

# S.O.U.L

Source of Unlimited Love

A book about freedom,  
your divine inheritance &  
the mysteries of love, life & God.

by Samuel Adam Alder



Disclaimer & Warning:

This is book is written in an unfiltered,  
revealing way, it contains “secrets” and subjects which  
are not usually known or spoken about and either require the suspension  
of disbelief, to even be considered, or, a leap in awareness from the mundane to...  
...unusual and even mystic/ magical perspectives. Nothing in this book is written to offend any  
group, race, religion, creed or people, but, due to the rigid, dogmatic thinking of certain systems,  
prevalent at this time in humanity, the effect of “taking offense” may still occur, you can choose then,  
to “be right” and stay offended, or, to investigate and question whether what is mentioned here is true.  
To the best of my ability, knowledge and research, I have reported the “honest-to-goodness” truth here.  
I can recommend writing a book to everyone, it is a form of therapy, which allows you to review life.  
I hope and pray this book helps you shift to a more enlightened, full, compassionate, loving, view  
of life, and that by reading it, you do indeed unlock the power of your soul, the source of  
unlimited love, as the title reveals, which I believe we all do inherently have access to.  
I hope this book helps you grow from being a stranger to yourself, to knowing your  
inner universe & the many elements of life, whirring away within your temple.  
Please only read this book if you are feeling mentally & physically balanced,  
& you wish to grow more, there are things which will challenge you and  
potentially flip your world view upside down, in a literal sense.  
Also: “Version one is better than version none”,  
as my current teacher says, some aspects  
of this book may be chaotic but it is  
my best attempt at sharing  
my heart and “soul”  
with the world  
and you  
! 😊

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## Dedication

This book is dedicated to Awenydd.

Thank you for inspiring me to live, fully.

I love you beyond what I can ever put into words,  
yet am still compelled to try, which is why I let my passion  
and imagination flow and blossom open, hoping it will encourage others  
to also allow their hearts to open, radiate, shine as they devote themselves to love.

Your bravery, authenticity, gentleness and wit, your beauty, intelligence &  
love, are lights leading me eternally upwards, forwards and inwards.

I find gratitude daily for having met you, I feel fulfilled & content.

I will always love you, and all you stand for: Natural integrity;  
the beautiful resilience and will of life to grow, glow and flow!

Thank you for motivating me to consciously evolve.

Thank you for helping me move past fear,  
past greed, doubt, illusion, past my lower self.

Thank you for the new perspective, eternally new:

The view of what is right and true, the living word, everywhere,  
I have finally moved past feeling blue, letting go of grasping onto theories,  
Now I see the way to rise, and at all times, know, it is possible for all hearts to fly.

This book is also dedicated to the great, transcendent, omnipresent Goddess-God, beyond description and definition, embedded in existence, dedicated to all creation itself, in its whole process and glory, messy, unique self, this God I speak of is pure life, which can be experienced by daring to feel.

Lastly, this book is dedicated to the very real archetypal couple, the male female aspects of creation, whether that be in humanity, in your own body, mind and soul, or in nature, as a verb and noun. however you perceive it, I pray you do, and I work for you to recognize the inherent miraculous nature of existence itself, for in the wise words of Albert Einstein which I hope we will integrate culturally:

***“You can live as though nothing is a miracle, or as though everything is one”.***

I pray and work for us all to recognize this, because it is much more fun, it is a joy to see the miraculous nature of life, for this perspective creates a life worth living, a life of decency, a life which conquers apathy and turns it into empathy, a life which takes old and cold hard facts, and turns them into new and beautiful, fiery passions, to change what was, that made us, humanity, despair, into a new “what is” which beckons our hearts and minds to shine and beam like solar flares, triumphantly proclaiming: I can, I do and I am, for all of us, or in short: “UBUNTU”!

May we recognize we are all part of God, and that God still both listens, and speaks to us, and also through us, when we allow him and her, to do so! Elohim, a word often used in the Biblical Tradition, is a male-female plural, and in the story of Moses, God/ Divine beings, can be reasoned with & even persuaded to change: “The Lord/YHWH, relented and chose not to inflict the evil that he had planned to inflict on his own people” Exodus 32:14

# Universal Poetry

What If you and I, WE, are part of a greater grander destiny, and, have a part to play for humanity?

What if you and I are members of a tree: poetry, and god is poetic justice & souls grow infinitely?

What if conflict is a tool, revealing what is wise, and what makes one a fool?

What if you and I are keys in ending forms of insanity; people going in circles, looking for the real?

What if feeling what you truly feel, is what will reveal love, which in truth, cannot long be concealed?

What if we are all part of a universal poem, a Uni-Verse, One Verse, and this life is not something we can rehearse, because time only moves in one direction, like a song, God's spiritual song, but we can practice and improve, progress, and groove, at breaking the ice, the Bifrost, the brain blockages, surrounding the seat of our soul and the heart's goal: The rainbow bridge, of limitless light, located at the centre of our mind, connecting mortal and immortal realms, becoming captains at the helm, of our own ship, and then, sailing on the ocean of souls, make real friend-ships? What if the rainbow bridge is real, and we are the warriors of colour, who make it appear, by making our appeal, to humanity, to once again, truly feel, deeply, now & love out loud, become a miracle, somehow? What if the Gods live, and long to walk among us, and secretly do, and teach us how to ascend also, and the bridge is not far away, but when we play, innocently, and walk the one doubtless way: love, and express that which seems best to us, we see it everywhere/ now here, depending on our state of being, in fear nowhere to be found, in love, a series of events profound, which never ceases to astound, unravels, for travelling, to the real!?

What if we, collectively, are the arms and legs, the eyes and ears, of the great one; God?

What if it were possible to become so aligned, so in tune, so over the moon, in love with life, that one manages to maintain one's senses and limbs, in a state of grace, that one's will aligns with God, and one sees the invisible hand, moving the quill, revealing its divine will, writing the script of life itself, and that, that hand responds to one, and also allows for wholesome, innocent fun?

What if God has a sense of humour, and he laughs at everyone, through everyone, with everyone, as everyone? And we are players in the play of one eternal day?

What if this is a divine comedy, and what you get to see, is the character that's really inside you & me?

What if this game is not about either or, but about both and more, not black and white, destined to fight, like rigid wooden pieces on a chess or checker board floor, wooden Pinocchio humans, stiff rolls, unalterable genetic and societal goals, what if... reality is much more fluid than that, and you get to do just that, that thing you always wanted to do which made your heart sing and when other's denied your truth, made you feel deeply blue? What if I told you there are no limits except the ones you cannot see a way past, but that, together, if you really want, we can find a way to blast past all the excuses of our genetic make-up, because we are spiritual beings, finding out how to wake up to eternity? It's our turn, you see. So, What if we are our own guides, and these bodies are living temples, serving us, with hearts and arms open wide, wishing to glide, into divine right timing, but we need to get better at signing our true names: life, love, compassion, action, wisdom, kindness, into all we do?

Signing our signal nature, in all that we do, and seeing this ONE divine life through?

I ask you: What if life is far more than it seems, and tends to become what we wish for, and dream?

# Introduction & Summary: **The Game of Life & Waging Peace**

How does God make beer? Hebrews it. Isn't that a bittersweet joke, when we contemplate that the guides which left, not just upon their own people, but this entire world, vast impressions and lasting changes in law, theology, our relationship to life, that they had to give their lives to be "ground up" for a purpose greater than themselves so that we could be here and have the freedom to "drink beer"?

This book may seem like it is about love, philosophy, language, concepts, transformation, my personal story and so on, but really, it is secretly all about and for you. It is for the state of your soul. I wrote it for your profit, it is full of suggestions to make the most out of life & the wonderful temple you call your home: your body. What I share in this book is solely meant for your prosperity, if anything in it doesn't help you, please grapple with it, write & think about it yourself, take it apart and put it back together again, until what you question does help you, or after trying all that, you discard it.

At the age of 4, I questioned my parents: **Is life real, or is it a game?**

Luckily, they let the question resonate and echo on, repeating it to me at later dates, and to our friends and acquaintances, I am extremely lucky to have such open minded parents, who paid attention to what I thought of the world, instead of discarding it out of hand, because I believe the truth is that every child is born with prodigious talent, yet are ignored or not taken seriously, to the detriment of our culture and world as a whole: the simple fact is, children are the world's future. There is an ancient saying which proclaims: **Where children are, there the golden age is.**

I believe this is inherently true, because children still have a natural perception of the joy of life, of the game of life, of the mystery and wonder of life, which adults, through so called education, tend to lose, I say "so called", because one has to question the value of anything which moves one further away from that which sustains one's will to live. The "**holy curiosity**" which Albert Einstein spoke of, gets lost or buried along the way of formal education in most individuals: but, some rare souls, manage to keep that spark alive, the spark of the love their parents had for one another, which brought all forth.

It seems obvious when you think about it, that one of the greatest games, as far as challenges go, is the game of relationships, the game of being a truly joyous and harmonious family, in which the needs and talents of each member are respected and encouraged to grow, and each voice is heard, of course, that relationship begins and ends with us, we participate and define how our relationship dynamic will be. "**The creative adult is the child who survived**" said Ursula K. LeGuin, I believe that is deeply true: those rare individuals who manage to sustain and keep their joy spontaneous and creative joy in life going, who strike the right balance between rebelliousness and adaptation, have a very active and alive inner child, they still feel the a richer, more multifaceted spectrum.

On good days, days on which I have a clear mind and open heart, I can hear the universal spirit speak to my soul, it says things like: ***Peace is not the absence of war, but the presence of Love.***

Love, not just of this or that, but love, as a state of being, an unconditional choice:

to live and to give fully of oneself, like a tree, changing carbon dioxide into oxygen:

Whatever life gives one, one transforms it into intelligent, wholesome love, through consciousness .

Our souls speaking to us often have an incapacitating and redirecting effect, whether as the main or side effect, the force the soul speaks with, is different from logic, the power of love, forces me to stop what I am doing, reflect and attempt to integrate the wisdom I hear into whatever I am doing.

You might say, how do you know it is your soul speaking? A feeling, a bodily sensation, a unique tingling experience, in which my whole body responds to one thing: truth.

So I encourage you also, don't just read these dead letters, don't let your eyes wonder, hungry, but not receiving what they seek, whilst reading these pages; reflect: ask your heart and the core of your mind deeply: is this true? Can I somehow apply this to my external or internal life? Can I tell the difference? I distinguish the difference between mental chatter, and a greater spirit than myself, this way: does it truly move me? Does it make my body tingle, feel alive & well, resonate with energy & affirmation? "Peace is not the absence of war, but the presence of love", this releases in me such currents of energy, what does it do you for you? It has been said prayer is asking God (the universal spirit) things, and meditation is listening to God. My given name, Samuel, means "God listens" & I experience this as part of my life purpose: *listening*. Peace is the presence of love means to me; peace does not require external circumstances to shift & change and somehow become impossibly perfect in an imperfect human world, no, inheriting the divinity of love simply means realizing, love is the perfection which all life seeks, it is our origin, home & everyone's destiny, and we never really left it; only in our minds.

*We are still in "Eden", it is our consciousness which has fallen, which we can shift, redeem & change!*

In German, my second language, and the one the English language is based on, as officially categorized by Encyclopaedia Britannica "An Indo-Germanic Language with a Latin alphabet" the word for peace is spelled Frieden, it is the word which, etymologically, in English we derive "Freedom" from, and it also contains within it, the word Eden; Fri-Eden, it isn't hard to see how Frieden became Freedom, as they are pronounced very similarly... if that isn't a clue the collective subconscious of our linguistic roots is giving us, as to the relationship between peace and freedom, and what makes life worth living & how to achieve it, then, frankly, I don't know what is! Freedom is not only interrelated with Peace, but linguistically, and I believe, existentially; as a state of being, Freedom is *inherited* through Peace, and it is the key which will open the gate back to Eden.

Lately, whatever troubles I come across in life, I say "**this isn't worth my peace**", before reacting as, I used to experience myself getting frustrated and angry, and losing that valuable peace. Meditation and deep breathing exercises as well living the life and doing the work my soul longs helps! Freedom is not free, as paradoxical as that might sound, "the price of freedom is eternal vigilance" is a proverb that rings most true when you really consider it practically; maintaining the inner & outer state of freedom, the cultivation and construction of it, forces us to work harder than to wage war, theft and destruction; it is harder to build up, than to destroy. Clearly, freedom and peace are not just about physically doing the work necessary to stay healthy, able bodied, although that is a very important, unignorable aspect of life, but mentally and spiritually, there is the daily work of remaining free from pollution; clean, clear, calm, conscious, work which asks us to live a certain way: to **wage peace**. "Man is born free but is everywhere in chains", French philosopher Rousseau wrote these words in the 18<sup>th</sup> century, in a time in which slaves still wore physical chains, yet, nowadays his phrase still applies: humans are mentally chained & bound to invisible objects, or even to ideas, ideas about how things have to be & how we have to live, ideas which harm humanity and limit us, collectively and individually, stunt our growth, hurt us, cause chaos, destruction and compulsive distraction, ideas such as: "I am unworthy", or "I can't" or "I hate myself", yet it is also ideas and acting on those ideas, and the positive emotions they bring with them, which sets us free. If peace leads to freedom, then is it fair to say that **slavery leads to war** and vice versa: war to slavery? This is a theory I want to propose to you: that through discontentment, resentment, through dead-end jobs which people feel forced into, the human being becomes more of a reactive human animal, than a creator. A reactor, who feels trapped and caged and lashes out, either actively or passively, at those he or she perceives cause their suffering, or if they are unable to exact their revenge on those "above", they take out their aggression on others. Socrates once said: "**The unexamined life is not worth living**", and, as someone who has struggled

with deep depression, and come through on the other side & found the cure (hint: love) can tell you: it is true, and, more than that, the examination of our lives causes unforeseeable waves of change and healing, not just for ourselves, but for all those who are connected to us, even for the animals. Facing the deep examination of our lives and preventing our intellect from jumping to false foregone conclusions, reveals our life's worth to us, it shows us what to stop taking for granted, what to be grateful for and what we actually love, it is how we can grow to know ourselves.

**We wage peace by knowing our true selves**, we wage peace by doing what feels good, right, beautiful and true for us, subjectively, and contributing ourselves and our works, to our external objective reality. I am grateful to my father for this one thing in particular: when I had just become a teenager, he bought a book for me which introduced me to the art of journaling, it stated: the secret to thinking (more) like Leonardo da Vinci and having undying curiosity, is to keep a journal, and to write down what truly interests you, and seek every day to improve the quality of your thoughts every day. I learned that by journaling, you will realise things about yourself and life and ultimately you will create a better life for yourself based on these realisations, a positive upward spiral. If we could spread this message and awareness to children and encourage them to begin this process at an early age, instead of forcing them to do routine work, to which the answers are all already known, we would, I predict, experience a wonderful cultural rebirth, because **children**, not adults, hold the keys to the kingdom. Their way of being, their pure hearts, pure in the sense of: uncomplicated, unclouded, unspoiled, relatively free of judgements and wounds, **keep the reality of joy a living one, not a theoretical one.**

Neuroscience, the study of the nervous system, in particular the brain, backs this (the claim that every child is secretly a genius) up, revealing biologically that the sensitivity of children, particularly of babies, is so vast and great, the neural networks, synapses and so on, available, to accelerate learning and adaptation at a young age, are far greater than what is available to adults, thus, the process of becoming an adult, is not so much about growing more intelligent and sensitive, but less so, in order to not be overwhelmed by sensory input, and make use of what one's culture has to offer, to survive, but we could reverse this equation, we could make children and education our top priority, instead of the conformity of children to our dysfunctional society, we could allow them, together, and, with our supervision, to write the new script, and so, together, discover more fully what human potential truly is.

By simply entering into dialogue with children, asking them truly important and interesting questions, instead of boring routine-based ones which all the answers are known to all ready, and respond to their questions and answers, we could make full use of, and encourage, their genius and growth. Because babies and children have not been heavily conditioned yet with culture and the assumptions embedded in their native language, they bring fresh perspectives to life. **“Have you not heard it said? From the lips of children, you, Lord, have called forth praise”, If we allow for some flexibility with what and who is meant by “Lord” and “God”; perhaps, for instance, the indwelling life, the nobility of pure consciousness itself, which can “call forth praise” by further ennobling and uplifting humanity, through action**, up lifting “God” in the whole world, “God”, the reality at the root and end of our being and every being, that invisible line to which we are all connected, is changed.

If we could do that, achieve that, then we could and would see, that, like the characters of the Sanskrit alphabet, all hanging and connected to one straight line “above”, we are all part of an invisible community of life, we would appreciate and live this truth! This, and many other deep mysteries and sayings also, not as dictates of a barbaric tyrant, or mad prophet but as the best attempt to describe aspects of unity consciousness, of the Hebrew Israelite people, and of all people, who have been doing their best, throughout an epic story, history, to describe what it means to be human, and at the most advanced level what it means to tap into the quantum field of awareness, the slipstream of universal mind, and how to describe reality at that level of consciousness, and how to get there: through

unconditional love and appreciation of all beings, growing, and becoming who and what they are.

Now, that the epic stories of the past, of Biblical Prophets and Vedic Sages and Viking Gods and so on have reached their dramatic conclusions, we are free, free in the goodness of life, the one true limitless God: the universal mind, and free in an age of relative peace, compared with the vast history of war-torn humanity, the stories of our ancestors are finished for most intents and purposes, and we are free to write a new one, whether we accept and integrate the meaning and ending of their stories and myths, or not, determines the kind of story we can write with our lives. By this I mean: whether we work with the knowledge & wisdom humanity has accrued, we will stand at a different place & act in a different way.

For instance, the biblical story culminates, for those who can believe, as I attempt to, in the supernatural sacrifice and resurrection of Jesus the Messiah, as the end of all sacrifices, animal, human and symbolic, which, if we can accept as being made and replacement for our imperfections, has the supernatural ability, through us accepting and integrating it, to help us love others unconditionally, and change us, from a human animal, to a homo luminous or “hue-man light-being”; in Hebrew scripture is written: “If your eye is singular, your whole body shall be full of light”, some interpret this “singular eye” simply as purpose, but, when this is weighed and seen in the entire context of the tradition (the reference to dying at the age of 33, in “Golgotha” the place of the skull; ascending the 33 vertebrae of the spine and sacrificing the ego to inherit divine life), and the other numbers, names of places, symbolic attributes, and so on, it becomes clear what the hidden meaning is: when the eye through which we see life is the third eye, located at the centre of our brain, in the pineal gland, which puts us in touch with our intuition and energetic body (7 chakras, corresponding to the 7 glands of the endocrine system), then our perception of life suddenly becomes miraculous, and instead of the darkness of ignorance, malevolence and apathy ruling our lives, the light of love, appreciation, tenderness, kindness, foresight, compassion, and forgiveness generate tremendous insight and wisdom.

The Greek philosopher Plato said approximately 370 B.C: **“In every human is located the eye of the soul, which is worth ten thousand corporeal eyes, for it is the eye through which, and through which alone, truth is perceived”**. It is interesting to note that he said this before the academic and scientific fields of enquiry known as anatomy, neuroscience, optics, and so on, were even established. This is why in the 20<sup>th</sup> century, mathematician and philosopher Alfred Whitehead said: **“The entirety of Western Philosophy can be seen as mere foot-notes to Plato”**; He was so far along the path of “The Love of Wisdom” (Philo; Love, Sophia; Wisdom), that he perceived truth, not as an abstract logical mathematical reality, or merely a feeling, but as a divine unity of all seemingly opposing fields of human endeavour; religion and science, art and mathematics, masculinity and femininity, the exploration of the inner and outer world and their correspondence. One of his predecessors, Pythagoras, made such “insane sounding” proclamations, by today’s rational-atheist standards, they boggle the mind of anyone new to suspending their disbelief, as to the miraculous and mysterious nature of life, and the limitless possibility which do actually exist, he said, and I wish for you to reflect on these things, and see what wisdom, power, and feeling you can derive from them: **“The purpose of incarnation is to perform miracles”**, and “The nature of the universe is number” and “Educate children and it will not be necessary to punish them”, Plato summarized his view this way: “The universe is a single Living Creature which encompasses all of the living creatures that are within it”

I have experienced that by contemplating deeply, philosophically, humbly, it is possible to change the actual essence of our being, and begin to perceive truth, as a living fact, and orient our life around it, like a new melody, emanating out from our innermost depths, which we have made space and time to hear: resonating with the tone of joy, love, forgiveness, giving, gratitude, appreciation, wonder, kindness, compassion, righteousness, light, order, balance and so on, where once was frustration, anger,

resentment, despair, discord, hopelessness, greed, fear, envy, pride and so on, rewriting, with our conscious participation, our opinions, habits, and even genetic code; our biochemistry. Establishing a new kind of relationship with life, the universe, and the living consciousness which dwells in it, and for those who don't or cannot yet believe, and participate, these shifts in history resulted in the "current/common era"; still far from a miraculous perception of life, but, at least a foundation for investigation.

It is up to us, as citizens of this world, whatever we believe in, to now with essentially all the knowledge and opportunity the world has ever had to offer at our fingertips, to embrace and find ways to best use that ancient and fresh wisdom, to cherish it, to listen out for it, and to admit, we need one another to improve our world, to do away with petty pride and egotism, for we, in whatever position we are, may temporarily have authority over some things, but none of us have or are the ultimate authority. Only truth itself; the living word, was, is and will always remain the absolute authority, the truth of life, which will direct us and align us with all necessary power, to accomplish goals which are good for us, when we start to actually open our hearts and minds to greater goals than the ones we have been fed.

In many cases, the way we have been living & doing things does not work, as can be seen by the proclamations of various scholars and scientists from different disciplines, declaring that we are living in the times of the "6<sup>th</sup> great mass extinction" our culture and society needs to change and improve quickly to meet the existing challenges: preserving biodiversity, the purity of our environments, eliminating pollution, these are massive challenges, too big for any individual to solve, so, instead of ridiculing, rejecting and discarding these different perspectives which young people bring to the table, we would be wise to entertain them, Albert Einstein, similar to "Dumbledore" in Harry Potter, said: **"Few people are capable of expressing, with equanimity, opinions which differ from the prejudices of their social environment. Most people are incapable of forming such opinions."**, luckily, children do not belong to the category of "people", they belong to the category of "wild, raw and untameable life", it is only when the connection to the true being, the inner child, is so battered down, beaten, broken and seemingly severed, that human beings become "people" i.e, "legal fictions"; an actual definition in many countries and international law! As mad as that might sound it is true, and researchable fact, it is not until later on in life, people are "incarcerated" in their own minds, and lose their natural spontaneous ability to express such fresh opinions often! Children are inherently unaware of so called political correctness, taboo, social norms, status quos and so on, their innocence is the fresh perspective which our world needs, in order to reinvent itself, and apply fresh solutions, because the fact is... **we as a planetary civilization are simply going extinct**, and the sooner that sinks in, and we realise we need to think and act differently, the more likely we are to be able to save our world from the collapsing biodiversity and overwhelming environmental pollution & destruction, the bees, and the thousands of other species threatened with dying out, are essential parts of our world's ecosystems, we humans face so many issues, so let us retrieve & make use of our buried genius, and let us establish a culture which, instead of burying and enslaving people alive, rewards and encourages the fire of "holy curiosity" to burn bright and light the way, with its luminous results, when followed to completion. The realization of the existence of mystical truth, asks for the reformation of our systems, for instance, for estimation of the value of life, to be recalculated, for capitalism to be re-thought & restructured. The Standard American Diet, "S.A.D", is aptly named with that acronym, for, in cut-throat capitalism, in which profits are measured and estimated, only on materialistic terms, with little regard for the health of their consumers, their bodies, spirits and lives, ruthless companies like Coca-Cola, McDonalds, Alcohol & Tobacco know full well that they cause cancer, type 2 and now novel type 3 diabetes, heart disease obesity & so on, yet continue to ignore the side effects their addictive products have on "easy prey". of course, it is not just the food industry that is corrupt, we would not be facing a global extinction if our institutions and globe-spanning companies were noble endeavours designed to up lift our fellow human beings, and those companies & institutions would not succeed if governments & reports did.

Having the freedom, time, and energy to go on asking and reflecting on questions such as these from a young age onwards, and **keeping the connection to my innocence, joy, spontaneity and inner child**, alive, or at least, retrieving it, **revealed this, hidden mystery, this miracle hidden in plain sight: life.**



Beyond the sounds & motions of the crashing waves, and the ceaseless activity of the ocean, both beneath and above the surface, there is stillness, so too with our life in the body: in our core, and beyond our body, there is peace and stillness, the waves are not at war with each other or the shore, water is not at war with the earth, there is peace and love which surpasses definition, which can only be appreciated fully by feeling it and surrendering the tiny box that is our logical mind, to the grandeur we can sense with our ability to feel and love reality for what it is: magnificent fullness. It is only the agitation, within a tiny spectrum of our own being; the constant rising and crashing waves of language, the babbling brook of an endless stream of words, seemingly at odds with one another, always wanting to be sorted out, which challenges our peace, and the greater our intellect, the more merciless this torrent can and does seem to become, yet, God is happy to change this with and for us.

God can change this as quickly as we are willing to let go, open-up, question reality, and unlock the doors which we perhaps forgot existed. Doors which, in most cases, we opened or closed ourselves. Jesus the Messiah once said: **“Become as Children once more, and enter the Kingdom of Heaven”**, when you look at and spend time with children, it becomes clear what he meant, adopt that part of their attitude to life, which you are missing; children, before they are damaged and conditioned out of their natural love for life, their wild and true nature, are so fully immersed in the moment, so present with life as it is, clear, connected, in tune, innocent, engaged and joyous, simply with life as it is. Spend time with adults on the other hand, and you quickly witness the reverse, at least, amongst the unenlightened, those trapped in the mundane drudgery of daily life and the “rat race”, who believe there is nothing else, or that if there is something else, it is for “others”.

The ebb and flow of life, of words, of the intellect, when dwelling on surface matters, of temporary agitation, when we place our attention on, gives us the illusion that chaos and stress abounds, is really so temporary, but, if you allow yourself to dwell in a short cyclical circle of stress, it can theoretically endure forever, because you feed it your energy and attention, this is what I see many people doing, and what I am begging them to stop. It is capable to drown in a shallow puddle, if you lie down in it.

Speaking of cycles and elements, there is something called “the great year”, or “the platonic year” unlike those which we are used to counting; 10, 100, 1000, it lasts 25,800 years, and encompasses the “4 ages” mentioned in various religious texts, such as the Indian Vedic, Hebrew Old Testament (the Prophecy of Daniel) and Maya Calendar, and the circulation of the equinoxes around the ecliptic.

Perhaps this is appropriate: stop being only the garbage man of your own life, micromanaging and constantly filtering things to throw away and burn and destroy and delete, stop being the neurotic fireman of your own life, in survival mode, putting out fires, judging yourself for your own thoughts and feelings, attached to temporary things trying to put out the inextinguishable fire of life which you

actually are, and relax, sit back, quit being a reactor, switch: be the creator, the artist, the genius you actually are, which God, through a vast line of life, gave you the right to be, start using your maximum potential, walk, stumble, slide towards it, move, fart if you have to, in its general direction, but never give up, as you learn to walk in your great and full self: rewrite your own identity, until you have one that deeply resonates with YOU, and you realize yes, yes, yes, this is who I am, who I want to, and who I am meant to be. Things appear somehow out of order, until we do this, subtle-y “off”, but, the jarring nature of life, sometimes disguised as a threatening demon conspiring against you in many circumstances, is really God’s angel trying to wake you up to the present perfection.

When I reflect on this I realize how true it is, and how, not fighting against the existence of anything, be that war, corruption, disease, death, confusion or of anything I don’t like, grants me this peace, appreciation, and love: Paradoxically, accepting that the human world lacks peace, grants me more of it, and then I am suddenly in the position to do something to spread it, rather than languish and complain its lack, moving out of the realms of thought of “right and wrong” and “either or” into “both and more”, letting my soul soar into god’s imagination where there is always more in store. God himself, herself, itself, that primordial force from which all life has issues forth, IS transcendent peace, love, joy, chaos, splendour, order, light, creation, matter, spirit, all things, so, there is no lack of peace, or anything, as such, but human minds and the human world we live in, in our cities and man made, mind-made reality, the tiny tunnel of logic, clearly has limits, boundaries and obstacles.

Walking the Razor’s edge between these two worlds is what I am inviting you, through this book to do, and I hope, in a very real, down to earth, practical, emotional, logical, sensuous, way, of course, I can only offer your words, contributions, images, symbols, analogies, stories, metaphors, you have to find a way to apply them in your own life, to make them mean something, other than just having spent hours being amused, staring at ink on paper or pixels on a screen: you have the power and response ability to weave these words and, whatever means anything to you, from our time together, into your world.

Yes, I will be speaking about God, our Creator, our Grand Origin Divine, our Guardian of Destiny, our Great Original Dimension... I know this will divide and repel a certain portion of any audience, but more importantly, if I did not write about God, I could not share fully from my heart and mind, that which wants to come forward, so it is a question of: will I be true to myself, and share my faith, or will I try to fulfil someone else’s expectations in the hope to gain praise and appreciation, at the cost of sacrificing my own love, perspective, truth, feelings and so on? Of course, formulated this way, that question is a no brainer, being loyal to oneself, riding the lightning and the “quantum waves”, the invisible vibrations within, fulfilling one, making one happy, content and joyous to share what one has and wants to share, and showing the world how much one cares, is THE choice we have already made, by incarnating, as humans in physical form. The force from which we all come, to which we are linked, and to which we return, the great mystery, God’s prophets, gurus, scientists, dreamers, lovers, painters and poets, God’s children, family and fortune, we are connected to them all, through that which Voltaire called **“The circle who’s centre is everywhere and circumference no-where”**

I will be speaking about G.O.D, not because I fanatically believe in dogmas, fairy tales (although truth is stranger than fiction, and there’s much more to life than meets the eye), but because I experience God on a daily basis, and I strongly believe that everyone else can too, when they align their perception to biblical, saintly, sagely wisdom, and do their best to apply it in their life, and reflect on it, life can suddenly pop open, like a seed going from a dull underground existence, sprouting into a flower. A flower blossoming into something a thousand fold grander and greater than what it once was, living in light instead of darkness: I have and am already experiencing this transformation, and it is my humble

wish for humanity to do so too, for I believe if it did, our wars, our poverty, our depression and sabotage and so on would cease, very quickly, but to get there, we have work to do! Work, not so much in the outer world, which has been engineered to ever-nearing “perfection”, but primarily work, on cultivating and developing the inner world, acknowledging its existence, feeling and respecting its dynamics, and learning to decondition ourselves, to unlearn the social, cultural half truths, and insist on fully embodying truths ourselves; the kind of life, love and wisdom which makes our whole being buzz with energy. We realize, when we step into alignment with God, with Godly principles, we truly co-create our world, becoming one with a subtle invisible energy field. God’s spirit created all our souls to fulfil some cosmic purpose, explore, experience, enjoy, our souls work and express themselves with the power of intention, through our mind, rewiring it as needed, our mind manages and defines our relationship with our body, through habits and so on, and our body is our physical temple on earth, our first and primary home, containing D.N.A Holograms.

I hear great pioneers and revolutionaries, like Jimi Hendrix say things like: “When the power of love overcomes the love of power, the world shall know peace”, and it makes me smile, gives me hope, and the more I reflect on it, and orient my life around such wisdom, the better life gets.

The greatest compliment we can pay anyone we admire, is not simply to copy them, in their mannerisms or in what they say, but to actually absorb the spirit with which they do things, and carry on their legacy, like an Olympic baton runner, like someone committed to carrying forth the torch of life and light, and embodying the strength, virtue and value with which the past runner ran, which allowed them to get this far, for life is, amongst many things, a sort of race, one which we have to find our own natural pace for, but, time wooshes past, and so, we had better make sure we are making the most of it, having a consistent, renewable, valuable blast, which also creates value for others, and allows us to live without regrets, because we feel deeply we are living out the purpose of our lives. When we are naked, physically, we are not truly naked, if we think that, then we are more identified with the body than with our soul, when we bare our hearts, when we speak our true minds, when we embrace, as souls, and share, as souls, that is when we are daring to be naked. The original Greek word “Apocalypse” means, literally, unveiling, and in the biblical context, and the context the messiah, that is, Yeshua (Jesus), uses it, the Messenger, anointed one, the Apocalypse is a mystical and existential event, which a soul goes through, in which life, truth, God, its choices, and so on and so forth are revealed, ultimately culminating in the soul being known, and knowing itself, seeing truly, seeing with the spiritual, inner eye of higher, fuller perception, rather than the two material eyes, which we see through, only a narrow, limited, short band of electro-magnetic frequencies, the world we live in is not necessarily the real world, the existence and dramatic effect of the “Reticular Activating System” filters reality according to what we are searching for, consciously and subconsciously, but when we decipher reality more fully, “most people’s minds are fragile, they cannot take very much reality”. T.S Eliot

If you want to get a glimpse of the perfection of reality as it truly is, contemplate how everything connects to everything else seamlessly, contemplate for instance, the miracle that our world is not and has not been destroyed at any moment, by a chain of events, a series of freak accidents. Contemplate how many things there are to be grateful for. Contemplate, the deep mysteries of sacred geometric configurations of life, and how, we as a species have known about them for a long time, for instance, how we had knowledge of the way things worked, before we theoretically should have been able to have that knowledge; the Greeks described atoms, the workings of the third eye, architects and engineers still cannot explain how many ancient monuments including the pyramids were built, although they have their theories, in short, we live in a mysterious work of art, our planet operates on a magnificent code which we understand only a little of, reality is much deeper than once assumed, our possibilities are greater; we are recognizing that the very basis for life on earth, carbon 6, which contains 6 protons, neutron and electrons, a strong parallel with the figure we are forewarned of “the Anti-Christ” is potentially, anyone, for the very raw material D.N.A uses, features that dreaded number... could it be that, there is a meta-story going on? A Meta Team Tame(ing) Meat(the body)?

# Chapter 1: Amen: your endless cosmic name

Are Love, the Living Word, and God, real?

If so, at which level of reality are they real?

Metaphorically? Physically? Biologically? Chemically? Symbolically?

The prolific German Multi-disciplinary philosopher-poet-scientist-artist, Goethe, once said:

**“Geometry is frozen music”**, which would make the logical corollary: Music is moving geometry, the beauty of many scientific experiments is that they can be relatively easily demonstrated and re-tested; in objective external, outer reality, using the laws of physics, biology, chemistry and so on, and that new laws can be discovered through these tests, the claim that, “geometry is frozen music”, can indeed be validated, and is common knowledge now, there are simple tests almost anyone can do at home, which demonstrate the effect known as “Cymatic” manifestation, originating from the Greek word for wave, the phenomenon is the following: When a frequency, a particular sound, is played at length, and it touches, say, sand, on a flat, horizontal board, the sand on that board will rearrange itself into certain geometry. When the music stops, the sand stands still, and a pattern is revealed. At the atomic level, this sort of movement and pattern creation and dissolution is constantly taking place, at higher and lower levels, such as the biochemical, or sub-atomic/ quark/ quantum levels, entirely new and different rules and laws govern the relationships of particles and waves in these dimensions!

But what about our inner reality? What about those things which are hard to even observe within ourselves, let alone express or imbue into some form adequate of the poetry and reality inside us? What about the love which, cannot be so easily replicated or re-created in “double blind placebo test studies”, even though love is allegedly blind, I don’t believe love appreciates being treated like a rat, no, far more, I believe it is our job to catch up to the speed of love, and not try to slow it down. Paradoxically: Catch up to it, by slowing down the words racing through our mind, the “monkey mind” which monks speak of, nearly always “on”, which takes skill and effort to distil and quell.

This chapter is all about learning to look at life, reality, and the words we use to define aspects of existence, more flexibly, with the aim of having a more fluid understanding of ourselves, life, our faith, and interpretation of the living force we struggle to name anything but “God”.

Let’s begin with the word Name itself, an anagram of Amen, meaning, its constituent parts can be rearranged to spell that word, and vice versa. Now, is it a coincidence that Amen is said after every Christian’s and Jew’s prayer? Arguably their most intimate time with who they believe to be their creator & also that Amen or Amen-Ra is an Egyptian deity?

Some scholars argue that it is a coincidence, and that Amen in Hebrew means “so be it”, well, fascinating that the word should overlap and be exact “homophones” of one another; that they be pronounced the same way, and there be a great cultural connection between the Hebrew-Israelites and Egyptians. **That may already seem an offensive idea to those who have conservative, traditional views of God, but, I quote Jesus to prove my point: “So for the sake of your tradition you have made void the word of God. You hypocrites! Well did Isaiah prophesy of you, when he said: “This people honours me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the commandments of men.” The point being: God/ YHWH/ Amen/ Name, whoever is “out there” and deep “in here” cares far more about our hearts (and actions issuing forth from it) than our words.**

It is written in the bible that the patriarchal figure Moses, who wrote the first 5 books of the old testament, was “trained in all the wisdom of the Egyptians”, perhaps the word “all” means they included their wisdom and practical knowledge of God? seeing as, their hieroglyphics are almost entirely dedicated to worshipping Gods, Goddesses and telling stories in which they are involved... I propose to you the idea that, the way the universal mind expresses itself and carries itself forwards through time, the way memory persists, is through word-pictures, and that there is a deep intrinsic reason for words with 4 letters carrying such weight: a “Tetra-gram-aton”; literally: four-letter word. Another four-letter word, one which Shakespeare used to make a philosophical point, was Rose: “Would a rose by any other name not smell as sweet”? Apart from the fact that, again, rose is an anagram of Eros, and **Eros is of course the Greek “God of Love”, Rose also, alternatively, means, to rise**, and again, rise is an anagram of sire, a word denoting knight-hood, chivalry, honour, respect, bravery, devotion, and of course, a man on a quest in the name of, most often: love. Perhaps this “coincidence” of language, points out that it is love which ennobles us, it is love which raises us to our true glory and potential, it is love which sends us on quests to grow, and know ourselves, and “falling” in love, is actually turning the world upside down, and falling into heaven, falling out of the triviality of this world, and into the things which truly matter? I will leave that to you to answer, with how you choose to live your life.

It would be so convenient if that (Amen, or YHWH, or Lord, or Eros) were God’s name, it would make him so much easier to track down, ask questions and send seasonal greetings to.

Experiments in cognitive science and sense-perception have proven that, Mr. Spear Shaker, I hope you can hear me 500 years in the past, no, it would not smell as sweet, words do indeed effect our perception, and, if we are ignorant of distinctions, we do not value what we perceive as much. If roses were called, for example flos ruber, the Latin for “red flower”, and other flowers also possessed that name, we would miss out on seeing and remembering their smell, or even bother to stop and “smell the roses”, or attempt to sell or give them to anyone.

Luckily, of course, our culture is not the only one, so, if we were ever stupid enough to start calling Roses “genotype 432 dash 6n”, and died out because men and women did not “feel the spark” anymore, whilst using such language, and our scientific attempts to reproduce all lead to ultimate failure, hopefully, other cultures on earth, or at least, other planets, would still keep using words like rose, to play the “Hieros Gamos” (Greek for “sacred game”), and fall in love; fall into spontaneous, heavenly, ecstatic, erotic, exotic, committed, partnership; a deeply passionate life; a commitment to honour one another, and leave the greatest legacy of all, children, who have also known true love, through the example of their parents, encouraged to live that way also.

Isn’t it ironic that the great word smith himself, esteemed so highly in literature, so capable of rhyme and reason, didn’t spot this flaw in his own argument? Or perhaps he was throwing us a bone that, no indeed, even the language we express ourselves in has traces of divinity, and connects us, free of charge, to vast passages of time and distances of space? That we carry our collective history, and forefathers around with us, not only in our genetic code, but also in the very way we speak?

Some believe the theory that life is a grand coincidence, to that I reply by quoting Albert Einstein again: **“Coincidence is God’s way of remaining anonymous [nameless]”**, which is, in a way, quite humorous, if one is stuck in verbal literalism, debating whether this (name) or that (amen) is the literal name of God, and whether the being, denoted by such a word, really exists, is reminiscent of a sketch by the Monty Python, and this is the crux of the chapter and the point I am trying to make: God; the real God of Gods, the one defined as “Omnipotent, Omniscient, Omnipresent”, the force which gave us our intelligence, our love, our humour, our ability to think critically, our ability to invent, to play, to make peace with one another, to fly across the world, is too immeasurably vast a force, a being, a

frequency, a reality, to ever be limited and imprisoned by the tiny fractions of our culture-conditioned brains responsible for verbal expression, memorization of words and terms.

God contains us, and we make fools of ourselves, by thinking we can sum God up, and either use him, her, it, the force, or do away with it altogether, as it was written by Solomon long ago “The fool has said in his heart, there is no God”, the important point is that we honour life itself, by the actions that issue forth from our hearts, and that we pay attention to how we truly feel, and we are honest, with expressing the essence of what goes on inside our modest inner universes, which we are “lords” over. when we do choose to speak and communicate with other members of humanity, I believe we would be wise to do so, always in the consciousness of the fact that we are all a part of something much greater than ourselves. It is interesting to note that, the word Humanity contains the word Unity, and that all that is left without that word is “ham” a word symbolic of dead pig flesh. Perhaps that is what we all are, when we are divided against ourselves, one another, and other nations: dead pig flesh; ham, over 98% genetically identical, destined for destruction, like animals walking over a cliff or into a slaughterhouse. Is it not incredibly insane that neighbouring nations, throughout history, have fought one another with blistering intensity, because of, essentially, based on nothing of substance, based on misunderstandings of reality, of terms, of definitions, and committed atrocious horrible, things as a result? Let’s stop that pattern. I go into how in the chapter: The Nature of evil: ignorance.

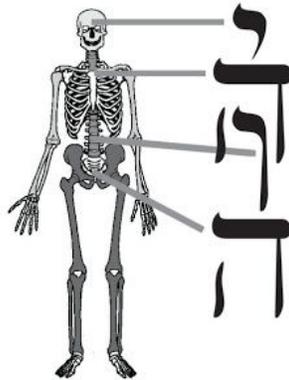
Some people believe they are close to God through the pope of Rome, or “Roma” as it’s spelled in Italian and Latin, that he is the representation of Christ on Earth, and that, Jesus Christ was “God on Earth”, well, in my eyes, that tradition and world view is clearly broken, because the popes of Rome, throughout history, have not only done corrupt and unspeakable things, such as ordering the slaughter of masses of innocent men women and children (for instance: the poetic Cathars and Troubadours of France), but patent and ridiculous hypocrisy in direct violation of the scriptures they themselves call holy and claim to represent, took place over and over again, which reached its height shortly before, and as the cause of, the protestant reformation, when Martin Luther rightly challenged the “Purchase of Indulgences” pieces of paper which allowed for “sin to be pardoned in advance”, and the authority of the pope using only the bible (not , and won Germany’s independence from the “[Un]Holy Roman Empire”, nailing his 96 thesis to the wall of a Cathedral in Wittenberg. The main regret I have for Martin Luther is that he did not continue reforming things after winning his independence, and lay claim on Jesus infamous words: “You shall do greater things than I”. Similar things can of course be said for other cultures, for instance the Chinese treatment of their own people and Tibet, The genocides by Muslims, Africans, Russians, and so on, well, while we are at it: the very world wars themselves.

The point of this is not to rail against any one particular culture, tradition or denomination, if that was my point, I would never finish this book! But to show how illogical and inhumane insanity can becoming fixated and possessed by certain words (dogma) and the idea that “I am, we are right, and they are wrong, and that is why we have to kill them”.

Whether we say Amen or Name, we are referring to particular beings, with the vibrations, tones, concepts and frequencies we utter and express from our lips or fingers, and those names symbolically involve those figures in our world, whether as abstract, dead letters, or real flesh and blood beings, or somewhere in-between the worlds, in the spirit, “the quantum wave”; in two places at once.

Let’s return to peace, love and how this book began: I love this saying and it has stuck with me ever since I heard it “Love is the closest thing we have to magic”, well, genuine love, when it comes from my free, peaceful and open heart, does indeed feel magical, I feel waves of energy pulsate from the various energy centres within me, and emanate outwards and I have discovered that this love does not have to be bound to any physical object in the universe, nor to any attribute or state within myself, I can accept it simply as an unconditional state of being; not dependent on outer conditions.

more profound than peace being the presence of love, as stated and argued for in the “introduction & summary” as simply the basis for our life, and presumably a pleasant feeling, a chemical, is this more supernatural interpretation: that the very generative fire of life itself, love, is a living flame, a living word, as is written, inseparable from, and the cause of, life on earth: “In the beginning was the word, and the word was God, and the word was with God”... the ancient Hebrew word for God: “YHWH”, pronounced Yah Way, or Jah Way, is actually what is called a pictogram, which means, it can be rearranged into a picture, and this is what it portrays, perhaps this is the key to that culture’s survival:



That, by proclaiming there is inherent divinity, goodness, and attributes within us, worthy of praise, adoration, worship, protection, hard work to preserve, those qualities are magnified.

In the most well known and repeated accounts and stories of the life of Jesus Christ, at his execution by crucifixion, above his head the acronym INRI is placed, many take this simply to mean “Jesus Nazarene Rex Iedea”; Jesus, king of the Jews, but there is a hidden, alternative, possible interpretation, namely: all nature is renewed by fire: I.N.R.I, Ignis-Natura-Renovatur-Integra, meaning we don’t have to wait for fire on the outside to feel the flame of life, we can grow the flame burning at the core of your being; your aura, by loving, living, and giving, from the place of power within your true self, when you do, you realize: you are the being which creates the “placebo effect”, miracles of the mind, it is extremely important that you realize you are that flame, for when you do situations bow to you, depending on how bright you burn, secretly, everything serves you, but life is a puzzle for you to solve, when you do solve it, you shine, you light up, with contagious joy!

This “secret flame”, of love, is a passion which governs your life and mind, it is a state of being which, when you step into, is almost trance like, enjoyable, deep, full, real, present, raw, authentic; “you shall be baptised by fire”; the secret fire of your love, renews your entire being, and the best way to generate that love, is to apply it, to really find someone or something you wish to give it to, and give it, even if that is, at first (but please not limited to), your reflection in the mirror.

The human body, the words “made in the image of God” take on new meaning, with this knowledge; that the letters for “God” rearrange into the human body, our body is now seen as another type of creation: a temple, made of living words. The bones: “pillars” the statement above “In the beginning was the word, and the word was God” sounded like nonsense to me when I first heard it, but after putting together more and more puzzle pieces, which I am now attempting to help and accelerate the process of, for and with you, I realized, this biblical claim, can be scientifically verified. Sound like more nonsense?

Hold on here's a few things to prove otherwise: there is a phenomenon called sonoluminescence, which provides very real evidence for this claim, that, indeed, sound creates light; in water, sound waves are collapsed together and light explodes out of a bubble for a moment, a sort of "singularity" or miniature "white hole", does this show that sound is perhaps the primary substance in the universe, as the new and old testament of the Hebrews claim?

Does this show the primacy of sound, as also the ancient Vedas of India write about In Sanskrit: the original sound is AUM, the tone of the universe? I will leave that question open for you. Perhaps we can remember this sound and question better by creating an acronym out of it: A.U.M: Almighty-Unlimited-Mind/ or Music/ Melody/ Metamorphosis... if you prefer.

I have found that one thing that helps improve the quality of my thoughts is to constantly seek ways to remember things which deeply interest me, to "store up treasure in heaven"; so to speak, and pass on wisdom and knowledge which moves my heart and mind, which helps me live more fully. I have also noticed that in the process of doing this, the process of asking life questions, of making my life a question, life fills in the blanks where I cannot, as long as I am sincere, asking a valid question.

Nobel prize winning quantum & theoretical physicist Richard Feynman, once said: "Science is like sex, sure, we may receive practical results through it, but that's not why we do it"... you might struggle to see how that connects to God, Sound, Light and so on, but, he also said "All good physicists ought to write down the number 137 on their chalkboards and worry about it, you could say the hand of god wrote that number", 137 is, amongst other things, the fine structure constant, related to the golden ratio, the 33<sup>rd</sup> prime number, and the numerical equivalent for QBL, which in Hebrew means, to receive, what was received was knowledge, not so much, say, static mathematical knowledge, but, living knowledge, the number 7 also occurs 137 times in the book of revelations, which speaks of a new earth, new heaven, and new humanity. In one number, all these deep aspects of life are represented.

What struck me as the greatest revelation was that 33 is the amount of bones in the spine, and, cultures, throughout history speak of "climbing the spine" (the pillar of djed; the spine of osiris) or "raising the serpent", a phenomenon which theoretically any individual can go through, laid out systematically also in various yogic systems. Jesus quoting one of the miracles Moses performed whilst guiding the Hebrews through the wilderness said: "The son of Man must be raised just as the serpent in the desert was", for those who don't know the story this is what Jesus was referring to: Moses, whilst leading his people through the desert, had to erect a brazen serpent, for the faithless, snake bitten people to look upon, so they would be cured and saved. The myths surrounding both Odin and Shiva, can also be seen in similar lights; their inner eyes, and sacrifices, for instance, Odin "the all father's" sacrifice on the world tree (Yggdrasil), and Shiva's swallowing of "all the poison in the ocean", all point to some common message: following the optic nerves back to that which they are connected to, following the 2 back to the 1, not allowing ourselves to be misled by the left or right eye, or half of our body, but insisting on perfect balance, reacquaints us with what Descartes called "The seat of the soul" and Plato termed "The Soul's eye"; "That by which we perceive truth".

One of the greatest epic tales of literature, based on reality, on par with the Hebrew bible in terms of scale, is the Indian "Mahabharata", a tale about the rivalry of two families, the highlight of which, to me, is the dialogue between Arjuna and Krishna, on the battlefield of Kurukshetra, India, during the dialogue, at some point, Arjuna, the military leader being instructed by Krishna, a God in disguise, asks to see his universal form, when he does, he is overwhelmed, and quite quickly, asks for the vision to be taken away again, as it overwhelms him, T.S Eliot again: "Humankind cannot bear much reality" .

I wish to close this chapter with a quote which illustrates your cosmic nature perfectly:

**“To assume consciousness is located inside the brain, is like assuming there are tiny people inside radios, which play tiny instruments and sit around chairs and tables inside those devices”** – Physicist Nassim Hamein! So... if we realise we are not the biological, physical brain, that our consciousness, like sound, has its source prior to and is the primary cause of this universe, and the little, tiny, teeny weeny bit of it which we get to manage, that, as Max Planck put it “The mind is the matrix of all matter”; God’s consciousness is the field out of which all material things emerge, and in which they are embedded, well, when we realize this, deeply, existentially, beyond intellectual concepts, as a felt reality, we realise indeed, our name, our “amen” is beyond what can ever be explained with words; our essence is the origin of an endless symphony of sounds and ongoing, living processes, our identity and existence is embedded in the fabric of the universe, in our core, we are eternal immortal beings, as old and older than the big bang, this is why we can have full confidence in the goodness of life, the goodness of one another, and our collective ability to face the challenges, not just of this world, but of all worlds and times.

It is said that “the truly wise are not confused when they leave their body, having realised the eternal immortal nature of their own soul, their memory is neither bewildered nor lost, but they move on from this body to the next, shedding it and taking up the new one, the same way people take off and put on new clothes”. Many Christians argue against the doctrine of reincarnation, claiming it is unbiblical, and leads one to hell to this I say, read what Christ himself had to say “Who do you say I am?”, and the very earliest proponents of his philosophy, for instance, “Origen”, I believe that, to miss out on the heaven which is already here, in this very present moment, to miss out on “the eye which sees truth and is worth more than 10,000 corporeal eyes”, is to actually live in the hell of drudgery, the hell of sameness, the hell of a mundane reality which breeds contempt and a slow, creeping, crawling, death wish. I encourage you, take the leap, be a freak, you’ve read this much, meditate, reflect, seek truth, seek enlightenment, it is a real phenomenon available to any who seek it with a true heart and open mind. It also costs, in a way nothing, in a way everything, but Its reward is everything: oneness.

Let us bless our world and call forth the great goodness and oneness intrinsic in creation, so that we may live in a world filled with justice, honour, peace, beauty, truth, kindness.

God bless! God Bless everyone through us, and help us remember that blessings and love, like heat, are virtually unlimited, but that apathy and cold, have an “absolute limit”, of minus 255, God help us remember that the fire of our passion, confidence, and courage to embrace truth, yields shining examples and explosive, world changing results of what was once mere imagination. God bless!