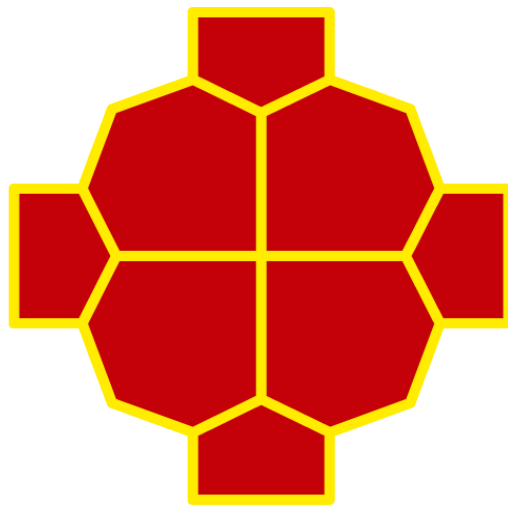


Message of Blood



Universal Communication
and
Mastery from within

by

Roy Little sun

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Introduction

The "search for the Holy Grail" or Cup that collected Jesus' blood while he was on the cross is symbolic of the human body that contains the "liquefied light" or blood. The time has arrived for us to enter the inner search to know the One who created the Cup! The search, however, is hindered by our blood which is created from the food we eat. This often has incomplete or distorted memory.

Why is blood needed for us to be able to feel, have emotions, speak, see, think, and discern? Why do we need to experience all of these qualities on different levels of consciousness? Where does all of it originate? What or who does it lead into? Where is this "what or who"?

All of this will be explained in this book and will most likely change your perspective of who you truly are! It is likely to improve your state of well-being as well. When we have a universal understanding of what blood is and how we can change it with a sacred way of eating, life will take on an entirely new dimension. The message is also one of peace and freedom which will come from within. This goes against the only "solution" that is presented to us by the world of today. The exploitative political, economic and scientific order emphasises the outer over the inner, teaching us how to "live" with the problem.

Disease, injustice, war and poverty have increased into alarming proportions with more medicine, laws, weapons and money. In short, the message that I share with you concerns the root cause of today's problems explained in tangible terms. It is important for us to know that the food we eat becomes the blood by which we can sense. By empowering us to control our own blood quality and way of life, we become able to come to full potential and fulfilment. This is an option we should know about and that it is within our reach. Our blood quality influences the quality of our world.

Water begins to become poisonous after a ten day period of stagnation. This principle also concerns our internal ocean, blood. We begin with the blood in our mother's womb and we must responsibly maintain this in our own body after we have been weaned from our mother. The degree of disease correlates with the degree of maturity. Today's world truly shows great irresponsibility. The extreme global pollution correlates with humanity's sick blood, becoming sicker with each bite of food and sip of beverage which has become stagnant in the commercially managed process, managed by those with fixed minds.

Pillar of Light

- The most powerful Pillar of Light that the human can receive comes from earth's centre or seed.
- We can extend this Light through us because our blood has the same nucleus (iron).
- We can multiply this Light by many trillion because we are a microcosm of creation enabling us to extend creation through us.
- Since creation and the creator are one this spells that the creator is also within us. So, we have the power to create.
- In realistic terms it all begins with blood which is the Light that interconnects and

- makes the seed grow.
- Self-realisation is knowing how to make the seed grow from within which formulates the essence of the creative force that the blood contains: “the seed is in the tree and the tree is in the seed”.

The following explains the oneness we are in; what is within.

Outside our solar system the energies of the universe centre on the stars. All the stars interconnect with one another by their rays of light. Our Sun, which correlates with our heart, is the closest star to us and, by its light, Earth receives heaven's energies. By this union of heaven and earth, seeds grow into plants (food). When we eat food, the stars without become the stars within (body-cells). Thus, in the way the Sun interconnects with all the other suns, our heart seeks union with all the inner suns by the circulation of the “liquefied sunlight” (blood). Then, we as the consumer of food become food and return to the outer by the consciousness of who we are, marked by our behaviour. By this closed circuit the “hologram” is created in which we can create our own reality.

We are the cosmic grower and eater of food! This truth is mirrored in the Hopi's saying “the teaching is in the corn”. Corn, for the Native American, is not only a cereal grain (the food of the gods) but it also relates to the heart. So, by the spiritually growing and eating of the whole cereal grain, which is the most complete food as our daily main food, we can also complete the food and consciousness cycle by becoming food for the Creator of Food. This One is centred within our heart.

Message of Earth!

The externalisation of the self or heart's centre changed our universal orientation. This in turn caused us to perceive energy to come from the outer. “We need energy” and “we need money” to buy energy, has become the global cry. The other way around is rather true, “energy and money need us”.

We must realise that the self is the portal into the source of energy, wealth and infinite possibilities. The outer is the creation of a reality that is projected from deep within. The circle is the expanded centre. Currently we are switched on to the temporary perception of a dual reality.

Within the universal context we are influenced by the heavens in the form of astrology. The twelve constellations regulate the functions of our twelve organs. Our heart and the sun are connected.

Since we are all one, opposites do influence one another. So, what could the impact be of Earth's energies on the universe and on Creation? By this oneness, it is true that what we project into the universe will return to us many fold, because the projection is upon many more celestial bodies! Our body became extremely complex through this universal relationship. For instance, each body cell correlates with a star.

Now that our world is concluding a cycle of consciousness, what would the final message be that Earth will send into the universe? Will we be exponentially empowered by the last

choice, the "to BE", or will we be reduced into a most demeaning being that in many cases has become powerless against the most primitive form of life, the virus? Correlating with the "problem-management" scenario whereby we "live" with the problem, dependent on the computer that can crash in an instant compared with the simple cell that is at least one hundred years ahead in its computing capacity, that can survive magnetism, humidity, temperature and shock. This simple cell is part of our physical make-up, but due to great ignorance "scientific man" has been frantically trying to eliminate it with the antibiotic. We have even built an arsenal of atomic weapons that can reduce humanity to ashes.

So, before Earth can send out a universal message of peace, we must firstly get across the message of blood, for it is by blood that we can have a relationship or even an inkling of who we are. It is by this lack that one tries to identify man by the DNA that can only be temporarily fixed by the administrative files. Within the universal context this is a fraudulent way of thinking. The truth is that everything is subject to change, including our DNA. We can change our own DNA by changing our blood quality. The "system" tries to prevent this by having humanity fixed by standard supermarket foods and the belief that our blood comes from bone marrow. Supermarkets around the world have begun to stock the same foods which are controlled by the same people. These people control the marketing, including that of Fair trade products.

Universal Law and Order

All phenomena are the result of The One Law. To truly understand all things in essence, the principles of the One Law have to be understood.

All phenomena are in constant flux. Without change things and even concepts will disappear as soon as they are created. There has to be a constant to make existence continue. The constant that perpetuates creation is the Law of Change, Creator's Law. Everything changes due to the un-change, which is Change. This paradox is the key of Great Mystery.

Oneness is the beginning and end, and is the Source. It is only through contrast or polarity that we can sense Oneness. Front and back, high and low, left and right, inner and outer, past and future give dimension to Oneness. Contrast creates "everything out of nothing". At inception Oneness "explodes" and separates itself into two, the polarity. One pole has the inner position or centre and the other pole has the outer position, the circumference. The opposite poles maintain each other due to their common origin, the Oneness.

This Oneness is "remembered" by the polarity, which is why opposites attract one another. Upon the union, the polarity remembers the differentiation. Consequently they separate. From thereon the pulsation continues. Change in its dynamism is based on this initiation.

In order to eternally continue the pulsation (life), the opposite poles have to be complementary. This interdependence between the two is Order. Thus, everything can be seen as Order. The cycles of nature, keeping us alive, maintain Order. All particles within these cycles, including atoms and parts of the atom can be seen as Order. Constantly the inner and the outer empower and maintain each other.

Within us all of Creation is represented - also the Creative Force, by which the Oneness

could become two. This polarisation is represented within us as the Power of Discernment. By this factor, we can re-enter the Oneness and become enlightened. However, before that happens, the ultimate choice, and the ability to live it, has to be made. By making a choice, we have to discern first. Thus, when the choice is made to enter the purity of the Oneness, by living the true Law, the Creative Force within us will help us merge with the Origin.

On the other hand, the ability to make choices enables the human being to experiment, and deviate from the True Law. Yes, our curiosity goes that far, that we even try to negate the Law, to see what happens when we do so. We then have to design our own laws. These laws have to be of an opposite nature. Thus, opposites are not supposed to be complementary. They have to be conflicting. Right and wrong, good and bad, like and dislike, mine and yours, are the concepts by which the experimental order can exist.

How we relate to opposites determines how we relate to Oneness. When we seek Oneness within the universal context, health, peace, justice and freedom come naturally. For example, we breathe by inhalation and exhalation. As such, we maintain our Oneness within the realm of air, inter-connecting with all the creatures who breathe air. We drink and urinate to maintain our Oneness within the realm of water (oceans, clouds, rain, lakes, springs, rivers), and all the creatures who drink water. When we eat solid foods, we maintain our Oneness with the Earth and all celestial bodies, which make our food grow. Thus, when the energies we internalise are wholesome and pure, including teachings, our life can be most dynamically and happily experienced.

The modern world was designed in conjunction with the distorted way of eating. The industrialisation of food has created an incomplete relationship with Creation. It caused modern humanity to think and behave in extreme antagonistic terms. As such, oneness (nationality) is forged through conquest and various forms of violence.

Creator's Body

When the hand holds the food, feels it and brings it to the mouth where we can taste it, then who is the one who holds, feels and taste? Then, upon the digestion the food becomes blood. The blood enables the hand to move and hold, feel and taste the food. Hand and mouth are merely instrumental to excite the experience (expiration or temporary) into a lasting awareness. So, who is the ultimate ONE who holds, feels, taste and can eternally remember?

Food bridges the outer into the inner. Blood interconnects all the parts of the inner. So, being an instrument of the Creator of All, food must become the blood of our Creator's Body, with the understanding that the eater in turn becomes food for the Ultimate Eater. The Individual ("indivisible-two") is merely a part of the Creator's Body.

When we only eat for "hungry me", the holding, feeling and tasting will not last. But, when we eat and live for the Creator of All, we can be full-filled. What does it take for us to realise that we are a part of the Creator's body and it is not "poor me"? The answer is simple, but accepting the answer is difficult. Difficulty is the shortest way to BE with the Creator, for it is giving up the familiar, temporary or illusion. They are all finite, Nothing.

However, everything originates from Nothing. The secret of the realisation is the change of the Un-manifest into the Manifest. In other words, by detachment from the illusory, that we can temporarily hold, feel and taste by the senses, we can enter the self-evident. What keeps us from this truth - a truth which will actually set us free - is identification with the temporary, such as a passport, money, status, race or "DNA sample". Within the illusory realm the sensory, sensual, emotional and all sorts of "pleasures" keep us in the cycle of addiction and suffering.

The surface of the skin, soon to be shed in the form of flakes, dandruff and smell, is very much exposed to the external, where the "raw material" comes from, to be internally refined within the eater into consciousness. Although on a primary level of consciousness, the shedding is part of the maintenance of the outer-inner cycle. Man cannot exist without this primitive superficial function as we cannot exist without the inner-workings which are close to the only ONE, within. With this realisation we can also become aware that what we hold, feel and taste can last when we do it for the Creator!

How does the Creator hold, feel and taste? The temporary holding, feeling and tasting is the result of duality. By becoming One with the object, the need for holding, feeling and tasting will vanish. However, by the external attachment to the perception of what we hold, feel and taste, the union cannot take place. Hot and cold will together explode into disunion when they come together without love or unifying principle. Male and female will soon separate with resentment when their "love" is merely sensually and sentimentally based, thus superficial. The nucleus that holds the memory of One can be disintegrated with a technology by which a reactionary energy (microwave) can invade the eater of food.

Although being a part of Creator's Body, Creator's Love can also be used through man. For this reason we were given free will. All Is One. So, until we use this ultimate power, Love, for the Creator, to realise that it is His Will, death or self-destruction will show us that we do not yet know Love. Suffering is "getting stuck in love", "falling in love"; a lesson that is meaningless unless the problem that goes along with it is solved. We are "problem creators/solvers"! Life within the dimensional or conditional is an ongoing test. It is by the last test of Will that we can once and for all let go of the finite, by changing it into the Eternal "I AM".

All we need to Be has been unconditionally given to us by the Creator. So, how much space can we reserve to hold the never ending flow of gifts? The only way for the receiving is to return the gifts in an improved way or state to the Giver (Who always for-gives). This is what our entire BE-ing is, a "cosmic refinery". What we can hold, feel and taste we can distil into the Consciousness that All is One. So, let's practice Unconditional Love, so that we will not obstruct any part by which Consciousness can be enriched with the resolve of the problem (= probe). Indeed, the problem is also the stepping stone into the world with the endlessly growing horizon.

Creator's Mouth

"The Universe is Food and what Eats". We are an eater and in turn become food (the seed is in the tree and tree is in the seed). Who or what do we want to become food for? The infinite range of possibilities correlates with our perception of who we are and who or what we want our life to be dedicated to. So, it is essential that we eat the food that can

substantiate our dream and also know whether our dream is of a finite or of an eternal nature.

Our finite being consists of body and mind and is merely the stepping stone into the infinite. We can excite body and mind with pleasures which only last to the point where we want to repeat them, because the pleasures have not been fixed by our universal consciousness but rather by the finite senses with the help of the synapses. Body and mind only last in the period between birth and death. The soul, however, is eternal. To realise that we are eternal requires us to eat “soul-food”! So, where is the mouth of our soul that links us with the Creator? This portal interconnects all opposites and is centred in the heart.

Together body and mind identify the opposites with the perception of the difference between the inner and the outer. This separation vanishes in Creator’s Mouth! The link between inner and outer is food. So, the food that the Creator “likes best” must have the greatest Memory of One, which is the “food of the gods”, the whole cereal grain.

The daily food we eat is the “condensed outer-creation” and is internalised by way of eating. So, it is essential that the digestive process is total, so that the memory that the food contains can be fully released and used by the eater. From there the essence of the food we eat ascends via the central nervous system to the brain and is projected into the outer whereby we can recognise and remember the different aspects by which the food was created, ultimately the Creator of All. By this recognition we can come to new forms of creation. By being able to internally change the outer we can also change the outer. In other words, we can create our own reality by the Sacred Way of Eating. It is only by the un-sacred way of eating that we end up unfulfilled and become bound by a karmic cycle.

What is Blood?

Blood has basically three stages:

1. As food before it enters our body.
2. when it is in our body as a “red sticky liquid”.
3. when it exits our body in a subtle way, by feelings, emotions, thoughts.

Stage 1

This stage is initiated by polarity, expansion/contraction. By expansion the soul can enter Great Mystery and have an experience to ultimately release itself from the physical plane, which is the turning-point. From here the pole of contraction (towards “Heaven”) dominates and by it the return is completed via the cultivation of consciousness.

At the first stage of “stage 1” the force of expansion becomes the water element, by which energy is centralised. By this inwards-organisation (in-organic) the nucleus is formed which consequently contains the memory of the “journey” into Great Mystery, all the way from the point of departure till the point of arrival on the physical plane. Hence the existence of stones which have the greatest “ancient memory” that we need for the ascension or remembering.

By the same token minerals are important to us for the solidification of the nervous system (spine towards the head) so that we can internally progress in consciousness.

The ascension begins with the fire element. Water and fire create the circulation. The ocean creates clouds. Clouds become the rain that culminates into the river to complete the cycle with the return to the ocean. By this circulation the Source in the form of the seed can grow. The plant then collects the subtle elements which have been released from the stones (by erosion) via the root-system, and those prior to becoming stones via the branch-system. Upon saturation the plant becomes a firm basis for the ascension of man, for he has entered the fire stage. In addition, the completed plant has produced the nutrition that enables the eater of plants to further the ascension. This nutrition is the carbohydrate or “fire food”.

Stage 2

Of all “eaters of plants”, man eats the most advanced “fire food”, the whole cereal grain that contains the complex carbohydrate. Moreover, man is most able to digest this food and he is best equipped to release its memory. Consequently the consciousness created from it. makes man understand how to use fire by adding it to his food. This led to the art of cooking! As such man’s nervous system became vertically oriented, indicating the strong polarization between Earth’s centre and outer creation.

So the digestive process changes food into blood (blood-plasma first) and the entire evolutionary process of the outer becomes that of the inner. Here blood correlates with the source of the water cycle, the ocean. Then blood changes into body cells, resembling the plant. The difference of the plant’s nucleus and man’s is that the magnesium in the plant is dense and therefore the plant cannot fully unlock the memory and project it back to the source. Man’s nucleus is the same as that of the Earth, with the difference that man’s iron nucleus is attained by biological transmutation. Iron in contrast to magnesium is releasing. Its energy, magnetism, interconnects the inner with the outer. Also here there is a difference. Earth’s magnetism is bound to the physical plane. Man’s magnetism since his iron is attained by biological transmutation (with the use of Fire), change or inner alchemy (absolute and eternal constant of Creation), can detach himself from Earth. Thus by our total ascension or self-realisation, we can help with Earth’s liberation because by having Her embodied by way of food, She will “join” us into the evolution of Spirit. Man and Earth have a contract!

Stage 3

From here the subtle energies are remembered in the form of feelings, emotions and thoughts. As such we can increasingly be released from the body (physical plane) and ultimately return to the Source with a new consciousness of BE-ing. Social interactions and the communication within the context of the infinite universe become our blood! Then, ultimately the blood’s essence is centred into the Oneheart or portal of portals. The essence of blood is the consciousness that All is One. To have the “food of the gods”, the whole cereal grain, to be our daily main food, will set the firm basis for this consciousness attainment. The whole cosmic journey can be summarised in one sentence: “the tree is in the seed and the seed is in the tree”. Or, “the circle is the expanded centre and the centre is the contracted circle”. Or, in other words: “ALL IS ONE”! By this principle of principles we can create our own reality. By consciousness we create and what we create creates consciousness. The “in-between” (tree stage) is merely the fleeting experience or “Creator’s Entertainment”. How beautiful and exciting a tree can be! Yet, it is always the seed that secures the perpetuation of the tree. The lasting beauty is attained with the realisation that we are in truth one with the seed of seeds, in bliss. In some traditions the

Creator is identified with beauty.

The Journey of Blood

Both the outer-infinite (endlessly going outwards) and the inner-infinite (endlessly going inwards) lead to Nothing. Nothing, or Great Mystery, it is to the senses, because they depend on the duality by which the synapses are created to cultivate awareness.

So, what lies In-between the outer-Nothing and the inner-Nothing? Indeed, Nothing. By the deed or experience we can sense. What we experience is Nothing. It is only the One within Who experiences, who Exists. The One is the “Point of Reference”, thus Unchanging, which is Change. Change does not change. What we perceive is changing, or the illusory movement between “two Nothings”. This is what Illusion is, the “changing Un-change” or the “One Who goes through all things and ways”. We can only see Reality, or the “as is”, by becoming one with the One. This is Self-realisation. Therefore we must master the relationship between opposites, to be able to see Oneness.

The very nature of polarity is Expansion/Contraction, whereby we can have the Experience, or the “here and now in movement”. Expansion/Contraction, the two tendencies of One Force, create the realm or hologram in which we can perceive. The “flow” in which we then can find the Self is the very basis of blood. Blood interconnects by Expansion/Contraction, that’s why the heart pulsates, in the Search for the One! This flux becomes spirally dense until we reach a turning point, from where the Force that moved the spiral goes into the opposite. The expanding spiral then returns to the point from where it began, with the difference that the Force returns with a Consciousness that is distilled from the Experience. This process is that of Blood! By spiral contraction blood becomes increasingly dense until it is centred on a stable nucleus. For the earth experience through the human potential it is iron. By spiral expansion blood becomes increasingly subtle until it is centred by the centre of centres or still point where the One “Is”.

The “Is” point is in all things and ways, so that the Oneness or substantiated Nothing - the IN-between, can be experienced. More words about this subject will merely lead to confusion (contra-fusion). So, let us slow down by observing the text illustrations of this journey of blood in the total picture.

The “Total Picture”

Creation/Evolution - The Nine Cosmic Gates

Creator’s Body or domain has nine gates. Evolution can be demystified, by lining up the nine gates in the correct sequential manner, which shows how change progresses in a spiral. As such any part of creation can be understood within the order of the infinite universe. In other words, we can see oneness in all things and ways, so that we can stay on course towards the goal of life, which is self-realisation. The most intricate and costly researches to unravel the origin of all existence cannot surpass the observer within, that we can Be with giving the best possible answer to the last question: “to Be or not to Be?”. With the “to Be” we will have a direct and most intimate knowing and relationship with the self-evident, for the self is self-contained. The self is the “secret Garden of Eden” that we

can enter through the nine gates in a row.

The following illustrations show the nine gates in their cyclical order. In the descent (outer towards inner; circle becoming its centre; 1 – 9) food is created. In the ascent (inner towards outer; centre becoming its circle; 1' – 9') the Eater - who contains the Creator as he is contained by the Creator (All Is One, the seed is in the tree and the tree is in the seed) - becomes food in the form of consciousness. By consciousness the realm of food is created. In this closed circuit "God makes Himself". Truly knowing and accordingly living this is 'to Be'. Self-realisation is the self knowing the self, of, by, for and within the self.

The Descent (1 – 9)

Manifestation appears from the "Unknown Nothing":

1. Great Mystery

"Unknown Nothing", yet, it is All There Is or Everything that can be Known by the Knower. By a plan Earth was chosen to realise a portion of the "Infinite Possibilities" through the human potential.

2. The "First Question"

For the Oneness or origin to set a basis to know the self through stages:

With the Question the Creative Force is set in motion, setting the basis for Polarisation:

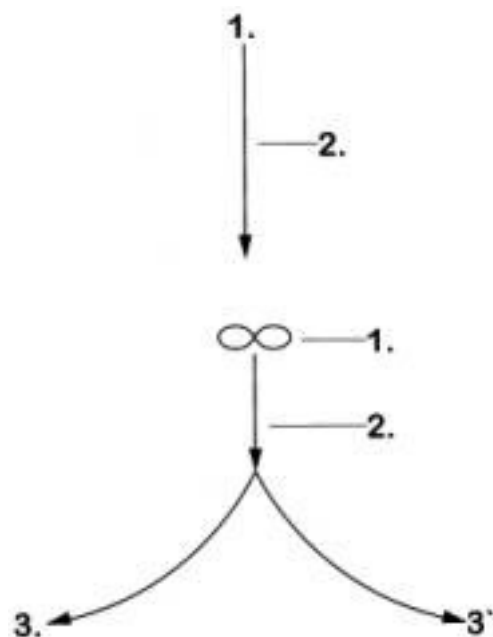
3. Polarisation

One becomes Two (One in and as Two):

4. Deviation from the oneness creates memory (= distance between beginning and end). The two remembers its origin (One). Thus the opposites (Yang/Contraction and Yin/Expansion) attract one another, to maintain the Oneness in the Relative World.

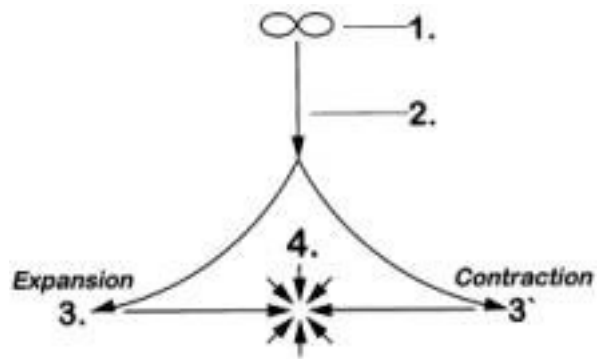
"VOID"

"WHO AM I?"



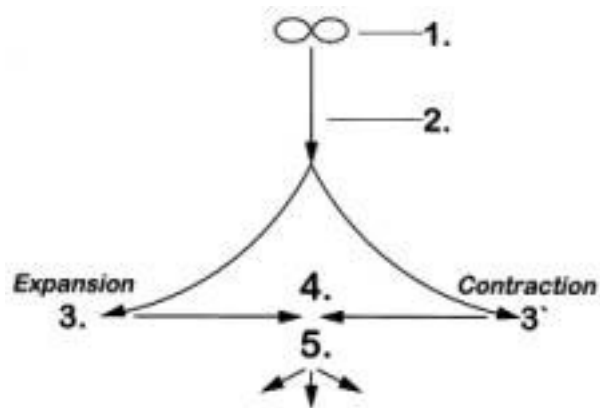
Consequently, by the explosion/implosion, a portion of the creative force appears as vibration or energy:

The unknown can be entered with the explosion (Yin), and with the implosion (Yang) the return to the Source is secured. With the return or reflection the oneness is able to become conscious of itself, in and through duality. Also, with the return, the energy that is created with the polarisation goes to the centre of the interaction and a basis is set for the nucleus to evolve. From here memory is contained by the nucleus.



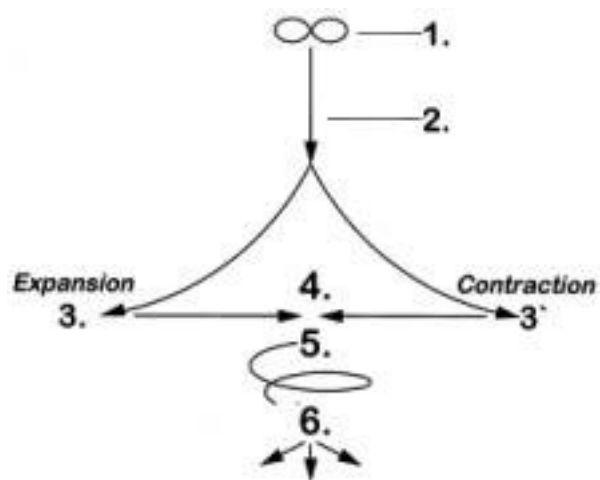
5. The Source is now enriched with the next memory: One becomes two. Thus upon the implosion One becomes two, again. From now on the two fundamental phenomena, contraction (Yang) and expansion (Yin) are secured. Thus Change (Pulsation) becomes the Absolute Constant of Creation.

As the pulsation continues and energy builds up towards the centre, the next manifestation is Light (lightning):

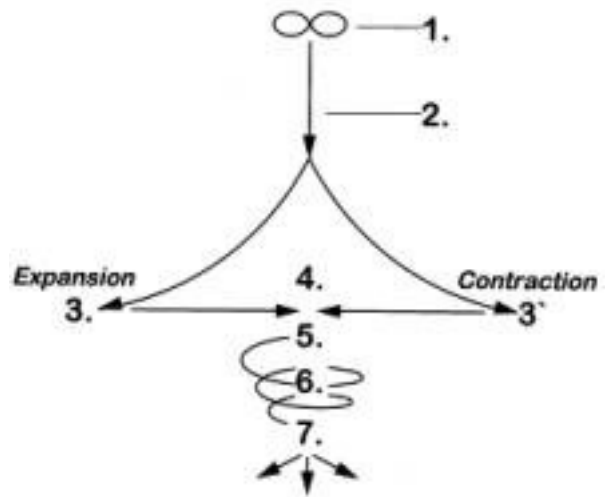


With Light the only One (Observer) has gained another mirror. When we see light it is the One deep within us Who observes through the eyes of the flesh! It is merely by the "emphasis on forgetting and ego" that we confuse the Observer with the mirror. "Education" based on the deductive mindset has contributed a great deal to this distortion. To reconnect with the Observer, we must concentrate on the place where the pulsation is most centred: the heart.

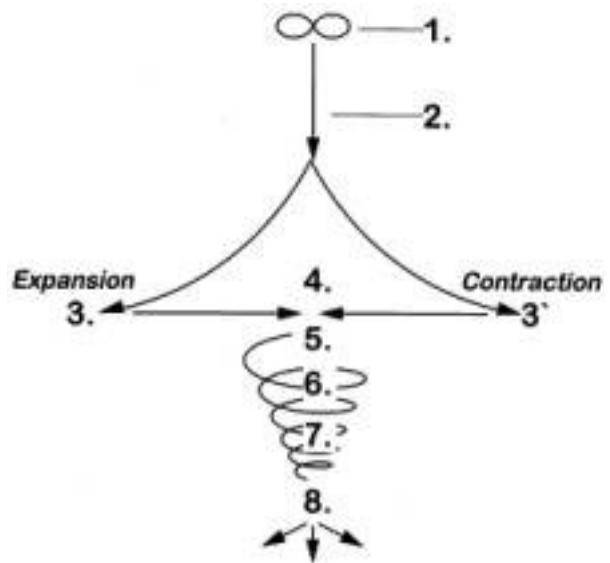
6. As the pulsation continues, Light is sensed as Sound (thunder).



7. Then Gas appears (wind), as the result of Sound having reached its point of saturation:

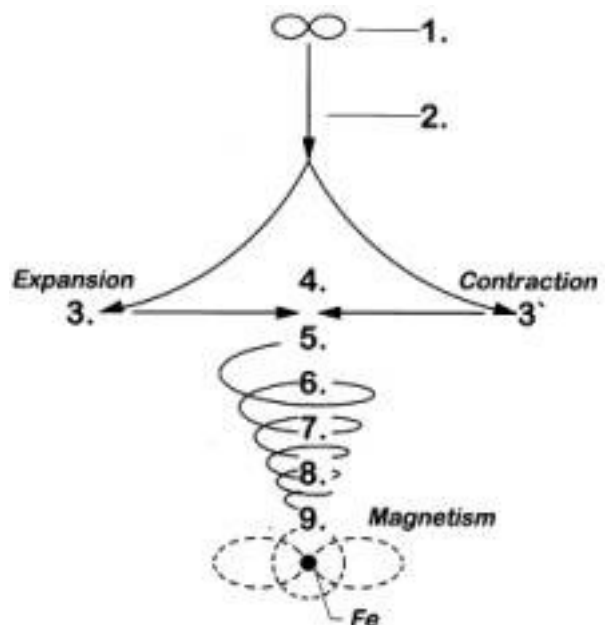


8. The saturation of Gas appears as Liquid (rain):



9. Ultimately energy becomes so dense because of the inward directed force that all the stages (1 - 8) manifest as Solid (matter). The greatest density around which man can manifest and is maintained is iron (Fe). Since iron is the most dense and stable element, being Earth's centre, the being who has this element as its nucleus, can be the "Earth-born" microcosm of creation. It is through the human potential that a cycle of consciousness can be completed.

Iron is the ultimate nucleus. Its energy is magnetism, connecting the inner with the outer. Thus man, having attained this centre as his, can serve as a living feeling turning point on Earth's surface. That is why man can release all the stages prior to the solidification. Moreover, this release goes



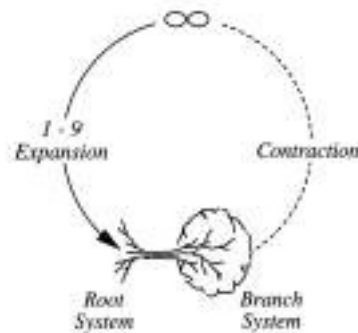
along with the different levels of consciousness (9' – 1').

The Ascent (9' – 1')

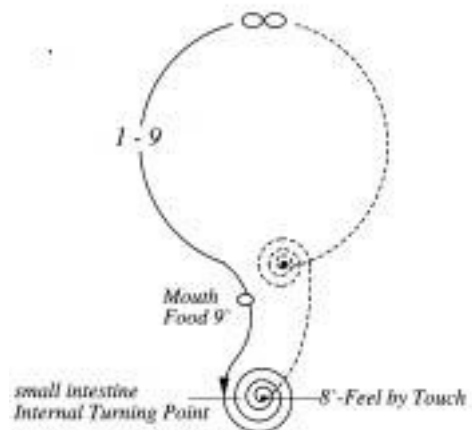
After the circle or tree has been distilled into the centre or seed, the Eater (Microcosm) has to go much deeper within in order to find and know the Creator of the seed. Now the growing of the seed goes into the opposite. The tree grows Inwards! Thus we must overcome the illusion that our "greater Self" is of the outer. Now the inner search begins.

So far the descent is of the inwards organisation and by its density matter (stones, crystals) is formed. This we call "in-organic". On this level the Original Seed manifests as the seeds by which plants grow. The seed, since it contains the Memory of One, will grow upwards after it has penetrated into the soil (inorganic) to Change it into the opposite direction. Now the up-wards organisation takes place. This is what "organic" means! Thus when we see a plant growing we actually see how the organisation grows towards the outer infinity.

9'. The return is initiated with the creation of the plant kingdom, where the descending energies or inorganic is changed into ascending energies or organic. That is why one end of the plant goes downward (past, root system) and the opposite end goes upward (future, branch system). From The Observer's perspective it is the other way around.

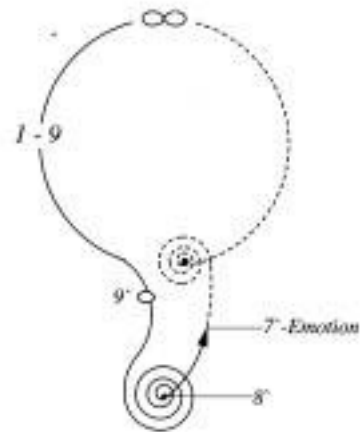


8'. The returning energy, generated by the plant, is accelerated by the next creation, the animal, which changes (eats) the plant into itself. Thus the memory is internalised with the digestion of food. In the small intestines, where the final digestion takes place, the essence of the food ascends via the central nervous system, to the brain. Along this extension of the digestive system we remember in stages the process of evolution, that we have to maintain with the Sacred Way of Eating (Food is much more than "nutrition"!). Thus with the assimilated seed power we can extend the upwards organisation much stronger, due to the ability to extract the attained memory through the digestive process of a greater inner-refinement capacity and quality. This process includes the use of fire by the way of

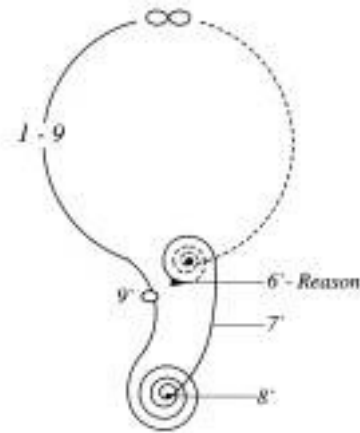


cooking.

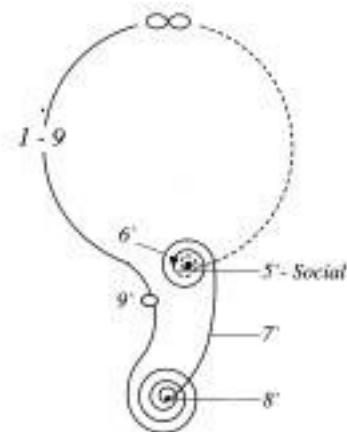
7'. The next step of the cosmic ladder is the world of Gas. Thus the blood rises to the lungs where it mixes with oxygen. By the "wind becoming conscious through us" we can experience emotion. With emotion we can feel the larger aspect of being! As such, being fully internally organised, the twelve internal organs in complete harmony with the twelve heavenly constellations, we can now extend the organisation within a greater context. This will result in the creation of the family structure (taking off on the 5th level), and beyond, with the increasing return into the realm of where the food we ate came from. Ultimately we want to come back to the Source or Oneness.



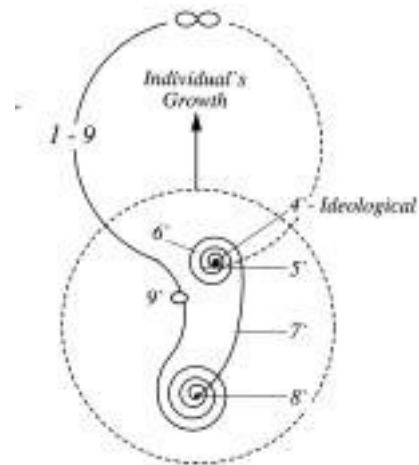
6'. Breath is the step into the world of Sound. Now we can create consciousness through speech and with it we can reason to overcome the limitations of the emotional:



5'. By the "Light becoming conscious through us", we can actually see what we reason about. Now we can grow in being within the realm that is bordered by the horizon and can extend the organisation from within in the form of family, community, etc. As such we gain social consciousness. On this level we develop personality and begin to realise the potential of the individual (= "indivisible-two").



4'. With the social being we can enter the most subtle level of energy that's still attached to the solid world. With thinking (using the brain) we set a basis (limit used as a stepping stone) for entering the future by "going out of our body". Thus by "vibration becoming conscious through us" we can go beyond the horizon and reach the ideological stage of being. It is with the ideological being that we can detach ourselves from the temporary and enter Great Mystery beyond anything that we can possibly imagine. What at the "other end" is waiting for us is the unexpected or Surprise!



3'+2': Two more steps and we are Home! Now we must overcome the duality (3') and the creative force (2'), which have up till this point brought out all the attributes for the completion of the mirror. Beginning and end can now find union Within! Thus the entire evolutionary experience, which became possible with One becoming Two, must be concluded with Two becoming One! It is only with the consciousness/memory of One that this last step can be made.

With the power of discernment (3', mastering contrast or duality) we can make a choice (2'). By making a choice we initiate the Will that represents the creative force. Thus, the last choice to be made must be based on the very extreme options (Finite/Illusion and Infinite/Reality), which we must perceive and understand within the universal context. Then it becomes possible that our will becomes "His Will", making us realise that we are a Co-creator identified by the I AM or Self (9'). So, we created the mirror by the creative force (Expansion) and upon the "breaking of the Seven Seals", internally, the same force flows through us (contraction) back to the Source.

Everything and any way, having come forth from Creator's domain through the nine gates remain subject to the cosmic pattern:

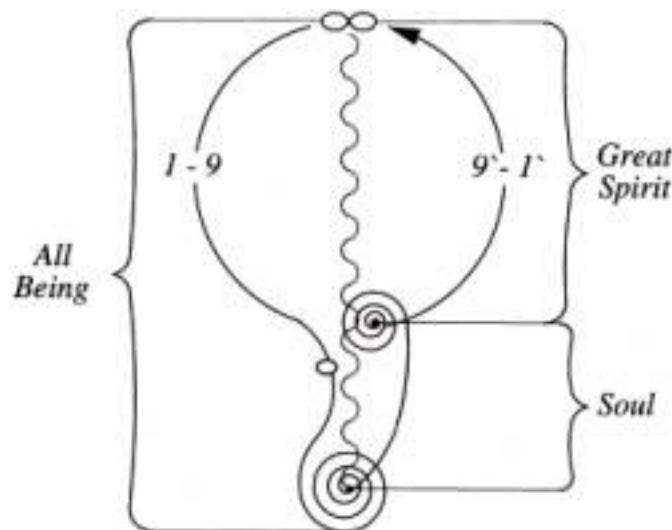
Example 1 – Concerning man's exploration, in order to expand his consciousness in space and time through communication:

- 9'. Solid stage - by land (foot, horse).
- 8'. Liquid stage – by sea (ships).
- 7'. Gas stage – by air (balloon, airplane).
- 6'. Sound stage – by sound (telephone, radio)
- 5'. Light stage – by visuals (television)
- 4'. Vibration stage – by microwaves (computer)
- 3'. Polarity stage – by competition (democracy).
- 2'. Creative force stage – by choice (will to BE).
- 1'. Source – Self-realisation.

In the negative sense, especially the last three stages...3' and 2' have been used to divide and conquer. This leaves 1' for the creation of the world dictator, trying to be God. The competition to be this One is with us presently.

Imagine the cosmic pattern applied to the disintegration of matter. The last stage would be empty space, the “Nothing or Unknown” that we must become one with by being humble, so that we like the Creator can be an unconditional servant on which everyone and everything depends on. This is the nature of the true king and leader of man, who can be the judge too, because he goes by the absolute and eternal constant, Change. So, the nine cosmic gates serve Creator’s One Law, Change. By this law we will never get stuck, but rather be free. A world that is primarily ruled under laws other than the One Law needs prisons and hospitals and an army to secure these institutions. So, when laws are used as weapons, weapons become the law. Today’s world is under threat to be completely ruled under martial law, reflecting the “lawless law”. This explains what is happening in society today where we find that corruption is commonplace.

However, all of it is futile. Since nature is unconditionally serving the world, under Creator’s One Law, this king/queen will see to it that order will be restored his/her way. So, the “last kicking” of the secondary order is shown by its brutal war against nature. Those who stand with nature have chosen to be the winner of the decisive battle within.



Summary of the “Total Picture”

“Food Descension - Food Ascension”

Descension

1. Seed (Source) of Seeds (Portal into Great Mystery, containing the infinite Possibilities)
2. Creative Force (Release of Possibilities)
3. Polarisation (Possibilities become Probabilities)
4. Vibration/Energy (Beginning of the Realisation of Probabilities)
5. Light/Lightning (Realisation becomes Visible)
6. Sound/Thunder (Realisation can be Heard)
7. Gas/Wind (Realisation can be Felt)
8. Liquid/Rain (Realisation can be organised into an Object)
9. Solid/Earth (The entire process into realisation can be condensed into the unified memory that’s centred by a nucleus)

Ascension

Attaining the Knowledge to Distil the Experience into the Consciousness that All Is One:

9' - The entire process of descension or inorganic realm (inner organisation) becomes food for the seed, to initiate the ascension through the human potential (unified integrity, of body, mind and soul). The attained consciousness is the mechanical.

8' - Upon the consumption of food the return to the liquid realm is accomplished by food which is changed into blood in the small intestine by biological transmutation. The memory that the food contains is released to then ascend towards the brain and beyond. The attained consciousness is the sensorial.

7' - With the "gas memory" the blood ascends to the lungs to mix with oxygen. The attained consciousness is the emotional.

6' - With the "sound memory" the blood ascends to the throat and speech becomes possible. The attained consciousness is by way of reasoning.

5' - With the "light memory" the blood ascends to the head and vision becomes possible. As such we can become aware of the realm that stretches unto the horizon. Within this context we grow in our relationships. The attained consciousness is the social.

4' - With the "vibration memory" the blood enters the brain and enables us to think. Now we can go beyond the horizon and enter the future by way of planning or "envisioning with closed eyes". The attained consciousness is the ideological.

3' - With the "polarity memory" we can discern and can thus know the options, by which we can discover our greater self. The attained consciousness is the transcending.

2' - With the "creative force memory" action is initiated by the will (representing the force that set the entire process in motion, 1-9 - 9'-1'). The attained consciousness is the self-empowerment.

1' - With the "seed memory" we can realise the self, by, of, for and within the self. The attained consciousness is the I Am or the unconditional freedom to Be.

1' – 9': tasting, emotion, reasoning, seeing, thinking, discerning, choice making; these are the different levels of recognising the oneness or the body of God that we are IN. This 'In' we can know best from with-In. At this stage we have arrived on the ninth (9') and highest level of being. We have actually self-realised. That is, the self knowing the self, by, of, for and within the self. Therefore we must do our own sensing and our blood enables us to do so! We rise from the most dense centre of Earth into our greater self. Therefore we must first eat from Earth so that our blood can contain Earth's iron centre. It is by this element's energy, magnetism, that we can radiate into the ionosphere (its frequency correlates with that of the brain) and beyond. The refinement into higher spheres depends how well we can release the food's memory by way of inner refinement (digesting). On the highest level of eating we become one with the Creator of food. We then fully "eat ourselves" and thus can fully know ourselves and realise that we are the creator of our own reality. We have self-realised and say "I Am".

Water and Fire

Both water and fire have the same origin and that is the reason why they attract one another to help us to return to the Source. They have the same memory that is expressed according to their own nature. Water materialises and fire does the complementary opposite. Water and fire are responsible for the cycles of nature, of which our blood's circulation is a microcosm; the "consciousness circulation" is the final culmination by which

Creation comes about. By water the conditions are created for the downloading of consciousness (evolution). By fire the consciousness is realised through the experience, that is made possible on the materialistic level with the assistance of the synapses, to initiate awareness. By awareness consciousness is created. Here evolution changes into re-volution, memory into re-remembering, materialisation into de-materialisation, body into spirit. Jesus said, in the gospel according to Thomas, "when the body has become of the spirit it is a marvel, but when the spirit has become of the body it is a marvel of marvels".

Water and fire begin with the "big bang". Here the One becomes Two, by the creative force that opens a portal into Great Mystery where the infinite possibilities are contained. Polarisation sets the basis for the creation of consciousness and by consciousness creation can come about. This may be confusing (contra-fusing) for the mind that always wants to entertain the illusory. Reality however rules over the illusory and ends it when the duality has come to its extreme. Today's world has come to such a state. So, the disillusion has become the order of the day.

By day we can see our own light! By the "daylight" we can recognise the things which are within us! By Duality it becomes possible to create the mirror of which the Sun is the centre. The Sun is our Moon, reflecting the light that's within! (read 'the Sun').

So, by the polarity we can pulsate into Great Mystery in order to find the limit, or turning point, by which the soul can have an experience. This limit is our planet Earth. Here the polarity manifests in the form of water (feminine, West) and fire (masculine, East). With water, the soul can descend and be contained in a body. That is why we are conceived in our mother's womb, to be formed in a watery environment (internal ocean). During this time we eat her blood - which has been biologically transmuted from food in the small intestine - to prepare us for the ascension at birth. This happens due to the food's memory (released through the digestive process) that is derived from plants which grow by the water-fire combination. We also begin to internalise and unite the fragments of the mirror with the light that's centred in the heart. That is why the blood connects the heart's centre with each part of the body so that we can become aware of the outer.

When we are born the nature of our food changes. In the womb we eat our mother's blood which is rich in complex proteins by which water can be contained in the body. By the complementary food, the complex carbohydrate, the fire element becomes more dominant to help us with the ascension or return. So, upon the completion of the digestive process in the small intestine, the blood rises to the brain from where we can finally remember how to come back to the Source. This ascension process, from the limit up, is the gradual realisation of who we truly are. And also the attainment of the consciousness by which we can Create. In other words, by the union of water and fire on the human scale, Earth becomes a basis for a new consciousness of being. The attainment of world peace is needed to gain the collective force to make Earth the mirror of the portal from where the human potential descended. With the total return, Earth will then become the portal of peace!

So, water and fire reflect the polarity by which the soul can have the Earth experience. Via the digestive system (water) we extend the memory of the descension process and via the nervous system we can make the memory ascend, which is the remembering towards the brain and beyond. In the very end we will remember the Creator and know that we have created our own reality! By the duality that enables us to have an experience, we merely

have a delayed perception of the here and now. By this delay we know ourselves by form and name. This temporary identity vanishes at the moment when water and fire finally unite upon the self-realisation. Hence the last question: "to Be or not to Be".

The SUN

"Deep sleep or ignorance is bliss". How can we wake up and be conscious of Be-ing in bliss? What is sleep where darkness prevails?

When we are asleep All is dark. The One who is asleep is the Source of Light, not knowing itself as the Light. By itself the Light cannot see the Light. So, duality must be created to reflect the Light towards it-Self. Darkness is actually "the light not able to see the light".

The Illusion has to be created to make an integral relationship (inner). There has to be an outer as well, both contained by the "all there is" or Oneness. In other words, by the illusion, outer and inner are perceived as separate, which are In Truth One. By the interplay, the One has to be awakened with the elimination of the dark or night. This interplay is the experience or drama, where day and night correlate with the two basic realms, illusion and reality.

The first realm is that of the One who is in deep sleep. The second realm is that of the One who experiences. By the experience the wisdom must arise to know what it takes to change the illusion into reality. The illusion is temporary and the reality is eternal. Since reality and the Oneness are the same, we must conclude with the reduction of the Two (illusion) into One (reality) in order to stay awake while in bliss. We must become the conscious witness.

The outer is created to serve as the mirror for the Observer, the Light. Therefore the Sun becomes the centre of the mirror, by which the One can observe itself via the outer. This basic relationship comes about by the Centre to centre communion. The Sun is the Moon of the One! This One is centred in the Heart where All opposites meet as One. The Sun is also the meeting point of everything it can give its light to. Hence the heart correlates with the Sun. The Sun is within!

The Creator is the Sun of suns and our sun corresponds to all the other suns or stars with the same Light that comes from the Sun. We begin to realise the presence of the Creator by His Light that's reflected from the mirror that comprises all of creation. We are the microcosm of creation or the condensed mirror. By Creator's love the mirror wants to become one with the Light. As such creation condenses into food. Via the sun the energies which are reflected from all suns are captured by the plants which become food for the animal. Each plant has a different capacity to attract the greater realm and influences the consciousness of the eater of it through the blood that is created upon the digestive process. The eating of food is to internalise the mirror! Blood then becomes the body cells which are our inner stars.

So, since the sun is for us the centre for communication with all the other stars, all the body cells communicate with the heart (inner sun) by the circulation of blood (liquid light). The heart is not just a pump, as medical science understands it. The heart is rather

“pumped” by the stars and all of Creation! This “pumping” stops at the very centre, or still point, of the heart where the Light has become one with the mirror. The consciousness of this union is the self-realisation (the Light knowing the light = Enlightenment).

Light and mirror, however, can only fully become one when there is a unifying centre between the two. Earth was chosen as a portal which can be created through the human potential that is centred on free will. Thus the ultimate choice has to be made in order to “crown” free will and go beyond the crown chakra. This choice comes about by having two extreme options, one of which is the Outer (illusion/finite) and the other the Inner (reality/infinite). In the physical realm (Earth’s) the portal is substantiated by the body. Therefore physical food is needed to connect the two sides of the portal. On the subtle level the two sides are the perceptions of what is temporary and what is eternal. Thus when the choice is made, body and mind serve as the stepping stones into the endless realm. We must let go of form and name in order to gain existence (Be), consciousness and bliss. These five aspects are contained in each object. So, we cannot truly have bliss when our existence and consciousness have to depend on form and name, by which today’s world is managed in order to maintain the illusory concepts of value and identity. These illusory two, constitute today’s monetary and political system which frame the mirror of the contrary of creation. This mirror is scattered into countless parts and causes the distorted image of who we truly are.

By our realisation that the Light comes from within we can comfortably look into the Sun. We can only be blinded by the Sun through our ignorance or inability to look into our self. Self-realisation is the goal of life for it reduces the night. We then have become the conscious witness who can eternally enjoy bliss. We are a "littlesun" until the Sun (Observer) and Moon (Mirror) are united within. We become the Sun through self-realisation! Until then the external sun and moon are needed to remind us, by day and night, that the Two are centred on the self which must become eternally awake.

In short, the Light cannot see the Light. The Light can know itself through the mirror. When the Light and the Mirror become One, then the Light can shine beyond the Mirror! Self-realisation is attained by the self, to know the self by and within the self. Night vanishes when the self realises that the Light shines from within (enlightened). The sleeper has become awake by the self within the self!

Through world peace the Sun is widened by the collective consciousness that All is One.

"Moreover 1"...

Still being in the illusion we think that we must look into ourselves in order to know ourselves. This is due to the use of the deductive mindset, thinking from the brain by which the outer can be explored. For the soul or self to enter the physical or temporary realm, the water element is needed. Hence the 70% water content of the body. Then, to see and know from within, the fire element is needed. This inner vision becomes literally blurred by the water when we look into the Sun, when the body has excessive water. For water (the dark) and fire (the light) attract one another. To truly see what is within we have to ‘see’ from within. As such we can see through the veil of illusion. Water is the "veil" and with fire we dissipate the "blinder". Water also binds. With water, minerals can be held together and become a stone or crystal. Liberation takes place when the stone ("heart of stone") pulverises by the heat of the fire.

Man is the only one who can create and use fire for his ascension. Everything that the self can illuminate via the sun (Sun's Moon) can become a part of liberation from deep sleep. Today's science is useful for this reason. All the discoveries, although not fully understood within the universal context, can be used to fill in the cosmic frame.

The inner fire or light is reflected into the Sun. The Sun reflects the light/fire back to Earth where it is captured by the plant. The plant becomes our food ("organic fire transfer") which is changed into our blood. With the blood, the entire body, which is a microcosm of creation, is interconnected by the absolute and eternal constant of creation, which is Change or Creator's One Law. The total picture, or mirror, is completed by the Two becoming One again Within.

By the creative force the One can be made Two. By the same force the Two can be made One, again. This force is love. Hence the symbol of love and heart (alternating One and Two, pulsation) indicates the process of Change.

"Moreover 2"...

Change is the absolute and eternal constant of creation. Therefore creation can eternally evolve because change does not change. What actually changes is the act and the perception thereof. The act comes about by the differentiation. By the One becoming Two perception becomes possible. By perception the One can have the mirror by which change can be acted out. Thus the centre or still point is expanded and becomes the circle where the experience comes about by space and time. So, by the acquired "room" the creative force can move and manifests as energy. This vibration changes into light (lightning), sound (thunder), gas (wind), liquid (rain) and finally solids (minerals). Together this energy is distilled into the plant, which in turn becomes the food we need to be created and to maintain the body by which we can have the experience. The experience is distilled into consciousness via the nervous system. The nervous system is concluded in the brain, where the mind is used to register the limits of the illusion. At last the mind and heart must unite in order to change the Two into One. This aspect correlates with the prophetic union of the eagle (mind) and the condor (heart) and requires the choice to Be. So, self-realisation is the goal of life. We are a part of Creator's Body, to have a unique human experience by which a new consciousness of freedom can be gained. Therefore we were given free will.

"Moreover 3"...

"The seed is in the tree - the tree is in the seed". The seed is the One - the tree is the Two. By the root system we can centre the process of growth and by the branch system the growth becomes obvious. By the roots we can receive the reflection from the branch system in the form of saps. In turn the branch system receives the saps from the root system with a new memory which has been collected from Earth. By this complementary interaction the seed is formed, where both "Observer and Mirror" have become One. This is love.

The Womb

If the Virgin Mary allegory is true, then it certainly has been misconstrued into the scheme to leave woman barren. This brings us the legacy of the clone, created in the artificial womb with the image of an inferior god. Inferior indeed, because the doctrine it wants us to accept is based on the lie that we cannot change ourselves according to our innate ability to independently live the only law that maintains itself. This law is the absolute and eternal constant of creation. This One law is Creator's Law. This constant is change!

The scheme of dis-empowerment includes the belief that we are powerless against the most primitive form of life, the virus. It also offers us a solution in the form of the clone which has been programmed to "live" with the inferiority.

Woman is the first one to realise Creator's Law from within herself. Considering that creation is the first womb, in it the Great Spirit (Holy Ghost) is centred. Creation is then distilled in the human form. Hence we were "created in the image of God". With contraction the womb is distilled too and manifests as the womb that we know as woman's. The contraction does not stop here. Within the womb a turning point appears which is the distilled Earth, the ovum.

So, creation, made possible by polarity, has so far exerted its nature by contraction (implosion). Having reached the extreme, the capacity to expand (explosion) has then to be guided back to the edge or outreach of the original womb. For this reason man's sperm is needed to make the initial connection between the extreme inner (Earth) and the extreme outer (Heaven). This is what sex is!

So, sex has two stages:

1. Implosion – courting
2. Explosion – birthing

Internally these two stages require the digestive system and the nervous system. The circulatory system (3) is then needed to harmonize or synchronise 1 and 2. Together by 1, 2 and 3, which becomes Trinity, we can fully live Creator's Law. By these three systems we can change the outer into the inner, by way of food... and by behaviour we can change the inner into the outer. In other words, food, much more than just "nutrition", is "behaviour in inaction". Behaviour, which is much more than "living up to society's norms", is "food in action". Together food and behaviour make a full cycle. Therefore it is essential that the natural food cycle is maintained under Creator's Law for it directly influences the natural cycle within. The "bypass", or the exchange of organs and other forms of surgical management, correlate with how the natural environment is similarly manhandled.

So, let's continue with the big picture and understand the nature of male and female within the universal context.

We can now understand why a woman has contractions before giving birth to a baby. They are the energies that have come to the extreme implosion within. The contraction truly comes to physical manifestation at the moment the ovum is connected with woman's blood, which holds the nucleus of the Earth, iron (Fe). Through the blood connection Earth begins to grow internally in the human form! At first we pass through Earth's early evolutionary stages and take form from the simple cell into that of the human. Then, at this point the "water breaks" and we enter the upper Earth. Now we must connect with the

greater extent of Earth and commune with the trees by breath. By speech, vision, thinking, discernment and choice making we commune with the realm of sound (thunder), light (lightning), vibration, polarity and the creative force, gradually entering the greater realm of creation until we become fully one with it.

Then, having the twelve internal organs, which are in synchronicity with the twelve constellations, we can increasingly organise ourselves within a larger context. So, the higher the development of the animal the higher the development of its family unit. From there we extend the organisation into community and further on into the global family and beyond. In other words, we change back to the realm we came from and with the memory of One we are kept on track.

However, due to the distortions which have been introduced into the food cycle, the resulting behaviour patterns became distorted too. So, to control order - instead of dealing with the root cause - we tried to remedy it by the enforcement of secondary laws. These laws, however, are contrary to the One Law that gives us the freedom to independently change as naturally happens within the body. Instead ex-change is emphasized which results in the isolation of a part from the whole. Disease becomes the norm and becomes subject to exploitation by a chosen few. Health within the universal context means 'whole', One with creation which constitutes the freedom (free in the dome) within the womb!

The outline of the womb has become limited by the walls of the home. This has merely become a place where we can rest long enough in preparation for doing a job by which we can afford to be at the place where we can rest long enough! This makes us "homeless" too, because that is not what the home is for. The home is needed to extend our inner organisation to the benefit of creation. The contrary is true today. Social benefits will not do unless we connect with the true beneficiary who has no exclusive exploitative motives. With the understanding that the benefactor is within, it is woman who is most qualified to manage the home without external interference. Truly, a basic overhaul of the social order will not come by politics or economics. It can only happen through the understanding that we are a "citizen of creation" and therefore we must apply Creator's Law in daily life.

The circle symbolises the womb or outline of the creation we are in. In order to find ourselves at the centre of the womb, the circle is twisted and forms the 8, indicating that although duality is needed for the entering of Great Mystery, the opposites need to be maintained by something that does not change. Thus by constant change our wholeness or health is secured. However, there is a chance that by our food's distortion the cellular memory becomes distorted too which will consequently lead to the organisation of an order according to the inner disorganisation. Today's world is the result of such a possibility; hence the symbol of the broken infinity, anti-change, that has been gradually introduced globally. This is the so called "AIDS" symbol. "AIDS" stands for Acquired Immune Deficiency Syndrome. Deficiency Acquired due to not being one with the Whole and by not knowing how to change or apply Creator's Law in daily life. Therefore Deficiency becomes



Broken Infinity



Change

a syndrome. And, to keep the world within this limited and confining context we are made to believe that we cannot reverse or at best heal “AIDS”. “AIDS” is basically a concept, not a disease. There is not one death certificate that says “death by AIDS”. They all say death by an “AIDS related disease”. So, when the immune system breaks down, even the common cold can be classified as an “AIDS related disease”. The first three months of pregnancy show the same symptoms as a person who is HIV-positive...

By fearing something that we cannot normally see, the virus, we are kept subject to those who have the self-appointed authority (not authorized by the Creator) to manage the syndrome. The “AIDS” symbol is also applied to cancer and especially targets woman and anything that we need to naturally procreate. Yes, remove her womb, take off her breasts and blast her with drugs. Some doctors have even proposed that we remove a woman’s breast in order to prevent breast cancer!

The lower part of the “8 symbol” has been broken. This part of the Two represents the Female. Fe = iron: female therefore means “iron-male” or the one who controls the centre of the womb. So, it is essential for the secondary order to cancel out woman making a return to the Oneness impossible.

The burning of over five million witches was the start of today’s scientific order, with the lack of “Seeing Oneness” coming from the rise of the deductive mindset. We started perceiving the Whole from the outer towards the inner. The scientific discoveries needed to be confirmed via the microscope and telescope, not allowing the self-evident to be first-hand, understood and used by the individual (= “indivisible-two”). The deductive mindset allows the application of chemistry (reaction, anti-change) over alchemy (change). So, the woman being the alchemist by nature had to be eliminated. All of this has affected the family unit making the single parent family today’s norm.

The BRAIN

Both “I think therefore I Am” and “I Am therefore I think” are as valid as the truth that “the tree is in the seed and the seed is in the tree”. The formula of self-realisation is the Union of the Two, Within. Our Being is the organiser for attaining this Oneness. Therefore we have the internal organs and the heart that interconnects each body cell by the circulation of blood. The bodily pulsation (contraction/expansion) indicates the original polarization (One becoming Two) by which Great Mystery could be entered and from where creation has progressed, by the growth of consciousness. Thus as the Two are brought forth by our heart, we continue the Quest. The pulsation (breath) slows down when the blood absorbs the oxygen, indicating that the Two begin to unite. The rhythm of breath is the progression of the heart’s pulsation. Then, when the blood reaches the brain we can volunteer to hold our breath, indicating that we can make the choice to make the Two One again. Here is where thinking begins; initiating the consciousness that the only One who enabled us to enter Great Mystery is indeed within, as we are within the only One. The realisation that this is true (the truth that will set us free) is self-realisation.

By the way the child has been raised, to un-realise the self (out of self-direction) the ultimate challenge has been accomplished for making the choice to Be. The brain quality reduction has been progressing along the sequence of:

- The mother’s “scientific abuse” prior to fertilisation.

- The “designer food” (becoming mother’s blood) that the mother eats during pregnancy.
- The unnatural birth of the child.
- The vaccination by which the cellular memory is reduced (thus also the brain function).
- The continuation of the consumption of the “designer food” by the child.
- The programming of the child’s brain with the “designer TV programs” and computer games.
- The “designer education” of the child.
- The addictive way of life.
- The absence of a harmonious family upbringing.

Both approaches towards self-realisation, “I think therefore I Am” and “I Am therefore I think” require the brain to be basically stabilised with the blood that must be internally refined out of the food which has been chosen, prepared and eaten according to the same principle by which creation (where the food comes from) is maintained. This principle is the Sacred Way of Eating.

The Cutting Edge and the BRAIN

How sharp can a razor’s edge be? Even the “sharpest mind” can not grasp the ultimate meeting point of the two sides, other than describing it intellectually, with the use of the brain. Where did the brain originate? It began with the sharpest edge that the Creator can possibly use to make the conscious observer or Self known through duality. Thus the One has to be divided into Two. This polarization requires a ‘sharp edge’. It must be sharp, since the Void or Great Mystery is quite a “dulling” place to be (according to the mindset that wants to be constantly entertained via the “dull outer”). The sharpest edge that cuts throughout is the moment or Eternal Now. In one moment the One becomes Two and the Two becomes One again. Now a factor has to be introduced to continue the sharp edge, by making the moment not stop. Change must occur to let the sharp edge continue from “moment to moment”. The edge must be increasingly sharpened according to its use, as we go deeper into Great Mystery.

Within the human realm the first sharp edge to be used are the incisors of the mouth which release the memory (link or subtotal of moments between the Source and the “latest moment” of the eater). More of the food’s memory is released when it is further refined by the molars. Then the nature of the sharp edge changes. It becomes duller in order to catch more of the cuttings by pressure.

By the 32 teeth, correlating with the 32 vertebrae, the sharp edge is prepared to go up after it becomes even more “dull” by the refining processes in the stomach and small intestines. Then, when the food (= “substantiated nothing”) is brought to a situation of ultimate chaos, from within the released memory comes the sharp edge to “sharpen” the brain. Upon the arrival at the head region the One and Two manifest as right and left brain centred by the mid-brain. From here the consciousness is released, by which the portal, from where the first sharp edge emerged, can be entered with a new knowledge of the self who all along did the “cutting”. Now the self can be more familiar with the outer. It knows now how to externally facilitate the refining process of food.

At first the sharp stone is used to do the “pre-chewing”. Then milling stones are used to make the cuttings finer. Next is the use of fire, where the entrance into the food’s centre is deepened. Last, the use of pottery to unify the food in preparation for the inner unification of body, mind and soul. Together they correlate to the only One who created the ‘sharp edge’. Thus we cannot be sharper than by the consciousness that All is One.

Thinking Begins with Chewing!

What happens within when we chew our food? Food is the bridge between outer creation and inner creation. The bridge-head on our side is our head. So, let’s use our head! From now on we can become conscious of the Oneness in which we exist and have an experience to find out who we truly are.

As a microcosm of creation we must attain the same self-sufficiency as that of outer creation. Creation of the outer and creation of the inner are One. As long as we have not fully attained the complete synchronicity between the two, we perceive the two as separate. It is by this division that we toil in ignorance from lifetime to lifetime.

So, where to begin? In the mouth! Here we begin to change the food into blood. Therefore a portion of our blood is secreted in the form of saliva. The more we chew the more we contain our blood and the “blood to be” in an internal closed circuit. In other words, as our blood is the internal-ocean it will distil the external ocean-cloud-rain-river-ocean-cycle within. So, the thorough chewing of food is essential to set the basis for the self to realise the self, of, by, for and within the self. Self-realisation begins with the chewing of food! That’s why upon birth we switch our mouth from the belly to that of the head. While in the womb it is our mother who does the chewing to prepare us to do our own. Afterwards we must use our head and do our own chewing. The thinking comes afterwards when the chewed food becomes the blood that ascends to the brain. It is the quality of blood that determines how independent we can be for ourselves, by way of thinking. Thinking begins with the chewing of food! As such we can also master our mind.

The Inner-ocean

Water, as we generally know it is a part of the water cycle: clouds, rain, river, ocean (ocean water becomes salty from the minerals which have been leached from the land - originally the ocean was not salty). We become an integral part of the water cycle by drinking and urinating water. And it is by the fire element (Sun) that the source of Earth's water is set in motion. Thus we must also become an integral part of the fire cycle in order to have the harmonious inner water-fire relationship. This aspect is maintained by the internalisation of the "fire food", the carbohydrate. In addition it is the fire that we mix into our food by the way of cooking. The origin of this fire is the sun. The plant captures the sun-fire that is returned when it is ignited. This fire, of organic origin, is up-lifting and has contributed to the vertical posture of the human. The heat that is derived from electricity and microwaves does the contrary. They have greatly contributed to the general degeneration of the human. Today's prevailing conditions of fatigue and lower back

problems are the consequences of the wrong use of fire and water. The hearsay advice of the "eight glasses of water a day" is one example.

By the polarity of water and fire, the ocean evaporates. Obviously the "sun's fire" is the ocean's polarity by which the clouds are formed. And, since our heart correlates with the sun, the water and fire element also meet within! As such we also need sea salt as part of our daily food consumption to maintain our body, or inner creation, of which Earth is a part of. Our body contains the ocean too and is kept in motion by the inner water cycle. The memory of it, which is released from the food we eat, upon ingesting it, distills the outer water cycle into our blood's circulation. All is One.

From above there is only one sun for us. While on Earth, we are surrounded by water in many forms. So, our inner sun or heart interconnects all the different details of the inner Earth. And as long as the blood is in full synchronicity with the ocean which contains the essence of Earth in the form of trace minerals, we can enjoy "Earth's Health" (health means whole). Earth is healthy because she is in harmony with the "universal blood", which is Light. The first part of the Tawa Message expands on this theory

Blood

Our blood is the lifeline that connects us with creation and beyond. Those who control our blood quality also control our relationship with the All Being. In the truest sense the individual must be able to control his/her own blood quality in order to be a sovereign being, i.e. to be truly free.

Although it has been clinically proven that our blood originates in the small intestines by biological transmutation, the medical establishment still denies this to be true. Every day 1/10th of our blood plasma is changed. Thus in ten days a total basis is set for a new beginning. Blood plasma in turn changes into red blood cells within three to four months. Red blood cells change into body cells within three to four years. With food, chosen, prepared and eaten according to the principles of change (alchemy/biological transmutation) the individual can independently change by choice, according to his/her life path and direction.

After the persecution of the alchemists during the Inquisition, especially the women healers, the so-called witches, humanity could be systematically controlled through the sciences of chemistry. It has led to the creation and overuse of chemicals, drugs and nuclear technology, through the male dominant order.

We may justify the way of the reactionary sciences by saying that it has helped the lower worlds to become higher through human intervention; for example, the mining of minerals that are used for the production and use of computers. The inorganic realm has been given a gateway to a higher level of consciousness through the human potential. As the result the underworld is also uplifted. If that is the case then it is now time that the upper world is put back in control over the Earth and all life on it. We cannot continue to allow the total degeneration of the organic realm for which the human is responsible. We must realise that we have created the degenerative conditions, either directly or indirectly (by being a consumer). Thus we can un-create it too. In the greater scheme of things, it is for this reason that we have been given free will, an indication that the Highest is within, too.

This force of free will that we have been entrusted with can easily be lost with the weakening of our blood quality! We can reach the higher levels of discernment and ascension with the essence of food carried by our blood. To become fully One with the creative life cycle, the inner refinement of food requires the total use of the digestive system and this is not possible with "fast foods". When we eat such food the refinement of food happens outside the body; we create a "bypass" that negates the alchemical process and obstructs our ability to truly discern and become universally conscious.

For example, refined sugar (white sugar) cannot go through the total digestive process because it enters the blood stream between the mouth and the stomach, i.e. before the alchemical process has hardly begun. This also happens with alcohol, chemicals and drugs. Refined white flour products don't have the same effect but when regularly eaten they too will destabilise the blood.

The most essential substances for the maintenance of the complex human body cells are sea salt, whole cereal grains, clean water and clean air. All of this is practically absent in the diet of modern man.

Sea salt

The reason why we can live on land is because we carry the ocean within! Our blood represents that huge water source. This is proven by the fact that our blood has the same mineral composition and alkalinity as ocean water. We are much better off with pure ocean water when a blood transfusion is needed. This has been clinically proven. For further information I would refer you to Alexis Carrell's book: "Man the Unknown".

Whole Cereal Grain

This most universal food is most suitable as the main food for the human. Our entire digestive system has been designed to assimilate it. The twenty molars, out of the full set of thirty-two teeth, are designed for masticating the whole cereal grain. By chewing we secrete saliva, which has the best enzymes to promote optimum digestion. This food guarantees a slow and gradual breakdown so that final digestion can take place in the small intestines. Here the food is broken down to a state of "chaos within" so that order can rise through us. That is why the central nervous system ascends from where the "chaos" leaves the body (the "behind"). Each of the thirty two vertebrae correlates with these thirty two teeth! The digestive system is continued by the central nervous system through which the essence of our food is guided to the brain.

The whole cereal grain's nutritional composition is also ideal. The amount of complex carbohydrates, simple proteins and minerals is in ideal proportion. Philosophically speaking, each kernel of grain represents a star. By eating the whole cereal grain as the main food, the stars become our body cells.

Water

Approximately 70% of our body consists of water. This substance is the element that enables the descending energies to centre around the nucleus. In our case this is iron. As long as this nucleus is kept in circulation or in a vibrational state throughout the body, we can continue to keep the soul within.

Water is essential for the creation and maintenance of organic growth. It is also essential

for the decomposition of food to bring it to optimum chaos. By deriving order from such chaos we can also maintain our memory and this is the basis for our cultivation of consciousness.

Without a past there is no future. As I have already explained when we ascend we increasingly tap more deeply into the earlier stages of evolution. This we can do by having a controlled "regression within". However, we need to be aware that our digestive process has been severely interfered with by the political/commercial/scientific order.

The synchronicity between the inner and outer is profound. Our total being (body, mind and soul) is laid out very precisely in the sequence of evolution and also mirrors how Heaven and Earth meet within.

Air

Upon birth we begin to ascend. We must breathe in order to make the air conscious and alive through us.

The inner ocean, blood, connects with the oxygen we breathe in our lungs so that we can reach to the higher atmosphere within us, or "heaven" so to speak. As we enter these more refined and subtle areas we gain the perceptions through feeling, reasoning and knowing.

The lower part of our physical being is the result of the accumulative past. The most primitive animals such as amoebae do not have a digestive system as we do. They eat straight to the head. When we do the same, we cannot sustain the evolved human brain that is polarised by the small intestines, in order to harmonise the left and right brain.

When the blood is weak, due to an acid condition and improper mineral composition, the subconscious and conscious begin to conflict. This causes so-called "insanity". Mental instability begins with hyperactivity, mostly caused by the over-consumption of refined foods, such as white sugar. Drunkenness caused by alcohol (mostly refined sugar) consumption is an intensified "hyper active" condition. All refined foods and substances which bypass the greater part of the digestive system will sooner or later create insanity.

Drunkenness is a form of "temporary insanity". Of course, we can suppress it with drugs or with a discipline based on fear, guilt, shame and doubt. At a certain point one breaks down and a crime or accident will force us into sobriety. With refined foods eaten on a daily basis we can become drunk too! It is just harder to detect by its slow process and by everyone else making it the norm. Any idea what a "savage" straight from the deep jungle would think about "civilised man"? They would say, "the gods must be crazy".

Practically all commercial foods and beverages are the main contributors of today's diseases and violence. All pop drinks, such as cola, dilute the blood system immediately. Diet cola is probably the worst. All of this can be scientifically proven, but who cares when the masses don't want to give up their addictions?

With the steady decline of humanity's blood quality, human body cells can now easily change into simple cells. By having become an "eating head" the body cells sooner or later take on the nature of simple animal life, such as bacteria or virus. The AIDS condition is actually a "virus in human form". Also ones thinking and behaviour patterns arise

accordingly. Instant gratification or addiction has become the norm.

Feeling

We all experience the “awakening of a sleeping leg”, when pain makes us conscious that the leg is still a part of the body after it has not been used for a while. So, being a part of Creator’s Body how can we be awakened? The process towards the total awakening requires feeling.

Our mother’s labour pains initiated us into the awakening! Her pain is then remembered by our blood and changes into her loving care to the point where we can be free by being able to care for ourselves. This is also remembered by our blood, which is further imprinted by the brain. Until then we internally refine feeling as follows:

1. By becoming able to create our own blood (in the small intestine where food is biologically transmuted into blood) we become conscious as a body.
2. The blood mixes with oxygen in the lungs, to become conscious by feeling, by touch. This occurs because the body makes the touch possible, also the inner touch. Thus wherever the blood flows to within the body, we can feel! At this stage we know Creator’s Body in a “liquid form”.
3. The blood mixes with oxygen in the lungs to refine feeling in the form of emotion. Now we know Creator’s Body by smell. This explains the burning of incense, to create a certain atmosphere in which we can become accordingly conscious.
4. By breath (“internal-wind”) we can extend ourselves by sound. We can hear and transcend emotion by reasoning, to know the Creator accordingly. Consequently “names” are given to the Nameless One, which have created the numerous religions!
5. Our breath slowly but surely reaches the physical horizon, correlating with the limitation of the body, which then enables us to have vision. Symbols are now replacing names and the context the body finds itself limited by is that of the nation! Here subjects are governed by the “nation’s god”, where they are often used as a sacrifice, to defend the nation’s symbol, the flag! In the cosmic sense, it is the family unit by which the true nation can grow. This unit, under Creator’s Law will then set the foundation of the global family. At the moment the family’s disintegration is handily used to sustain the boundary of the nation by the principle of divide and conquer.
6. Within the body, feeling reaches its ultimate refinement by thinking. Here the brain is the stepping stone into the Outer Limit. Consequently the mind can be substantiated by bringing forth the substantiated consciousness already attained with the body. From here on we will act to substantiate the “hologram” that’s projected from the brain into the outer.
7. Now the basis is set to become conscious that Creator’s Body can be measured by the distance between the extremes of the inner and the outer. How extreme depends on the individual’s (= “indivisible-two”) power of discernment, of how deep we can come, within, to See the Same without! Thus at this stage it is essential that we at least know ourselves as a Universal Being. Within the national context the individual is merely an instrument for maintaining an artificially created hologram. However, by realising that the extremes, both of the inner and the outer are Infinite, we will also realise that we are Infinite!
8. Having realised that we are a “fractal” of Creator’s Body, the Infinite, we can also

realise ourselves as an Eternal Being - endlessly in different ways. This we Do with the Choice to Be! By making the choice the Oneheart Portal is then fully opened to let the creative force (through the Human potential) fuse the Inner and the Outer into their extremes - as was discovered by the "indivisible-two". This force is love, which enables us to appreciate everyone and everything, including any form of labour pain to endlessly grow In consciousness.

9. Having returned to the self by, of, for and within the self we can effortlessly continue, to help the unenlightened ones to become enlightened, so that consciousness can be enriched with the endless realisations of endless possibilities. For this reason we were given free will, to ultimately realise Who is the One Whose Will we have been tested by! In this "1 to 9 Process" towards enlightenment we have to be a true warrior, who at first can be "rough", but becomes increasingly refined by using the mind to know how to win from Within!

Entering the Sensory Realm and Beyond

"An eternal portion of myself, having become a Living Soul in the world of life, draws to itself the five senses with the Mind for the Sixth, abiding in Nature."

Bhagavat Gita

The Living Soul is the "Lord" Himself, the Self. The soul is temporarily contained by the body. The body is the result of the inner polarisation of the Two centred on the heart's centre, the portal between the One and the Two. With the Two, the One can be infinitely expanded. Thus the One is present in everything that came forth from the only One. The Expanded One is the outer, also known as "Heaven". The One we can be closest to is within, as the within is contained by the Outer that's saturated by the One. Within is Within is Within as Without is Without is Without endlessly. All is One.

The Inner is substantiated by Earth. The dual relationship between soul and the Supreme Being is gradually demystified as the veils of duality are removed with the development of the mind. For this reason we eat food, for food has the memory by which we can infinitely expand the One from Within. The circle is the expanded centre. Thus Earth's Centre, where the memory is stored of how the utmost subtle became solid, needs to be connected with the heart, so that the memory can be added through the human potential. The human potential is signified by the ability and capacity to project the very principle of creation through the "sixth sense" via the brain into Great Mystery.

So, in the inner Earth, the small intestine, food is biologically transmuted into blood, to substantiate the link with the past. This blood is centred on the same type of nucleus, iron, as that of Earth. By the iron's magnetism we can feel, because this energy enables us to sense the relationship between the inner and the outer. Thus, wherever the blood flows in our body we can feel! Our degree and quality of feeling correlates with how inner and outer interconnect and consequently is registered by the mind. Until Creator's Mind is used we remain an ego centred Being. Ego is the result of the attachment to the "cosmic ladder". So, once we have reached the top. What then? This we will find out upon enlightenment!

Meanwhile enjoy the trip, always remembering that self-realisation is the goal of life and that everything else is merely "interesting". The principle mentioned earlier is now established by the inner trinity: digestive system (body/food), nervous system

(mind/thinking), circulatory system (spirit/action).

Consequently the expansion can happen by the cultivation of the senses:

1. Feeling by the Solid stage (earth, flesh)
2. Taste by the Liquid stage (ocean, blood)
3. Smell by the Gas stage (air, breath)
4. Hearing by the Sound stage (thunder, speech)
5. Vision by the Light stage (lightning, observation)

Observation (5) with the dual eyes, goes as far as the level the body is bound to the horizontal plane. In other words, with the five senses we remain clustered to Earth's circumference. When we continue following the circular path we will come to the same point, to see it with different eyes due to experience. Then we want to deepen the senses to refine the experience.

Slapstick humour is then boring and thus we go for the "refinement of having fun". Now we want to see the unseen, that's why we close the dual eyes and, in meditation, project the fifth sense into the Nothing from where everything manifests. Once the sixth sense has been mastered we can See with "open eyes". Some people who are born blind can actually See!

Thus a more penetrating sense has to be developed to enable us to realise that we can become conscious of our Greater Being, ultimately the Supreme Being. So, after the light stage there is the vibration stage. Through this stage we can connect with the blood to be ascended to the "top of the head", the brain. Then we can activate the next sense, thinking (=mind substantiated with the flow of blood to the brain). Within the brain the five senses are present (four directions of the brain and its centre) to be distilled into the sixth sense!

This is how manifestation comes about, by the ongoing substantiating power of the mind which in turn must be substantiated by Earth's memory, by way of food. At first food becomes the eater, and then the eater becomes food. What flows throughout this process is the blood that constantly changes in nature and appearance: vibration, light, sound, gas, liquid to interconnect the Un-manifest with the most tangible solid stage or physical manifestation, which is the turning point for blood to flow back to the Un-manifest: feeling, emotion, speech, vision, thinking.

The blood that we know as the sticky red substance connects these two stages of the flow of blood. The first stage is the result of materialisation and the second stage is that of dematerialisation. Since humans connects with both, we can do both. The mastery of both is the freedom from any bondage. Freedom begins with the mastery of blood, to be attained with the Sacred Way of Eating.

The Whole Cereal Grain

The Hopi saying, "the teachings are in the corn" is not just a philosophical fancy. The utmost tangible truth of it is based on "the tree is in the seed and the seed is in the tree". The two realms, "seed" and "tree", correlate with the two basic worlds by which consciousness can grow.

The perception of the two basic worlds originated from the One becoming Two (duality). In order to maintain the Two as complementary, the memory of One has to be constantly maintained. The seed contains the total memory of One. That is why the tree can grow by all the complementary opposites within the context where the seed has been planted. Thus the greater the context in which the seed is initiated for growth, the greater the gain of consciousness that, at the end of the tree's growth, can be added to the seed. The seed is the constant by which the inconstant is maintained.

In other words, the absolute and eternal constant, Change, is the One Law that maintains creation.

However, when the memory of One is lacking, the Two will be perceived as antagonists. Thus the inner will compete with the outer and the front tries to overshadow the back. From there the concept of mine and yours, like and dislike, right and wrong, can become the main issues in life. It must be underlined that the antagonistic duality can only become destructive in an exclusive or limiting context and is maintained with the illusory concepts of dimension and value.

On the human scale, we have a mind which can be influenced on the physical plane and food can be used to manipulate one's thinking process and behaviour patterns. This can become problematic when it is in the interest of an exclusive entity to own the context in which the food is grown. Today's extreme strive for the global ownership is the result.

Having attained the Earth's space/time control from one point, London, Greenwich, every square inch of the planet can be legally owned by a chosen few. As long as humanity's relationships can be maintained with the manipulative concept of money, also controlled from London, humans can keep each other in check with the competition on all levels. This explains all the wars and terrorism, which are maintained with the origin of all forms of terrorism, "divide and conquer".

The whole cereal grain contains the ultimate memory that the human needs, to maintain its existence, within the context of creation. Thus, in order to shift the human into an artificial hologram it is essential to re-program the human from within, basically with the genetic manipulation of its basic main food, the whole cereal grain.

Moreover, with the systematic weakening of humanity's complex body cells, its universal quality has been lowered to the point where most humans become powerless against the most primitive form of life, the virus! By not telling humanity that the natural immune system is based on the cellular memory, "protection" is enforced with the laboratory manipulated vaccine by which one can "live" with disease. So it happens that babies can be cloned from inferior species to let the inferior condition continue.

Along with the decline of the cellular memory, the human can in the end be used as a mechanical component to maintain the artificial matrix. This order goes way beyond the one of Nazi Germany, where millions sacrificed themselves for a symbol. The new world order's symbol is that of the broken infinity pattern (anti change), that of "AIDS", the dollar and McDonald's.

"Diet"

Sixty plus years ago the doctor would ride his bike to the patient and considered a diet first before giving any medicine. Today the physician merely "practices medicine" and can lose his licence when he prescribes food as the first medicine. This left the people with the only option which was to design their own "diet" when ill.

Thus many "diets" came into being as the result of the medical system's focus on the medicine or drugs by which we can "live" with disease. So, how can a diet that works well for one be normal for everyone? What is the true purpose of food and the consumption of it?

Food is the link and catalyst that we basically need to harmonise the inner with the outer because food is the condensation of the environment. It holds the memory that we must integrate into the body cells so that we can remember and make the full cycle within creation.

The more memory and the greater the context in which the memory is contained, the more we can become conscious of who we are. So, by the choosing, preparing and eating our daily food according to the very principles of creation, the greater the potential we have of good health. Health means whole. The laboratory-created concepts of health mostly came from the observation through microscopes, the study of dead bodies and conditioned animals.

The total relationship with creation requires the individual to know how to independently design its nutritional profile according to ones constitution, condition, age, gender, way of life and environmental conditions. Today's diets are in the experimental stage and must shift within the universal context of understanding and practice in order to overcome the great gap that we now have between the natural and artificial.

All the diets, or ways of eating, can be categorised according to the nine stages of evolution, from the most primitive to the most advanced:

1. **Eating by quantity** (gourmand, "all you can eat"):

From the micro-organism to the reptilian, they eat until their stomach is absolutely full and then sleep because not much blood goes to the brain, due to the occupation of blood in the digestive process, in the lower region of the body. The bacteria has no problem with this interruption, because the food they internalise goes straight to the head! The head (beginning of the species) is not extended to become a body, since it has not evolved long enough to need storage that could contain the memory of the evolutionary process it went through. Many humans maintain themselves on this level, regardless of their "healthy food", and thus accept they will be powerless against the most primitive form of life, the virus. Consequently they must rely on a medical system that can not function without the computer which is at least one hundred years behind the computing capacity of a simple cell. The level of judgement is mechanical.

2. **Eating by Taste** (gourmet):

Still attached to the "head's concern" and taste buds but evolved to the degree that its sensory response will give signals to the body (a microcosm of the past) to prepare the digestive process. In other words, the greater evolutionary experience enables the eater to

master more "inner time". This adds up to stamina. So, it is thus essential that by the increase of our level of discernment, applied to our way of eating, we come to "live real time", which is the eternal Now. Until our connection with the source of food is fully realised, we will remain in the cycle of birth and death, always trying to extend the temporary with the "next fix". Taste is important but the main issue of life is not taste. So, to grow out of the illusory fix, we must go along with Change, to Be In the Unstoppable Now. The level of judgement is sensory.

3. Eating by looks or sentimental setting:

This category involves the traditional candle light dinner and "what my mother let me eat" way of eating, protocol and manners i.e. using a knife and fork even when the food can be much more enjoyed when eating with the fingers. This aspect has been capitalised by the commercial world with their psychologically presented foods, by labelling and subliminal advertisements. The level of discernment is sentimental or emotional.

4. Eating by Intellect:

By truly mastering the former levels of eating, we will be able to release the essence of food to a frequency high enough to excite the brain so that it can occupy the blood long enough in a higher thinking process. This aspect correlates with the so-called "attention-span". Here we judge food by way of reasoning and consider the scientific approach. As such we begin to analyse food by the microscopic observation, such as protein, carbohydrates, vitamins, enzymes, minerals, etc. Although quite incomplete in the understanding of what food is, it gives us a much greater relationship with creation and a firmer basis to let the mind evolve. The level of discernment is intellectual.

5. Eating by social concerns:

With growing awareness of our relationship with the environment, from where our food comes from, we begin to eat food in a sharing manner. Individual needs are considered and the food is prepared and eaten in such a way that it can please everyone who belongs to the family or community. Ideally everyone is also involved with the growing of food. This aspect of life has been systematically debilitated through the control of the food cycle by the exploitative cartel that controls today's humanity through consumerism. The disintegration of the family is the result of this onslaught. The level of discernment is social.

6. Eating by Universal order:

The relationship with the origin of food has grown into the universal context. The brain can now resonate beyond the horizon that we can touch, smell, hear and see. We go beyond the space and time that we can possibly cover within our own biological existence. We enter the future by making ourselves food for a greater world! Now we apply the universal principles of the order of the infinite universe, for the choosing, preparing and eating of food. Going beyond, yet including, quantity, taste and analytical evaluation, food is now used to make the solid and complete link between the eater and the absolute source of food and creation. All the elements (earth, air, water, fire and consciousness) are used to centre the manifest within, to find our limit that we can then use as our stepping stone. The level of discernment is ideological.

7. Eating by Intuitive Knowing:

Now the body has attained a firm recollection of the evolutionary past and is ready to enter the ascension stage to find and know the self by, of, for and within the self. Food must now be eaten full spectrum, to realise that food and eater are One. That, "God made Himself".

The practise of appreciation is essential and includes the complete mastication of food, to know that Everything is Food. The level of discernment is appreciation.

8. Eating to Realise the Dream:

The union of all opposites is made Within. Now we can think with the heart and will not fail in the choice of food in any form and way. We will be able to change the worst poison into the highest medicine because we have mastered the alchemy of life, the practical application of the principles of the absolute and eternal constant of creation, which is Change. The level of discernment is freedom.

9. Eat or not Eat.

We have Arrived and can truly say "I Am"! The level of discernment is all levels.

The Sacred Way of Eating is the ladder that we can use to reach the highest stage of Being. It is not a "diet", yet it includes all "diets". This is the universal way by which we can make a most realistic basis for world peace. The first concern is health, which means whole. So, how whole do we want to be? With the desire to eat food for self-realisation we can rise above the inner seven levels ("seals") of Being.

Blood and Money

Both blood and money serve to make the connection between parts to ultimately release the creative force through the human potential. This becomes clearer after having read "The Total Picture (Nine Cosmic Gates)".

"Starlight" is the "money" that interconnects the different celestial bodies. Then it becomes blood via the plant kingdom. Blood then becomes the body where the stars become the cells. So, the outer circulation changes into the inner circulation. Ultimately the brain, where the memory is released through the digestive process, is connected to the circulation by way of thinking. On this level it becomes possible to communicate concepts of value. Without anyone dominating the inner exchange, the concept of value can be current ("currency", money).

Then comes the "dominant controller", who wants to lead the world into a matrix of artificial design. This encourages the concept of value to be standardized. Today's exchange or currency is a poor substitute for barter and what is current. Moreover, the circulation it creates has a linear direction that ends in the bottomless pit of instant gratification, which is its "under-current". In other words, today's money can only continue to flow as long as the masses do not bother to know where the consciousness that's attached to the money goes.

The mindset that is attached to today's monetary system needs to be "short-sighted", so that no one can survive on their own steam. At the time that the whole cereal grain and salt was money, people could be independent with their own land. There were no building codes and mafia style tax to keep the people busy in the 'under-current' or rat-race.

Today humanity can be stacked up in cities and have no real time to live. The land has become the forbidden zone. Sacred sites are now under the "protection" of the same people who are perpetuating the infamous Inquisition in different ways. Without the

supermarket the world could explode into cannibalism. Not many people actually know how to grow food any more. Consumerism has become the norm. Humans have become like their pets. They depend on the master who controls their food. "Old McDonald has a Farm, heya heya ho!"

On the subject of food, how many people actually know what food is and why they eat? The whole cereal grain is the main food of man. Today it is at best the refined or polished grain along with the potato and anything that is palatable or looks good on the package. Systematically, humanity has been weaned off the whole cereal grain and any other food that has the memory that can lead us back to the true world. The cattle, pig and chicken have been given humanity's food instead. They would not survive with the junk of the supermarket. A calf given the milk that is sold to people will die within three weeks! Today the grain (bio-fuel created under the guise of the global warming that we are made to believe is caused by the use of fossil fuel) is also given to the engine so that the human becomes even more dependent on the artificial system. Along with the dependence of the mind on the digitally controlled ionosphere's frequency that correlates with that of the brain, it is just a matter of humanity's agreement, to be micro-chipped, to be a mindless "happy slave". The road towards it is already marked by general complacency and by those who slavishly load and push the shopping trolley along the aisles of the supermarket.

The potato was introduced to become the staple food of the Western world. Consequently the dependence on the monetary system was intensified, because we cannot store the potato long enough to secure it as a monetary backup. The fundamental difference between the whole cereal grain and today's money became even clearer with the introduction of the credit card. When we plant one grain seed in the Earth we get ten thousand in return. This is a one million % profit margin! Plant a credit card in the Earth and what do we get? Moreover, when we grow the grain within us, by the correct way of eating, we will gain the sense of value that goes beyond that of the syndicate controlled conditions, by which today's money can only be used. The true money grows unconditionally and also increases exponentially in value, literally. It contrasts with today's money that exponentially decreases in value because the fixed mindset that is applied to it degenerates with every bite of substance that is today sold as the "food". Hence the dependence on coffee and coca cola to make up for the inner lack. The deficiency of both inner and outer chain reacts into the chaos that we have been experiencing. This is the zigzag path that will end with possible self-destruction, as prophesied by the Hopi. The other option of the prophecy is the eternal path to which we can return by the purification and the creation of the blood that contains the memory of One. Therefore we must daily practice the Sacred Way of Eating.

Friendship

We continue to toil in ignorance until we have filled the non-existent gap between the opposites. The truth is that all opposites are complementary. How can we ever divide the front from the back? How can we divide the self between mine and ours? It is merely the mind that plays tricks on us. It can be our worst enemy, but also our best friend.

The greatest gap that we have ever created is the monetary system to measure the distance between "mine" and "yours". Friendship usually breaks up and becomes a war

zone when money becomes the centre of a dilemma. Nations go to war to possibly maintain their prosperity. Today the election of the leader of the USA mostly depends on his/her ability to master the monetary aspect.

The gap is of the mind due to the separation between right and left brain. The division is created by the lack of a nucleus that contains the memory of One. This memory has to be carried by the blood to the brain, where it can be the catalyst to unify the right and left parts. As such we can see Oneness and realise that All is One. The limit is to be used as a stepping stone.

When money becomes an issue, because we “think” that it limits us in what we need or want, then this is the Opportunity to enter the Un-conditional and make our mind our best friend! Today’s world is giving us the chance to do so. We either keep on measuring the gap between the right and the left or go straight to the goal we want to reach. So, don’t let money be the obstacle when it can be the instrument for the restoration of the memory of One. Help yourself, help a friend, of which the world is full.

The Key to Friendship: make the mind our best friend by using our Intelligence from the heart! Why the heart? It is here where all opposites become One, because the only One is at the heart’s centre (of centres). It unites all things, because all things have the same Centre. All is One.

Addiction

The small intestine is polarised by the brain. In the small intestine food is biologically transmuted into blood. Blood changes later into body cells, which include the creation of peptides (centring in the brain) and receptors ("tentacles" of the body cells).

So, there is a two way communication between brain and body. Both blood and nerve channels maintain this interaction. By this overall polarity, universal order is maintained, by the eternal constant of creation, Change.

However, when the polarity between small intestine and brain is intercepted with a bypass, the peptides which are aroused by emotions get a faster connection with the receptors, which in turn resonate with a faster connection to the brain by which a condition is created for one to become accordingly emotional. Emotions are feelings which originate around the heart, where the opposites meet. The heart is pulsated by the body and the body resonates to the pulsation of creation, internally distilled with the brain (inner-Heaven) and small intestine (inner-Earth) interaction. Finally creation pulsates by the interaction of the "Inner-Nothing" and the "Outer-Nothing". The utmost emotional stability is attained by the Oneness of the Inner and the Outer. To attain this is to be fully able to Change the Outer into the Inner and the Inner into the Outer. For this reason we have a digestive and nervous system so that the memory of One (contained by Food) can be internalised and then be externalised in the form of consciousness. However, when the memory does not come to a complete inner ascension or remembering, a portion of the creative force gets stuck and creates the imbalanced emotional state.

Without a strong centred nucleus of the blood, containing the memory of One, the opposites become antagonistic. So it is typical that emotions flair up in reactionary

conditions (indicating the lack of the memory of One), which one in turn reacts to externally as the result of the condition within.

Ultimately when the reactionary condition comes to the very extreme self-harm will be the result. Pain is then aroused from without, in the attempt to master the connection between body and brain. Suicide will be the ultimate self-harm when one gives up the attempt to be in control of the Self. It often happened that in extreme emotional conditions one says "I kill myself". Suicide begins with addiction and addictions begin with the lack of cellular memory. The lack of self-control can also lead one to surrender to an external force that can command one to self-destruct. In such a case, when peptides and receptors come close to fusion, in the brain region, the entire human can become a receptor for an "external peptide". The nano-technology for this possibility is already in use. As the Hopi have prophesied, there will be a day that one can see another person's thought on a screen and the one who controls the apparatus can make the human receptor act according to the distant programming. The external conditions for the arousal of emotions are in place.

The Experiment is Over!

Creation is the "original Womb" in which the soul or self can be realised (self-realisation) through a period of experiences, of both the natural and the un-natural (artificial, experimentation). The first one is that of evolution and goes along with the "shrinking of the Womb" into the galactic system, then the solar system, then a planet (Earth) and then the womb of woman in which the soul is prepared for a physical experience, to then be distilled into a consciousness by which we can create and realise that we are one with the Creator (self-realisation).

So, blood is needed to build the body, to temporarily contain the soul (between birth and death) that can then become aware via the synapses. Blood is created by our mother who transmuted it from food in the small intestine by biological transmutation. Food is the condensation of the different energies which exist within creation. Thus by way of eating food the Oneness is maintained between outer-creation and inner-creation. Hence the sacredness of food and woman (the controller of food) as the "right-hand" of the Creator (Goddess).

Then came the unnatural experience or experimentation which led to today's world that is based on "problem management" and went as far as to make it illegal to solve any problem. The cure of disease, especially cancer, is forbidden by law. To let an engine run on water is also forbidden. A man in Mexico got jailed because he grew food practically without water and made them grow up to ten times in size. He grew five pound carrots! Peace is only to be attained by making "war for peace". The demoniacal order has its season.

All of it has led to the general degeneration of all life on Earth, of which modern man is the culmination. This decline suits the system well, for its principle is opposite to that of Creator's. Its aim is to re-design the human and to clone us in the image of an inferior god. This demoniacal scheme cannot fully succeed as long as there are humans who still have the cellular memory that can break through the Earth-controlled "belt" (maintained by the star wars system that's daily upgraded with the "chem-trails") that surrounds Earth. The

outer-frequency of this “belt” is similar to that of our brain. We have gone beyond the “galactic war”! It is now the conquest of who can harvest the soul that has been gathering many experiences within creation (containing all galaxies), Within. The “end-product” is the consciousness of Identity; hence the last question: “to Be or not to Be”? We are in the season of a universal harvest!

Woman has been systematically biologically degraded and the infamous Inquisition was about the control of blood/money (illusion). This started in Spain and must end there also. For it was woman who was the master of the kitchen where she practised the highest form of alchemy, basically creating the quality condition of food, which upon consumption becomes the blood that enables us to biologically function, sense, think and be independent in making a choice (free will). Now the “order” wants to introduce the artificial womb that coincides with the artificial universe, to be “legally owned” by a “chosen few”. This ownership is based on the illusory concept of value that is maintained with the “electronic money”. Not being able to live without money (“make a living at the expense of life”) we then become the ideal slave that can be electronically controlled. Thus blood is finally replaced with microwaves. This is no longer “science fiction”. The Hopi said that there will be a day that one can see our thoughts on a screen and from there one can make us think and act according to a design. The “matrix” is on!

The massive world-control may intimidate many and leave them with the belief that it is of no use to even try to think. It is not a matter of trying. The main issue is to Be. We are in truth eternal and can thus transcend the illusory system of external control, that can only work as long as we go along with the belief that we cannot Change, to Live according to Creator’s One Law. However, know that we are not alone! We have countless universal friends, who at all times stand by to help us with overcoming our fears.

As long as we have real blood running through our body and let it be instrumental in the fulfilment of the Divine Plan, there is no power that can be greater than the Creative Force that will also flow through us, when we make the Choice to Be. Basically To Be means to be One with Creation and its Maker. Both are Within! And our Blood is the communicator between the Two, to constantly remind us that we are One.

The Message of Blood is about the Return to the True World, because the Experiment is over!

Why Organic Food and Cook it?

To fully answer this question we must first have a universal perspective of the concern. Here the concern is health. Health means whole. So, how healthy do we want to be?

Most people consider themselves “healthy”, because they either just “feel good” or simply have not been diagnosed with a disease. This is merely “clinical health”, determined by the norms which the physician goes by, who “practices medicine”, who in turn depends on the laboratory report giving the result of the “blood test”.

Blood. Where does it originate? According to medical science blood originates from bone marrow. So, where does bone marrow originate? Bone marrow originates from blood and blood originates in the small intestine from food, by biological transmutation. The creation

(reversal) of blood from bone marrow (and flesh) happens only under abnormal conditions, such as in case of fasting or ailment, when the intestinal condition is not up to par. The medical approach towards health is based on the abnormal condition of the human body. This makes sense when we consider that the scientific understanding of the human has been primarily derived from research on dead bodies!

Where does food come from? It comes from creation, the whole. So, food contains the memory of the infinite universe and each food has a different capacity of memory. By eating food we can remember and consequently food and eater maintain the cycle of life. In other words, order is maintained by the Constant or One Law of Creation, which is Change. Change implies transmutation, or alchemy, and is quite different than mutation or chemistry, where opposites become reactionaries.

Within the early scheme of creation the subtle is organised into the solid. This we know as inorganic. The "organisation" of energy is going inwards. The formation of a crystal is a good example.

Having arrived at the "bottom line" of the cycle, the energy has to continue with an "upwards organisation". This is the function of the plant. Its roots "grab" into the inorganic (the past) and with the aid of micro-organisms ("primitive eaters") a biological transmutation takes place, to change the nature of energy. Therefore, plants have a branch system to "reorganise" the gathered energies towards the "upper world".

So, what makes energy go downwards and then upwards? To understand this process we must understand two basic elements, water and fire. The element water is responsible for the solidification needed for the root system's process. Ultimately it becomes extremely solid in the form of ice unless there is a complementary element to prevent this from happening. This element is fire. So, with the help of the Sun, water can rise and the "inner organisation" changes into the "outer organisation"!

Plants, however, do not have the capacity to fully organise matter towards the ultimate subtle stage, to complete the cycle and thus to maintain health. So, the plant needs an "organiser" with a greater capacity to change. The animal serves this function. It has organs to organise energy into higher levels within a greater context. This is evident by the freedom to move the "roots" from place to place. These "roots" are the small intestine where the micro-organism (beneficial bacteria) is needed to change the plant into us (blood to begin with).

Of all animals it is the human who has the greatest capacity to organise the tangible world back to the Source. This is due to our most advanced digestive system and the ability to use fire with the principles of alchemy: true cooking.

The fire that we use here is of organic origin. It is much more than just heat. The heat or energy derived from electricity or microwaves is of inorganic origin and rather handicaps us in the ascension process. Organic fire is the trinity of energy, unifying Heaven (oxygen), Earth (fuel) and Man (heat). We do not burn or destroy food with fire (as the "raw foodist" claims it). We control the heat with the use of the cauldron so that the water element can "marry" the fire element. By having the fire under the cooking pot, the energy from the sun can then be freed through the food which will later influence the freedom of the eater. Consequently the organisation increases in context, by the eater's creation of the family,

community and concern for world order.

The over-consumption of water was promoted by medical science with the assumption that we can flush poisons from our body. The contrary is true. Of course, by drinking more water than the body naturally needs, we will urinate more. Each time we urinate we discharge trace minerals which we need to keep our blood alkaline and the immune system stable. The immune system becomes rapidly depleted as we literally flush the precious trace minerals down the drain! Then, with the lack of trace minerals our blood becomes less able to capture poisons that later are expelled via the urine.

Moreover, with the excessive urination we lose much body heat. With each "flush" the entire body is shocked, due to the great effort it must take to keep the body temperature stable. A few degrees off will make us chill or have fever. Both extremes can kill. Doctors have recently spoken against the "eight glasses of water a day". There is much disinformation about health that has slipped into the health movement via journals.

The vitamin C myth is another one. It is best to accept all "scientific evidence" with a pinch of salt until it has been time proven for at least seven generations. For example, humanity has been cooking their food for at least ten thousand years and suddenly there is a "raw food" fad which is another diet based on the knowledge of the same scientific establishment that still must come up with a cure for just one disease, including the common cold.

Why Cooked Food?

At first the outer (environment) becomes food for the inner (eater). Then the eater becomes food for the outer. The first stage requires attachment and magnetism is the energy we need to connect with the centre around which the body evolves and is maintained. For this reason the nucleus of the human is iron (as Earth's is), by which we are attached to the Earth.

The detachment requires the gradual weakening of our magnetism in order to expand or Return to the realm we came from and possibly beyond. For this reason fire (heating) is alchemically applied to the food we eat to weaken the grounding influence of magnetism which correlates with the descending and binding influence of water (coldness). In some traditions cremation upon death is applied to make it easier for the soul to become detached from the physical realm.

Only the human can know how to make and use fire because we have been given the cosmic task to lead all life into ascension. With the art of cooking (alchemy of life) we can indeed become food for our "higher self", which is the self who can realise the self by, of, for and within the self. "The tree is in the seed and the seed is in the tree" is the analogy of self-realisation. So, the parenting of the child must be focussed on this cosmic goal, to be self-direct. Any parent who is serious about the universal value of the child must know how to feed the child in the universal way.

It is natural to eat raw food while going through the lower animal stages in the womb and at the early baby stage. Although the "raw mother's blood" must be produced by cooked food eaten by the mother. Otherwise the "watery" nature will influence the formation of the

child's body cells. Cells which can become subject to infection (decomposition) can correlate with "emotional infection" or an unstable mindset.

So, by introducing the fire element in our food, magnetism is weakened. Consequently, upon the release of the food's essence, or memory, in our blood, the brain can facilitate the mind in overcoming earthly attachments.

Food and the Child

A child's parenting begins with the parent's blood quality and at a later stage only by mother's blood as this feeds the baby in the womb. Father and mother represent Heaven and Earth. Father's sperm carries Heaven's energies and correlates with the nervous system (mental). Mother's ovum represents Earth's energies and correlates with the digestive system (body).

So, why is blood so special? Blood contains the complex protein by which the water element is contained. The water element is needed to temporarily retain the soul within the physical realm. Through water, further organisation or crystallisation (from the outer into the inner) becomes possible to structure the body during the nine months of the primary maturation process. In other words, the outer or macrocosm is organised into a very dense form (microcosm) and this happens through what links the outer with the inner most wholly and energetically, which is food. For this reason the womb is near the small intestine where food is biologically transmuted into blood plasma. By this shift, every day 1/10 of the blood plasma is changed. Thus in 10 days the body's basic "building block" undergoes a total change. In 3 to 4 months the blood plasma changes into the red blood cell, this in turn changes into the complex body cell in 3 to 4 years. And in 7 to 8 years the whole constitution changes. This explains why the child enters maturity around the age of 13 (9 months + 4 years + 8 years).

The birth of the child indicates the fundamental change of cosmic orientation. From the head going down, then becoming horizontal and gradually going up. This change of direction correlates with the emphasis on the shift of element, from the water element to the fire element. Thus upon birth the blood that the baby needs as its food (food refined by the mother to change it into blood) becomes sweet (carbohydrates), indicating the integration of the fire element.

Mother's milk is sweet. This great sweetness indicates the simple sugar that the baby needs, primarily brought to full digestion in the stomach, since the baby's small intestine is still not fully able to digest solid food in the form of complex carbohydrates. While the baby is gradually developing the ability and capacity to fully digest food, the mother aids the baby with her transmuted blood, her milk. So, it is not such a great idea to give a human baby the milk from an animal that has a long way to go in evolution to become human! By giving the child animal foods it will greatly set a mark on the basic development of the brain and behaviour. Throughout human history this has become evident.

Baby's food can gradually become less refined (sweet in taste) as the teeth appear. Then gradually the whole cereal grain is included in the daily food. First in the form of "milk" (liquid) and gradually more solid as the molars develop. The whole cereal grain's fire element is contained by its complex carbohydrates. This means a slower release of energy

and thus time is given for the fire element to reach the small intestine, from where it can rise via the heart to "set the brain on fire". Without this complete route, from the mouth to the brain, the child can become "heartless". This becomes evident when one drinks alcohol (extreme refined carbohydrate), because the "food" has entered bypassed the system by which the fire ("fire-water") enters the blood and brain. We can become "drunk" with the overdose of sugar over a long period of time. This gradual "becoming drunk" can keep the time bomb temporarily in check.

In the small intestine the food is brought to chaos so that order can rise from it. That is why the central nervous system begins near the anus. The raising of the child must go along with its gradual ability and capacity to digest food and consequently the cultivation of consciousness upwards the spine. The digestive system begins with 32 teeth and has a direct influence on the 32 vertebrae. The child cannot be reminded enough to fully chew its food until liquid. So, the order and perception of order grows from the internal turning point, the small intestine. Then the perception of order, in the brain, is brought forth by the organisation of blood with the aid of the internal organs. This makes the small intestine the essential polarity of the brain. The greatest attribute of the child's mentor (parents) is food, the way of eating and the small intestine!

Inner-Child Education

The only One creates the Two: inner and outer.

The Two creates the Three: the interaction, change, between inner and outer.

Nature has been created with the Trinity-Constant:

- Beginning
- Change
- End

This trinity maintains all existence. The trinity can be identified in every detail of existence. We must unify the Three before we can know who the only One is. This union requires the experience between Beginning and End. In other words, the experience, change, has to be in synchronicity with the evolutionary sequence because Oneness is the supreme sceptre of creation. Every detail, seen and unseen is interconnected.

It has been proven that subatomic particles can instantly communicate at any distance, whether it is one mile or ten billion miles apart. This instant communication also bridges time. Past and future is always Now, as inner and outer are Here. Reality is Here and Now! Considering us, All of creation is in us, as we are in All of creation. Thus it is essential for the maintenance of our health (= whole) that throughout our life we live in harmony with creation and its nature.

On the biological level we begin with the simple cell whose original habitat is the ocean. Therefore we begin in mother's womb, where we live in water for nine months. During this time we change from a simple cell through the evolutionary stages of the fish. Towards the end of the gestation period the foetus internalises the ocean in the form of blood. This explains why our blood has the same mineral composition and pH as that of seawater.

Then, when it is time for birth, with the "breaking of the water" we enter land life. The "fish"

must then disconnect from the “former ocean” and breathe to activate the “inner-tree”, the lungs. Then, both “outer-ocean’ and “inner-tree” become the inner-ocean, Blood.

Now the land-animal stage has to be gone through. At first the amphibian stage occurs where the central nervous system has to be activated by way of crawling. Then with the attempts to walk the baby stumbles like a monkey. Finally the child walks up straight so that the memory that the blood contains can be fully elevated into the brain and beyond. The sequence of the entering into the beyond: speech (thunder), vision (lightning), thinking (cosmic waves), discernment (polarity), will (creative force). Lastly, authority (the only One, the Creator). At this stage the child begins to challenge authority in order to set itself up for finding the only One Within!

All of the child’s education must be focussed towards its self-realisation (self-direct); everything else is merely “interesting”. Now this neural process towards the brain and beyond needs the constant support from the “past within”. For this reason the beneficial bacteria in the internal ocean (small intestine) have to be maintained. Now the ocean, blood, ascends to the brain to let the primitive form of life evolve on the human scale. So, gradually the child becomes “human”. In mother’s womb the child was eating mother’s blood for the reason that it needed to anchor the soul with the water element (dissension), on Earth. Thus protein-rich blood is needed, for this nutrient can hold water.

Upon birth the fire element is needed to fully “awaken” the “cold-blooded animal”. Nature takes care of this by giving the mother sweet milk from her breasts. This milk is the transmutation of her blood, to help the baby to become independent in the creation of its own blood. Be aware that the baby “switched mouth”, from the belly to the head. Internally it is the other way around. Thus the baby’s small intestine has to be gradually activated (to feed the “inner-child”), from the mouth all the way to the small intestine, from where the simple cell can evolve into the complex cell.

The thumb-sucking is significant for the activation of the beginning of the creation of blood, by which the food’s memory can rise to the brain and beyond. With the thumb-sucking saliva is brought forth. Saliva comes from the blood and when mixed with the chewed food a “warm welcome” is prepared for the food to become blood. Then when the teeth appear baby’s food can increasingly be solid. Chewing must be constantly encouraged for it sets the very basis of the “education from within”, to know that the 32 teeth correlate with the 32 vertebrae!

Twenty out of the 32 teeth are molars, specifically designed by nature to masticate the whole cereal grain, which has the memory that we need to remember who we truly are. In the very end the goal is self-realisation. The “education” towards it has already taken up billions of years! However, Now is Now, whether it is four billion years ago or “now”. The “end” can be at any “time”. With the “now-chewing” of the “total-memory” food, we cannot miss being in synchronicity with the very beginning of creation.

Considering that in the Oneness beginning and end are the same it is therefore of utmost importance that we are conscious of what is taking place in the mouth. The mouth is Creator’s first portal! From here the child can independently (self-direct) learn, from within, to find out who the Creator is, for the food that also maintains the brain is actually the fuel for enlightenment.

So, what kind of fuel does McDonalds and Coca Cola offer? Its education leads to the ones who are now ready to be cloned in the image of an inferior god. Their beneficial bacteria have been killed with antibiotics and vaccines. This creates the condition where one is left powerless against the most primitive form of life, the virus. We must realise that the laboratory-created "HIV" has been patented by those who now offer the "solution", by which we can "live" with the inferior state of body, mind and soul.

Moreover, the establishment's doctrine also states that we cannot change the inferior condition and therefore be put in the straight-jacket in order to accept inferior laws above Creator's constant, Change. So, who is telling the truth here!

If it is true that we cannot cure ourselves (so far the medical establishment is not able to cure just one ailment, including the "common cold") then who can do it but the one who Knows How to Change? Is this the root-cause of today's criminal behaviour of youth? Are they actually rebelling against the inferior laws which are used as weapons, which ultimately make weapons the law? Who is the worst criminal, the one who disobeys Creator's Law or the one who disobeys the Inferior law? The inferior laws are merely the result of the disobedience of Creator's Law. The first lesson towards justice is to know how to harmonise the outer with the inner. The balancing point of this universal scale is the mouth! With food the eater maintains the microcosm of the outer. By behaviour the eater becomes food for the macrocosm. The microcosm is basically programmed food which is projected back into the environment in the form of consciousness. And creation comes about by consciousness.

The consciousness the eater creates will return to the eater with the "next meal". The ultimate truth is that All Is One. Justice maintains Justice. Injustice maintains Injustice. This is Justice, regardless which law we live by. What makes the difference is choice. Creator's Law gives the best option: Change. The contrary law merely offers the "no option option". First create the problem, and then offer the "solution" by which we can "live" with the problem. How can injustice be changed into justice when change is basically outlawed? Straight-jacket law: "you are either with me or against me". We are the result of change and must maintain ourselves within the life-cycle and thus must live the Law of Laws in order to be free.

The Individual (= "indivisible-two") can create its own freedom by choice. So, the Sacred Way of Eating is fundamental, for the eater to be counted as Creator's "Freedom Temple". This Temple is the "Court of Justice", right there where the judge lives. It is quite obvious here who is trying to twist our arm to get us in the "straight jacket", and for what reason. To be force-fed with the food by which our memory can be erased, so that a programmed identity can be downloaded via the mouth in "Creator's master computer". Therefore humanity is made to fully depend on those who control the food-chain, from the land to the supermarket, via the mouth and back to the land (cemetery), via the hospital.

What occurs is the exploitation of the human potential within an artificially created hologram. So, "what the bleep do we know" when we think that we think that what we think... is true? Know that thinking begins with chewing food and the chewing of food ends where thinking ends. Chewing food mindlessly, "just for taste" or to "still hunger", is just not good enough to know that we are Eternal. Nonsense. Then examine how much we are already In the "finite straight-jacket", without being aware of it. Want to have justice, peace and freedom? If so, put the mouth to it, from where the choice To Be begins. The spell of

dis-empowerment can be broken by the child whose innocence can be raised with the Sacred Way of Eating.

At Creator's School, the first diploma is given to the one who can master his blood quality and be able to freely swim in this ocean of life!

The Digestive System

With One becoming Two (duality) a portal has been opened into Great Mystery.

Memory however, the link between the One/Source and the Now, makes the Two One again (the inevitable attraction). This link is memory.

Consequently the force by which the One can become Two is made tangible in the form of energy which is released with the second stage of memory (re-member), when the Two become One again. These initial two stages of memory set forth the absolute constant of creation, Change. The pulsation of life, accentuated with the nature of the Two, expansion/contraction, maintains all existence, constantly. Expansion correlates with the outer and contraction correlates with the inner. Since the outer and the inner have the same origin, both can only exist with what maintains the relative world, Change. Food sustains the Two.

The Outer creates food for the inner and the inner creates food for the outer. Thus, the food, solidified by the outer becoming the Inner (implosion) has to become subtle via a catalyst or "turning point" so that expansion can be facilitated. The human being has the greatest potential to function as a "refinery", to change food into subtle energies. So, we have a digestive system to extend the memory that food holds, into the inner. Upon complete digestion, finalised in the small Intestine by biological transmutation, the essence of the food we eat goes upwards via the central nervous system to the brain. This enables us to think.

With the chewing of food we initiate our thinking and our "chewing of food" which is continuous with our thinking ("chew this over"). Now, those who do not want us to come back to the Source do everything possible to block our memory by sabotaging the natural food cycle (ecology). Moreover, science and technology have been used to add to the sabotage. One tries to retard our cellular memory with genetic manipulation. But as long as we can fully digest, Change, the link with the Source cannot be fully erased.

Our ability to fully digest has to be debilitated first for the GM-foods to be fully effective and be able to facilitate the complete reprogramming of the human and for us to be fully under control via the satellite system. Here is where the antibiotic (anti-life) comes in, which has been hailed as the greatest invention. This weapon will kill the beneficial bacteria that we need for the final digestive process, in the small intestine.

Circulation

"The seed is in the tree and the tree is in the seed". In other words, "the centre is the

contracted circle and the circle is the expanded centre". Or, "the right and left hand belong to the same body". It is by the attachment to one over the other that we lose the power of One. This force is what keeps everything in the un-escapable Oneness. The ocean, clouds, rain and river are One. A portion of this cycle to replenish our body connects us with this cycle. Consequently the different aspects of the outer manifest within us.

Externally the ocean is the source of the water element. It gives and receives. Internally our blood is the ocean. Thus the inner source permeates the body. Not one part of our being can continue to be part of the whole without blood. Tie off a finger to deprive it from the blood's circulation and it will die, rot and fall off.

It is by circulation, Change, that we continue to be a part of the whole. Change is the absolute and eternal constant of creation. It is by Creator's Law that justice or harmony is constantly maintained by the power of One. The purity of our blood is maintained by Creator's Law. By this constant all opposites become complementary. The right and left arm swing are in complementary unison when we walk. Our blood pulsates throughout the body by the same principle. Change becomes evident to us in the form of circulation and is contrasted by the Un-changing. Indeed, change does not change. The change that we can perceive is of the outer. The greater the context of the outer, the more turbulence there is. The display of galactic dynamics is reduced to that of the water cycle which in turn becomes calmer within our body. Then, when the changing is reduced to the centre of centres, of the heart, that is where Change does not change! It is by the purity of blood that we can reach this centre,

By the blood's circulation we can also feel, experience emotion, speak, see and think. These are the gradual levels of refinement of circulation. So, it is ultimately by the stillness of the mind that the Two can become One, internally. This last step back to the very essence of the Source, Within, correlates with the prophetic "union of the Eagle (Mind) and the Condor (Heart)".

The Immune System Understood within the Universal Context

The following explains the immune system within the cosmic framework, in two parts. Firstly, pointing out the factors by which the limit can be created and used as a stepping stone.

Secondly, the limit seen as a contrasting option to the Option for us to realise that the observer and the mirror are One. It is by these extremes that we can make the choice and truly experience freedom.

One:

Oneness by itself has no blocks, boundaries or limits. Separation does. However, Oneness seemingly loses meaning and cannot grow, when it cannot overcome Itself. Therefore, the essence or centre of the Oneness or circle has to be found, in order to outline the sense of being. The outline is the expansion of the centre and with it we gain the space whereby the Now or Eternal Present can be known as Time. We have been trying the "impossible": using space and time to find the centre. Within this dualistic realm Oneness evolves with consciousness, created through the interaction of circle and centre.

The centre is deep within each one of us. It is through us, the individual, that the perception of Oneness is constantly renewed. It is from the heart, the meeting point of All opposites, that we can perceive opposites as complementaries. Thus we continue seeking, to maintain the centre within the centre.

This is the eternal life's essence, to keep us "finding what Is". Thus, by listening to our heart we will know what it takes to overcome the duality or illusion, in order to grow with the Inevitable or Eternal Now. As such limitation does not exist, only the limitation to be used as a stepping stone. This is freedom!

Two:

'The tree is in the seed - the seed is in the tree'. The circle is the expanded centre - the centre is the contracted circle. "I Am" and "We Are" are the same. With these three examples we can begin to understand the immune system in its most essential form. Here the absolute power of the Oneness can be sensed as the very basis of our security. No "insurance", "Medicare", vaccine or any artificial system can replace the Oneness on which All There Is rests. How can the Oneness harm itself if it wasn't by the illusion that a part can exclusively exist?

Bacteria and viruses can only become harmful when we use a mindset and way of life that allows us to antagonise the Greatest that contains our complementaries. The chain is as strong as its weakest link. Again this is an example to highlight the Oneness. So, what does it tell us, when civilised man is rendered powerless against the most primitive form of life, the virus? Can we comprehend that we have given our power away with each "victory"? Who would be next to be destroyed? It would be us, by becoming the weakest link due to a system we have set in motion to destroy the weakest! This Is AIDS = Acquired Intelligence Deficiency Syndrome! The accumulation of all the destructive forces (the energies which were released through all forms of conflict) can be used as the force to destroy the human race. This force is the creative power, the will, that we can direct against our self and have a total collapse of our immune system. In other words the power that can generate us is set back to "square one", because of the lack of memory.

It is by not remembering that All Is One that we become our own enemy. Consequently we lose our built-in protection or immunity. Ultimately this lack of recall will lead to suicide. It has been scientifically indicated that this most unstable condition can be triggered into suicide with a laboratory created virus. Ultimately suicide can be triggered via the internet! This would be the most convenient way for a "chosen few" to tap into creation to empower their artificial hologram, by humans to give up their will (representing the creative force) to live (rather a "living"). This is the most sophisticated way of sacrifice to a demonic entity.

When we agree that we were created in the image of the All-Mighty and that the Creator of All in the most tangible sense is the One-ness, then the individual ("indivisible-two") can be understood as the microcosm (seed, centre) of All There Is. Being a part of creation, what or who can harm us when we are in harmony with that which is in It-Self? Only by the means whereby we forget that All Is One, can we allow harm to be exerted on our-Self.

Thus, the body, the carrier of memory, will make the effort to re-Member. And, unless we bring forth the memory we need, with food, the body cells will go back in time to the stage where our memory was blocked! This regression in time will sooner or later appear as a

symptom that one may give a name to, such as "cancer" or "AIDS". When the complex cell of the human being changes into simple cells, this shift simply indicates that not even a virus can be removed from creation. This happens due to the attempt to destroy the virus, a futile attempt coming from individuals who believe that creation can be replaced with a laboratory-designed universe. What belongs to creation is protected by creation!

The memory that All Is One is contained deep within our body cells. The greater and more complete the memory, the more of creation can be centred on the nucleus. Creation is most profoundly represented within the human body, because the nucleus of our red blood cells, interconnecting all the inner parts that we need to feel, function and think, connects us with the whole. This nucleus is iron (Fe), the most dense and stable element of the Universe. Planet Earth's nucleus is also made of iron and it is by this extreme concentration of energy that we can feel. We can feel, as the result of our ability to translate the connecting energy (magnetism, synchronising the inner with the outer) into consciousness, and vice versa. Consequently, with our feeling by, with and for the Earth (by us sharing the same kind of centre), we can hatch mystery egg Earth, giving us the gateway into the next World. This new realm is definitely not the world we are told to attain by so-called "globalisation". It is by the Oneheart, the centre of the supreme immune system, that the great union of humanity will take place. The "owners of AIDS" try to contradict this. We chose planet Earth to find out what it takes to overcome the greatest possible duality through the human potential. Therefore we volunteered to get ourselves temporarily confined within a 3-D body, which we can only transcend by making the fourth dimension a physical reality.

Extreme duality is the separation of observer (individual, seed, centre) and mirror (creation, tree, circle) resulting in massive restriction, separation and the destruction of everything we need to maintain our memory and sound relationship with All There Is. This explains the systematic artificial ways used to retard the seed power or memory that food contains, by those whose interest it is to conquer through division. How far can we go with genetic engineering without completely destroying the map within and get fully lost in the Illusion?

The AIDS doctrine has been pushed on humanity, to make us believe that we cannot reverse the regression in time = biological / mental degeneration. This is the signal to make us realise that we have succeeded with the creation of the very extreme opposite to creation, on the human scale. The "human map", patented by a "chosen few", is not the map that can help us to come Home! It is the map of the trap.

The first principle of the Infinite Universe is that everything is subject to change, except Change. It is by change that Oneness is maintained in the relative world, and change can only occur with the existence of polarity. The ultimate polarity to change is Anti-Change (Christ - Anti Christ); "AIDS" with its Broken Infinity symbol and SDIA (= Start Dynamic Individual Action) with the Infinity symbol.



Now we can undergo the last test by which we can find the answer to the last big question: to Be or not to Be? The restoration of our immune system goes hand in hand with finding

the essence or centre of centres within ourselves. With it we will know to fully love. Fully, because we are a few steps from Home. We set out into Great Mystery with the power of love given to us. Having reached the ultimate mirror, us, we must now reflect this power back to the Source. This requires us to restore our Oneness, by making the choice to change ourselves first, by overruling "AIDS" with SDIA (= Start Dynamic Individual Action). With the individual's success to liberate itself, this would validate what the child said: "God made Himself".

The deficiency of the immune system can only be acquired with the lack of the cellular memory. Those who have tampered with the food chain have tampered with the freedom of humanity and the well-being of all life and the world.

The inner/outer-Gap

Humanity can be likened to a pyramid, broad at its base and progressively narrower as we ascend to the top. The world is full of souls who have risen one step above the animal, still not secure in their foothold even there! Yet even they shall reach the goal, in God's good time, though they are full of instinctual behaviour and are only interested in their own survival. They are animal-in-human disguise and are labourers who merely toil for selfish ends. A few more births of experience chisel them into a better human shape and they are elevated to the rank of workers, promoting their own welfare with one hand and the welfare of others with the other – half animal half human. Experience soon teaches them the futility of such work and they begin to question, "What is the purpose of all of this?" They seek an answer. They become seekers. This quest burns furiously in their heart, burning all the animal nature, selfishness and self-seeking. It also sheds a beam of Light on their path of Self/God-realisation. In that Light in the course of time they see the Truth and they become sages.

Venkatesenanda.

The distance between the two extreme levels of the pyramid correlates with that of the gap between the tip of the tongue and the tip of the nose! What is meant here is the space that we can see in front of us. The contrasting inner gap is filled by the way of blood for food enters via the tip of our tongue from where it gradually becomes blood via the digestive process. The essence of blood (memory) then ascends via the central nervous system to the brain. The tip of the nose is the other end of the central nervous system's "tail". It is also important to know that both tongue and nose correlate with the heart!

Observe what and how lowly evolved humans eat and we can conclude that there is a relationship with what and how animals eat. The blood quality that must raise our consciousness of being correlates with ones way of eating. Animals merely eat to fill their stomach because they have not evolved enough to fully digest their food and therefore have not even an inkling of *enlightenment*. Humans eat to end the quest with the delivery of the *eternal flame*. That is why only humans know how to use fire and in time become eternal when it liberates the soul from the inner darkness. Darkness is the light not able to see the light. The vision becomes complete when the distance between the tip of the nose and the tip of the tongue is reduced to nil. This final connection would be the reflection of that of the inner where the mind and heart at last become One.

The Knowledge-Purifier

Imagine the Un-imaginable: the Nothing or Void that contains the infinite possibilities. So, there has to be a knower who can realise the possibility, implying that ignorance is the distance between the unknown and the known which has to be covered with knowledge. Impossible? The impossible is possible!

Knowledge is also the unifier and the essence of the living blood. With the purity of blood we can purify ourselves from ignorance, ultimately revealing the self or knower. In other words, by the polarisation, the condition or distance (space, context or "original womb") is set for us to become conscious. The following expands on this journey within Great Mystery.

- *Verily, there is no purifier in this world like knowledge.*
- *The man who is full of faith, who is devoted to It, and who has subdued the senses obtains knowledge.*
(Bhagavad Gita)

How can we subdue the senses? It is by the circulation of our blood that we can "bodily sense". It is by food that blood can respond to what triggers the senses, for food is distilled from the outer and becomes blood upon the completion of the digestive process in the small intestine (the womb area where we begin to manifest). In other words, food is the bridge between the outer and the inner. Once the essence of food (memory) has become an integral part of our being, we can remember all the aspects which created food. This is sensing. Thus the synapses, whereby the outer and the inner can have a "dialogue" (sensing) send the message of the interaction to the brain, to make us aware that we have an experience in the realm outside the unchanging One, Who is Within.

However, when the stimuli from the outer becomes dominating, we will become distracted from Knowing the only One. The Knowledge that is meant here is different than the "book or school knowledge", based on memorising, programming, "workshop" information or indoctrination.

The Knower is the eternal Self Who can transcend the barrier of Ignorance. So, when we sense, we get a "taste" of that what separates the inner from the outer. It is by the duality that we can get ourselves fixed in an illusory realm, hologram or matrix. In this temporary realm we are given the opportunity to become conscious that we are Eternal, thus unconditionally free.

The key, that can open the portal by which we can unify the outer and the inner, is the Unifying Principle of the Infinite Universe. It is the Law of Laws or absolute and eternal constant, which is Change. Creation is maintained by Creator's Law, Change, to let us know that the Creator and creation are One. In the relative sense Creation is Without and the Creator is Within. We identify ourselves by the non-existence ego (the illusory gap between Creator and Creation) by not realising this Oneness. Hence the attachment to the sense related objects to keep us confined within a non-existence context or illusion. The only purpose of the illusory is to identify the Limit by having an experience, to then be used as the stepping stone.

There is no greater form of change than eating food, by which the possibility can be substantiated and known. So, when our food and way of eating is truly universal, we can internally unify all of creation, the Be-ing that is centred on the Creator. The senses are then subdued by this Oneness and thus detached from the object. Therefore we must practice the Sacred Way of Eating, which is not a "diet", to become one with the Knower, Who can purify us from our ignorance. Any form of impurity, including disease, corruption, confusion or conflict, is the result of ignorance. We can register this handicap through the senses only to be subdued with knowledge, ultimately the knowing of the Self or Knower. This is the attainment of self-realisation, the Self knowing the Self, by, of, for and within the Self (anything "outside" of the Self is illusory) - the sensing from the Heart, where all opposites become One.

We entered Great Mystery by the One becoming Two and return to the Origin by the Two becoming One. The "in-between" we can notice by the heart's pulsation, the temporary (physical) heart. By the union of the Two we will enter the Centre of centres or Still-point, and be in bliss. So, with the purity of blood the entire microcosm will be centred on the essence of the heart, to finally "Get IT".

The TITAN

A Titan is somebody whose power, achievement, intellect, or physical size is extraordinarily impressive.

The "Titanic" is sinking. There is less than an hour left for the once mighty structure to hit the bottom of the ocean and become a romantic relic of the past. On the ship were heroes and cowards. All of them trusted the well-planned luxurious journey across the ocean. Then the Surprise came, making them face the Ocean of the Infinite and to sink or swim.

The difference between the watery ocean and the eternal One is in our perception of truth that changes along the process of disillusion. We make plans of our own and do not question how it can serve our Creator's Plan. Then the surprise, the disillusion, to help us with realising that there is a difference between the perception of truth and the unchanging truth. We perceive by the mind, and the mind depends on the synapses whereby the changing outer can be registered. In contrary to the heart's centre we can Know, from within.

The Truth is that truth does not change, as change does. Change does not change. The All Mighty is the only One Who does not change. It is the Centre of centres that we cannot fathom with our superficial ability to sense the object. "That" is IT. IT is what makes us realise "through" perception. This "through" is the "that", the portal by which we can See the "invisible IT". Not seeing with the dual eyes but with the Eye that is connected with the heart. The heart contains the Centre of centres where all opposites meet as One. This union can only happen due to the only One Who is in all objects. The One is not to be confused with the number 1. IT is the still-point or zero (0). So, the Oneness must come about by the union of hearts' Centres. As such, $0+0+0+0$, etc = 0. The un-measurable One remains One and thus constantly negates any duality or futile effort to register the One with the mind that has the affinity with the outer.

The unchanging One is experienced as change in the state of movement. Any attachment

to the object ends with the disillusion. Hence we can become invincible by becoming one with Change, when we have learned from the disillusion. By Be-ing in our centre we can change, create, and thus become a co-Creator. Creation is maintained by change. To go against change, by trying to fix the object, is to go against the Creator and His Creation. As such we will sooner or later find out that we are holding on to a sinking ship.

The object exists by perception and, since perception is subject to constant change, objects cannot be fixed or secured. We will be constantly disillusioned as long as we attach ourselves to conditions or objects. Rather we must Be the subject and be one with the only One within, Who is the Titan of Titans. We can then change any condition or object (object-ion = limit = condition) by which “freedom” can be conditioned. True freedom, as truth, is unconditional.

Today’s world is the “last of the Titanics”. As it is sinking too, we can observe the same kind of drama. The masses are frantically involved with “issues”, whether it is of political, financial, social, emotional or of a personal nature. They all obscure the main issue. We have forgotten why we came to “cosmic ship” Earth. The time has arrived to realise the Plan. Today’s Titanic’s glamour hour is ticking away. An over four billion year long evolution towards a consciousness of One is coming to its conclusion.

Then, know that our blood (having the same mineral composition and salinity as the ocean), created from food, is the “watery ocean” Within. And, since food is created by the culmination of creation, we have become a microcosm of creation. Think about this relation-ship, between the inner-ocean and the outer-ocean. Food is not just “nutrition” (protein, carbohydrates, minerals, vitamins, etc). It is the bridge that interconnects the two “ships” (us and creation). Both have the One as the Captain, Who is the Titan!

The Divine Plan

The leap into Great Mystery required our free will to be vulnerable to all consequences of a divine plan or experiment. The outcome of the experiment would be the mastering of a most dualistic concept or illusion. It required us to enter a hologram created within a part of a galactic system. Earth therefore served us as the provider of food, to contain the soul within a physical body. Consequently the basis for the experiment has been set, by making the extreme division between the Inner (body) and the Outer (creation) in conjunction with dividing Earth’s surface (horizontal = bordered by the horizon) into East (Orient) and West (Occident).

The illusory separation influenced the division between the right and left brain, which in turn causes a gap between perception and projection. This in turn caused a delayed perception of the Here and Now. As such we know the gap by space and time, in which the experiment can come to completion.

The perception is due to the remembering (“ascension of memory” via the small brain) and the projection is due to what filters between the right and left brain to the large brain. With the projection the hologram or context is entered, from where the memory has been gained through the food cycle (environment-eater-environment). So, whoever and whatever controls the food cycle can also control the nature of the experiment.

However it must be understood that possible failure of the experiment would be the futile

attempt to overrule the Divine Plan with an egotistical agenda or order. Along with the Plan we were also given the human potential that is centred on free will.

Thus, in order to master the greatest possible dualism, the human must create its own division so that it can also un-create the division. Therefore it cannot be other than the self-realisation to unify all opposites through the human potential. For this reason our being was created in the image of the Creator, Who remains the Unimaginable until we have fulfilled (= make the hologram/gap full) the Plan. The return to the Moment/Oneness is inevitable.

For this reason the constant of the temporary or illusion is "every beginning has an end" by which the hologram can be created, in which we can be temporarily fixed. Thus the application in daily life of the eternal constant of reality is essential for the realisation of the Plan, which is to change the illusory division back into the Oneness.

This would be world peace, the greatest Miracle, which the Universe has been waiting for. Waiting because what Is, the Moment, has been delayed with the present "experimental mode". Indeed, Change does not Change, because Creator's Law, by which Creation comes about, is to endlessly continue. The human, being a microcosm of Creation, can thus extend creation by letting the will flow through the self. Self-realisation means to make the choice to Be.

Memory

Memory is the link between the Source and the "Here and Now". This link is basically maintained by food (condensed environment). Then, upon digesting the food the memory is released, to ascend by the blood's nucleus that is guided via the central nervous system to the brain. From here we can further remember with the projection from the large-brain back into the environment in which the food was cultivated with the aid of Creation as a whole. This projection from the brain is at first the hologram or context in which we can substantiate the consciousness that we have gained since inception (entering Great Mystery) until the choice is made to continue from Within.

However, due to the corruption of the food cycle and how it is further demolished by the way of preparation and eating, the human's cellular memory has alarmingly declined to the level of the primitive forms of life. To be powerless against bacteria and virus shows where we are at. The following analogy explains the correlation between the lack of cellular memory and today's prevailing degenerative conditions.

The man wanted to make a long journey by car. Everything was packed but where is the car's key? It must be in the house, the man thought. He went back and began to search and searched and researched. Meanwhile days went by and the journey had to be postponed.

When our body forgets the same thing happens. Then every complex cell must return to its previous primitive state to find the "key" that it needs for the journey's progression. We do not need to degenerate to such an extent when we know how to bring forth the key by the food that remembers because it has the spare key. Today's ongoing researches relate to the futile attempt to find the "key" with the degenerated senses. It is right in front of our

eyes, but the vision is lacking.

We came this far according to the Plan or Cosmic Map. Then, during a “time out” we lost the “key”. Do you want to go all the way back to get the spare key? No way. Time is short and there is no short cut besides committing suicide. This is what “hara-kiri” means, literally to cut off the small intestine, where the food’s memory is released. So, when we forget the Plan, how then can we realise it? Whose ideals are we following today? Will it lead to the long awaited “Kingdom of Heaven on Earth” where the meek will inherit the Earth? Today’s governing order hardly shows a move in that direction. It tries everything possible to persuade the human to accept suicide (directly and indirectly) as the norm.

It is Harvest-time!

An over four billion year cycle of consciousness is coming to a close. The human comprises the entire evolutionary process of body, mind and soul. The memory of different worlds, many civilisations and countless lifetimes are encoded in each cell of our being.

The end is not an enclosure, but a stepping stone into the world with an endlessly growing horizon. The Creator of it all is the Harvester. His Domain is the only one that can comprise manifestation, because it is the only Oneness. How can we know it to be true? Just try to extract, isolate and claim this very Now that becomes the "next Now". It is only "possible" by concept or by illusion, because there is no other place to go to, outside of the Oneness. The Oneness is All there is!

Only by illusion can we make the futile attempt to separate a part from the whole and claim it by an illusory concept of value. The monetary system was created to facilitate the management of an illusory process. We indeed need money when we want to be part of the creation of the "blueprint", but when it comes to the realisation of the Plan it is money that needs us. Thus we get paid for what we are doing, so that the illusory can make a shift into the manifestation according to the Plan.

Within the greater scheme of the world, money has also been used to the contrary of the Plan that brought us to planet Earth. We came to planet Earth to find out what it takes to overcome the greatest possible duality, or limit, through the human potential. The accomplishment of it, would make Earth a portal of peace, along with us to See ourselves in a new light of freedom. In other words, we have to know how to make the limit our stepping stone. After all, the "sky is the limit".

However, greed can be blinding and binding. This has happened with those who have been trying to confiscate Creator's Harvest.

Planet Earth has been most desirable within Creation, because it has the portal-magic that can be used to interconnect the eternal and the temporary. The gate is by itself neutral. It is neither of the inner nor of the outer. So, whoever controls this portal can decide into which direction the Creative Force can go. There are basically two directions within creation, the creative and the destructive (anti-creation).

Although the illusory can be used as the stepping stone for creation to grow in consciousness, it can also be used to temporarily isolate a portion of creation to create an

artificial universe that will ultimately self-destruct. This attempt occurs when the ego (other than the Self or I Am) puts itself up as a god or goddess and thus needs a system or way for plugging into the matrix of creation, because by the choice not to be one with Creation it has no true power of its own to perpetuate. It must therefore become a cosmic parasite or a slave-master of those who have the potential, to be used as a "plug" to tap into the Infinite Power Grid. The human endowed with the gift of free will can therefore be used by the parasite, when we make the "choice not to make the Choice" ("not to Be"). This happens under the pressure of insecurity, doubt, fear, guilt and shame.

There are "cosmic pirates" who try to trick humanity to dissolve into their hologram, while humanity and Earth are coming to the climax of an over four billion year evolution of consciousness. This can happen when the moment of truth flashes in front of us and we can make the last choice between the "to Be" and the "not to Be".

Ever since the human has been given the power of free will, he has also the potential to serve the diabolical and help it to create its artificial empire. With the failure of the human to give the best answer to the last question (accepting the "mandatory ID" leading to the implanting of the micro-chip), the entire Earth can be destroyed so that it becomes a portal of destruction. In other words, the "salvation" of the diabolical is in the total destruction or "cosmic suicide".

On the other hand, by fulfilling our cosmic destiny, portal Earth will carry the Eternal Flame of Peace (Earth becoming a Sun to reflect the Eternal Flame), enabling the endless flow of souls for the purification and to be liberated. The human has a supreme responsibility for giving the best answer to the last question: "to Be or not to Be". This is not just a philosophical fancy but the formula for the creation of the "big bang of FREEDOM"!!!

Illustrated Summary of the Lurking Danger

The time has arrived for the completion of the Oneheart medicine which involves the realisation of the Divine Plan that brought us to Earth. Therefore we must transcend the collective limit, which today is outlined by the ground-controlled satellite system ("netting"). This is daily thickened with globally-released reactionary energies through nuclear plants, emotional dramas, wars, micro-wave ovens, digital technology and "chemtrails".

Illustrations:

Encodings of the Divine Plan:

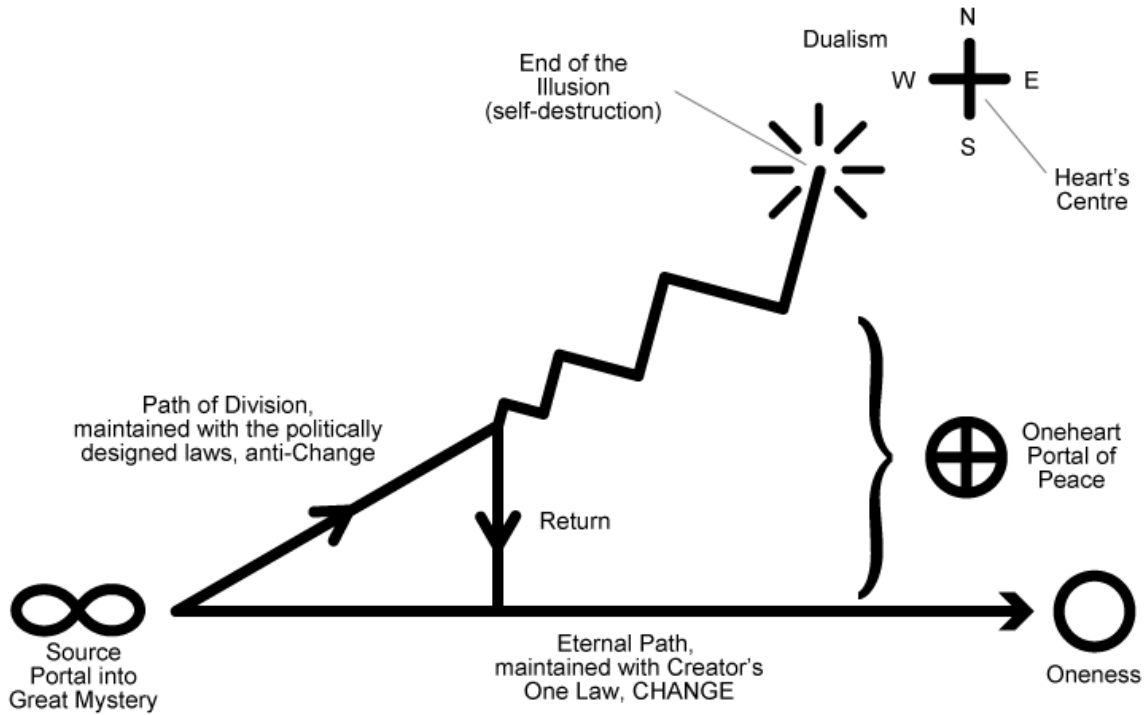
1. *Hopi Prophecy (simplified version)*
2. *Heart and Love Symbol*
3. *Cross in Circle*
4. *Pattern of our blood's circulation*

Possible consequence:

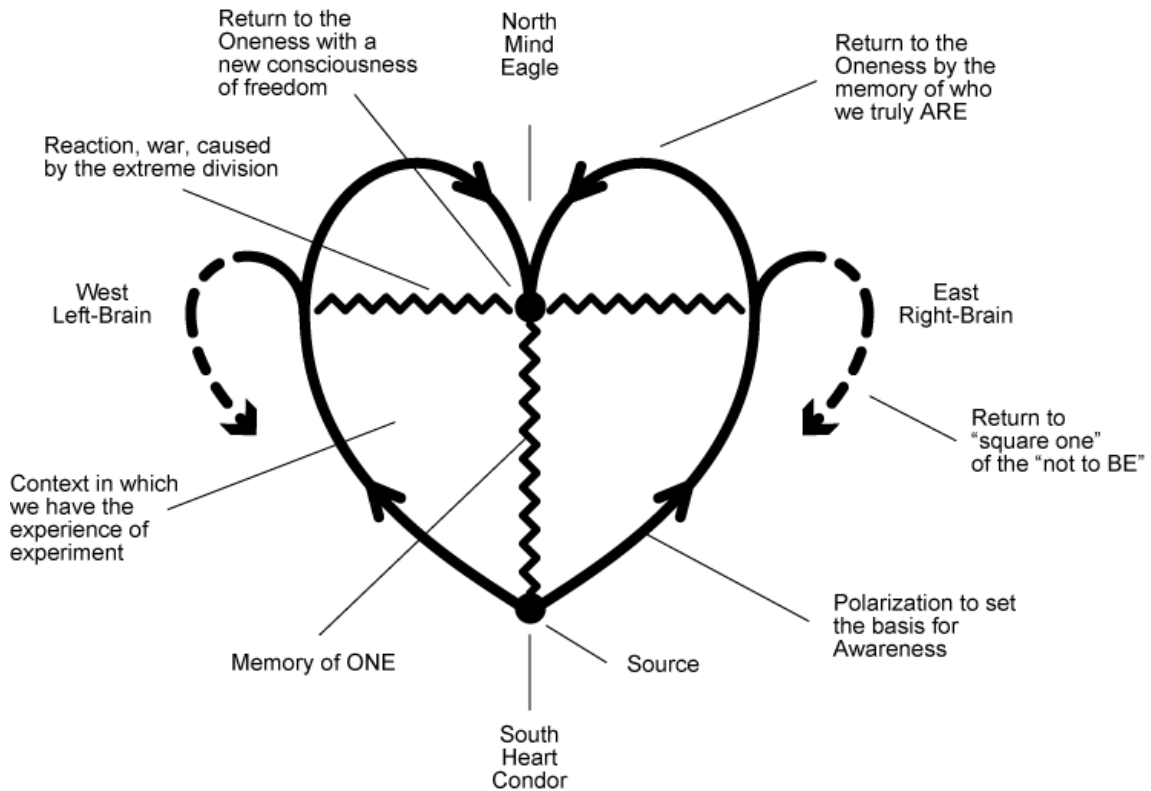
1. *Illustration A*
2. *Illustration B*

Encodings of the Divine Plan:

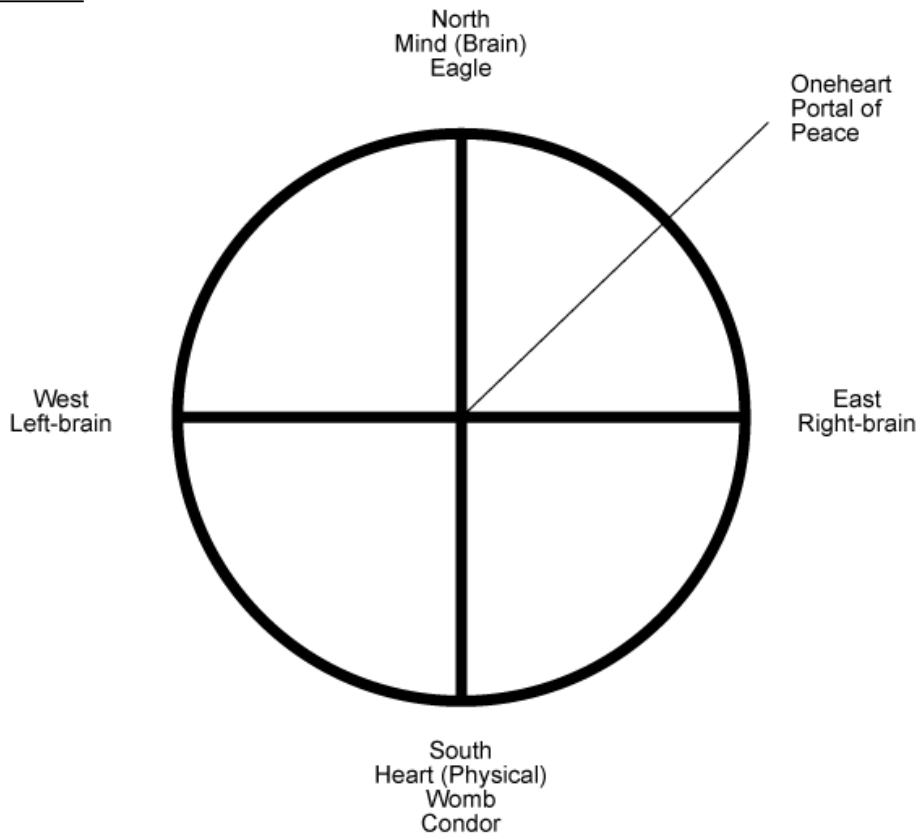
1 - Hopi Prophecy (simplified version):



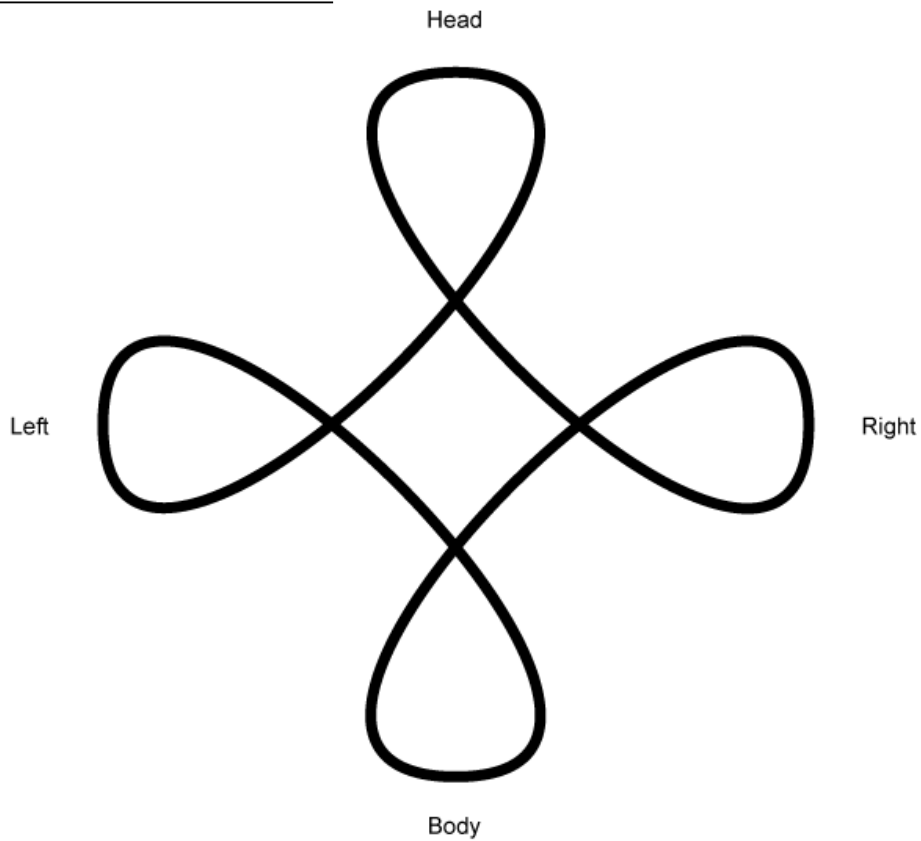
2 - Heart and Love symbol:



3 - Cross in Circle:



4 - Pattern of our blood's circulation:



Possible Consequence:

Illustration A:

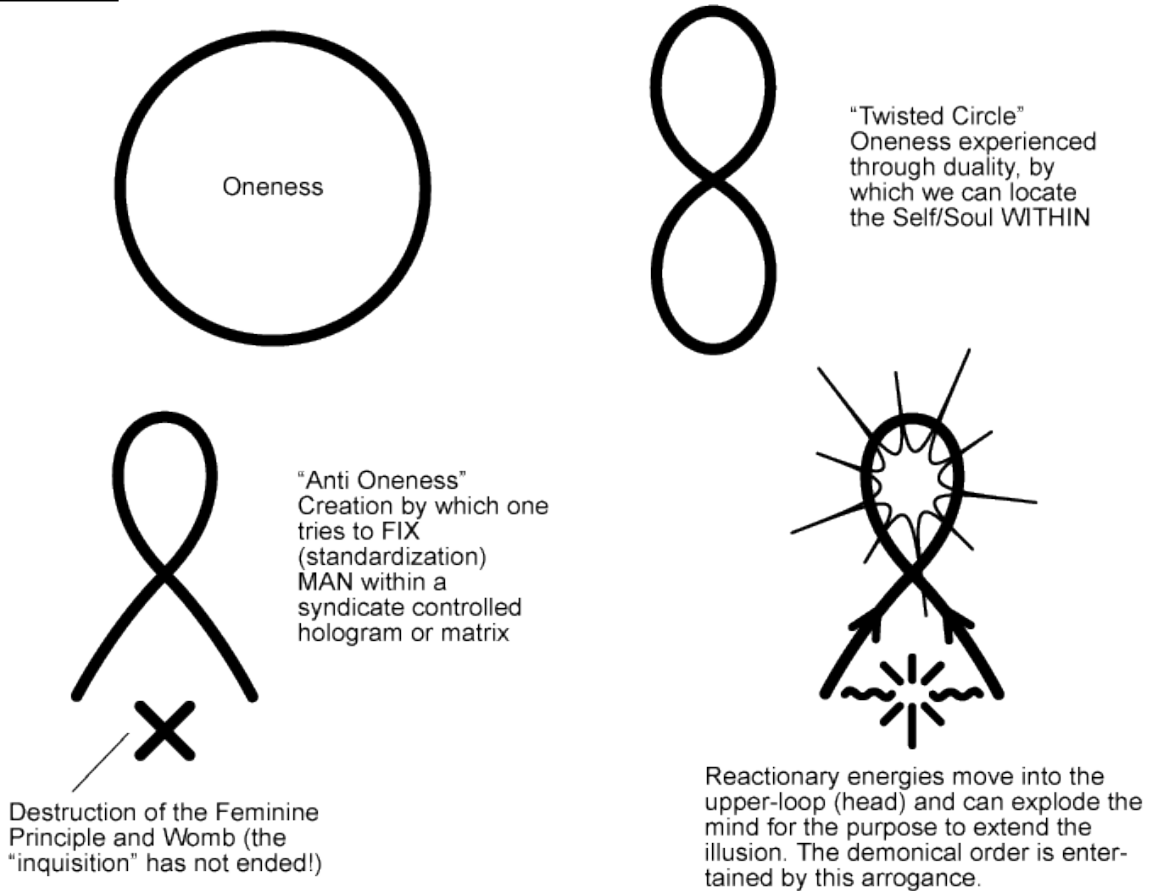
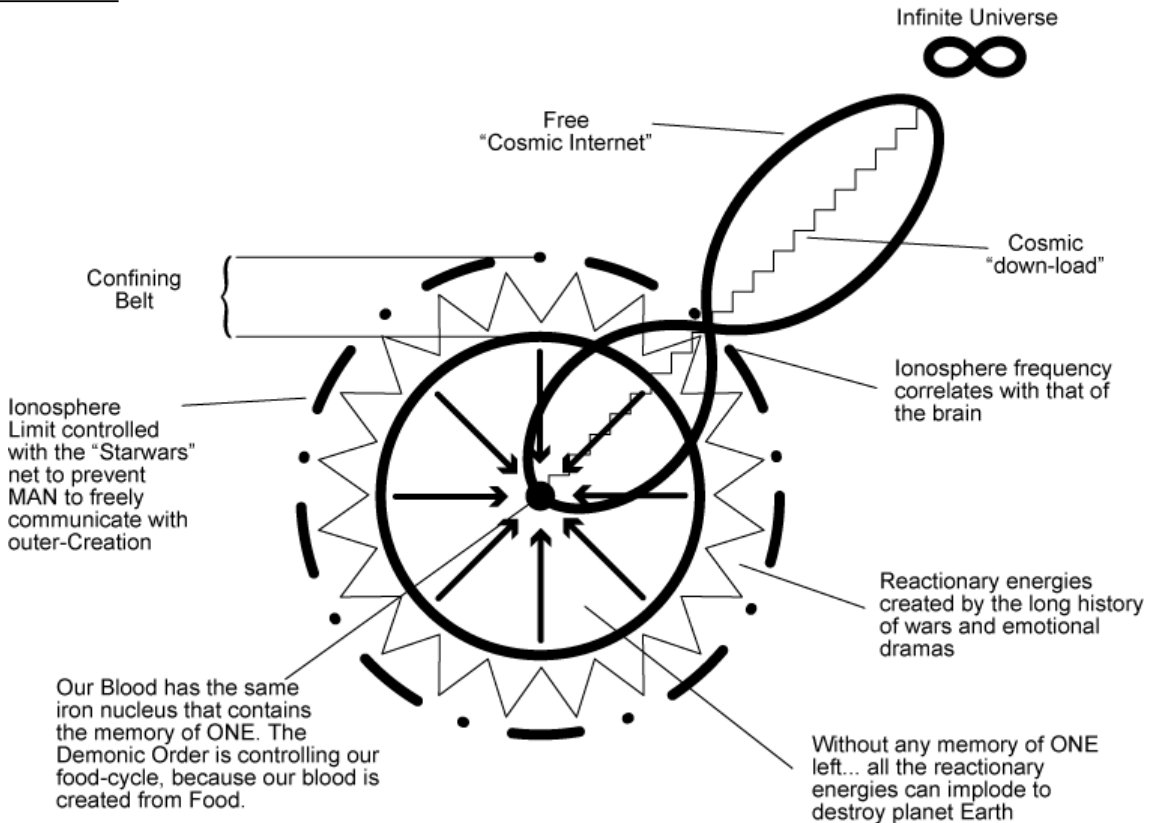


Illustration B:



The Target

He, who is everywhere without attachment, on meeting with anything, good or bad, who neither rejoices nor hates, his wisdom is established. (Bhagavad Gita)

Commentary by Swami Venkatesananda:

The foremost principle to be grasped in dealing with these pairs of opposites is that they are vital to all growth. Heat and cold, rain and sun, night and day are necessary for plant growth and for the growth of our vital “vegetable” nature. Pleasure and pain, success and failure, honour and dishonour, are necessary for the growth of our “mental” nature, the psychological aspect which should thus be purified of its dross and cleared of misunderstanding and arrive at the saner stability of mental equilibrium. Good and evil are necessary in the same way in order to raise us above them!

It is only because we have a much too narrow vision which prevents us from seeing life as a whole, that we seek and cling to what we regard as pleasant and fight to get away from what we come to feel as unpleasant. If we rouse our wisdom and raise ourselves from the purely earth-earthy life, we shall, from the lofty heights of Yoga, enjoy the enthralling vision of the Whole life, and perceive the wondrous pattern of these opposites ironically blending to create divine life. The pairs of opposites will lose their dreaded significance and will reveal their true nature as essential factors for our spiritual growth. The seed destroys itself to create the plant. The plant sacrifices itself to feed man. Man voluntarily suffers to promote his brother’s welfare. The whole universe is constantly subjecting itself to this endless alternation of opposites in order that the soul may be liberated from their thralldom. He who sees this is a sage of steady wisdom.

Commentary by Roy Little sun:

The Archer

The Archer stretches the string, held between the two ends of the bow, backwards. Meanwhile the focus has to be held on the target. At the right moment the arrow that is held on the string is released to reach the target. The Archer is the true Self or eternal soul. The two ends of the bow represent the polarity that made it possible for us to enter Great Mystery, to have an experience that at the end must be distilled into the Consciousness of One. The string is the realm in which the reactionary energies, culminated from the conflicts between “good and evil” are stored (the “confining belt around Earth”). The arrow is the collective being, humanity. The backwards movement of the arrow correlates with the great efforts of the oppressive order to exploit humanity through their “problem-management”. Hitting the Target is the realisation of the Divine Plan. So, without the “negativity” (backwards movement of the arrow) we cannot reach the Target. Those who can keep the Focus, have the Courage to enter the decisive-battle-within and have also good Health; “they” (we) are “the ones we have been waiting for”!

However if humanity allows the order of anti-creation to pull the arrow (using technology) until the string breaks then the return to the Oneness ends up at “square one”. So, the Order we must follow, according to Creator’s One Law, Change, can be formulated as follows: “the Tree (Creation) is in the Seed (Creator) and the Seed is in the Tree”. ALL IS ONE.

Why World Peace?

“the Tree is in the Seed – the Seed is in the Tree”

This absolute and eternal “formula” also applies to man. Today we are experiencing the ending of the “tree-stage” and thus must Return to the “seed-stage”, as a collective being. Therefore we must have the cellular memory of One, by which we can remember and realise that All is One. Hence the attainment of world peace is essential for us to come to the centre of centres. This Centre is of the Inner.

As a collective being we interconnect with all beings and things. Externally this happens by the outer-Light, with our Sun as the nucleus of our mirror. The inner-Light is the nucleus too, with the difference that Seen from the inner we can connect with the Observer, the Conscious Witness or Self, who is closest to the All-Mighty or Creator of All.

When we allow ourselves to be led by the outer, more than the inner, we become subject to an external authority, leader or god who can exploit us for exclusive motives. Today’s political and corporate order is of the outer and has reached the stage that it cannot survive unless man has fully surrendered the will to Be. Since will correlates with the creative force, it is thus essential that we fully surrender for the “system’s” continuation, until it has exhausted itself because there is no human left who has the direct connection with the Source of Light. Consequently the stolen energies, which have nowhere to go to, will implode on themselves to then explode. That is how galactic chain reactions (“supernova”) originate. This cosmic explosion shows the return of the creative force to the Source without the collective consciousness or memory of One. In other words, there is no inner-realisation accomplished (after a long evolutionary process) that the true existence is Within and Eternal. This is the process of the finite universe. Only by the emergence of man, by going beyond the seven seals/chakras, can we enter the pillar of Light by which our universe can become a continuous living realm. Today’s world is in the critical stage of the two extreme possibilities. Death as we know it belongs to the finite order. It has become quite obvious that death has been the premise of the (dis-)“order”. The creation of the anti-biotic/life (inner) and “making war for peace” (outer) is its trademark.

The Sun’s light is the reflection of the “Seed-Light”. Thus as long as the inner-light of man can radiate into the outer, by way of unconditional love and service, the Tree can live by the “indirect-light”, via the Sun. The Sun continues by the Living-Light of man. It is our Moon! As such the solar system can exist as a living system which in turn can initiate the galactic system to be alive, which in turn can initiate the universe to be alive. This is the Essence of true man, who has been created in the image of the Creator of All. We are the microcosm of the Creator’s body or creation and contain the Seed-Light that we must radiate by the conscious way of life in service of the Creator’s Plan. Creator and creation are one and as such we can realise that we are a co-creator or an integral part of the Infinite, from where infinite possibilities arise. Thus the Seed can continue with the creative cultivation of the Tree. The destructive order, however, wants to own or patent the Tree on its own terms and therefore needs to destroy the Seed in all beings and things. It has already the ability to destroy the nucleus or seed of the outer, with the creation of the atom bomb and genetic manipulation. Now it wants to destroy the nucleus of the inner, of man, where the memory of One is centred, to then reprogramme us so that we can be remodelled and cloned in the image of an inferior god. The “salvation” of the dark order is in the destruction/death. The following explains its nature.

The Diabolical

Bhagavad Gita:

The diabolical ones say, "this universe is without truth, without moral basis, without a God, brought about by mutual union, with lust for its cause; what else? Holding this view, these ruined souls of small intellect and fierce deeds come forth as the enemies of the world for its destruction.

Filled within satiable desires, full of hypocrisy, pride and arrogance, holding evil ideas through delusion, they work with impure resolves. Giving themselves over to immeasurable cares ending only with death, regarding gratification of lust as their highest aim and feeling sure that that is all.

Bound by a hundred ties of hope, given over to lust and anger, they strive to obtain by unlawful means hoards of wealth for sensual enjoyments. This has been gained by me today; this desire I shall obtain; this is mine and this wealth also shall be mine in future.

That enemy has been slain by me; and others I shall also slay. I am the lord. I enjoy. I am perfect, powerful and happy; I am rich and born in a noble family. Who else is equal to me? I will sacrifice. I will give charity. I will rejoice - thus deluded by ignorance.

Bewildered by many a fancy, entangled in the snare of delusion, addicted to the gratification of lust, they fall into a foul hell. Self-conceited, stubborn, filled with the pride and intoxication of wealth, they perform sacrifices out of ostentation, contrary to scriptural ordinances.

Given over to egoism, power, haughtiness, lust and anger, these malicious people hate Me in their own bodies and those of others. These cruel haters, worst among men in the world, I hurl these evil doers into the womb of demons only. Entering into the demonical womb and deluded, birth after birth, not attaining Me, they thus fall, into a condition lower than that.

The Offering

Who are we offering or sacrificing the essence of our Being to? Within the context of Oneness it is ultimately the Only One Who we offer to, because there is nothing that can be outside the Oneness or All there Is. Only by the illusory mindset can we think ourselves to be separate from the whole. As such we experience the problematic way of life - that one ironically tries to overcome by securing oneself within an exclusive context – to then be "legalised" under secondary laws. Therefore we put up fences and collectively create a nation, to defend our own limitation. Our "birth-certificate", stating that we are owned by a nation, is issued for this reason.

Considering that we are a microcosm of creation and that the Only One is within us then how do we maintain our relationship with the Whole? Disease has alarmingly increased to the point that the medical system one depends on, cannot cure a single disease, including the "common cold". So, how can cure come about when the meaning of health is not understood at all? Are we truly healthy by passing a medical examination? Health means

whole. So, how whole do we want to Be?

To be healthy and happy requires us, in principle, to be as whole as Creation. In other words, our degree of health is relative to our relationship with our Creator's Body, His Creation. Our Being is most profoundly designed to live up to this relationship. We eat-defecate, drink-urinate, inhale-exhale to maintain the cycle between the outer-creation and the inner-creation.

By eating, drinking and inhaling we accept our Creator's Gifts or Offerings. Then what do we offer to the Giver in an improved form? Know that the gained consciousness is the essence of our Creator's Gifts, which we extract via the inner-refinement or digestive process.

So, the daily offering of a small portion of food or anything we receive via "cosmic channels", is the first and normal spiritual practice. Otherwise we become a "cosmic thief". Thieves when caught are put in jail to become aware of their stuckness. Disease of any form is the self-imposed jail (immobility, hospital). So, the consumption of the highest quality of food and the best that nature offers is not a guarantee of health, freedom and happiness. In addition to the daily food consumption we must do the offering, which is essential for our universal well-being.

The three qualities of sacrifice:

1. Offering of objects (food, incense, crystals, money, etc).
2. Offering of the body (service, efforts to improve physical quality).
3. Offering wisdom (share teaching to the benefit of mankind, teach by example).

On the third level the offering of objects and body will make more sense. So, the offering of object and body is needed to gain wisdom.

Bhagavad Gita:

- *From food comes forth beings; from rain food is produced; from sacrifice arises rain and from sacrifice is born of action.*
- *Know thou that action comes from Brahma and Brahma comes from the Imperishable. Therefore, the all-pervading Brahma ever rests in sacrifice.*

Sacrifice produces rain! It is asserted by some that the smoke that rises from the sacrificial (Homa) pit brings about the necessary change in the atmosphere to induce the cloud to rain. Fire ceremonies, including the smoking of the sacred pipe, have been used to the benefit of the Whole. With good thoughts we can lead the sacrifice into even more subtle levels. Self-sacrificing selflessness in the heart of man, creates prosperity.

The Tawa Message

WE ARE THE MIRACLE! This message explains why.

"Tawa" means "Sun" in Hopi and "Moon" in Tibetan. What unites the two different meanings of one word is One Mother Earth. This Oneness can also be found in our heart! Our heart is pulsated by what interconnects all our body cells: blood. Why does blood do

that? Blood is the biological transmutation of food. Food is the result of the concentrated accumulation of environmental energies. This realm stretches out into the Infinite.

Outside our solar system the energies of the universe centre on the stars. All the stars interconnect with one another by their rays of light. Our sun is the closest star to us and by its light planet Earth receives Heaven's energies. By this union of Heaven and Earth, plants (food) grow. When we eat food, the stars without become the stars within, our body cells. This is similar to the way the Sun interconnects with all the other Suns; our heart seeks union with all the inner suns by the circulation of the "liquefied sunlight", the blood. Then the eater (of food) becomes food for what originated food, by how we return to the outer, by our expressions or behaviour. As such the "hologram" is created in which we can create our own reality.

Before the stars' energies reach the Sun, they are influenced and organized by the twelve constellations or heavenly bodies. This heavenly clock regulates the rhythm of the energy flow before we can come to the realisation that our heart "ticks". These twelve constellations manifest within us as the twelve organs or organisers. Finally, when the Earth captures the stars' energies, they become the planet's ecology and cycles. This also manifests within our body.

Our blood is synchronized with the ocean water by having the same mineral composition and salinity. The blood's pulsation resonates with the ocean waves. The lungs become the inner forests and by breathing we maintain the inter-relationship. The rivers become our blood vessels, lakes become our liver, springs become our salivary glands, rain becomes our sweat, wind becomes our breath, thunder becomes our speech, lightning becomes our vision, atmospheric vibrations become our thinking ability, etc. The moon reflects the Sun and internally manifests as feelings. Physically, the moon is represented by the pericardium (the sack in which the heart is contained, which is one of the twelve organs). By it we can become conscious of what is within and what is without. By the purity of blood, having true health, we can have the great joy of freedom in the circle of Light.

The degree of synchronicity or Oneness between the "stars within" and the "stars without" depends basically upon our way of eating. By eating the universal food, in the universal way, we can return to the heavens with a greater sense of being. Plants extend Earth's radiation. This happens after the sun's rays impregnate the Earth. In order for the Earth's energies to ascend beyond its environment, they need to be organised within a body that can contain the integrity of the Earth, and by having the ability to biologically transmute food into higher frequencies of energy. This ascension begins with the integration of Earth's centre (iron, Fe) by having it become our blood's nucleus, around which the complexity of the Earth is centred. Thus, wherever our blood circulates, we can feel, indicating that we can radiate the Earth through the human potential beyond the moon into far distant realms of the Infinite Universe.

In short, the more we can extract the essence or memory of food into our blood, the more we are "liked" by an "eater" of a higher order. Ultimately we become food for the Creator. Self-realisation is completely becoming food for the Creator Within! For this reason we must fully digest our food, in order to remember who we truly are.

Control

Most humans today lack the synchronicity of Oneness between creation without and

creation within. This disharmony is the seed-cause of disease, mental instability and disturbing behaviour patterns. There can be no peace, justice, freedom or joy in the world when the masses suffer from their inner violence among the stars within, which equals star wars!

Disease is war within. Addiction is slavery within. Unhappiness is the stagnation of spirit. Instead of a clean and harmonious flow of blood, obstruction manifests as pain, swellings (including obesity), cysts, tumours, stones, suspicion, insecurity, fear, jealousy, hatred, anger, etc.

Instead of resolving the world's problems by restoring one's true health - cleaning up the inner debris - methods are employed by which one can "live" with the pollution. The "problem syndrome" is preferred because the world has conformed to systems we can be comfortable with. Consequently the system's sciences and technologies using the energy from artificial sources deprive our bodies, minds and emotions of the true food needed to keep the system healthy and stable. Weak body, mind and emotions can be more easily controlled and exploited by a centralised system or syndication. This control has been developed through the monopoly over:

- Land - by commercialised agriculture ("cash-crops").
- Body - by junk food, medicine, drugs.
- Mind - by education, science, media, politics and money vested interests.
- Spirit - by the manipulation of atmospheric conditions, microwaves, fear and enforcement of politically designed laws and "religion".

Due to the poor quality of blood, the mind has become unable to distinguish between what is correct and incorrect. Good is not good when the body has to depend on the correct administration of the incorrect way of eating and healing. By surrendering to a false belief, one's spirit can be forged into a syndicate-controlled world. Under the control of a corrupt centralised government, the good can only be good when one can be found to be bad. Therefore, the syndicate-enforced laws make sure that the bad prevails so that the "goodness" of the state can survive. This is the idea of the cultivation of disease, giving the medicine by which one can "live" with the disease. That's why prisons are breeding grounds of crime, because it helps the judicial system in power. Having "rights" and "freedom" based on politically designed laws one can keep the masses within self-imposed limitations. Thus we can perpetually defend the boundaries by making "war for peace"!

The Question:

What is the universal significance of this non-universal course?

Our will represents the creative force by which we were created and can continue to exist. When this inner force is solely used to maintain the Oneness between the inner and outer, we can, like stones and plants, continue to exist. Unless we can use our will for making a choice, we cannot fully contribute to the human potential. In other words, in order to cultivate our spirit to the highest levels, we must be able to consciously use our will or inner creative force to extend the present, which is an accumulation of the past. The conscious extension of the ever-present, through discernment, is known as choice. By the understanding of how we are a part of creation we can universally grow. Through "public education", however, our universal growth has become stunted. Consequently addiction sets in, which is the final dead-end mode, instant gratification or extreme illusion.

The human being, since it has the greatest integration of heaven and earth energies, is most able to evolve from the planet by choice and can direct the force by which we were created into much higher levels of existence. Due to the great ability to reflect the inner sun, by feeling, the human being has the great ability to discern, and to create its own future and reality in order to validate its being by making a choice. The ultimate reflection upon one's ability to express will is by having the ultimate contrast to the Order of Creation.

By the discovery that we can direct our own sensation course (sensation is the result of contrast), we can deviate from the Absolute Constant (Creator's Law) and can create our own laws by which we can experiment (temporal world). New and unique things and ways can come into being, which can teach us about ourselves, our limitations and also the endless world of change - freedom. This is the basis for experimentation.

When the experiment has come to its end, we can then see the limitations of the world we have created under the temporal laws. Then the condition is established by which the ultimate choice can be made. Then our power of will can undergo the final test. The extreme options then are: "to Be" and "not to Be".

"not to Be":

Continue with the experiment and self-destruct.

"to BE":

Return to the non-experimental world, creation, and enjoy freedom.

Presently, the danger exists that the world can be destroyed through the experimental mode of the "new world order". An increasing number of people are becoming aware of the need to discontinue and separate themselves from the syndicate-controlled world by becoming sovereign Under Creator's Law. The first step is to consciously restore your Oneness with creation. This is basically done through the Sacred Way of Eating. Food is much more than nutrition!

In Other Words

The human race on planet Earth has to grow out of its immaturity of spirit. The darkness of the world was needed to find the inner light. The pains of body, mind and spirit indicate the seeking of the sun that must radiate from within. As the contrast of Earth's darkness and Heaven's light come to the extreme, the final choice can be made. We either choose to remain blind to the inner light and continue to suffer, or choose to ignite the inner light to brighten the world into peace - to Be. Hopi (peaceful individual = peaceful indivisible two).

The first choice requires one to follow the course of addiction to the very end. The second choice requires one to purify the body with Creator's medicine, food and prayer. Only then can we heal our heart and trust our mind and truly comprehend the Tawa Message. This call is that of joy.

Moreover, separation equals limitation. Oneness equals freedom. We all breathe from the same Heaven, drink and eat from the same Earth. Then what is it that makes us divide and war? Both Heaven and Earth have one Origin. This Source maintains Heaven and Earth by the One Law. It is by the individual's relationship to this absolute constant that Humanity's unity is maintained.

By not living the Law of laws, the people will create their own laws and ways. By doing so, boundaries are set up, indicating the limits of the secondary laws. Consequently the people who claim their rights under the secondary law will quarrel about what they have in common: their limitations! This is the irony of today's quest for "freedom" = make war for "peace". This blindness is due to the darkness that is carried by one's blood.

Indeed, separation equals limitation and will lead to the organisation of murder. It has led to the creation of nations in which the ways and things that were originally free can be price-tagged and monopolized. Today a nation's main interest is to economically survive because their laws forbid people to be sovereign Under creator's Law.

Legality makes sure that one has the right to make a "living" at the expense of life. Exclusive laws justify the killing of those who trespass our own boundaries. The most profitable commodity, weaponry, supports the costly armies required to do the defending. By this madness one is told why, how, who, where and when to kill. This insanity has come to its climax, by uniting nations under the same laws that have been creating such disunity. Murder is supported under the supervision of a centralised economy. Those who do not agree will be economically boycotted and killed. All of this craziness began with one's separation from Creation's Order by the destruction of one's Oneness with creation.

The world is beginning to get used to having extreme weather conditions and traumatic shifts in nature (high winds, floods, volcanic eruptions and earthquakes). Reacting to that by shifting economic interests or re-budgeting and by the design of protective means truly shows the arrogance and suicidal state of the modern world.

In parallel, the body reacts by internal imbalance: by fever, vomiting, diarrhoea, convulsions, etc and ultimately by degenerative diseases. Nature maintains itself through the change of cycles. This in turn affects those whose internal imbalance created the environmental instability. This is justice.

It has to be understood that due to the Oneness between our inner and outer being, the ecology of the world is affected by everything we do with our being, whether it is physical, mental, or spiritual. All is interconnected. To think that we can be excluded from universal justice by ignoring the Oneness indicates the great disease of spirit: arrogance. This pestilence can be cured in two ways:

Firstly, by nature's upheaval which will increase with our persistence in following the experimental way of life over the order of creation. Consequently lives will be terminated traumatically by disease (inner war) or war (outer disease).

And secondly, by becoming humble and fully submitting to the highest law of the Infinite Universe: by purifying our blood; by restoring our Oneness with Creation; by becoming Sovereign Under Creator's Law. This requires courage to test our will by making the choice in the light of Truth. By making this choice we can be a true member of creation. The false democracy requires us to choose between syndicate-controlled options and by having individuals join a majority of weaklings ("dropouts") within the universal context. This is the disguised minority. The freedom that this "majority" seeks has to be defended by "war for peace", by their tax money and lack of spirit. Thus with each "victory" everyone loses, because the "majority" consists of the ultimate "minority", which is the Individual

(="indivisible–two"). The chain is as strong as its weakest link... THINK.

The connection between the inner and the outer freedom should be clear. Now we can choose between the costly and enslaving "universal coverage" (live with disease) keeping us separate from creation, or to be human again by freely enjoying true freedom. Vote for the consensus of Oneness!

As the sounds of self destruction become louder, the need to listen to the Tawa message becomes louder too. The solution has to come from within, from the point of silence and stillness. The choice is ours and can be independently made.

Essence of the Tawa Message

The resonance of Truth comes from One-Heartedness.

One-Heartedness is gained by the purity of one's blood, with each pulsation of our inner sun, our heart. By the synchronism of our heart's pulsation with the Sun we all share, we set the basis for world harmony and peace.

The purity of our blood comes about by the Sacred Way of Eating - the daily practice of maintaining the Oneness between creation without and creation within.

The peaceful purification of the world begins with the deep desire to serve creation and with the purification of our blood, leading to synchronising our heartbeat with the centre of our solar system, the Sun. This star is in synchronism with all the other stars - giving the portal to the forces of the universe and beyond, into the Sun of all suns. The Tawa Message is the call of freedom, to be One within the Circle of Light: the Realm within the Endless Growing Horizon.

Planet Earth, our food and our body - all are means to reach the end. The open question is within which context do we identify ourselves? As a property or subject of a syndicate-controlled world, or as a Member of the Infinite Universe? The last option requires us to re-Member the Oneness as our Origin.

The beginning and the end are one. Dynamically speaking, the beginning, the means and the end is Now, the present, the Oneness that we can express through our uniqueness of being. Now each one of us can make the Choice.

When we allow ourselves to be controlled and exploited through the means of the syndication, we can end up in the trap of the beliefs of self-denial and self-oppression, putting specialists and leaders in power over us, who decide by which standards and rules we should live and die.

The Sacred Way of Eating can be most powerfully used for one's release from exploitative society's trap - its dogmas, rituals, protocol, and its addictive and abusive ways. It can give us clarity and insight (seeing what is within us), enabling us to listen to our own heart and trust our own mind.

The syndication offers the dead end, the prison. The Infinite provides freedom through the

purity of being; giving us the best chance to stay on course - the Sharp Edge.

The Return

The only limitation that can possibly be experienced on the Earthly plane exists in the eye and heart of each human. Earth swirls freely within the sky. It is only by the selfish fixation with earthly vested interests, that limitations are created.

We have travelled the Long Path in space and time. The Great Plan was designed for us to find out what it takes to overcome limitation, to be freely free. The quest required the deviation from the Eternal One Law. Consequently we forced ourselves to create our own laws that we have to enforce ourselves in order to maintain a temporary order. In this way we created boundaries - our prison. Now we can discover and know the fullest extent of our being on the Earthly plane. The need for the prison and related sufferings has ended. We created our prison - now we can un-create it!

Having experienced this plane of limitation, we can now become Great Healers of Creation by learning to change an extreme poison into a most powerful medicine. It requires the purification of body, mind and soul for us to return to the order of creation with a higher consciousness.

The Great Union is needed to bring the essences of the four directions to the Centre of centres, the One Heart.

The Practice

The closest application in daily life that relates to the Sacred Way of Eating is that of Macrobiotics, of which numerous recipe books are globally available in many languages. These can be found by searching the internet. Important are the principles which can be applied to all locally grown foods. Macrobiotics in its truest sense is not a “diet” as many believe it to be, but rather a way of life according to universal law and order. The label “macrobiotics” can be deceiving when we merely relate food to “nutrition”, the substance that the scientific order identifies by the microscopic observations, such as protein, carbohydrate, vitamin, mineral, enzyme, etc. These details comprise less than 1% of what food actually is. How can we observe evolution, memory and nothing (dead-end of today’s science) under the microscope? They are the greatest part of food. The true Macrobiotics can only be identified by being one with the One or Creator, Who is one with creation. Therefore we eat food according to the macro-view, for food is the distillation of creation. As such we can remember the One Who is seated at the very core of the object, within Nothing, So, we need to use the Macroscope instead, to truly See. What we sense via the synapses is of the outer and is subject to the interpretation of the non-existent ego. It adds up to the “interesting part”, that can be merely entertaining when we leave it at that. We have come to know the outer. Now we must go into the greatest depth, Within. There where the Conscious Witness Is.

At least observe:

1. Proportion:

Main daily consumption of the whole cereal grain of around 50% or more (breakfast, lunch and dinner), leafy and/or root vegetables (mostly cooked) 25% (including

pumpkins, squashes and small amount of sea-vegetables), legumes 15%. Small amount of salted pickles, condiment or relish. The rest is optional: fruits, nuts, seeds, wild vegetables, animal food (best is fish).

2. Time of eating:

Breakfast around 8am

Lunch around 1pm

Dinner around 7pm.

3. Nature of the meals:

Breakfast should be savoury (more like ocean quality, rich in enzymes and beneficial bacteria) and easy to digest. Traditionally porridge was eaten which was preceded by soup (miso soup would be ideal). The consumption of fruits and fruit juices in the morning has been commercially promoted over the past fifty years. It has contributed to the decline of blood quality and the consequences thereof. It is also not a good idea to begin the day with coffee and sugary foods.

Lunch should be the main meal. If salad is included, eat it towards the end. It is good to have a short nap afterwards to promote the digestive process. Don't drink coffee to stay awake! Fruits can be eaten after the nap.

Do not have dessert or wine right after the meal, as it will also debilitate the digestive process. Rather include a small amount of salted pickles during the meal. Sauerkraut is one of them.

Dinner should not be heavy. Modified leftovers from lunch would be OK.

4. At all times chew well until the food is thoroughly mixed with saliva and until you can practically drink it. The more we chew our food the sooner we can heal any disease. Cancer cells cannot proliferate in saliva. With chewing we also cultivate patience, which is the basic state of mind for our spiritual development. After all, our body is the most sacred temple. So, how do we give it entrance? Eating in silence is recommended. Relax and be conscious of what happens in the mouth, where we initiate our Self within the Self (= Self-realisation). Avoid drinking shortly before, during or right after the meal to promote optimum digestion. Wait for at least twenty minutes. Continue to be patient. It is the Golden Rule.

5. Avoid the use of electricity for cooking and certainly no microwave oven!

6. Attend a sacred way of eating / macrobiotic cooking class to gain the skill to maximise the quality and healing power of the meals. Know how to: cut (polarise) the vegetables and to combine them in a sequential manner in the saucepan. Apply time, space control, pressure, salt, water, temperature and a way of stirring in the cooking process. Use different kinds of cooking methods such as boiling, waterless cooking, sautéing, stir-frying, pressure-cooking, baking and steaming.

Make complementary condiments (certainly sesame salt, "gomasio"). They all have different results on the release of the food's memory, our health and outlook on life.

7. Learn about specific healing and transition foods.

8. Make order in the kitchen and keep it that way.
9. Do not eat or drink (much) two to three hours before going to bed so that the blood can be concentrated in the liver between 1.00am and 3.00am, where it can be charged with the frequency of the universe.
10. The meal is not completed until you have washed your eating utensils. Certainly don't leave them overnight. Begin the day all afresh! This daily practice will help to lead you to the "here and now".
11. Share the attained improvement in your life with others, in the form of service and the message of Blood. Teach by example. By the discipline of the Sacred Way of Eating you will also nourish your mind and soul.

**May your inner-growth be a Blessing
for the
Infinite Universe!**

Addendum

Principles and Theorems of Creator's Law

Seven Principles

- All visible and invisible phenomena are manifestations of One Infinity
- Everything changes.
- All antagonisms are complementary.
- There is nothing identical.
- What has a front has a back.
- The bigger the front, the bigger the back.
- What has a beginning has an end.

Twelve Theorems

- Oneness (infinite expansion) continuously manifests itself, at all points and moments, as divisions of itself that create two forces:
 - Centrifugality (expansion), which is Yin,
 - Centripetality (contraction), which is Yang.
- Yin and Yang result continuously from the Infinite Centrifugality.
- Yin and Yang together produce energy and all phenomena.
- Yin attracts Yang. Yang attracts Yin.
- Yin repels Yin. Yang repels Yang.
- The force of attraction and repulsion is proportional to the difference of the Yin and Yang components. Yin and Yang combined in varying proportions produce energy and all phenomena.
- All phenomena are ephemeral, constantly changing their Yin and Yang balance of components.
- Nothing is solely Yin or solely Yang. Everything involves polarity.
- There is nothing neutral. Either Yin or Yang is in excess in every occurrence.
- Large Yin attracts small Yin. Large Yang attracts small Yang.
- At the extremes, Yin produces Yang, and Yang produces Yin.
- All physical forms and objects are Yang at the centre and Yin at the surface.

Food Selection

The Yin/Yang Judgement:

| | YIN | YANG |
|-------------|--|---------------------------|
| Nature | Contraction/Unifying | Expansion/Differentiating |
| Direction | Inwards | Outwards |
| Size | Small | Large |
| Temperature | Hot | Cold |
| Dimension | Time | Space |
| Texture | Dry/Hard | Wet/Soft |
| Colour | Red – Orange – Yellow – Green – Purple – Indigo - Violet | |
| Taste | Bitter – Salty - Sweet (mild) – Sour – Pungent - Hot Spicy | |

- Seasonal foods
- Locally grown foods
- Foods grown in the same climatic zone (consider altitude)
- Whole cereal grains can be eaten globally at all times, for they are universal. Only the way of cooking differs from climate to climate.
- Avoid foods which were artificially grown in “hot-houses” (poly-tunnels).
- Also avoid irradiated and recycled (!) foods.
- Consider the people we have to cook for, their condition, age and way of life.

Categories (“on the safe side”) from Yang to Yin:

- Whole cereal grains: buckwheat, teff, millet, quinoa, rice, sorghum, spelt, wheat, rye, barley, oats, corn (also in the form of bread, noodles and flakes)
- Legumes: adzuki beans, small black beans, kidney beans, pinto beans, mung beans, small and large lentils, broad beans, soy beans
- Ground vegetables: pumpkin, squash, cucumber
- Root vegetables: burdock, parsnip, carrots, sugar beet, turnip, radish, beet
- Leafy vegetables: kale, cabbage, Brussels sprouts, mustard greens, water cress, Swiss chard, lettuce
- Onion types: leek, onion, chive, garlic
- Sea vegetables: kombu, hiziki, arame, wakame, nori
- Seeds: pumpkin, sesame, sunflower
- Nuts: almond, walnut
- Dried fruits: apple, apricot, currants, raisins
- Fresh fruits: berries, apple, cherries, pear, apricot, plum, melon
- Optional: wild game, fish, octopus, eel
- Flavouring: sea salt, miso, soy sauce, vinegar
- Oil: rice, sesame, corn, olive
- Pickles: brine pickles, sour kraut
- Miscellaneous: wheat meat, tempeh, tofu
- A wide range of wild vegetables are available according to the seasons.

This list can be multiplied at least ten times when we look at what nature freely offers.

The following article may or may not be entirely true, it surely gives us something to think about.

Total Control

By Nicholas Jones

Earth is wrapped in a donut shaped magnetic field. Circular lines of flux continuously descend into the North Pole and emerge from the South Pole. The ionosphere, an electromagnetic-wave conductor, 100 km above the earth, consists of a layer of electrically charged particles acting as a shield from solar winds. Natural waves are related to the electrical activity in the atmosphere and are thought to be caused by multiple lightning storms. Collectively, these waves are called "The Schumann Resonance", the current strongest at 7.8 Hz. These are quasi-standing extremely low frequency (ELF) waves that naturally exist in the earth's "electromagnetic" cavity, the space between the ground and the ionosphere. These 'earth brainwaves' are identical to the spectrum of our brainwaves.

(1 hertz = 1 cycle per second, 1 KHz = 1000, 1 MHz = 1 million. A 1 Hertz wave is 186,000 miles long, 10 Hz is 18,600 miles. Radio-waves move at the speed of light.)

The Creator designed living beings to resonate to this natural frequency pulsation in order to evolve harmoniously. The ionosphere is being manipulated by US government scientists using an Alaskan transmitter called HAARP, (High-Frequency Active Aurora Research Program) which sends focused radiated power to heat up sections of the ionosphere, which bounces power down again. ELF waves from HAARP when targeted on areas can weather-engineer and create mood changes affecting millions. The intended wattage is 1,700 billion watts of power. A former government insider deduced that they want to flip the world upside down. 64 elements in the ground modulate, with variation, the geomagnetic waves naturally coming from the ground. The 'earth's natural brain rhythm' above is balanced with these. These are the same minerals as the red blood corpuscles. There is a relation between the blood and geomagnetic waves. An imbalance between Schumann and geomagnetic waves disrupts biorhythms. These natural geomagnetic waves are being replaced by artificially created very low frequency (VLF) ground waves coming from GWEN Towers.

GWEN (Ground Wave Emergency Network) transmitters placed 200 miles apart across the USA allow specific frequencies to be tailored to the geomagnetic-field strength in each area, allowing the magnetic field to be altered. They operate in the VLF range, with transmissions between VLF 150 and 175 KHz. They also emit UHF waves of 225 - 400 MHz. The VLF signals travel by waves that hug the ground rather than radiating into the atmosphere. A GWEN station transmits circularly up to 300 miles, the signal dropping off sharply with distance. The entire GWEN system consists of, (depending on the source of data), from 58 to an intended 300 transmitters spread across the USA, each with a tower 299-500 ft high. 300 ft copper wires in spoke like fashion fan out from the base of the system underground, interacting with the earth like a thin shelled conductor, radiating radio wave energy for very long distances through the ground. USA bathes in this magnetic field which rises to 500 ft, even going down to basements, so everyone is mind-controlled. The whole artificial ground-wave spreads out over USA like a web. It is easier to mind-control and hypnotise people who are bathed in an artificial electromagnetic-wave. (Covering the entire floor with aluminium and buying a CET cylinder from Nordic Living Water Systems helps.) GWEN transmitters have many different functions including controlling the weather,

mind, behaviour and mood control and to send synthetic-telepathy as infrasound to those victims of US government mind-control implants. These work in conjunction with HAARP and the Russian Woodpecker transmitter, similar to HAARP.

The Russians openly market a small version of their weather-engineering system called Elate, which can fine-tune weather patterns over a 200 mile area and have the same range as the GWEN unit. One operates at Moscow airport. The GWEN Towers shoot enormous bursts of energy into the atmosphere in conjunction with HAARP. The website www.cuttingedge.org wrote an exposé of how the major floods of the Mid-West USA occurred in 1993.

In summary, invisible enormous rivers of water, consisting of vapours that flow, move towards the Poles in the lower atmosphere. They rival the flow of the Amazon River and are 420 to 480 miles wide and up to 4,800 miles long. They are 1.9 miles above the earth and have volumes of 340 lbs of water per second. There are 5 atmospheric rivers in each hemisphere. A massive flood can be created by damming up one of these massive vapour rivers, causing huge amounts of rainfall to be dumped. The GWEN Towers positioned along the areas north of the Missouri and Mississippi Rivers were turned on for 40 days and 40 nights, probably mocking the Flood of Genesis. (This was in conjunction with HAARP, which creates a river of electricity flowing thousands of miles through the sky and down to the polar ice-cap, manipulating the jet-stream, like The Woodpecker.) These rivers flooded, causing agricultural losses of \$12-15 billion. HAARP produces earthquakes by focusing on the fault lines. GWEN Towers are on the fault lines and volcanic areas of the Pacific Northeast.

In 1963 Dr Robert Becker explored effects of external magnetic fields on brainwaves showing a relationship between psychiatric admissions and solar magnetic storms. He exposed volunteers to pulsed magnetic fields similar to magnetic storms, and found a similar response. US 60 Hz electric power ELF waves vibrate at the same frequency as the human brain. UK 50 Hz electricity emissions depress the thyroid.

Dr Andrija Puharich in the 1950's and 1960's, found clairvoyant's brainwaves became 8 Hz when their powers were operative. He saw an Indian Yogi in 1956 controlling his brainwaves, deliberately shifting his consciousness from one level to another. Puharich trained people with bio-feedback to do this consciously, making 8 Hz waves. A healer made 8 Hz waves pass into a patient, healing their heart trouble, her brain emitting 8 Hz.

One person emitting a certain frequency can make another also resonate to the same frequency. Our brains are extremely vulnerable to any technology which sends out ELF waves, because they immediately start resonating to the outside signal by a kind of tuning-fork effect. Puharich experimented discovering 7.83 Hz (earth's pulse rate) made a person 'feel good' producing an altered-state. 10.80 Hz causes riotous behaviour and 6.6 Hz causes depression. Puharich made ELF waves change RNA and DNA, breaking hydrogen bonds to make a person have a higher vibratory rate. He wanted to go beyond the psychic 8 Hz brainwave and attract psi phenomena.

James Hurtak, who once worked for Puharich, also wrote in his book 'The Keys of Enoch' that ultra-violet caused hydrogen bonds to break and this raised the vibratory rate. Puharich presented the mental effects of ELF waves to military leaders but they would not believe him. He gave this information to certain dignitaries of other Western nations. The

US government burned down his home in New York to shut him up and he fled to Mexico. However Russians discovered which ELF frequencies did what to the human brain and began zapping the US Embassy in Moscow on 4 July 1976 with electromagnetic-waves, varying the signal, including focusing on 10 Hz. (10 Hz puts people into a hypnotic state and Russians and North Koreans use this in portable mind-control machines to extract confessions. This was also found in an American church to help the congregation believe!)

This Russian "Woodpecker" signal was travelling across the world from a transmitter near Kiev. The US Air Force identified 5 different frequencies in this compound harmonic Woodpecker was sending through the earth and atmosphere. Nikola Tesla revealed in 1901 that power could be transmitted through the ground using ELF waves. Nothing stops or weakens these signals. The Russians retrieved Tesla's papers when they were returned to Yugoslavia after his death.

Puharich, in Mexico continued to monitor the Russian ELF wave signal and the higher harmonics (5.340 MHz) in the MHz range. He met the CIA and started working for them. He and Dr Robert Becker designed equipment to measure these waves and their effect on the human brain. Puharich started his work putting dogs to sleep. By 1948/49 he graduated to monkeys, deliberately destroying their eardrums to enable them to pick up sounds without the eardrum intact. He discovered a nerve from the tongue could be used to facilitate hearing. He created the tooth implant, that mind-control victims are now claiming was put in by their dentist unknowingly to them at the time, causing them to hear 'voices in their head.' This was placed under caps or lodged in the jaw.

Implants are now smaller than a hair's width and are injected with vaccine and flu shots. Millions have had this done unknowingly. These 'biochips' circulate in the bloodstream and lodge in the brain, enabling the victims to hear 'voices' via the implant. There are many kinds of implants now and 1 in 40 are victims from 'alien abduction' statistics, though 1 in 20 has also been gauged. The fake alien abduction, revealed to be actually done by the US military using technology to make hologram spaceships outside, virtual reality scenarios of going onto a spaceship with humans in costumes, has been astutely perceived. Though real abductions occur, the 'alien abduction' scenario has been useful to stop any further investigation or accountability to the government authorities by the poor victims who would face being thought silly.

Are we being forced to respond to an artificially induced vibratory rate by our global masters, who want this planet to have a sudden leap in evolution, populated by the psychically aware and therefore superior class of human? Minus the billions of people who are 'useless eaters' disposed of by electro magnetically-induced cancers and diseases.

The physics and engineering behind electromagnetic disease transmission is frightening. Diseases can be reproduced as 'disease signatures' in that the vibration of a disease can be manufactured and sent on to be induced. (The brainwave pattern of hallucinogenic drugs can also be copied and sent by ELF waves to induce visions.) Once diseases are sprayed in the air, electromagnetic-waves attuned to the disease, using harmonics and subharmonics will make them more lethal and infectious by sending particular disease death-patterns.

Chemtrails sprayed daily all over USA, and other countries too, in a white crisscross pattern in the skies contain diseases and chemicals which affect the state of

consciousness, producing apathy along with fluoridation of the water, aspartame and drugs. Fluoride disables the willpower section of the brain, impairing the left occipital lobe.

Fluoride and selenium enable people to 'hear voices'. ELF waves create disturbances in the biological processes of the body and these can be activated in the population once the diseases are introduced into the body from the chemtrails. Some chemtrails have been analyzed and shown to be creating cleavages in the spatial perceptions, blocking the interaction of various amino-acids that relate to higher-consciousness and to increase dopamine in the brain producing a listless, euphoric state of lower reactive mind. Basically to fog the difference between the real and unreal and some of this could be connected with the many UFO abductions occurring en-mass. Hundreds have been witnessed laid out on tables and implanted. Intelligence agencies are in league with each other behind this disablement of the masses to such a state where they can't even fight back. In order to do what they want they need the overall "frequency" of each victim to function at a specific rate below the threshold of awareness.

Could this be part of a greater plan with mind-control transmitters covering the whole of USA and England, cleverly disguised as cell phone towers and trees? The power from microwave towers may be turned up to such a level that people will die. A brain functioning at beta-level (above 13 Hz) is agitated and can't change the perceptions if it is artificially stabilized by technology to that frequency. This may increase body electricity in others, giving them psychic powers. Is this linked to the new-agers claim of a 12-14 Hz Schumann Resonance, inching us towards the 4th dimension? Stimulants ingested globally from higher caffeine genetically-modified plants, may also make an impact on the 'global-brain' in the ionosphere collecting our brainwaves. New-age channellers say we are going into 4th dimensional frequency. They 'heard' the voice of some "ET" who told them. Some "ETs" are local. Voices in the head were produced using Tesla technology in prisoners in Utah. Each of the prisoners received the same message from an "ET". It is easy to produce "voices in the head" without implants now.

A prisoner called David Fratus in Draper Prison, Utah in 1988 wrote: "I began to receive, or hear, high-frequency tones in my ears. When I plug my ears the tones are still inside and become amplified. It's as if they had become electrified echo chambers with the sounds coming from the inside out...I began to hear voices..into my inner ears is as vivid as though I were listening to a set of stereo headphones. With the end result being that I am now having my brain monitored by an omnipotent computerized mind reading or scanning machine of some sort"

Hundreds of inmates at the Gunnison Facility of the Utah State Prison, and the State Hospital were subject to this brand of mind-control in order to test it. In the early 1970s, this was brought out in the Utah U.S. District Court, because inmates who had been subjected to this Tesla-wave mind-control in prison tried unsuccessfully to fight back in court. The University of Utah researched how Tesla-waves could be used to manipulate the mind into hearing voices, overriding and implanting thoughts into the mind, and reading the thoughts, as well as developing eye-implants.

Cray computers, using artificial intelligence, monitor the victims of government produced implants sending pre-recorded sound bytes or occasional live messages. They are picked up by satellite and relayed to whatever large TV broadcasting antenna, GWEN tower or other antenna is near the victim. It is believed that some types of implant pick up the signal

and broadcast the correct Tesla-wave pattern to create voices within the victim.

The tracking implant keeps the staff and the satellite system informed every few minutes as to exactly where to send the voice signals. The master computer and central HQ for this is reported to be Boulder, Colorado. It is thought that transponders are being made there. The central cellular computer is in the Boulder, CO National Bureau of Standards building. AT&T is cooperating also. Several agencies work together on this.

Tim Rifat of UK wrote that "this inter-cerebral hearing is used to drive the victim mad, as no one else can hear the voices transmitted into the brain of the target. Transmission of auditory data directly into the target's brains using microwave carrier beams is now common practice. Instead of using excitation potentials, one uses a transducer to modify the spoken word into ELF audiograms, which are then superimposed on the pulse modulated microwave beam."

The Sydney Morning Herald on 21 March 1983 published this by Dr Nassim Abd El-Aziz Neweigy, Assistant Professor in the Faculty of Agriculture, Moshtohor Tukh-Kalubia, Egypt. It stated: Russian satellites, controlled by advanced computers, can send voices in one's own language interweaving into natural thoughts to the population of choice to form diffused artificial thought. The chemistry and electricity of the human brain can be manipulated by satellite and even suicide can be induced. Through ferocious anti-humanitarian means, the extremist groups are fabricated; the troubles and bloody disturbances are instigated by advanced tele-means via Russian satellites, in many countries in Asia, Africa, Europe and Latin America. Another source says that these have been fed with the world's languages and synthetic telepathy will reach into people's heads making people believe God is speaking to them personally to enact the Second Coming, complete with holograms! The Russians broke the genetic code of the human brain. They worked out 23 EEG band-wave lengths, 11 of which were totally independent. So if you can manipulate those 11 you can do anything.

NSA Cray computers can remotely track people just knowing the specific EMF waves (evoked potentials from EEGs in the 30-50 Hz, 5 milliwatt range) of a person's bioelectric-field. Each person's emissions are unique and they can remotely track someone in public.

Evoked-potentials officially don't exist in physics but in 1873 a Scotsman, James Clerk Maxwell discovered electromagnetic waves have three components. He discovered waveforms which exist at a certain number of right-angled rotations away from the electromagnetic-field. These are hyperspacial components, not subject to constraints of time and space. He claimed that electromagnetic-radiation waves were carried by the ether and the ether was disturbed by magnetic lines of force. The hidden component is called only 'potential' now and not normally used except for covert hyperdimensional physics and to manipulate consciousness itself via electromagnetic-waves covering vast areas of the planet.

Approx. one person in 3000 is sensitive to this magnetic-waveform component, the telepathic types, (according to a writer called "Majix") and we are all capable of tuning into this magnetic component by tuning our subconscious to it. Maxwell's successors thought potentials were akin to mysticism, because they believed fields contain mass which cannot be created from apparently nothing, which is what potentials are, both literally and mathematically - they are an accumulation or reservoir of energy and so this hasn't been

taught in mainstream physics.

Subliminal words in the correct electromagnetic-field that expresses human consciousness, attuned to the human brain, can enter our minds at a subconscious level. Our brain activity patterns can apparently be measured and stored on computer by super-computers. If a victim needs subliminal thoughts implanted, all that is necessary is to capture, save on computer and target the person's brainwave pattern to send them such low frequency subliminal-messages that they actually think it is their own thoughts. The researcher Majix says our brains are so sensitive that they are like liquid-crystal in response to the magnetic component of the earth. We are sensitive to earth's magnetic changes, changes in the ionospheric cavity and resonate with those frequencies ourselves. We are incredibly complex, beyond comprehension and a type of biocosmic transducer. He adds, 'Physicists in Russia correlate the mean annual magnetic-activity, electro-magnetic and electro-static fields on human behaviour and medical indications. They are similar to biorhythms. These magnetic frequencies can be manipulated. Our brain waves can mimic magnetic frequencies from very simple equipment at extremely low power levels. From half a second to 4 seconds later, the neurons and brainwaves are driven exclusively by the device, with power levels almost nonexistent. All one needs is a circularly polarized antenna aimed up at the ionospheric cavity and they can manipulate the moods of everyone within a 75 sq. mile area. The body picks up these "new" manipulated waves and begins to correspond immediately. "Sleep" frequency will make everyone become tired and sleep.

In 1967 an "internationally renowned scientist" and Christopher Hills, a pendulum expert, communicated with some ETs. (It is not known who the scientist was but at one time both Hills and Puharich were with the medium Eileen Garrett and Puharich was communicating with ETs.)

In short, ETs communicated with us via modulated radio waves, between 10,000 and 20,000 cycles below the known electromagnetic spectrum. In the carrier wave by amplitude modulation, mixed with frequency modulation. Single band energy, transmission power less than 25 watts. A naturally present wave on earth the brain modulated - a wave that resonates between the earth and the ionosphere. All humans influence the ionosphere in this manner. A reflecting technique is involved. The brain modulation consisted of pulses, akin to those known from neuron pulses. Two humans can use this. It is related to something akin to low frequency radar and to ultrasonic techniques but is qualified. A mixed electro-acoustic wave function. The electromagnetic wave induced an ultrasonic transduction in human tissue. The brain radiation has a sonic component to it as well as an electromagnetic component. Electromagnetic-radiation has a sonic component and it's dependent on the medium through which it travels. The scientist cut through months of work. Now HAARP is slicing up the ionosphere, the world-brain, like a microwave knife, producing long tear incisions destroying the membrane which holds the reservoir of data accumulated by all earth's history.

A healer called Mr. A claimed to receive "Ancient Wisdom" from this protective Magnetic-Ring of energy, which stores within it all knowledge since time began. Ruth Montgomery wrote about him in 'Born To Heal'. He claimed that if our energy flow is cut off from this magnetic field, the Universal Supply is obstructed and we are no longer in tune and start to get sick. The power from this travels in split seconds around the world and is available to anyone who is capable of receiving it and handling it. The waves from the Ring

automatically translate into words in his mind, as wisdom to diagnose and heal others, coming from the storehouse of knowledge here since the beginning of time. He produced instant miracles, knitting broken bones and removing arthritis. A photo caught forked lightning coming from his fingers.

In 'Let's Talk MONTAUK', Joyce Murphy shows that experiments on the 410-420 MHz cycle have been done which could affect the "window" frequency to the human consciousness" as a whole.

"He (Preston Nichols) used his radio equipment to learn that whenever a 410-420 MHz cycle appeared on the air the psychic's minds would be "jammed." Tracing the signal to Montauk Point and the red and white radar antenna on the AF Base..."

In 'Encounter in the Pleiades' by Peter Moon and Preston Nichols, Preston wrote that "Dr. Nicholas Begich has picked up 435 MHz signals connected to HAARP and that a mind control function is being employed. He says that 400-450 MHz is the window to human consciousness because it is our reality's background frequency."

Tim Rifat wrote in his 'Microwave Mind Control' in the UK article that cellular phones use 435 MHz. UK and police use 450 MHz exclusively. Dr. Ross Adey used this for CIA behavioural modification experiments. Police have a vast array of antennae to broadcast this frequency all over UK. Adey used 0.75mW/cm² intensity of pulse modulate microwave at a frequency of 450 MHz, with an ELF modulation to control all aspects of human behaviour. 450 MHz radar modulated at 60 Hz greatly reduced T-lymphocyte activity to kill cultured cancer cells. A study of USA 60 Hz power lines repeated this.

Referenced material: Bielek, Alfred 'Philadelphia Experiment & Montauk Survivor Accounts' Nichols, Preston, "...a very similar event took place thousands of years ago and that event is what created the Time Spiral for the aeons of enslavement and control of the world's masses at large".

