

In the third experiment highlighted by Gregg Braden, some human placental DNA (the most pristine form of DNA) was placed in several containers from which the HeartMath scientists could measure changes in it. One vial was given to each of several researchers, who had been trained in how to feel and experience deep, genuine emotions.

What was discovered was that the DNA changed its shape according to the feelings of the researchers:

1. When the researchers went into feelings of gratitude, love, and appreciation, the DNA responded by relaxing and the strands unwound. The length of the DNA extended.
2. When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up. It not only became shorter, but actually switched off many of its codes. Once feelings of love, joy, gratitude, and appreciation were again felt by the researchers the shut down codes were switched back on again, and the DNA relaxed.

A major point to remember here is that there was no physical or genetic relationship between the DNA sample, and the researchers.

We being humans, together with apes, bats, and guinea pigs are the only mammals who do not routinely produce Vitamin C in our bodies. We have the means to do so, because most women do produce Vitamin C during pregnancy. Vitamin C is regarded as essential for good health, in fact two times Nobel Prize winner, Dr. Linus Pauling regarded Vitamin C as the most effective single requirement to prevent heart attack. Do we not produce it 'naturally' because

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our DNA is stressed up and twisted, the codes switched off? Have we – perhaps by generations of emotional conditioning – involuntarily shut down life saving production of this simple, essential vitamin? If Vitamin C is so conducive to heart health, is our modern, stressed-up way of life the reason heart disease is such a scourge today?

But, back to the three experiments highlighted by Gregg Braden; what do they tell us? Firstly they confirm the existence of a field of energy which exists everywhere, even in a vacuum at zero degrees. The field is identical to what scientists always knew up to a hundred years or so ago, as the aether. However, as is the nature – and limitation – of western 'science', because aether is not visible which would make its existence therefore undeniable, they had to conduct an experiment to prove whether it was there or not. So, two gentlemen Michelson and Morley set up a – flawed - experiment. It found ....nothing. So the fuddy duddy scientific establishment promptly dismissed the aether as non-existent, conveniently ignoring the fact that the experiment was poorly conceived in the first place. It has laboured under this misapprehension for nigh on a century.

Nowadays, to save face, they call this intrinsic field zero-point energy (ZPE). To understand this concept, let us examine the explanations of a couple of highly respected physicists.

Dr. Timothy Boyer wrote an article entitled "The Classical Vacuum" in the magazine, 'Scientific American' August 1985 which goes as follows. 'Originally, we thought creating a vacuum simply required you to remove all matter, including all the gas. Then, it became apparent that such a state still contained thermal radiation – heat in other words. So the next idea was to cool the 'empty space' down to absolute zero. However, first experiment, and then theory have proved that there is a non-thermal radiation in the vacuum which persists even if you could lower the temperature right down to zero. Therefore, this residual energy was labelled zero point radiation'.

From a different perspective, astrophysicist Bernhard Haisch, in an article entitled "Brilliant Disguise: Light, Matter and the Zero-Point Field" for Science and Spirit magazine, 2002, asks us to consider a grandfather clock with its pendulum swinging back and forth. As we all know, if you forget to wind the clock, the pendulum will eventually stop as friction overcomes the coiled force of the spring. However, if we imagine the pendulum reduced to the size of atoms, which are subject to the laws of quantum physics, there is a principle which states that no object – such as an atomic-sized pendulum – can ever be brought completely to rest: there will always be a 'residual random jiggle'. Without getting in too deep, since electromagnetic waves – visible and non-visible light - oscillate like a swinging pendulum, at any frequency there will

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always be a tiny bit of 'electromagnetic jiggling' going on. "Zero point" refers to the fact that this is the lowest possible energy state. However, since this minute amount of energy exists everywhere, the total is huge; you can in fact say that all of creation is bathed in an enormous background sea of electromagnetic jiggling energy – or 'light'.

This confirmation from Dr Poponin's experiments, leads us on to the second point. The INSCOM experiment showed that our DNA is subject to influence by our emotions irrespective of time or space: the effect was instantaneous over a distance of three hundred miles! When we ask the question, "How is this communication possible, what is the communication medium?" we are drawn to the inescapable conclusion that it must be the zero-point field, the aether. This is the only physical connection.

Then the HeartMath findings go a stage further to reveal that genuine, deep emotional feelings can influence non-related DNA in both positive and negative ways, the implication being that positive thoughts of appreciation, gratitude, love promote well being and health, whilst anger, stress, and fear lead to distortion, disease, and limitation.

This may seem heavy scientific stuff, but it is essential to understanding how important is the rôle of each and every one of us in relationship to the Universe in which we live.

Speaking of the Universe, Edgar Mitchell is a name many will remember from the US space programme of the 1960's and 70's. Captain of the Apollo 14 Mission, he became the sixth man to walk on the moon. During the journey back from that mission he was struck by the connection between man and the Universe, and shortly after leaving the navy in 1972, he founded the Institute of Noetic Sciences, and has spent the last thirty odd years studying the relationship between human consciousness and science. A recent paper, "Natures Mind: The Quantum Hologram", takes us a step further in our learning. ('Quantum' is a term used by physicists and mathematicians to mean a distinct, indivisible amount or quantity of something. It is specifically used in relation to matter at atomic or nuclear levels. Holographs have a property called "distributedness," which means that any fractional part of the recorded hologram contains sufficient information to reconstruct the complete, original, three dimensional information pattern.)

Dr. Mitchell tells of experiments conducted by Dean Radin of the University of Nevada who observed the output of random numbers generated by a computer situated close by an audience watching a stage play. During highly emotional passages of the play, the results were skewed, i.e. not what was expected. Radin went further and conducted a wide ranging experiment during the mass

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TV screening – and viewing – of the O.J.Simpson murder trial; again the results were skewed in line with the emotional peaks during the live drama. The participants were unaware of the experiment, and the results seemed to show that at a time of rapt attention, the numbers became less random – they followed a more ordered sequence.

Once again, we see human emotions affecting seemingly unrelated, physical events. Again, we ask, what is the connecting medium? Again, the logical answer is the zero-point field, or aether. Dr. Mitchell suggests that the universe is unified by vibration in the omnipresent aether. All matter transmits information by means of this vibration which can be received and interacted upon by other matter in the aetheric environment.

David Bohm, a physicist at the University of London and protégé of Einstein wrote:

“Ultimately, the entire universe (with all its 'particles,' including those constituting human beings, their laboratories, observing instruments, etc.) has to be understood as a single undivided whole, in which analysis in separately and independently existent parts has no fundamental status.”

What Bernhard Haisch and his colleagues Hal Puthoff and Alfonso Rueda established is that the aether is what makes matter seem to be “the solid, stable stuff that we and our world are made of.” Waxing lyrical for a scientist, Haisch says, “The solid, stable world of matter appears to be sustained at every instant by an underlying sea of quantum light.” Nikola Tesla suggested the aether “...behaves as a liquid to solid bodies, and as a solid to light and heat.”

David Wilcock in his breathtaking series of books explaining just about everything anyone could wish to know about the Universe and how it works, gives us a word picture to work with. He suggests,

“The very building blocks of mass, the atoms and molecules themselves, are not particles at all. Instead, they are ultimately nothing more than spherical whirlpools of energy in this flowing river of aether.”

So the aether is not only around and between and through everything we perceive as reality, it is actually creating that reality of its own substance, at the same time. Now add in the holographic principle, and what we have is matter made up of these whirling eddies of energy whose unique ‘vibration signature’ projects a ‘distributed’ holographic image onto the net or web which makes up the background fabric or stuff of the Universe. Since we are all composed of this same matter, and resident within this background sea of aether, we can access/receive/interact with all other ‘images’ within the “Quantum Hologram,”

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– and they can access/receive/interact with us. Recall also, that the interaction within the INSCOM experiments happened irrespective of space or time!

Time, I think, for a pause to let the enormity of this realisation sink in.

The entire Universe as we know it is an enormous sea of aether. The entire mass of the Universe is made up of swirling vortices of this aether. The aether also carries information about these vortices. By the strength of our deep emotions, our intense feelings, we can interact with this information – instantaneously and at any distance. Wow!

When you come back down to Earth, years of genetic conditioning, and a nasty thing most of us carry around within our mortal mind called 'ego' will most likely start to infiltrate your euphoria at these immense possibilities with doubts and disbelief. "This may be all right in theory, but let's get real. Where are the practical examples?"

Let's go back to Gregg Braden and "Speaking The Lost Language of God". Gregg tells us that in 1972, researchers took 24 cities with a population over 10,000, and they trained people in meditation techniques to have deep feelings of peace and lack of tension. When they all experienced these feelings simultaneously, traffic accidents, incidents of violence, visits to A&E at hospitals, all declined. In Chicago the stock market soared in the presence of these experiences. When the practitioners stopped their feelings, the trends gradually reverted to normal. It was estimated that a number of practitioners as low as 1% of the cities' populations would be sufficient to exhibit these effects.

In 1998 researchers at Princeton University, New Jersey, instituted the Global Consciousness Project. They state, "This is an international effort involving researchers from several institutions and countries, designed to explore whether the construct of interconnected consciousness can be scientifically validated through objective measurement." In other words, just what we're looking for.

The project builds upon laboratory experiments conducted over the previous three decades, such as the Radin experiments referred to earlier. These demonstrated the effect that human consciousness can have on randomly generated number sequences, causing them to produce non-random patterns. Software programmes, called 'eggs' were hosted on their computers by a number of volunteers (now sixty-five of them) around the world. These collect samples every second from an attached random number generator, and ship the result to the main computer at Princeton. Here the findings are analysed using tested statistical techniques to see if the results are 'structured' (i.e. no longer 'random') to any degree.



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The global shock, dismay, and grieving surrounding the sudden death and funeral of Princess Diana produced a substantial deviation from the 'norm'.

At the other end of the emotional spectrum, as the dateline of the millennium swept around the world, the devices responded to the celebrations. They recorded a blip in global consciousness as the celebrations and prayer vigils occurred. The researchers 'don't know' what is happening, but verify this was 'an effect'.

The devices were still in place for 9.11 2001. When the data was examined, it was found that compared to an average day, the readings were 'off the chart' as world consciousness focussed on the events in New York. Strangely, the devices had begun to record anomalies a full day before the event.

Gregg Braden has often joined with James Twyman and Doreen Virtue in world wide peace vigils. Hundreds of thousands – if not millions - of people on their combined e-mail lists stop for a moment or two, wherever they are in the world, and direct personal feelings of peace and harmony for a particular region. The most notable example is told in their own words in an open invitation to join them yet again, which appeared on the internet:

"On November 13, 1998, war ships were preparing to launch an assault against the Iraqi people. Later that night millions of people in at least 80 countries stopped what they were doing for ten minutes to "Pray Peace" for that terrible situation. Little did we know that at the same moment people gathered to pray, President Clinton ordered the bombing to begin. The jets were in the air and the missiles were made ready. But then something happened that no one expected. Twice that night President Clinton gave stand down orders and called the jets back to the ships. To this day no one knows exactly what happened, but it was as if the bombs could not fall with the force of so many people praying and sending their feelings of peace. At least for one night no bombs fell and no one died."

A study called The International Peace Project in the Middle East has been reported in many august scientific journals. This has to do with the 'Maharishi Effect'. Older fans of The Beatles will recall Maharishi Mahesh Yogi and the term 'transcendental meditation'. The Maharishi believes that collective consciousness is a coherent field, an holistic level of group consciousness arising from the individual consciousnesses of the group members. This may seem a sort of obvious statement, but the implication is that the inter-dependent effect means that the overall is greater than the sum of the individual parts.

Transcendental consciousness is the direct experience of higher intelligence and potentiality - or Universal consciousness. It is, the Maharishi says, a state of "...inner wakefulness with no object of thought or perception, just pure

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consciousness aware of its own unbounded nature. It is wholeness, aware of itself, devoid of differences ..." Because transcendental meditation is 'tapping into' Universal consciousness, it creates a unifying field within collective consciousness.

Many studies have been conducted, notably by Dr. David Orme-Johnson under carefully controlled conditions which have provided evidence that when using transcendental meditation techniques, the emotional state of what Orme-Johnson refers to as 'a coherence group' numbering as little as the square root of 1% of a given population will affect that whole population.

Significantly, in Israel, 1983, during the conflict with Lebanon, practitioners using transcendental meditation techniques to transmit feelings of unity and harmony brought about dramatic reductions in the numbers of war dead and severity of injuries, as well as other effects like fewer traffic accidents and fires, and lowered crime rates. Instances of co-operation between rival factions also increased substantially.

This experiment was repeated seven times with a statistical probability that the results could be 'by chance', of less than ten million trillion (ten, followed by nineteen zeros) to one!

These verifiable examples indicate that when a small number of people experience deep feelings of peace and harmony, the entire population begins to mirror that experience. The statistic that the square root of one per cent of a population will be effective to the whole, means in a city of 1 million people therefore, only 100 are required to make a difference. In a world of 6.4 billion people, only 8,000 are required.

So the excuse, "Why bother: I'm only one of 6.4 billion." will no longer cut it. Each one of us can have a far more dramatic effect than we hitherto imagined.

Oh, and by the way, we already are.

HeartMath have shown us that our hearts have their own surrounding electromagnetic field which may stretch for miles. They have also shown how positive feelings will have harmonious effects, and negative feelings will adversely affect unrelated DNA. INSCOM showed these reactions take place irrespective of time or space.

Here's the grim truth: before the experiments, outwith the laboratories, our heart-felt emotions have been interacting with the aether to create these effects – both 'good' and 'bad' – for generations; they still are, and will continue to do so.

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Remember back in Chapter 5 we looked at how we have desensitized so much of our daily lives - our relationships, our sport, our behaviour, our morality? Remember how in Chapter 3 we realised that we are today the product of past thoughts, and what we think today is what we become in the future? Have you got the picture yet?

The sorry state of our world has been brought about by the negative emotions, - the anger, the fear, the judgment, the worry, the greed, the selfishness, the immorality, the hate - we have been collectively pumping out into the aether, affecting our fellow being humans - aye, and the animals, plants, - all living creatures, - and the very fabric of our global home, for years and years.

We can correct this. The examples quoted earlier in this chapter have proved it - and there are many, many more. All we need is the will.

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### **Chapter Eight So, why Now?**

We have seen how you, I, can affect the environment around us: how important it is for us to realise that we can make a difference. We have seen how diverse events – crime figures, fires, violence, and acts of war - can be controlled by our heart-felt emotions. So, with a concerted effort, we can influence the current madness.

More on this later; for now, let's examine the urgency.

In Chapter 6 we established that the only time is Now: the only reality is Now. The only time of any action is Now. But leaving apart the philosophical aspect of this argument for a moment the need for action 'right Now' exists on (at least) three levels.

Firstly, look at the state of the world politically. We used to think the dual super-power era of the Cold War was bad enough and, yes, the imminent threat of nuclear holocaust has receded somewhat. However, within the very short time since the break up of the former Soviet Union, we have witnessed the spine-chilling result of the abuse of position by one unrestrained super-power. Given the danger of nuclear capability in the hands of undisciplined terrorists, that abuse could precipitate a backlash which would affect every one of us on the planet.

We have naked aggression enacted against Afghanistan and Iraq – both 'sovereign states' no matter what we may have thought of their governance – and promised against Iran, Syria, and North Korea – to name but the top three. Make no mistake, this tension will escalate. In the messianic part of his 2005 State of the Union address, newly re-elected President Bush declared America had no right to impose it's will on any other nation. However, in the next breath we get, "Iran remains the world's primary state sponsor of terror - pursuing nuclear weapons while depriving its people of the freedom they seek and deserve." And shortly after, "...we must confront regimes that continue to harbour terrorists and pursue weapons of mass murder. (primarily,- in his opinion - Iran, Syria, and North Korea. NH)"

Less than two weeks earlier, on the very day of his inauguration, his own Vice President Dick Cheney who often in the past has delivered the Bush team's toughest international warnings, said Iran is "right at the top" of the administration's list of world trouble spots, and expressed concern that Israel "might well decide to act first" to destroy Iran's nuclear program. The State.com, South Carolina's Homepage, goes on to note that, " ... Cheney's

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words marked the first time a senior official has amplified the threat by suggesting the United States could be unable to prevent a military attack by its close allies in Jerusalem..." If these words were not diplomat-speak for U.S. tacit approval – if not encouragement – of any attack Israel may choose to launch, your author will eat his hat.

The assassination of the former Lebanese premier in February 2005 has all the hallmarks of an Israeli secret forces spoiling operation designed to justify future 'defensive' or 'democratising' aggression. Just two weeks later, a suicide bomb in Jerusalem provokes a warning to Syria by Israel's foreign minister.

Similarly we learn from The World Peace Herald ([www.wpherald.com](http://www.wpherald.com)) on Jan 26th 2005 quoting reliable defence sources who wished to remain anonymous, that the U.S. Air Force is taunting Iran's ayatollahs with a cat and mouse game of flying American combat aircraft into Iranian airspace in an attempt to get them to turn on their air defence radar. This would enable the U.S. planes to map the locations of the system for use as future targeting data.

In February 2006, we have tension reaching breaking point over Iran's nuclear programme. US Defence Secretary Rumsfeld was skilfully fanning the flames at a defence conference in Munich urging, "...America's allies to increase their military spending to prevent the rise of a "global extremist Islamic empire." [emphasis added: NH]

Experienced commentators see a few months of 'diplomatic' manoeuvring, followed by an inevitable bombing of Iran's nuclear plants. One director of Global Security, a major U.S. defence think-tank, is quoted as saying, "What will happen to the Middle East? No-one knows." Apparently, as with, "What will happen when we have toppled Saddam Hussein?" No-one cares!

Rumsfeld and his neo-con cronies now have a new name – or should it be, 'game'? – called "The Long War". By telling the world that there are terrorists wherever they (Rumsfeld et al) have designs, or criticism, or down-right opposition, they can keep war-mongering for as long as they like. 'Reds under the beds' have been replaced by terrorists in every energy field.

So we see that the same politico-military mindset which threatened every one of us on the planet throughout the eighties and nineties of last century is still with us – alive and well, and living in Washington. Bush proclaims, "...we must confront regimes that continue to harbour terrorists and pursue weapons of mass murder." I suggest he starts in his own backyard, with his own agencies who use terror to give themselves a free hand to do whatever they wish both against their own citizens and any others who they deem to be undesirable. Does this remind anyone of a certain Teutonic state in the late 1930's/ early

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40's? Are the citizens of the good old US of A aware that they have internment camps on their own soil – and not one of their families is safe from the seventeen security agencies their government has set up?

And of course, we are all secure in the knowledge that the most terrible weapons known to man – nuclear, biological, and electro-magnetic – are in the safe hands of these very sane - sorry, Freudian slip - same people.

The United Nations defines "major wars" as military conflicts inflicting 1,000 battlefield deaths per year. In 1965, there were 10 such wars under way; the millennium ended with much of the world consumed in armed conflict or simmering under an uncertain peace. At the end of 2003, there were 15 Major Wars under way, with at least 20 "lesser" conflicts ongoing.

So, let's get rid of these loonies, go nuke the b.....s, stir up emotions, generate a revolution, round `em all up, and burn `em at the stake. O.K?

Well...no. Should the enlightened response to murder be to become a murderer oneself? Has the U.S.A/U.K. not committed similar distasteful acts in Afghanistan and Iraq as the previous odious regimes? Has it solved anything? Does this ever solve any problem?

That greatest rôle model of the twentieth century, Mahatma Gandhi said, and practiced with enormous success,

"There is no power quite as powerful as gentle strength".

An earlier American President, Calvin Coolidge, put it this way,

"Little progress can be made by merely attempting to repress what is evil; our great hope lies in developing what is good."

There is a good case to be made which says that a nation gets the leaders it deserves. Whilst this may be hard to swallow at times, if we look deep enough, there is some wisdom in it. To take two well documented examples, both Mussolini and Hitler had a fairly broad spectrum of support when they were climbing the political ladder, and there is no doubt that in the early days, when they seemed to be delivering popular `wants' the people were content to let them carry on. Similarly today we see America sleep-walking to totalitarianism and disaster.

In these days of globalisation, we should not be surprised that the same principles apply world wide. Day after day we witness politicians lying and cheating on both national and international stages. Corruption and manipulation in local organisations, governments, corporations, the church, are rife. `Spin doctoring' will soon become a university faculty: an " `ology." Vested interests and hidden agendas are par for the course, even from the lowest levels of any

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kind of authority. And the desire to control fellow being humans exists everywhere. What has bred this climate of amorality?

We must look to the societal environment which has brought about the current state of humanity. It is difficult if not impossible to point to one specific element as responsible for all our ills, but there are a number of contenders. The money system which affects just about every being human on this planet is a vile corrupting influence. "Ye cannot serve God and mammon", said Jesus, according to Matthew 26, v 4, yet we are all become slaves to money. Even though we may not value money for its own sake, it has become almost a necessity like water, food, and shelter in our hierarchy of needs today. In fact, listen to most people's idea of freedom today, and the analysis will boil down to money – money to 'escape', money to 'do what I want to do', money to be self-sufficient and not beholden to anyone. And just as you think you're 'comfortable', the system, the banks, the establishment, move the goal posts; you never have 'enough'.

It is indeed slavery: it has become imperative to have money to survive. Our daily preoccupation is with earning a 'living' –yet, were we not given a living as babies, for free?

This obsession has created a predominant sense of lack, of shortage. A poverty mentality. A sense that we must grab what we can 'while it's going.' It has made us competitive beings. And this has led to a breakdown in morality and relationships with our fellow being humans. The combination of glamorous lifestyles portrayed on TV and film, a plethora of products dangled under our noses in our own living rooms by the media, a badly presented and misunderstood 'opportunity' culture, and access to easy credit, has bred false expectations. More frightening is that we are into the second generation of this addictive diet.

Especially the young, but also many twenty and thirty year olds have little concept of responsibility but an overblown idea of their material 'rights'. Greed and avarice are taken for granted as acceptable human behaviour. Sadly this covetousness extends to a neighbour's property, lifestyle, and dignity leading to theft, violence, and rape.

Where are the brakes on this madly-downhill-careering wagon? School discipline is at an all time low – teachers are either hamstrung by do-gooder bureaucracy, or simply apathetic. (My brother saw teaching as a 'profession' – they were the days! – it nearly killed him!) Other rôle models like pop stars, sports personalities, and public figures are high profile sponsors of drug taking, violence, amorality, and deceit. Law enforcement is haphazard, under-funded, overwhelmed, beset by policies and procedures, terrified of compensation

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claims, or just plain corrupt. And the 'church'- any church - whose only justification at any time was as shepherd for a mindless flock, is more out of touch than ever.

More and more you hear thinking people expressing their desperation, "Where is this all going to end?" We have new crimes of 'people trafficking', and 'gang-masters'. The prisons in most 'civilised' countries are increasingly overstretched with the burgeoning numbers of wrong-doers. Yet as we see daily, prison reforms no-one.

The world is going topsy-turvy: teenagers of a generation ago - thirty or forty years - were far more aware, far more responsible, understood responsibility far more than youth today. Today's youth, (and now many extend their 'youth' into their thirties) with supposedly better education, better technology, improved health and welfare, has an 'instant' mentality: they cannot wait for anything whether it be their computer to load, a meal to cook, or possession of something. And this last applies to material things, lifestyles, children, achievements, and even their physical appearance.

In our first chapters, we saw what an exquisitely balanced, wonderful mechanism is the human body. Yet at the drop of a few hundred dollars, more and more people are prepared to let some profit motivated quack invade their precious temple and stuff foreign matter in, or rip vital tissue out - and for what? To look like somebody else. "I'm sick and tired of being me, 'doctor'; pump me up to look like Marilyn Schwarzenegger." " 'Doctor' I'm too lazy to exercise and change my disgusting diet. Tear the skin away from my body, stir up my blubber, and suck it out with a vacuum cleaner so I can carry on eating doughnuts, potato chips and coke."

This ain't topsy-turvy, it's plain nuts. And what's even crazier, if the implant bursts, the tuck sags, the lipo goes wrong - we sue the quack! Am I missing a point here?

Again, take the surrogate mother who died in childbirth and her mother blames the 'surrogate system': did someone or something force her daughter to sell her body as a baby incubator? And when we get to selling grandchildren for transplant body parts, I need to dig very deep into my love for my fellow being humans to stay on this planet.

Yet we should remember the tale of the North wind and the Sun having a competition to get a man to take off his overcoat. The North wind raged, and tugged, and tore at the coat - but all that happened was the man clasped his coat the more tightly around him. The Sun on the other hand smiled warmly at



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the man, caressed him with his gentle rays, bathed him in light - and in a very few minutes the man loosened his coat, then took it off completely.

We need action Now, before this sorry state gets even worse. Governments can't do it, institutions can't do it. Only by individuals changing the societal attitude will this be changed.

Each one of us may legitimately ask, "What can I do to prevent attacks on Iran which may well precipitate global war?" Yet, if you don't do something, and I don't do something, and the man next door doesn't at least try to do something, what is the predictable result going to be?

A second reason for urgency requires an expansion of your mind view.

No-one can deny that the earth is going through some powerful changes. Earthquakes, volcanic activity, abnormal weather patterns, melting ice-caps – all are on the increase. Throughout the 19<sup>th</sup> century, only 2119 earthquakes were recorded: according to the U.S. Geological Survey there were 4,139 in 1970 alone. Seven of the ten largest quakes of last century occurred after 1950. In

2000,153 earthquakes above 6.0 on Richter scale; 16 above 7.0; 4 above 8.0

The USGS calculate that on average since 1900, we have only experienced one 8 plus `quake every year: in 2000 there were four; from December 24<sup>th</sup>. 2004 to March 3<sup>rd</sup>. 2005 we experienced three in three months! The total number of earthquakes recorded around the globe has been steadily increasing – from 16,000 in 1990, 22,000 in 2000, to over 30,000 in 2004.

2004 was one of the worst on record for hurricanes, typhoons, and tropical storms. For example, the 1944 – 1996 averages for the Atlantic Basin stand at 10 tropical storms, 6 hurricanes of which 2 to 3 will be classed as 'major' i.e. Category 3 or higher. 2004 recorded 15 tropical storms, 9 hurricanes of which 6 had sustained wind speeds in excess of 111 mph. (Category 3). That year of course included Ivan 'the Terrible' with gusts above 200 mph. and a record seven consecutive days of sustained speeds above 138 mph. 2004 also saw the first ever recorded hurricane in the South Atlantic when Hurricane Catarina hit the Brazilian coastline with gusts up to 95 mph.

2005 was to prove even worse: 27 storms of which 14 were hurricane force, including 7 major – three of which were Category 5 (more than 155 mph.) - and one at the very top limit of Category 4. Most notable was Katrina with gusts above 175 mph. but what marked her as special was the tremendous overall power and intensity with the fourth lowest central barometric pressure ever, and the fact that it hit New Orleans full in the face.

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2006? Well, Edward Alan O'Lenic, chief of the National Oceanic and Atmospheric Administration's Climate Prediction Center, speaking at a meeting of the American Meteorological Society in Atlanta on February 2<sup>nd</sup>. confirmed jet stream changes and lower-than-normal water temperatures in parts of the Pacific Ocean in the past three months presaging the start of La Nina - a mild cooling of the tropical Pacific Ocean that often coincides with stronger and more numerous hurricanes in the Atlantic.

O'Lenic's comments imply further exacerbation of another major global concern. In October 2005, the BBC reported, "A state of emergency has been declared in all 61 municipalities of Brazil's Amazonas region..." as tributaries feeding the Amazon begin to dry up. This is caused by the same higher temperatures in the Atlantic which give rise to those hurricanes. This vast area, producer of so much oxygen - "the lungs of the world" - is already under severe threat from mindless deforestation just to fuel man's greed, and produce tons of beef which no-one needs.

On the other side of the world, Greenpeace scientists said global warming was melting glaciers and permafrost, which in turn was breaking up and drying out the land, turning grasslands into deserts and leaving lakes and rivers without water. Greenpeace China climate change researcher Li Mo Xuan claims, "Climate change is wreaking havoc at the birthplace of China's mother river. The plight of the Yellow River is a grave warning." Again, a situation aggravated by man-made pollution, as China races headlong into industrialisation.

The number of tornadoes has more than doubled from the 1950's to the 1990's - May, 2003 saw a total of 543 tornadoes against a monthly average of 180: 412 of them occurred in the first ten days!

A quick trawl through 'disasters 2004' on infoplease.com will give you record low temperatures in eastern North America, then fierce storms and snow falls in the eastern Mediterranean, Turkey, Italy, Bulgaria, and Romania: all in January. As you pass through the months, the year is littered with earthquakes, cyclones, typhoons, hurricanes, flash-floods, mudslides, wild-fires, culminating, of course with the earthquake and tsunami event in the Indian Ocean on Boxing Day. And these sites only select events where there was substantial human loss of life. How many people are aware that there was another earthquake two days previously, on December 24<sup>th</sup>, in Antarctica which measured 8.2 on the Richter scale?

Forward into 2005, and we have over 600 people killed by a 6.4 quake in Central Iran, 1,300 more dead in Sumatra in an 'after-shock' measuring 8.7 in March, and finally the Kashmir quake in October at 7.6 on the Richter scale,

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which killed at least 80,000 and left 4 million facing the harshest of Winters without shelter.

There were twenty seven volcanoes reported 'active' in 2004; twenty three were active in January 2005 alone although several of them have lain dormant for many, many years.

Four consecutive items on UK Met Office website for 6th February 2005, reported:

- W. Australia temperatures nine degrees above February average;
- in Argentina, Pilar experienced 80 mm of rain in 24 hours against average for whole of February of 91mm;
- Wichita Falls, Texas had 18 mm of rain in 12 hours - more than half the monthly average for February;
- East Poland was shivering 17 degrees Celsius below the February average of minus five degrees.

In 2006, we have the warmest January on record in Canada, yet the C.I.S. states shivering at between -40 and -65° Fahrenheit. The Algarve, sunspot of Portugal, had snow!

The ice caps are melting. In the Arctic, glaciers are rushing to the sea in torrents, rather than the expected streams. The UK Guardian newspaper, Saturday January 15, 2005, quoted Sheila Watt-Cloutier, the elected chair of the Inuit Circumpolar Conference, which represents the native Inuit peoples who live in Alaska, Canada, Greenland and Chukotka, Russia.

"Our elders and hunters have intimate knowledge of the land and sea ice, and have observed disturbing changes to the Arctic climate and environment, and to the wildlife. These changes include melting permafrost causing increased erosion and damaging infrastructure; longer sea-ice free seasons; new species of birds and fish invading the region; the arrival of mosquitoes and blackflies; unpredictable sea-ice conditions."

"Our land is changing, "she says, "soon yours will too."

A month previously, the Guardian reported these observations by Prof. Lloyd Peck, of the British Antarctic Survey:

"On this trip (to Antarctica, November 2004) I saw grass growing in areas that I have not seen grass before. I am seeing mosses and animals on land that was covered in ice just five or 10 years ago."

The British Antarctic Survey has recorded an increase in temperature over the last fifty years of 4.5 degrees Fahrenheit, but the effect is accelerating. During

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that period the Antarctic peninsula has lost about 2,700 square miles of ice: it lost 1,000 square miles in 1998 alone. On the eastern side, the Larsen B ice shelf - almost one and a half times the area of Rhode Island, N.Y. - shattered and separated from the continent in January 2002.

However, just as we saw earlier that human emotions can affect world events in a behavioural way, so it would appear that concentrated group emotion can mitigate severe weather events. In their book, "Vernetzte Intelligenz", (literally, 'Inter-twined Intelligence') Grazyna Fosar and Franz Bludorf argue that weather is strongly influenced by Earth resonance frequencies, the so-called Schumann frequencies. Those same frequencies are also produced in our brains. So when many people synchronize their thinking and focus their thoughts, is it beyond conjecture to suppose they can influence the weather?

Gregg Braden reminds us that "the condition of our health, our societies, even the patterns of weather are mirrors of... "our heart-felt emotions. More and more, scientists are documenting the fact that our mental powers can influence weather conditions.

The third, demanding reason for action now is a growing body of evidence that the solar system is receiving additional energy from beyond its own boundaries.

Although, "It's the 'Greenhouse Effect'," is the cry from alarmists, vested interests, and uninformed eco-warriors, of all the theories put forward for the major changes affecting our Mother Earth, a 'greenhouse effect' is in fact the weakest. On the contrary, argues Dr. Alexei N. Dmitriev of Russian Academy of Sciences, "The Earth's temperature regime is becoming more, and more, dependent on external influences." [emphasis mine, NH]

An expert on Global Ecology, and Fast -Processing Earth Events, Dr. Dmitriev maintains that strong evidence exists that these transformations are being caused by highly charged material from outer space which has found its way into our solar system:

"This "donation" of energy is producing hybrid processes and excited energy states in all planets, as well as the Sun"

These processes are witnessed here on Earth as accelerating movement of the magnetic poles, variations in the ozone layers, and frequent and catastrophic weather events. Dmitriev sums up,

"...a global reorganization and transformation of the Earth's physical and environmental qualities is taking place now; before our very eyes."

It is amazing to note that in the conclusions to his paper, Dmitriev states, "There are reasons favouring, or pointing to, the fact that a growth in the

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ethical, or spiritual quality, of humanity would decrease the number and intensity of complex catastrophes.” [emphasis added. NH]

Just this past October, 2004, the science magazine 'Nature' reported that a team at the Max Planck Institute in Germany, led by a Dr. Solanki, has discovered that the Sun is now more active than it has been for thousands of years. Dr. Solanki and his team were using carbon-14 isotopes residual in tree remains to compare the amount of sunspot activity over the last seventy years with the past. Their graphs actually reveal that the last time the Sun was as active as it is now, was almost 11,000 years ago!

We know very little about our Sun, even though it maintains all life on Earth. Periodically huge masses of coronal material are ejected from the surface of the Sun. The charged particles which make up the material take three days to reach Earth. Man has been studying the Sun's activity for two and a half centuries, and as seen above, we now have reliable ways of predicting activity from much farther back in time. Many theories have been aired, and sheaves of statistics produced to show the effects of this activity, from breeding habits of hares in Canada, to global weather patterns – all inconclusive. What we do know is that this electromagnetic plasma can screw computers in man-made satellites, and affect power grids on Earth.

It does seem reasonable to assume it may have other effects – too subtle perhaps for our equipment to measure, or too diverse for our systems to correlate. Moreover, if solar activity affects Earth, surely it also affects our neighbouring planets in the Solar system?

David Wilcock goes into great detail about the changes in the solar system in his Convergence series, but even the more obvious, summarised below, are breathtaking:

- Neptune and Uranus both appear to have experienced recent magnetic pole reversals. Both Neptune's emitted light, and Uranus' magnetic field strength have increased.
- Brightly coloured auroras have appeared at Saturn's poles coincident with sunspot activity.
- Jupiter's magnetic field strength has doubled in the last decade, as has its brightness.
- The atmosphere of Mars has significantly increased, improving the quality of its biosphere – its ability to support basic life. The ice caps are also melting in Mars' own version of 'global warming'.
- Venus appears to be undergoing continuous change in its physical, chemical, and optical elements. Oxygen molecules were recently detected in the atmosphere.

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- Polar ice caps have been observed on Mercury, which should be impossible due to its proximity to the Sun.

All of these events indicate substantial change and additional energetic activity throughout the solar system. Even accepting our limited knowledge, it is difficult to imagine this additional energy originating within the heliosphere, which leads us inevitably to support Dr. Dmitriev's theory that the input of energy is coming from more distant, outer space.

In the early hours of December 26<sup>th</sup> 2004, a massive 9.3 earthquake rocked the Indian Ocean. Official figures put the death toll at over a quarter of a million beings, although when one looks at the population of the area and the fact that the vast majority of people lived at low level – the sea was their living and their food – the actual total could be ten times higher. Just forty four hours later, the Earth's ionosphere was temporarily blasted out of shape by a gamma ray burst one hundred times bigger than anything previously recorded. It seems to have originated from a neutron star some 45,000 light years away just north-east of the galactic centre. The star released more energy in ten seconds than our sun emits in 100,000 years!

Eminent astro-physicist and author, Dr. Paul LaViolette was struck by the synchronicity of these two events: could there be a connection? Based on his experience and published theories, he suggests that such a gamma ray burst would be preceded by a gravity wave. The gamma ray would be subject to slightly greater deceleration on its enormous journey than the gravity wave. Given the immense distances involved, for the gravity wave to hit Earth – and cause the earthquake – only forty-four hours before the gamma ray blast affected the ionosphere, is entirely plausible.

In a paper entitled "Cosmic Rays at the Energy Frontier", Dr.'s James W. Cronin, Thomas K. Gaisser and Simon P. Swordy discuss 'cosmic rays' which in fact are particles (why don't scientists speak the same language as the rest of us?). They say,

"Roughly once a second, a subatomic particle enters the earth's atmosphere carrying as much energy as a well-thrown rock. These particles carry more energy than any others in the universe. Their origin is unknown... Somewhere in the universe, that fact implies, there are forces that can impart to a single proton 100 million times the energy achievable by the most powerful earthbound accelerators. "

On 14 August 2003 'Space News' featured an article entitled, "Defenses Down, Galactic Dust Storm Hits Solar System," which discussed data being collected by the Ulysses spacecraft. It speaks of 'a vigorous cosmic dust storm' and predicted more dust to come:

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"The number of incoming particles recently tripled and the pace is expected to grow over the next decade."

The article went on to say that the rate is expected to stay constant until 2005, and then increase by another factor of 3 prior to 2013.

The whole solar system is moving toward a galactic cloud known as the G-cloud. The time for entry into the G-cloud is unknown, but scientists expect it to occur any time from now to the next 10,000 years. They predict a constant increase in dust rates, because the G-cloud is more dense than the local interstellar cloud that currently surrounds our Sun.

The Hopi Indians of Arizona, North America have a prediction,

"When the end is near, we will see a halo of mist around the heavenly bodies. Four times it will appear around the sun as a warning that we must reform..."

Is this a halo of cosmic dust?

Many of their predictions, carefully handed down by word of mouth from generation to generation and with reference to ancient rock drawings and tablets, point to impending events. White Feather, of Bear Clan says,

"The Fourth World shall end soon, and the Fifth World will begin. This the elders everywhere know. The Signs over many years have been fulfilled and so few are left."

He lists eight signs, which include the coming of the rail-road, concrete highways, and the Hippy generation; then,

"And this is the Ninth and Last Sign: You will hear of a dwelling-place in the heavens, above the earth, that shall fall with a great crash. It will appear as a blue star. Very soon after this, the ceremonies of the Hopi people will cease."

Darrel Whitewolf posted the following on the internet, May 24<sup>th</sup>, 2004:

"I Darrel Whitewolf, elder of Cherokee decent, with this powerful message, hereby challenge the elders of all native nations. I hereby petition for the immediate release of sacred information to all humanity concerned for the immediate future of their families and loved ones....

It has been brought to my attention that the elders at this time are preparing the last ceremonies. The Hopi who have no word in their vocabulary for the future are preparing to go underground. The Ojibwa and the Lakota are saying that we are at the end. They say and I quote "Go back and tell the people it is no longer the eleventh hour". It is said that the blue star (katchina) has arrived and the "Purifier" (a large celestial body) follows. It's time for the "CLEANSING" THE "THIRD SHAKING". (generally taken to mean a third world war. NH)

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The Hopi talk of much land – presumably of North America – disappearing, but the land of the Hopi (Arizona) will be safe. Quite independently, Edgar Cayce, the 'sleeping prophet', the most documented seer of the last century, predicted

"The Pacific Ocean will cover the western part of the US up to Arizona and Nebraska."

In the Old Testament Book of Daniel, Chapter 12, v4, Daniel is told:

"But you, Daniel, close up and seal the words of the scroll until the time of the end. Many will go here and there to increase knowledge. "

The first sentence seems to say, these words will not be understood until we approach 'the end'. Then the following sentence reminds us that over most of our recorded history, being humans normally did not travel very far during their lives. Some estimates say that the majority of people never travelled more than twenty miles from their birthplace. Today, anyone can literally fly anywhere in the world in less than twenty-four hours. Knowledge and technology had remained relatively constant for most of history. Only since the 1900's has our world seen such an astronomical increase in the availability of knowledge.

Staying with The Bible for a moment, Matthew 24, v 6 - 8

"You will hear of wars and rumours of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains."

The changes Mother Earth seems to be going through right now, are frequently regarded as 'birth pains' (of a new cycle) by the indigenous peoples.

After a recent peace mission to Baghdad, James Twyman, author and international peace troubadour, reports the following observation was shared by Chief Arvol Lookinghorse.

'The Lakota nation, like most indigenous people, looks to nature to learn about life. One of the most powerful symbols to the Lakota is the eagle. Arvol said that his people believe that when the eagle leaves its normal place high in the heavens and begins moving closer to the earth, it is the sign that we are entering a new time, one where we will face new challenges and opportunities. He has been observing this trend for some time now, and said that he had even seen eagles scavenging in garbage dumps near his home, something that never happens. Nature is out of balance, and since we are all connected to nature, we are out of balance also. It is time for us to pay attention to these signs now that we are entering a time of great transition where we will have the opportunity to choose a new world, one based upon the laws of hatred and greed, or one based upon compassion and love.'



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Also with James Twyman in Baghdad was Jose Arguelles, an interpreter of the Mayan Prophecies and calendars. He said that a prophecy had been fulfilled bringing the ancient teaching of the Maya back to the cradle of civilization. Most people do not realize that Baghdad is only an hour's drive from the ancient city of Babylon, where civilization took root thousands of years ago. As Jose stated, from Babylon to Baghdad, from start to finish lies the alpha and omega of history - a span five thousand years, from beginning to end of a cycle on the wheel of time. The events now occurring in Baghdad are 'the last act of history', which, by Mayan Prophecy, has its final curtain coming down in December 2012 and Jose said that we have now entered the final stretch. "It doesn't necessarily represent the end-times," he said, "but we must choose, a 'new time'." In other words, we have come full circle, and now it's up to us to decide which path we will choose.

The Maya civilisation dominated the jungles of Mexico, Guatemala, and Belize from about 2,600 B.C to around 900 A.D. They built enormous cities to an amazing level of architectural perfection and beauty - all without the use of metal tools, beasts of burden, or even the wheel! They developed the only true writing system native to the Americas, were expert mathematicians, and masters of astronomy. Their intricate and detailed observation of the movement of heavenly bodies is reflected in the accuracy of their calendars.

The Mayan Calendars are so precise that the calculations of their priests are more exact than the standard calendar in use across the world today. The calendar was used for many purposes from planting crops to ceremonial anniversaries of events long past.

There is great complexity in trying to understand the Mayan calendars. They have a start date, like our B.C/A.D, which we are not one hundred per cent sure about. One has a 260 day, and another a 360 day year, although the latter has months of 20 days, with five 'non-days' left over. The two 'years-cycles' come together after 52 of our years (with an astonishing 19 minute accuracy!), but the Maya were interested in calculations way beyond that, so they also had a 'long count' to account for greater periods of time. On top of all this, our own calendar has been adjusted several times during the era of the Mayan calendars.

As you can see, trying to fix 'today' in terms of the Mayan calendars is therefore not without its challenges. Not surprisingly, many well qualified students have sought to pin down the Mayan calculations in terms of our time measures, and not surprisingly, differences exist. Whilst I believe all accept the calendars' scientific accuracy, opinions vary as to their significance.

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Apart from the movement of the Sun and principal constellations, the calendar tracks more subtle movements like eclipses and also the precession (the slow wobble of the Earth's axis we spoke of in Chapter 2). Greek astronomer Hipparchus of Nicea is generally credited with the discovery of precession about 160B.C; however, it is evident that both Mayan and Egyptian priests were well aware of it many centuries earlier.

The Maya believed that the precession influenced world events, and so it was closely linked to their folk lore and mythology. The effects of precession are that over the 25/26,000 year cycle, on certain key dates, such as solstices (highest/lowest point of the sun in the sky, depending which hemisphere you are in) and equinoxes (where the sun is basically above the equator, and both north and south hemispheres get the same sunlight) a line drawn between the Sun and the Earth would project onto different areas of space, sometimes intercepting significant celestial bodies. The Maya believed these alignments had major effects on human experience.

In "The ultimate secret of the Mayan calendar", a supplemental chapter to his "Divine Cosmos", David Wilcock brings to light the paper entitled, "The Auric Time Scale and the Mayan Calendar" by Dr. S.V. Smelyakov and Y. Karpenko. They had investigated a number of relationships involving the mathematical constant 'Phi'. This 'magic number' is associated with a wide variety of seemingly unrelated events in nature, from the spiral of sea-shells, proportions of the human body, relationships between solar bodies, DNA, music, and so on. Also called the Fibonacci Series, and the Golden (hence, 'Auric') Ratio, Dr. Smelyakov et al. looked to see if it had any significance with the Mayan Calendar.

By looking at the calendar at 'Auric' intervals of time, they discovered what Wilcock calls 'the smoking gun' which fosters

"a crucial link between the local effects on the Sun, Earth and other planets and the effects upon the consciousness of humanity".

There appears a distinct correlation with global calamities and space phenomena, the coming of great teachers and philosophers, demographic changes, and the emergence of new religions, philosophies and states.

This seems to confirm the Maya belief.

One major point highlighted by one of the most dedicated researchers, John Major Jenkins, is that the Maya named their time periods by the end date –the last day of a cycle rather than the first. The end date of all, the end of the 'long count', is generally accepted (with a major exception to which we will refer later) to be December 21<sup>st</sup>, 2012. This is quite intentional, says Jenkins, since at that time the Winter solstice sun is in direct alignment with the centre of the

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Milky Way. What Jenkins believes is that the Maya were well aware of this mega-alignment and the end of their long count at the Winter solstice 2012 is no coincidence.

What exactly is at the centre of our galaxy, we do not know. Some scientists say a massive 'galactic Sun'; some an exploding super nova; some say a massive black hole. Anthony J. McGettigan, author and astronomer, tells of meeting a native meso-American from the Yucatan, named Hunbatz Men, who told him that "Hunab-Ku" is the Mayan word for the creative energy emanating from the "great central sun of our galaxy." British scientists detected last September (Journal of Astronomy and Astrophysics) 'something' in the region of the centre of the Milky Way emitting very high energy gamma rays. Is Hunab-Ku the source of Dr Dmitriev's extra solar energy?

One of the most diligent students of the Mayan Calendar, Carl Johan Calleman translates Hunab-Ku as the 'Tree of Life' – a common allegory in many ancient religions. This creative principle resonates throughout the Universe stimulating evolution of consciousness. Calleman believes,

"The Mayan calendar is a codification of these different energies that are pulsated by the World Tree, and its glyphs and numbers symbolize these energies."

He points out that the accepted, 'Gregorian' calendar which the whole world uses today, is merely, a recording device for the mechanical movements of the Earth around the Sun, whereas the sacred Mayan Calendar seems to be more of a road map to a divine plan. Certainly the synchronicity between world events and the Mayan Calendar discovered by Dr. Smelyakov would seem to support this view.

Our urgency comes about because the Maya said that 'time would collapse' at the end of their Calendar cycle. That 'end' is generally accepted as 21<sup>st</sup> December 2012, although Calleman who emphasises the spiritual nature of the calendar perhaps more so than his fellow students, calculates October 28<sup>th</sup> 2011 as more consistent.

That leaves us a little more time than Flash Gordon's 'fourteen hours left to save the Earth', but with only six or seven years left, this is not a good time to play ostrich.

Other predictions reinforce this impending appointment. The creator of Sherlock Holmes, Sir Arthur Conan Doyle, had a serious interest in spiritual matters and attended many channelling sessions in his day. Shortly before his death in 1930, he wrote a letter to the London Sunday Express which was published on

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July 20, 1930. In this he referred to a summary of what he regarded as the more significant of the channelled prophecies he had come across:

"If we state the course of events as outlined in these various documents and check them with our information, the result is overwhelming. It would entail a period of terrific natural convulsions during which a large portion of the human race would perish. Earthquakes of great severity, enormous tidal waves would seem to be the agents. There is mention of war, but that would appear to be only in the early stages and to be in some way the signal for the crisis.

The following details may be gathered:--

That the crisis will come in an instant.

That the general destruction and utter dislocation of civilised life will be beyond belief;

That there will be a short period of utter chaos followed by some reconstruction;

That the total period of the upheavals will be roughly three years;

That the chief centres of disturbance will be the Eastern Mediterranean basin, where not less than five countries will entirely disappear.

Also the Atlantic, where there will be a rise of land which will be a cause of those waves which will bring about great disasters upon the Americans, the Irish, and the Western European shore, involving all the low-lying British coasts. There are indicated further great upheavals in the Southern Pacific and in the Japanese region."

Conan Doyle felt, in 1930, that these events were "very close", although he was not specific as to when; he also said that mankind could be saved by returning to spiritual values--a sentiment expressed by the native shamans, Edgar Cayce, even the Old Testament prophet, Isaiah.

The opening of Chapter 6 recounted the 'appearance' of the supra-terrestrial entity calling itself 'Ra' to the group at L/L Research, founded by Don Elkins and Carla Rueckert. For over forty years, L/L Research has been dedicated to discovering and sharing information which may aid in the spiritual evolution of humankind. The Ra information is considered by many thousands of people world-wide to be totally genuine and profound. Many people, like David Wilcock have studied the five Law of One volumes thoroughly since their publication almost twenty years ago, and have been unable to find a single inconsistency in the material.

Ra tells us that in the broadest sense, 'life' evolves through seven levels, or 'densities' from alpha to omega, from inception to enlightenment, from individualisation to re-unification with the Infinite Creator - 'All is One'. Within third density, as we are, there are three cycles of around 25,000 years, at the end of each of which those who have developed sufficiently are eligible for

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'harvest' or ascension to the next, fourth density. In early 1981, Ra revealed that Earth is nearing the end of the major cycle of 75,000 years, after which she will cease to be ideal for third density growth. Ra stated, then,  
"This sphere is at this time in fourth-dimension vibration."

However, because of widespread negativity, confused attitudes, and disharmony which are so entrenched across the spectrum of world societies, the process of transition is not proving easy:

"This sphere... has not made an easy transition to the vibrations which beckon. Therefore, it will be fetched with some inconvenience."

Note how Ra regards Earth and its inhabitants as one inter-dependent entity. Ra continues:

"This inconvenience...has begun several of your years in your past. It shall continue unabated for a period of approximately thirty of your years."

There are no prizes for calculating thirty years from 1981: 2011/2.

After nearly four years of intense physical, emotional, and spiritual demands upon her, and the death of her partner, Don Elkins, Carla Rueckert was advised not to continue with deep trance channelling, and the contact with Ra lapsed. Such is her courage and desire to be of service however that she is still an active channel (in a semi-conscious state) at L/L Research, pivotal to weekly group meditations. A regular visitor to these meditations since 1986 is an entity called Q'uo who purports to represent three group complexes from higher densities, one of which is Ra. Very recently, Q'uo was quite specific:

"...the dating of the transition into full fourth-density energy for your planet is fixed. It is a matter of your time moving forward. Just as summer gives way to fall and fall gives way to winter, so one age gives way to another and one period of time is succeeded by another. For your particular planet and your particular solar system, there is a turning of energy, a rotation into new space/time as well as new time/space. That is inevitable and is as the ticking of the clock. This will have been accomplished just as it has been foreseen by many at the approximate date of late in the twelfth month of 2011."

Q'uo echoes Ra's earlier prediction that this will not happen without some 'inconvenience' because,

"... there is a habit of contraction and fear and attempt to control among your people which may well end in entities doing great damage to each other and to the planet..."

The result is

"(Mother Earth is) attempting to vent the fear and the anger and the narrow-mindedness of humankind in little bits, in a volcano erupting but

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not so as to split the Earth, or a tsunami or a hurricane that destroys a good deal but does not destroy the globe, or an earthquake which expresses the distress of mother Earth but not in such a way as to destroy the planet as a whole". [emphasis added]

This was stated at a meditation on November 28<sup>th</sup>, 2004, a full month before the massive earthquake and tsunami in the Indian Ocean!

Irrespective of your background or beliefs therefore, you have the evidence of your own eyes of freak weather and accelerating global catastrophes; you have increasing evidence appearing in mainstream scientific journals of hitherto unknown and increasing solar and extra-solar energetic activities; you have the traditions, the intuition, the interpretation of Nature's behaviour of the indigenous races; you have the prophecies and predictions of ancient cultures; and you have the communication from supra-terrestrial sources which appear entirely consistent and reliable over many years.

It appears we have five or six years left, my brothers and sisters. It is 'inevitable and is as the ticking of the clock'. Five or six years in which to make this transition as smooth as possible.

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### **Chapter Nine. It's up to You.**

Six years in which to make this transition as smooth as possible. How on earth are we going to do that?

First and foremost let me say, - I cannot tell you.

What a rotten trick: You've stayed with me all this way, only to be told, "I cannot tell you what to do."

But of course I cannot. Your thoughts, emotions, inspiration, choices, decisions, path, are unique and special to you and your growth. Your free will is paramount and not to be violated by any other. Certainly not by me.

Yes, we have demonstrated by several arguments that there is an urgent need for action to better our lives, our societies, our world; but how you respond to those arguments is up to you. It is of little value to society, and even less to you personally to simply 'go along'; that's a cop out. What distinguishes us from the animals we share this Earth with, is our awareness of self: we can think and choose independent of the herd, or pack, or shoal. It's time to stop pretending, time for us all to take responsibility for our own actions.

What I can do is suggest a few things we might wish to admit for consideration. As I have said before, it is important that you accept only what resonates with you. Carefully evaluate my suggestions, and if they feel 'right' – fine; if you are not sure, let them mull around for a while, before you decide; if they in any way go against your grain – drop them, leave them behind: they are not for you. You are the only expert on You.

One of the first considerations is that each one of us is a vital, an essential part of Universal Consciousness. Consciousness is everything. Consciousness creates, maintains, sustains, enlivens, and develops All There Is.

And we, we are an integral part of that Universal Consciousness. 'Universal' means 'All there Is'. All powerful, all knowing, present everywhere: omnipotent, omniscient, omni-present. Therefore, the Universe cannot do without even one of us; otherwise it would not be universal, would it? We cannot be separate.

We are not here to merely 'experience' life. Experience is the result of education, learning, and training. Experience creates awareness. And from awareness follows 'choice'- even if we choose to do nothing. Choice is an effect of thought, and thought is creative. So, by refining our experience with our

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thoughts, emotions, feelings, choices, we create something unique, fresh, entirely new.

Creation is change, a re-arrangement of consciousness. Our choices are part of a Universal unfolding and development. Our choices create not just our immediate reality, not just the reality of our family group, our local community, or environment. Every smallest deed we do has implications for some one or some thing beyond ourselves.

Choices generate action, be it seen or unseen. You can choose to be happy, and without you even realising it, others will notice your joy, and it will brighten their day; you can choose to be miserable, and without you even realising it, those around you will be affected by your mood.

Remember we spoke about the Maharishi effect in Chapter Seven, and how the heart-felt feelings of the square root of one per cent of a population can affect the whole population? Reverse the statistic and this means that each one of us can affect ten thousand people in the same way!

Mainstream science has come to acknowledge a principle which Einstein called "spooky action at a distance." They now call it: "entanglement"; we laymen may prefer 'non-separateness'.

Basically it works like this. Once two particles have interacted with each other, a relationship will always exist between them, no matter how far apart they may be. What happens to one will affect the other. Amazingly, scientists have measured that this 'non-local causality' occurs instantaneously! Now, just because our thoughts or emotions, choices and actions are not particles to be studied in a laboratory, why should they not be subject to similar principles?

Creation is not a done deal. The single most observable characteristic of the Universe is growth, unfolding, creation, which is a constantly on-going process. We make a choice, which has an effect; that effect gives us an experience, which in turn affects our next choice. And all the time, as we grow and learn and evolve, the Universe is growing and learning and evolving by our experience. We were each granted free will, and that precious gift enables us to choose in any of a myriad directions so that by combination, the possibilities resulting from choice/effect/experience – both ours and those of any other life-form with whom we interact - are limitless.

Eighteen hundred years ago, Plotinus, a famous philosopher of his day, wrote:  
"A sympathy pervades this single universe, like a single living creature, and the distant is near. . . Like parts lie not in contact but separated, with other parts between, yet by their likeness they feel sympathy . . . and in a



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living and unified being there is no part so remote as not to be near, through the very nature that binds the living unity in sympathy."

We have shown throughout this work the inter-connectedness of all creation so it should not be surprising that our thoughts and deeds affect the entire environment around us. Dr Cleve Backster, a leading US authority on the polygraph, actually hooked up a lie-detector to some plants in his office. He found that they reacted to thoughts and threats. So if you go hug a tree, do you think it doesn't notice?

No, without being wealthy or famous our every last choice, thought, deed, affects the glorious, fantastic, limitless, continuum of Consciousness. What a humbling thing it is, to realise the power we possess.

Ra put it this way,

"In each infinitesimal part of yourself resides the One in all of Its power."

We are in touch with the Creator of all things: we are co-Creators.

But what, in reality, can we do? We are only individuals, and although I know the big corporations and institutions are ripping us off big style, what can I do about it?

I know the European Union has passed laws, which prevent millions of people having the right to choose to use complimentary medicines and natural remedies to maintain their health rather than get sick, because the pharmaceutical giants have bribed - sorry 'lobbied' - advisors, consultants, bureaucrats, politicians to let them continue creating illness so they can sell their chemical solutions in medicine and pill form at exorbitant prices and maintain their individual and collective obscene profits - but what can I do about it?

I know it actually is worse even than this, because the EU action is only the first step in a world-wide conspiracy called Codex Alimentarius which will soon extend this ban to everyone, everywhere on the globe, but what can I do about it?

I know that the whole world is being held to ransom by the men behind the oil corporations and automobile manufacturers who are intent on milking every last cent out of the dwindling supplies of oil before introducing already existing alternative energy inventions which they have been buying up and suppressing for years so they can introduce these in such a way that they retain absolute control and can replace decades of obscene profits with continuing decades of obscene profits and by so doing continue to subjugate the rest of us, but: what can I do about it?

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I know the self same scenario exists with the power corporations who refuse to even acknowledge suggestions that they spend more (of our hard-earned) cash on destroying electrical power than trickles down the wires to our homes, but what can I do about it?

I know that corporations generally -with at least the passive collusion of governments - are raping Mother Earth on the one hand, and poisoning her land, her seas, her atmosphere on the other in their relentless pursuit of greed and power to the point where whole species of sacred life forms are now extinct - dead, gone forever, never to be seen again in this life context - and what can I do about it?

I know there was an election for the President of the United States, the most (frighteningly) powerful nation on Earth, and I know that whichever candidate was allowed to win, the same destructive bully-boy arrogance that the world has witnessed from the megalomaniac puppeteers behind the scenes so far this millennium, will continue, but What Can I Do About It?

I know in my own country - and no doubt in many others - the main political party has shown itself as liar, cheat, and opportunist, the alternatives are weak and ineffectual, so again we will go along as lap-dogs to the global pack leaders: WHAT CAN I DO ABOUT IT?

There is more in similar vein, but if we wish to seriously examine this train of thought, what do we mean by 'do about it'? What exactly might we want to do about it? If I ask, "Are you seeking answers, or are you looking for more problems?" you will no doubt quickly respond, "Why, answers of course!" Yet most people are programmed to look at the problem, rather than the answer. Focusing on the problem usually creates or reveals more problems, then finding solutions is consequently more complex still, and the fear of making a 'wrong' choice, paralyses us into inactivity.

The best way to resolve a problem is to get rid of the problem altogether. Meeting a challenge, situation, problem head on is rarely effective, especially in the long term. Take terrorism and violence for example: I know of no situation anywhere at any time in history, where meeting terrorism and violence with reciprocal force of arms has provided a long term solution to the 'problem'. Regardless of which side you're on, whilst Palestinian 'terrorists' murder Israelis, and Israeli 'terrorists' murder Palestinians in response, can anything be resolved? America threw millions of tons of TNT at the terrorists in Afghanistan, which did not one iota of good in preventing 200 people being slaughtered in Madrid. Demolishing half a dozen houses in Iraq by military might of the

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coalition forces, will not prevent another car bomb attack the next day, or the day after.

Russian domination of Chechnya - no matter how harsh, nor for how long - did not prevent eighty people being blown out of the sky near Moscow airport, nor 400 women and children being slaughtered in a Beslan school.

History has repeatedly shown that subjugation, no matter for how long, is merely a dressing on a wound that will fester away beneath, and eventually erupt.

The only answer is to take away the cause for terrorism or violence.

What do the Chechen rebels want? Do they want independence as a nation, withdrawal of Russian influence and involvement in their affairs, revenge for a Russian invasion one hundred and fifty years ago? Would Russia suffer greatly if they gave way – or would they lose an enemy and maybe gain a friend and ally? I don't know, but I do know the only way to find out is to talk and listen to them.

Does anyone in their right mind think that topping up security at home and abroad will protect American, British, Australian, Italian, Japanese... - any 'world citizen' - from Muslim fundamentalists (if that is what Al Qaeda really are) intent on murder and mayhem ? No matter how difficult it may appear, I am certain that engaging with these people and exploring the causes for their unhappiness is the only way to finalize the problem.

Facing these challenges requires considerable courage, and naturally evokes the spectre which stalks most being humans on this planet: fear. We should recall Chapter Five and our exploration of the nature of fear.

Another drain on our courage is lack of self-esteem - a serious psychological problem especially in the developed world. Under-estimation of ourselves has become a sort of genetic disease. In his inaugural speech, Nelson Mandela quoted Marianne Williamson's book, 'A Return to Love':

"Our deepest fear is not that we are inadequate  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness, that most frightens us.  
We ask ourselves: 'Who am I to be brilliant, gorgeous, talented, fabulous?'  
Actually, who are you not to be?"

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Michael Masser and Linda Creed wrote, and Whitney Houston sang,  
"Learning to love yourself  
Is the greatest love of all"

and this is something which most of us too easily overlook in our haste to be of service to others. We all have dark secrets, private failings which we hide from even our nearest and dearest; we even try to hide them from ourselves sometimes. Yet what are we afraid of? Old fashioned, old testament religious upbringing, that's what. The idea of 'sin', and punishment for 'sin'.

Well, folks, there ain't no sin, and there certainly ain't gonna be no punishment for 'sin'. No hell fire, no damnation; not even any purgatory.

There really is no right or wrong: there is only experience. You cannot make mistakes, for every experience supports your knowledge and growth. 'Better to have tried and failed, than to have failed to try,' goes the old adage, and how true it is. So stop being ashamed of yourself; bring those dark secrets to mind, face them, think about them for a moment. Find the love in that episode, what did you learn? See how it enriched you. Be grateful for the experience. Then let it go. Hiding from these self-judgements, scourging yourself day after day, month after month, year after year, merely brings them with you, keeping them alive.

You see, in a Universe of Infinite Love, what place is there for hell fire and punishment? 'Infinite' means not bounded or limited in any way – not by size, distance, time, mass, or any other conceivable measure. So if we liken life as a journey from London to Paris, it matters not if we go via the channel tunnel, or via New York, LA, Sydney and Dubai, or via Stockholm, Moscow, Beijing and Rio: we can still arrive in Paris. Likewise, as we grow through whatever circuitous route we call life, we will still find the Creator, God, Universal Spirit, The One – whatever name you prefer – ready to welcome us with open arms and bathe us in Infinite Love. It may have taken a little longer, but look how much we learned on our wondrous journey!

You may choose to take issue with me: if there's neither right nor wrong, what prevents anarchy? Is this the end of morality? Am I advocating lawlessness?

No. But let me ask, who are you, or I, or the Lord Chief Justice to judge another? "Let he that is without sin, cast the first stone." You, and you alone have the right to judge you.

You and you alone choose your path. If you choose service to self, you will use and manipulate others to your own ends; you will be selfish, supercilious, amoral, unfeeling. If you choose service to others, you will know only too well when your action has harmed another; you will learn from it, you will value the

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experience, and strive to ameliorate your response to a similar situation in the future.

We should aspire to use the other end of the telescope: you see, time only matters to us. The Infinite Creator is not bounded by time. Moreover reversing the view-point will show us that the Infinite Creator was with us all the time anyway: it's only our ego which tries to convince us we are separate. Personally, I'm sure some of our convolutions resulting from this delusion of separateness are a source of great amusement to the Creator – good natured, of course!

Another consideration is that we '...must be the change we wish to see in the world' (Mahatma Gandhi). To bring about change, we must first work on ourselves. Charles Haanel wrote in the Master Key,

"We cannot express powers that we do not possess."

The way to possess a power, he says, is to become conscious of that power. And

"... we can never become conscious of that power until we learn that all power is from within."

In the world within, he continues,

"...may be found infinite Wisdom, infinite Power, infinite Supply of all that is necessary, waiting for unfolding, development, and expression."

"The world without reflects the circumstances and conditions of the consciousness within."

It is tempting, when faced with any situation of urgency, to rush out and start doing things. Here we need to change the world – no less! But the answer is not to dash off and join a political party, stand for local government, become a monk or a New-Age Hippy. Throwing over your job, and tearing off to protest against the burning of the rain forests may be a noble ideal, as is – for the less adventurous – helping out at the local soup kitchen; however, these in themselves are individual gestures, a salve for the symptoms – sometimes the conscience - rather than a cure. Something more substantial, more fundamental is needed to effect change to the perilous state of the world, which we have identified.

We need a change of attitude – almost across the entire species of being humans. There are a few pockets of indigenous peoples who still live by the 'old ways', who still honour each other, Nature, and their environment. However, as we have seen, humanity in general has globally screwed things up to the point that, without a paradigm shift in beliefs and feelings and values and dispositions – a major kick up the collective a\*\*\* in other words–Mother Earth will have no alternative but to hit the 'reset' button.

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A dear friend of mine has a wonderful email signature which may make the computer literate among you smile:

"Error 406: file corrupt: config.earth—  
reboot universe? (Y/N)"

How do you eat an elephant? How do you build a great pyramid? How did Lao Tzu's journey of a thousand miles begin? One bite, one stone, one step at a time. If you ask Google to find 'The Daffodil Principle', you will find a beautiful story of a lady driving through the southern California hills who suddenly came upon five acres of daffodils, the golden light of their blooms lighting up a grey sky. A sign on the edge of this wondrous garden was a sort of FAQ's, which read as follows:

1. 50,000 bulbs.
2. Started 1958.
3. One at a time, by one woman, two hands, two feet, and very little brain.

Reporting this, the author, Jaroldeen Asplund Edwards observes,

"When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world."

So how do we change the attitude of six billion people? One at a time, over time, starting with ourselves. We ...'must be the change we wish to see in the world.' And that means 'going within' to change ourselves.

After all, who do you think brought about this sorry state of affairs we've identified, in the first place? We must all accept a little of the responsibility, so it is eminently appropriate that we all do something to correct it.

We have remarked previously, there is no shortage of advice about meditation techniques, and don't think this is merely a pastime for long haired weirdos, religious freaks, or sad people with nothing to do on Wednesday nights. Many, many millions of people more and more are beginning to practice meditation in one form or another. Maybe it's that innate need within us, that instinctive, primeval knowing that we should be connected to something, even if we cannot remember what. Maybe it's because we can now see the established churches for what they are, and have found them sadly lacking.

For so long, so many have been so busy rushing around, caught up on the daily treadmill, hooked into the daily feast of doom and gloom served up by a biased, demoralising media, seduced by the vacuous gratification of sport, sex, and sarcasm willingly fed by conniving governance to maintain control. So many have forgotten who they are, have ceded their power – perhaps in the hopes of

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abrogating responsibility. For some no doubt, the seeming futility of trying to 'kick against the pricks' or swim against the tide has fostered apathy and sloth (- there's good old fashioned, old testament 'sins' for you, again!).

The choice of meditation technique, like everything else, is up to you. Pick a method which resonates with you, for all others will fail. If the one I outline in the Appendix suits you - fine: if you prefer candles and crystals, chanting, whatever - also fine. Simple techniques are usually best, and remember, what we are trying to do is get out of the way of inspiration. Allow the clear vision of your higher self to penetrate through to your conscious awareness.

We need to still the mind to be able to connect with our inner consciousness and through our inner conscious mind to connect with external forces, external vibrations, God, the Universe, a higher power - you have your own word. Spending a few minutes, completely at peace physically, emotionally, and mentally allows the spirit to come to the fore. It heightens our second sight, our intuition, our sixth sense; and it allows the inner conscious to present to us the optimum way forward.

Some teachers speak of finding the 'truth' in meditation. 'Truth' - the real, God-truth - cannot be a product of the mind though, can it? It is beyond mind. As Murdo Macdonald-Bayne states in Yoga of the Christ,

"But if you allow Truth to operate within you and through you without interference from the mind, then unknowingly, unconsciously, it has far-reaching effects beyond human conception."

Only when we realise that what we think is truth is not truth, that truth comes from 'nous' - a heart-felt knowing - does a wonderful sensation of reality suddenly dawn upon us.

If you are serious about being a contributor to a better world, the very fact that you have this in your (inner conscious) mind as you practice your meditation, will ground that 'being' into your inner character. 'Be' in your inner conscious mind a contributor, an emissary of peace and love in the World. You will then automatically start to 'do' the things that such a contributor does - remember, the flow of the Universe is 'be, do, have'.

That 'doing' may be no more than reflecting a glow of inner light which brightens the day for your fellow being humans - but the power of that alone is immeasurable. Our very nature is Love. We are made of it. We crave it, hunger for it, yearn for it and even at our lowest ebb, we know, somehow, that it is there. In the deepest, darkest night of the soul, abandoned in the depths of the most hellish jail, the spark of hope cannot be stamped out because your very heart is a lighthouse and it will shine if you allow it the slightest bit of silence, the tiniest space to be who it is.

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And each time we share our Love - by thought or deed or gesture - that Love goes into Mother Earth and reverberates around the globe.

It is recently reported at [www.permanentpeace.org](http://www.permanentpeace.org). that more than 50 demonstration projects and 23 published scientific studies have shown,

“Just as radio stations radiate music through the underlying electromagnetic field, so groups of peace-creating experts appear to radiate harmony and peacefulness through an underlying field of consciousness.”

“The results produced by temporary peace-creating groups ... have been consistently positive—with nearly immediate reductions in war deaths averaging better than 70%.”

This is further validation of ideas we have expressed earlier, and if you are seriously concerned to effect peace on our planet, a visit to ‘permanentpeace’ will prove well worth while.

Mother Teresa, the revered Calcutta missionary, said,

“Be kind and merciful. Let no one ever come to you without coming away better and happier. ”

It is likely also that your own meditation will generate ideas and inspiration as to how you can manifest your contribution to improved well-being for all.

A cautionary reminder is due here.

You cannot save another soul. You cannot rescue another self. You cannot help your brother or sister, unless he or she seeks that help and support from you. And the most effective and enduring assistance you can give, is to empower the other self to their own salvation, their own rescue.

Too often, I read stories of well-meaning people who have frequently helped others, only to be taken advantage of, slandered, blamed even, when the ‘victim’ falls back into debt, undesirable habits, drugs, bad behaviour. Inevitably this is because the ‘victim’ was not ready and did not himself have any ownership of the modified lifestyle.

You display your inner self by your outward aura, you can show yourself available. But if your fellow being human chooses another shot you should not infringe his free will: you’ll be wasting your time if you do. Just check out rehabilitation statistics for drug use, prison offending, child abuse etc.

Remember Wally’s ‘O.K.Universe’ in Chapter Six?



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Furthermore, whilst on this subject, re-examine our attitude to help. Often we help others out of 'pity' or 'sympathy' for their plight. But the danger here is that 'pity' and 'sympathy' can imply judgement. We have established earlier that there is no right nor wrong, no 'good' nor 'bad', only experience. So we should not judge our actions, we should observe them, acknowledge them, learn from them, be grateful for the experience they bring. And so we should with the experiences of our brothers and sisters. If we 'pity' them, are we not implying that something 'bad' has happened to them? Do we not wish that it hadn't? Are we not trying to help our fellow being forget this (to them - valuable) experience and pretend it never happened?

Far better to replace 'pity' and 'sympathy' with compassion, an understanding devoid of judgement. Yes, let's be there to help our brothers and sisters move on if required, but not at the expense of them losing a valuable lesson: if we were successful in that, they may have to 'learn' it again! Moreover, and this may be why such 'victims' are often serial sufferers – if they can expunge the experience onto someone else, what indeed have they learned or gained?

People can achieve change. We saw in December 2004 how local people power overcame tremendous international pressure to secure Viktor Yushchenko as President of Ukraine. More recently, popular feeling finally ousted Syrian troops from Lebanon.

The German-Jewish diarist, Anne Frank, who died in Belsen aged only fifteen, wrote,

"How wonderful it is that nobody need wait a single moment to improve the world."

So let's not: let's take that first bite, lay that first stone, take that first step right now.

I was the third son of six children, my father a clerk, my mother a Mother. They struggled to keep us fed, clothed, clean, aware of right from wrong. They sent us to school during the week, and 'Methodist' Sunday school at least whilst we were young. At eleven years old, as I walked to the bus stop for school, I would often meet up with the an ostler, Bill Beerman, who looked after the pit ponies at the local colliery. Rough and ready, a big muscular man, he would set me puzzles and riddles often akin to mental torture. I don't remember him ever supplying me a single answer even though sometimes my search for a solution would last several days. But the one thing I will always remember is his advice, "Never stop learning, my lad, even unto the day you die."

I never have, nor ever want to. What absolutely amazes me constantly since I started, late in life, to formally think about who I am, what I'm doing, why I'm here, is how much I actually know about life itself, how much I discover already

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there inside. It's like I've been a beachcomber all my life, picking up apparently unrelated – seemingly 'useless' – pieces of flotsam and storing them away deep down.

And the other thing is how I am now led from one piece of information to another, one author, one book, one article to the next, seemingly by accident and yet looking back it was always ordered and progressive.

If an ordinary guy from a tiny little village in the heart of England can prompt one other being human to think about his life, what it means to him and his fellows, and maybe start to realise how we are all inter-connected, how by helping each other we help ourselves, shouldn't you be able to do something similar? You don't have to write a book, make speeches, or go on television: you do what comes naturally to you. Whatever daily life you walk, let yourself shine through, without fear or apology, and your effect on others will be considerable – and appreciated.

So, if it is up to you, have no doubt, you can do your part.

Question is, what part do you want to play? Recall that you basically have three choices:

- you can dismiss this book – and many others like it – as 'all hoey', and stay completely unconcerned in your comfort zone cocoon. If this is your choice, then it's 'O.K.'. Be assured, there is no shame or criticism attached to this decision, it is yours, and it is right for you. I thank you for your company thus far, and wish you well on your journey.
- you can take the view that your responsibility is to yourself, if you don't look after 'Number One', no-one else will. And everyone else should be following that path also, shouldn't they? So it's fair; the 'strongest' will rise to the top, and can use the others – who need leadership – to achieve their aims which they have decided will be best for the masses anyway. Again if this is your choice, it's 'O.K.'. We should each do what feels 'right' to us.
- you can accept the unity of all life, you can see that we are all inter-connected, that we are all 'One', and seek to radiate harmony and compassion to your fellow being humans, and all other living things.

Take a moment to consider your position. Perhaps the way you live your life already fits one of these choices: if, having read this far, that way still feels comfortable to you, then do not change. If on the other hand, something you've read here, has 'touched a nerve' so to speak, than I urge to pursue that 'itch' and seek your fulfilment: make what changes you feel necessary, and respect your inner feelings.

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You do not need to immediately adopt a radical new life-style; remember who we are determines what we do, so getting the mental image in place, the predominant brain-cell attitude attuned, is the first step in any change.

Maybe, like most folk I guess, you have carried some sort of idea along these lines with you this far in your life, but without really giving it much focused thought. I too was in a similar place less than ten years ago. My earnest advice –whichever of the paths you choose – is at the very least to start to live your life 'on purpose': be true to your (inner) self.

This is as much your world as anyone else's; you have identical creative abilities as your neighbour. We are the product of our thoughts; we shall be tomorrow, what we think today. And the Universe will give us the world we deserve.

Remember all the evidence we have presented, and be grateful for the many wise and generous thinkers, researchers, fellow-travellers, who have brought it to our attention. How, by our heart-felt emotion we can demonstrably influence events over which, by all conventional science, we should have no power whatsoever. Remember how there was no visible, tangible, measurable link between emotion and 'isolated' DNA, between random number generators and an outpouring of public feeling – yet there is a measurable effect which can be repeated, as conventional science demands. Recall the dramatic and wide-ranging effects brought about at a distance by heart-felt emotions even in times of war.

Remember, too, if you want Peace in your world, be peaceful. If you want Love, be loving. If you want Happiness, be happy. Every moment, every day. Let Peace, Love, and Happiness personify you.

It's not difficult, really. But, of course,  
It's up to You.

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### **Chapter Ten Reflections**

Throughout, I have been at pains to stress that you accept from this work what resonates, what sits well with you. For this reason, I have pulled this final few words outwith the main body of the book. These are my personal views. If they help you crystallise your own perspectives you are most welcome; if not, regard them with idle curiosity.

There is no doubt that the world we have created over past millennia has reached a sorry pass. And this assessment holds true over many areas or levels of consideration – whether it be on the global political, economic, cultural stage, or relationships, values, trust of your neighbour or work colleague. It is extremely difficult, if not impossible for human mind to conceive how we could redress the situation. The furrows ploughed are so deep; there are so many variables; so much is inter-twined.

Mother Earth, Gaia Mama, is mirroring this dilemma. The confusion, the friction we have inflicted upon her is more than she can continue to bear. Our attitudes and practices and inventions and abuses have generated excessive heat and tension throughout the biosphere which can no longer be contained.

On the physical plane, from the view of pollution alone, it is questionable if life as we know it can be sustained beyond a medium future. Then there is the meta-physical: who knows what damage has been wrought by our negativity and scepticism?

Drastic and dramatic action would seem inevitable for growth to continue.

I cannot recall how I found David Wilcock's [www.divinecosmos.com](http://www.divinecosmos.com) website. All I know, apparently like so many, many others, I was blown away by such a rich cornucopia of fresh, groundbreaking science, plausibly explained, logically structured, and all rubbing shoulders in absolute harmony with the most powerful spiritual document I had ever come across. The overwhelming attraction to me of David's Convergence series – The Shift of Ages, The Science of Oneness, and Divine Cosmos - is that together they constitute a sort of 'Unified Theory of Everything'. David's site also introduced me to The Law of One, and the L/L Research website which blew my spiritual side away.

Within a few months I had downloaded, printed and read all David's books – some even before completion, and also the amazing Ra material. Since which time, I have found need to refer to them all so frequently, that I keep copies on my hard drive for quick accessibility.

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Central to all is The Law of One. Channelling of course goes back at least to 'Old Testament' times and the 'prophets'. More recently channels were 'spiritualists' or 'mediums', and although the opportunism of poor souls looking to make 'a few bob' at the expense of someone's grief brought the whole genre open to virtual ridicule in the popular press, several notable figures frequently attended serious 'spiritualist gatherings', among them Murdo Macdonald-Bayne and Sir Arthur Conan Doyle as we have quoted previously.

Nowadays, spiritual channelling has almost replaced the psychiatrists' couch, especially in the USA, and of course – as it is with psychiatrists – the challenge is to sort the wheat from the chaff, the genuine from the quack. As soon as you start to research background to the Ra material, however, everything 'feels' right: that is what immediately strikes you. The background of the people involved at L/L Research, Don, Carla, Jim; the history leading up to the 'appearance' of Ra; the story of the physical burden this tremendously sensitive contact placed upon the group, as dramatically chronicled in Book Five; the very people that Carla and Jim are today, and their continuing work: there are no skeletons in the cupboard, no bogeys under the bed. And throughout more than three years of the extremely complex Ra channelled information, there is not one inconsistency, nor conflicting statement.

The concept of progression through the densities from rock, wind, fire, and water, to bacteria, plant, and animal, to self-awareness and beyond, has about it that sense of logical mystery that you want to believe. It feels 'at home'. The cyclical nature of incarnations, the grand cycle of the density, the object of the exercise – choice – and all the subtle sub-levels and inner planes of development seem too involved to be mere invention. If indeed it is human fantasy, who invented it? Don? Carla? Jim? I don't think so. And why? What profit have they sought, or has it brought them? One test of the sincerity of channelled information is to look to the advancement of the 'instrument' or channel: is he/she doing this for the glory of him/herself, or in the interest of broadcasting the message?

Moreover, whilst it quite justifiably strips the rose-coloured spectacles from the view of established religious organisations so that we might see them for what they have become, The Law of One does not conflict with any creed as such. Iconic figures like Jesus, Buddha, and Mohammed are described objectively by Ra, from a vantage point high above our awe-filled gaze, for the loving contribution they made to the One.

So I'm sold, OK? Not blindly, but after rational validation of my initial heart-response. Also, I accept the proposition that prophecy has more value in the content than in the (terrestrial) timing. But when Ra says that this planet is approaching the end of its third density cycle, and has already spiralled into a

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region of galactic space which is fourth density energised, I am prepared to believe something is happening about now. When Ra says in 1981 that this rocky ride to fourth density 'shall continue unabated for thirty or so of your years', I figure that early 21<sup>st</sup> century, something's due.

Even if we had the original documents chronicling the life of Christ, it would still be folly to be a 'scripture-hound', interpreting every single word literally. In the main, Ra is conveying concepts, and even here, in one of the most specific statements throughout the whole material, we get 'thirty or so years'. However, I believe we can look forward to the end of an era within the next decade.

The more recent entity to visit Carla Rueckert and the group, Q'uo, reinforces this prediction as we have quoted earlier:

"...the dating of the transition into full fourth-density energy for your planet is fixed. It is a matter of your time moving forward."

". This will have been accomplished just as it has been foreseen by many at the approximate date of late in the twelfth month of 2012."

It would appear entirely possible that the Maya with their precociously accurate mathematics, celestial observations, and – who knows – deeper, more ancient knowledge which we have perhaps forgotten, have been right on the money all along.

The Indian Vedas and Mayan texts describe a cycle of creation and destruction, death and rebirth -- the Egyptians talked of a return to 'Zep Tepi' (the 'first time') – so in considering the 'end date' of the Mayan Calendar, when "time would collapse", we should focus on the beginning, Genesis, a time for leaving this sorry mess behind and emerging, butterfly-like into a new age. Astrologists have talked of the dawning of the Age of Aquarius round about now, and Aquarius is generally considered to be a golden age of renaissance.

Ra speaks of,

"... the entry into the vibration of love, sometimes called by your people the vibration of understanding.."

Further,

"The fourth-density, as we have said, abounds in compassion."

Won't this be a wonderful time? When matters are arranged for the good of all, when contracts really do benefit all parties to them. When care and consideration take the place of profit and greed. When the friendly hand of love can be accepted at face value, with complete trust. When challenges are faced happily together, when support is always available in abundance. When none need feel alone or ashamed: ever.

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Every ending implies a beginning – it is all about flow. And every beginning is the start of a glorious new adventure, full of excitement, anticipation, wonder.

Yes, we have to slough this old skin first, and like an old wisdom tooth, it's been there a long time. The transition will as both Ra and Q'uo say, be brought about '...with some inconvenience', but never lose sight of the fact that spirit is One and inviolate. There is no need to fear.

Carl Johann Calleman, delving more deeply into the realms of Maya vision than I can follow, foresees a global shift of power both to the female principle, and also to the East. The so-called 'Tiger economies' which have been climbing to economic supremacy for several years, have now been joined by massive India and China. Certainly in world financial terms, the hegemony of the vastly over-valued dollar is being questioned by the Chinese and the Russians (as it was by Iraq). China is undoubtedly flexing its military muscles and beginning to stand its ground in the Far East, challenging the domination of the Pacific assumed by the US after World War Two. Of very recent date, US Secretary Condeleeza Rice received a very cool reception at talks with Chinese Premier Wen Jiabao over Taiwan and North Korea.

Coming from a slightly different, but not conflicting angle to Ra and Q'uo, Calleman points out that transition from now, 2005/6 (3<sup>rd</sup>. Density), to 2011/2 (4<sup>th</sup> Density) cannot occur in a linear fashion: too much has to change, too dramatically. He sees a series of 'transformative pulses', a sort of two-steps - forward, one- back, with periods of advancement punctuated by brief periods of turmoil as the wielders-of-power-for-so-long strive, in vain, to retain their control. Even war between East and West is predicted, a war cut short by environmental catastrophe on a massive scale – presumably as Gaia Mama loses patience with our petty squabbling.

From a conventional, being human, perspective these seem like frightening times, but standing back, taking an objective view of the higher picture, accepting that everything happens for the best, rising above the fear, trusting, it is hard to imagine such a paradigm shift occurring without such upheaval, and one begins to glimpse a divine hand at the helm.

Again, Q'uo advises,

"This willingness to explore the letting go of fear is a tremendous key in this process of transformation. What the Earth is going through is precisely what each of you is going through on a much smaller scale. For the Earth, a process taking approximately 76,000 of your years is coming to an end. The cosmic clock, shall we say, is striking the hour. And indeed a new hour has begun upon your planet at this time. It is having difficulty establishing itself. The labour is long and difficult. But it is going much

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better than expected because, at ... the "grass roots" level, person by person, household by household, community by community, a choice is being made to embrace love and to practice a life that shines that love forth as best as those people, families and groups can muster the wisdom and the strength to allow."

It is a time for courage. It is a time to test our beliefs. It is a time to be alive like nothing we could ever imagine. Just last New Year's Day, 2006, Q'uo stated:

"We have been pleased to see the degree to which your planet's people as a whole are increasing in their level of awareness of the planetary situation. This new level of awareness among ... the grass roots of your globe ... helps the rest of the planetary population if it wishes to join the numbers of those who are awakening, making their choice, and creating for themselves the opportunity to graduate in service to others."

No-one can tell us when this transition will take place: 2011, 2012, it may happen at an entirely different time, or in an entirely different way. It may be sudden, it may take decades. The future holds myriad probabilities and possibilities, or 'potentialities'; we simply do not know how this transition will take place. Ra tells us that this new age will be brought with 'some inconvenience' so we might expect a rocky ride for some time.

But we can ameliorate events by our attitudes, actions, and heart-felt feelings: our Love. Q'uo had this to say last October:

"What shall you do to grow your world into that loving, unified, peaceful world which each of you can envision? May we say that it begins with you, this day and this moment, not in a large way but in the most small way. What are your thoughts as you approach your next decision? Is there a desire to defend? Is there a desire to protect? Examine these desires. Is there the desire to embrace and to bring into One? Examine that desire. Examine your thoughts carefully to sift out those energies which have in them a lack of that focus and resonance which you can associate with the open heart."

It really comes down to a question of perspective: is the glass half empty, or half full? Should we mourn the passing of an era, or celebrate the birth of a new one? Should we fear the unknown of the night, or embrace the possibilities of the dawn?

The last few decades have seen the birth of a growing number of 'special' children, grouped under names like 'Crystal' or 'Indigo'. Many are misunderstood and labelled A.D.D. or A.D.H.D. and drugged into a stupor. But countries like Russia, Japan, China have been observing these children for



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years, and light is at last beginning to dawn in the West. Many of the children have seemingly psychic powers, but all have a directness, a confidence which challenges us old adults to open our eyes, to look around us and see what they take for granted.

Their message is that we stand at a crossroads, we have the power to create a world of peace and compassion, or a world of conflict and war: we must choose. And now, for the timing is critical.

The children speak of a 'net' surrounding the globe by which they communicate with each other; but they make the point that the 'net' is strong enough to carry all of us, if we wish to climb on board.

The following is attributed to the Hopi Elders of Arizona, 2000:

"You have been telling the people that this is the Eleventh Hour. Now you must go back and tell the people that this is the Hour. And there are things to be considered:

Where are you living?  
What are you doing?  
What are your relationships?  
Are you in right relation?  
Where is your water?  
Know your garden.  
It is time to speak your Truth.  
Create your community.  
Be good to each other.  
And do not look outside yourself for the leader.

This could be a good time!

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and they will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. See who is in there with you and celebrate.

At this time in history, we are to take nothing personally. Least of all, ourselves. For the moment that we do, our spiritual growth and journey comes to a halt. The time of the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary.

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All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for."

Accepting that 'we must be the change we wish to see in the World,' we should aspire to live fourth density, now.

How do we do that? If you have not viewed it already, obtain a DVD of the groundbreaking film, "What the Bleep Do We Know?": take particular note of the session in the subway station about Dr. Emoto.

Dr. Masaru Emoto has made extensive study of the structure of water which has been subjected to human emotions. Labels bearing emotive words like 'Love', 'gratitude', 'hate', 'kill', were taped on sample bottles of water and left overnight. The water was then frozen, and Dr. Emoto photographed the resulting ice crystals. Invariably, the samples labelled with loving positive words produced clear, elegant crystals, whilst those labelled with negative ideas generated ugly, shapeless images. Similar effects occur when thoughts are transmitted by individuals or groups of people to water.

Dr. Emoto's tests have been conducted on laboratory samples and also larger bodies of water in nature, such as ponds, lakes, rivers, with similar amazing results.

In the film, side by side are pictures of a beautiful white snowflake-like crystal from water that has been blessed with Love, and a slimy misshapen 'goo' which results from water labelled, "I Hate You! I'm going to Kill You." Bearing in mind that the human physical body comprises 90% water, one of the characters makes the dramatic point, "If thoughts can do that to water, imagine what our thoughts can do to us?"

And don't forget - you think about yourself as well as others. What crystalline structure are you creating within yourself?

This is further reinforcement of our point that human emotions do affect things, people, events, situations which we normally regard as separate from us, as being, 'out there' remote from us 'in here': there is no separation, we are all connected, not simply people, but animals, birds, plants, rocks, oceans, every single thing in the Universe - we are all One.

Take more advice from Q'uo - we really are loved more than we could possibly imagine:

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"Each time you choose to trust, to love, to have forbearance and compassion, to see the other person's point of view and truly walk in his shoes instead of your own, you are expanding the kingdom of fourth density right where you are. And the more people that begin consciously to do this, the faster this kingdom will expand."

Actively, deliberately, consciously set out to live the Law of One from Now! on. If I may paraphrase with Ra's guidance:

1. Realise that every moment contains Love. Make a point of seeking out that Love even in the most apparently false, or negative thing, person, act, thought, or behaviour.
2. The Universe is one gigantic living breathing entity. See in every other living thing, that same spark of life which makes you special.
3. Look long and carefully at yourself in a mirror. See all the Love and care and magic that shines through every part, every thought, every feeling, and every thing which makes you the wondrous being that you are.
4. Contemplate the world which surrounds each of your fellow beings. See and appreciate and value the Love and beauty and variety in their world. Celebrate and marvel at the refreshing richness of different colours and textures and tastes and smells and shapes and sizes they bring to your own world, and to others'.

Remember,

"You are Everything,  
Every Being, Every Emotion, Every Situation.  
You are Unity. You are Infinity.  
You are Love/Light, Light/Love.  
You Are.  
This is The Law of One."

Let me share with you also, a quote from L/L Research Sunday Meditations of September 5th 2004, when Q'uo said,

"You did not come here to find answers, you came here to participate in the dance, to be yourself, and as you dance and sing, to find ever more balanced ways to serve and to learn."

It is not sufficient to understand these things on an intellectual level: you must learn to consciously and deliberately live them in your everyday life.

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Do not fear. Allow the changes which are taking place, to change you. Let your light shine, dance as if no-one is watching.

Finally, since this is a personal statement, let me leave you with the words of Kahlil Gibran who expresses my feelings so much better than I ever could:

I love you my brothers and sisters, wherever you are.  
Whether you kneel in your church worship in your Synagogue  
or pray in your mosque...I love you whoever you are.  
You and I are all children of one faith,  
for the diverse paths of religion are the fingers of the loving hand  
of one Supreme Being, - a hand extended to all.

I bless you for your company, and leave you in the Love and Light of the One Infinite Creator: I grant you being.

Neil Haddon.

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### Postscript

Before I get time to publish this work on the Internet, the Third World War is already beginning. The mindless conflict between Israel and Hezbollah is just the curtain raiser.

Officially begun only two weeks ago, we can already see a sinister, clandestine strategy that has probably been worked out months or years ago.

Interviewed on Radio Four's Today programme last Thursday morning, Archbishop of Canterbury Dr. Rowan Williams, whilst carefully refusing to agree that Israel's aggression in Lebanon was 'disproportionate' (and therefore a war crime), nevertheless questioned the logic of her excessive response.

What Israel needed, he said, was stability in the region: what was likely, as a result of her current strategy, was in fact the opposite.

His view could easily be supported by the majority of onlookers from the rest of the world. On the face of it, Israel is doing itself no favours. Even cloaking itself under the umbrella of 'the war on terra', as Olmert did in a recent speech which he plagiarised from Bush, this indiscriminate destruction of infrastructure in Lebanon is certainly deplored in Europe and the old world, and by significant public opinion in the US.

Now no-one in their right mind would characterize the Israelis as naïve. So how do we explain this illogical strategy?

Whilst any compassionate human being may see that stability is what Israel *needs* in the region, what the Zionists actually *want* may be something entirely different.

First of all, let us remember that there are far more Zionists outside of Israel than will ever inhabit the 'Holy Land'. Let us also remember that at the highest level, these secular 'Jews' control vast financial empires and are inordinately influential throughout every corner of the globe: names like Rothschild illustrate the point.

These 'Jews' are not the Hebrew race which Moses led from captivity in Egypt, so, be very clear: nothing in this argument is anti-Semitic. Indeed, to a truly religious Jew, a return to Palestine engineered by man as opposed to their God, is blasphemy!

Now, let's take a trip into fairy land.

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Imagine for a few moments that we had plans for a new order in the world. Let's say we wanted just one – world - government, with the favoured few at the top, and a carefully controlled number of "innocents" at the bottom to do the dirty work.

Obviously, to get there, we need to upset the apple cart somewhat, shake up the status quo, de-stabilise the current balance. We also have far too many snouts in the trough: the world cannot go on sustaining six billion hungry and ever more materialistic souls. So we'll need to do a bit of culling along the way.

Not that we're going to get our hands dirty; oh! no. But fortunately, we know a man who will. For argument's sake, let's call him Moss Ad.

Moss Ad has just the right sort of sneaky mind for a job like this, and the plan he comes up with is priceless.

First he identifies a disaffected gang of thugs, called Hezbollah, who everyone knows have upset us before, and who would dearly love to free their bothers and sisters and families we have been holding hostage in our filthy prisons for just such an occasion. Then he sends a few of his pals along to infiltrate the gang, maybe even bringing with them loads of cash to buy a few second-hand and second-rate rockets, and guns from some politically dodgy neighbours in the region, like Syria and Iran.

When the time is right, our man Moss Ad tips the wink to his pals who come up with an idea for Hezbollah to really get back at us by capturing a couple of our hapless soldiers – collateral damage. We then step in with our Armageddon weapons and knock seven shades of you know what out of the gang's homeland, Lebanon, their homes, their infrastructure, oh! and by the way, several hundred innocent bystanders – more collateral damage.

All to deliberately provoke a reaction in the region. Because our real aim is to embroil Syria and Iran into this unholy mess. Then we can call on our US pals to knock out these 'agents of terror'.

Meantime, clever little Moss Ad, using yet more of his pals in foreign governments, commerce, and the media, has been stoking the fires of hate, and fuelling the engines of fear which work on the feeble minds of the commanders of the most powerful and warlike country in the world. The threat to America's ego, and its greed, and its energy supplies from Syria and Iran is blown out of all proportion, but Moss Ad knows how gullible these gung ho! Yanks are.

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But there are layers upon layers. Certain factions of the shady elite have been complicitly waiting for Moss Ad to stir up US public opinion – it's more credible than internal pressure, and should avoid the suggestion of mid-term politicking by the White House – and provide justifiable cause to complete the red shading of US Empire on the map throughout the Middle East.

And there you have it. A tinder box. Syria and Iran threaten Israel. Maybe even attack – more collateral damage. In comes the US of A, defender of the faith and the free world to do our dirty work for us and cull another few million collaterals for us. Russia neither wants to lose its influence in the Middle East, nor does it want Uncle Sam in its back-yard; China too has interests to protect, and would view further US empire building as undesirable.

Fairy stories? Fantasy? Or lateral thinking logic? The immediate crisis has all the hall marks of classic Mossad thinking all over it. Playing both sides against the middle at any cost. But many believe the pieces of the jigsaw have been carefully assembled over many, many years.

You see, for all its amoral arrogance, Mossad too is just being used: so too is the US military (and its hapless allies), even the buffoons who *think* they're running America. These are all mere tools, wielded and manipulated by the shady figures behind the men behind the guns, who, all being well, have every chance of finally achieving their end, backing both sides as usual, but this time establishing their aim of global communism, and absolute control.

The breathtaking aspect these days is that their strategies are so transparent – they don't care, and precious few voices speak against them. The 'hatred' between Americans by Muslims has been carefully orchestrated and exaggerated in America by US Zionists. And all the 'terrorist' attacks before and after 911 have all been elegantly contrived to fuel the fires.

Just step back, and look at the bigger picture. Does the dramatic speed of events over the last few years not strike you as bordering on desperation? Do you not get the impression of a last despairing throw of the dice? Does this selfish self-serving, heartless cabal fear the possibility of a major upheaval in the next few years? Is this their final push in a dire campaign to subjugate the 'innocents' once and for all in a vain attempt to frustrate the dawning of a new era of love and harmony?

We are everything: every being, every emotion, every situation. We are Unity, we are Infinity. We are Love/Light, Light/Love. We are.

And as such, we are inviolable.

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It is said, a fifteen-year-old girl asked the Dalai Lama if he would tell her about his most powerful teacher. He replied with a grin, "This answer may surprise you..." Then he turned back to the children and said, "Although I have had many brilliant and inspiring influences in my life, I have to say that my very strongest teacher, without a doubt, was Chairman Mao (whose communist Chinese government annexed Tibet, desecrating many monasteries). Because of our opposing views on the future of Tibet, many hardships were experienced over a period of many years. If it wasn't for Mao, I would not have been able to have the opportunity to truly learn about tolerance and forgiveness."

Indeed Ra said that the coming inconveniences would yield many opportunities for service.

Thus also, we should view these dark forces who follow a different path. We should acknowledge their right to their choice, wish them well on their journey, and be grateful for the catalyst they present for us to strengthen our resolve to flood the world in these last days of this era with unconditional Love, and an acceptance of all other selves throughout the world as our dear brothers and sisters.

Let us send our support to those confused and suffering peoples of the Middle East, and may our mutual Love keep a light burning through these dark days.

Neil.



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### **Appendix Suggested Meditation Technique.**

The first requirement – Step One, if you like - is knowing how to relax at the drop of a hat. Well known figures in top jobs frequently use such a technique to allow them to clear the mind, re-focus, and keep going at top performance; Winston Churchill was famous for it.

We are not talking about any esoteric or exotic technique here. No altered states of consciousness, hypnosis or similar. Basically, we are going to get intimately familiar with the feeling of total relaxation, and teach our minds a trick to help us reach that state whenever we so choose.

Before we establish the 'trick', I hope you appreciate that your mind - left brain and right brain, conscious and inner conscious ('sub-conscious' implies something inferior, 'un-conscious' implies you're asleep), objective and subjective, has the ability to control your physical body. Apart from the obvious movements, consider also when you hear a touching story, and your eyes fill with tears; in the presence of someone very special, your blood races, your cheeks flush as a result of you feeling shy, or embarrassed; your brain hears something funny, and you burst out in laughter. You can train yourself to blush, to burst into tears, and I sincerely hope you can laugh at will. Next time you get a mild cramp in the arm, or the leg, try freeing-up the spasm by thinking about it.

So, we need a trick to get our brain to relax the body, and the trick is a simple "triggering mechanism". A "triggering mechanism" is merely an event, a mechanism which triggers a certain reflex action in our brain. The vehicle you were blessed with at birth came with many of these built in as safety devices. Anything of visible size, flying towards your eye will instantly trigger the response to close the lid, and jerk the head; lots of factors influence the success of this mechanism, but more often than not it works. Irritation of the nerve endings in the nose by foreign particles or gases automatically triggers the sneezing response as the body seeks to expel the invader. Other mechanisms are learned. Red is the accepted colour for danger: the sudden illumination of a red light will automatically provoke a response – to the car in front's brake lights for example. And similarly, you can train your mind to react to a self-created triggering mechanism.

In Neuro Linguistic programming, this technique is called 'anchoring'. We are going to anchor a certain sequence of words to our inner conscious mind, so that as soon as we hear them, our inner conscious will trigger a response in our physical body.

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I was taught this mechanism by the much loved and much missed Wally Minto, who suggested three simple statements; "Relax", "I am", "Within". You can choose anything you like. The words themselves do not matter. It is their repetitive use always in the same sequence as a 'trigger' which is important. For the time being, why not use Wally's 'trigger'? You can easily change to your own in the future if you feel the need.

So that's the 'trick'. Simple isn't it? Now let's get familiar with relaxation.

When I started this regime, I thought I knew what it felt like to be relaxed. I was amazed to find I was in reality, barely relaxed at all. Now I go much deeper, and with much more satisfaction.

### **Step One.**

Try to choose somewhere safe, secure, and familiar where you will not be disturbed. Switch off the 'phone, fax, family, any other device which may make your attention wander. Try to choose the same place every time; it all helps the process, especially at first. You need to be seated in a comfortable chair, upright with your back fully supported, and your feet flat on the floor. Some people take off their shoes, and certainly, ladies, high heels will not let your calves relax. You should be able to feel the floor taking the weight of your legs.

Your first goal is going to be able to sit relaxed without moving any part of your body for five minutes, hence the need to set-up the space, chair, comfort, security, temperature, quiet etc. You get the picture? One more tip before I outline the process. Soothing music will help, and you may like to make up your own tape, recording the following guidance notes over your background music to be able to develop your relaxation routine as you listen. Keep the volume low, record your instructions at the appropriate pace. Now here goes....

Sit upright in your chair, in your safe place, eyes closed to avoid distractions, back nicely supported, hands loosely in your lap, palms upwards if this is comfortable to you. Let your head tilt slightly forwards, but not with your chin on your chest, jaws slightly apart even if your lips are closed. Legs at a comfortable angle with your feet flat on the floor.

Take a deep breath in, right down into the deep lung, feeling your abdomen expand, and mentally saying to yourself the word "Relax" several times. As you do so, allow yourself to feel relaxation passing down through your body from the hair on your head, through the neck, chest and back, abdomen, thighs, calves, and out through your toes. Hold the breath for a moment or two, then let it out slowly, all the way out; even when you think your lungs are empty, give a last final push to expel as much of the air as possible.

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Then, another similar breathing routine, only this time mentally saying to yourself the words "I am" several times. Again, visualize the feeling of relaxation flushing down through your body. Let the breath out slowly, and give it a final push to help it along the way.

And a third breath, this time mentally repeating to yourself "Within", as you again relax all the muscles and tissues from your head to your toes.

In the early stages, focus on this relaxation. As you think of each area, you may find it helpful to wriggle that part, or flex that muscle just to loosen it and leave it relaxed.

Start with your scalp. Waggle your ears a moment, and then feel the relaxation pass over your forehead, ears, your facial muscles, down the back of your head into your neck.

Most important, feel your tongue relax and settle backwards slightly in your throat.

Rotate your head slightly to free up the neck, and then let the flow slip down into your shoulders - give them a little shrug - feel your breast and back muscles sitting more comfortably.

As this relaxation flushes down through your upper body, let it also wash down your upper arms, through the elbows into your forearms, wrists, hands and fingers, flexing them gently to loosen up the joints and muscles. Now the lovely, warm, relaxed sensation is passing through the abdomen, hips, through your bottom. Flex your thighs and feel it flow through the knees, down the calves, roll your ankles, and waggle the toes to let any tension, any tightness out through the ends of your toes.

It is so good to feel this relaxation. Experience it, enjoy it, revel in it. Think how great it would be to feel like this all the time. Associate this feeling with a special memory. The 'memory' may be real or imagined, and you may change it any time you wish. Just let it be something really special to you, which you associate with this euphoric feeling of absolute peace, security, looseness of your body.

To begin, experience the joy of this deep relaxation for a few moments, and then, continuing to breathe deeply and regularly, bring your focus back to the present, flex the muscles across the tops of your shoulders, stretch your arms above your head clenching and unclenching your hands, then open your eyes in perfect health.

Practice this routine ideally two or three times a day at first, and as you do so, you will find you compress the relaxation time dramatically, until you are in your special relaxation haven by the time you have taken the third "Within"

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breath. I know some people who repeat the 'mechanism' twice, going through a second "Relax", "I am", "Within", with relaxation. Whatever suits you best.

What you are doing is creating a special haven where you love to visit to 'get away from it all'; the ideal holiday destination, exclusive to you. It is yours and yours alone, it is your creation, you are totally in control. And you are establishing an express route to get there any time you desire. Eventually, you will be able to fly straight to your special haven, no matter where you are, how much noise there is, eyes open or closed.

Gradually extend the time you spend in your special place, until you can sit, relaxed, without moving any part of your body whatsoever for five minutes. (Set up your tape with a five minute silence, or just quiet music, and give yourself a wake up call after five.) This will not be easy at first, so don't beat up on yourself when your face twitches, or you must cough, or rub your nose. Just keep trying.

Getting to sitting relaxed for five minutes in control of your physical body is no mean task, and it is the first step towards realising the awesome power of your mind. When you are comfortable with your ability to achieve total physical stillness with ease, perhaps after six or seven days, proceed to Step Two.

### **Step Two.**

Now you are getting quite good at taking control of your physical body, you can begin to assume control of your mind. Yes, I know it is your mind already, but wait! You'll be amazed how little active control you are taking of it!

This step is very easy. Next time start your physical relaxation routine as usual with the word, "Relax." Then, with your second breathing routine, "I am," as you continue to go deeper into relaxation let your awareness dwell on yourself. Finally on "Within" feel yourself going deep within your inner self as you continue to relax and enter your special haven. Now as you sit there completely still, simply observe what is happening in your mind.

You were capable of multi-tasking long before Bill Gates could use a bead frame: as you sit, relaxed and comfortable, use part of your brain to just watch your thoughts; listen to the noise that is going on inside your head. Notice how things repeat themselves, often pointlessly; see how you jump from one subject to another, at random. Observe how easy it is that you switch from one line of thought to another. Sit through your five minutes of motionless relaxation and simply watch your thoughts; listen, like a detached scientist, to the useless

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chatter that goes on inside your head. Then bring yourself out of your relaxation haven in the normal way, stretch, clench and unclench your fingers, open your eyes in perfect health.

That's it. Step Two complete. You need only do this once; I said it was easy, didn't I?

Aha! That was just to soften you up; here comes the hard part.

### **Step Three**

Seriously, Step Three does not come easily to most people, but you will succeed. All it takes is a practice, and with all things, a little at a time is the formula for success. When you fall short, stop; rest; relax, until next time. Don't beat yourself up over this; that will only hamper your progress – indeed, that process with anything rapidly puts you on the road to failure. Acknowledge the progress you've made today; recognise where you fell short; use the experience to avoid the same pitfall tomorrow. You've plenty of time to perfect this, you've already come a long way, and it WILL get easier each time, I promise.

So, Step Three: once in your relaxation haven, comfortable, fully at ease, you are going to stop your thoughts. Yes, you read it right; you are going to think of absolutely nothing.

Go into your special place as normal. Then, as soon as a thought comes into your mind, stop it. Right there. Dead. Don't plan to remember it later, just zap it! This will cut out most of the incessant chatter that you observed in Step Two.

That chatter is your left brain, your conscious mind, on overdrive. It likes to think it is in charge, it dupes you into believing that it can keep you in charge of what's going on (psst! that's not the real 'You'). It is busy doing nothing. The effect it is having is winding you up, and more importantly, stopping you connecting with who you really are. You need to give yourself a break, take a mental breather. That's why we stop all this nonsense; the important stuff will still be there in a few minutes when we come back to the surface – and what the ego tells us we will 'lose' wasn't so vital after all.

But, as soon as you think you've 'got it', you will suddenly find yourself in the middle of deep consideration of something or other. These are usually the important thoughts, buried deep in your inner conscious: things you don't really want to think about; things you've been putting off 'till later'. Don't rush to zap these; these are ones which need to be teased out. Look at them squarely, spend some time with them. Be comfortable, for they cannot hurt you. Let them

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rattle around in there until they're spent. Eventually they will begin to fade: wish them well, and let them go.

Sometimes, the same thoughts will surface time and again over many weeks. This is an indication of how long and how deep they have been buried. From the moment you entered this incarnation, you have been programmed with buckets full of false information. As you mature, much of this may have been questioned and discounted; but there will inevitably be some elements which remain – doubts, fears, folk-lore, religious doctrine. These elements do not want to let you go. Just stay calm, keep faith in yourself. They too will evaporate in time, and leave you able to clear your mind completely for longer and longer periods.

In this time, just let yourself 'be'.

Whilst I do not have bells ringing, flashing lights or similar, very often a solution to something I have been trying to resolve will surface in my (conscious) mind shortly after a session of deep total relaxation, even though I would say I had not been thinking of it, or anything else during the session. I know this works for others too; I'm sure it will work for you.

You are an amazing creation; for all its new knowledge, science does not even scratch the surface of how the human mind works (let alone the human spirit), and cannot begin to imagine all the 'miracles' you are capable of. Be aware; open yourself to the limitless possibilities of that most precious instrument gifted to you. Believe it can allow you to accomplish, achieve, attain anything your heart desires in harmony with natural law.

Practice this routine at least once daily. You may only achieve a few seconds at first, but that's a tremendous achievement; gradually extend the stillness, and you'll soon find that you can make five minutes easily. In time you will be able to go deep into yourself at any time, and give yourself that total-being refreshment to cope with any situation.

If you have no other habits in your life, make daily meditation – even ten minutes - the exception. You'll be glad you did.

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