

How do we express our current state of Awareness (or Consciousness)?

This is related to another (later) post that talks about our Evolution.

God (whatever that means), the source of Light and Life shines through all manifestations of Life, including you and me. We see and experience God shining through these manifestations, like looking through a window. The trouble is the window is dirty. Each window is dirty to a different degree and the dirt on each window is made up of different material.

What's more, we as the observer, seeing the light of God shining through the other manifestations window, are first looking through our own dirt, as if we were wearing dark greasy sun-glasses. The dirt that surrounds us, and distorts both outgoing and incoming radiations of God, is our resistance to Consciousness (it relates to our beliefs). Our task in evolution is to clean our windows and let the light of God shine through us, pure and clear, without distortion (turn down the resistance).

At the same time, we need to accept that the light shining out from others is the clearest that can be expected, given the level of dirt on their windows.

From a Religious point of view, the dirt would equate to "sins", hence the idea that we are all sinners and we will always be sinners. The chances of cleaning every part of our glass might be possible, but could take a few life-times and we probably wouldn't be able to exist in the physical world with clean windows. Accepting that we have dirty windows sounds a little less harsh than thinking of ourselves as sinners. Having dirty windows isn't bad, it's just the way it is.

We can replace the idea of windows and sun-glasses with the more realistic idea of living inside a bubble full of smoke with the light of God shining out from our heart centre. The denser the smoke, the less light gets through and the more distorted the light will be. Just like clouds in the sky, the smoke can clear in places as it swirls around (everything is always in motion, including our smoke). This produces periods of wonder, clear thinking and clear expression. All of us have these moments. As the smoke becomes thinner and clearer, it allows more of these extraordinary periods to happen.

There are a couple of things we need to point out about the experience in the physical world.

First, the pure, clear, complete light of God exists inside all manifestations of life, no matter how "badly" they may be expressing that light.

Secondly, they experience themselves through the world of duality, in a comparative universe, looking outward and seeing themselves as a reflection of what they observe. Only when they look inside will they begin to remember that the light of God is inside them.



The Rainbow of Consciousness

If we are Evolving, what is it that is evolving, our Spirit, Soul or Consciousness or something else?

*The questions that I posted in the home page articles arose from this story, but I got carried away creating questions. So, to get back to this message, let's take another look at those first few questions:*

Have you ever been told that you are here on Earth to evolve your Soul, and that you will need multiple life-times to work on it?

Do you know someone that has had a pretty rough life here, so far?

Have you heard Spiritual leaders tell you that we are all sinners and that we will pay the price in the next life, even if we manage to avoid judgement day in the earthly courts?

OK – I'll stop there.

Life presents us with many challenges and many positive experiences. We are told that we are here to learn and grow and that we should accept and be grateful for all the knocks that life throws our way, because it is these knocks that help our Soul to evolve.

Do you understand what this means? Can our "Soul" evolve? Is one life-time enough?

So, one life-time is not enough? We need to be able to be re-born, so we can get the next set of lessons. It's always good to learn something new. School is fun, isn't it?

**We came to earth, did some stuff, learned some lessons, then died. Now what?**

There are so many questions that come from that simple line of text.

This discussion will focus on the round-trip journey.

If "something" is evolving and takes multiple life-times to do it, what is "it" and how does "it" keep track of where "it" is?

If we use the example of climbing a ladder to equate to evolving, what part of us knows which rung we are on now and where to come back to in our next incarnation? It is clear that we aren't all on the same rung, even if at some level we are all equal and part of the same source. Everyone expresses the Source in their own way. Who or what is keeping track of all the good and bad Karma?

**Answer?**

The quick and easy “religious” answer is – God is. He is the one keeping track. He and his Angels, watch over every single soul, constantly monitoring and rewarding or punishing each one of us as they see fit, based on what we do. Maybe also, what we say and possibly what we think.

If you believe in the potential for reincarnation, then you have to accept an alternate state of existence – we will call this “The Other Place”. That is, the place we were before we were born and by extension, must also be the place where we will be after we die. There is only one TOP and we All came from there and go back there, there is nowhere else to go. You may disagree. However, we have the power to make TOP look and feel however we want it to appear – Heaven, Hell, Nothing – you choose.

Remember – Life is ALL there is and Birth and Death are doorways in and out of the physical realm.

First there is the Singularity – the one; God; the Universal Source.  
Then we have the Duality – the positive and negative; male and female; yang and yin.  
And then, the Trinity – Father, Mother and Son; Super-Conscious, Conscious and Sub-Conscious.

Just as a rainbow is created when sun-light shines through the denser molecules of water, or when light is passed through a prism and is refracted at different degrees to create the colours of the spectrum, our soul moves from the higher vibration of the spiritual realm through the denser physical realm, slows down our vibration and separates out our three major levels of consciousness: Super-Conscious, Conscious and Sub-Conscious (and our 7 or 8 or more Chakra energy centres – remember the seven colours of the rainbow).

This spreading out is what creates our forgetfulness. Our conscious mind is no longer fully aware of its other parts and begins to see itself as separate. Through its experience in the world, it is taught that it is separate and that it is responsible for the well-being of its “Self”. Self-preservation leads to the development of the Ego and the “mind” becomes clouded. (See previous discussion about dirty windows).

Does a new-born baby have a “Cloudy-Mind”? They certainly have a personality of their own and different levels of awareness, even before they are born.

During Life, our Ego, our Mind and our Heart “do things” and we add and remove density of cloud to and from our “being”. At the time of our passing (death), we have reached a state of being, which we hope reflects a “growing”, if we live long enough. We know we can’t take our money with us (although the Egyptians were pretty sure you can), but what about our new “state” – let’s call it our Awareness. Can we take that with us? And, if so, How?

## **After Death**

When the body is left behind and the individuation is now moving back towards the higher vibration of spiritual existence, our sub-conscious, conscious and super-conscious recombine. The conscious, where our personality our individuality our “smoke” existed, is now reconstituted with the sub-conscious that was responsible for all the automation of our physical life and the super-conscious that was responsible for keeping us in-touch with our Source and guiding our conscious mind.

On the way back to spirit, these parts are brought back together and the consciousness is reunited fully with its other parts. This experience allows the conscious “mind” to realise that it was always connected to the source, that it was and is part of the source, that its experience in the physical world was always meant to be an evolutionary tool and that all experiences that were created by it and felt through it and their effects on everyone else can now be seen and understood for what they were – All Good. They were all good, ALL GOD.

The smoky soul with its reconstituted consciousness and re-remembered knowing about who and what it is, finds itself back at the centre of its being. At the centre, it knows that it is one with everything and that everything exists at the one place and time. However, it is still smoky. It didn’t become fully-realised, fully-purified, free from all clutter, able to understand everything. It simply became whole again in a place where there is no comparison. The process and “journey” to get to the centre raised the level of consciousness to some degree. It cleared some of the smoke. The journey through the Spiritual realm will help to clear some more, as will its next incarnation. Yes, you can consider that the “time” spent at the Centre in the world of TOP (The Other Place) is also a Journey of unfolding and growth (probably).

At this “place” in our existence we Re-Member that we are one with the source. That is, our Soul knows it is the Source (God). It has not MERGED with God, but it is connected as one, while retaining its identity (maybe, somehow). We are always connected with the source, but in the physical world we forget – to the degree that our consciousness allows.

The thing that gives us our identity is our consciousness. If we stayed at TOP for too long, we would begin to lose our individuality and merge with the one, so, we are Attracted back to the Physical. How does this happen?

## **How did we get HERE and how do we get THERE?**

What is the cycle of Life and how does Reincarnation work?

Well, it’s all about the Law of Attraction. Did you think that this was just about getting a new car or a better job? Maybe you thought it was all just sales-talk from the get-rich-quick guys.

You find yourself here in the physical. You appear to be middle aged and doing quite well for yourself. But you “feel” that something is missing. You are not sure what, but it draws you to people, books and experiences that want to tell you about how life works and what to expect after death. You are already beginning to loose your magnetic attraction to the physical plane.

This doesn't mean you are about to die or that you don't like life. It means that your energy is changing. That is why you came here, if there is such a thing as “Why”. Everything is Natural. Things work Automatically. You can see that explanations provided by religion and civilisation and science just don't stand up to any kind of analysis – they just get more and more complex. Just like our Laws and Taxes, we have to keep adding more levels of complexity to overcome the short-comings of the previous explanation.

God is Simple, Life is Simple. It's the stories that we make up about life that make the whole process “unbelievable”.

Your energy is changing, all the time, for lots of reasons. At some point, the energy that you are can not sustain its hold on physical life (you don't have to get sick for this to be apparent, but it is a common effect). You may not recognise the change, but most people will have some inkling. Can the Conscious Mind and Ego fight this change? Of course, for a time, possibly for years. But the fight causes a different energy that isn't in harmony with the initial changes. You were becoming more in-line with your spiritual nature but now you are fighting for your physical existence.

The energy changes will draw your Spirit away from its body and eventually disconnect. The body can not sustain itself without a Life-Force and it will stop functioning and begin to break down and return to its constituent parts.

Now you are whole again in The Other Place. You live a life there and your energy changes again. At some point, your energy becomes attuned to the vibration of a situation in the physical plane and you are attracted back here. As you “descend” through the dense veil, your consciousness spreads out, as described earlier, like a rainbow.

And, off you go again.

To go through this process, you don't need any plan, no decisions, no group discussion, no chat with God or Angels before you take your journey, no judgement or assessment, no feedback – it's Life, it just does it. A Seed falls in the right place, and it grows.

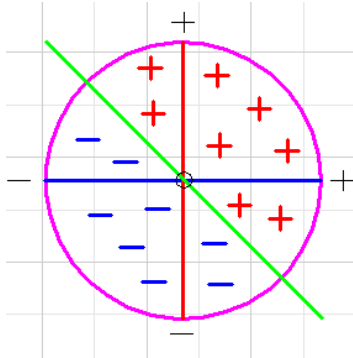
However, that doesn't mean that you don't actually do any of these things, or that God or Angels don't exist or that there is no judgement. You can create whatever you like.

**ONE thing to remember from this discussion, is:**  
***Don't believe anything that anyone tells you (verify it for yourself).***

## Avoid the Negative?

Have you ever thought that it would be great if you could only remove all the negative people from your life? Avoid all the negative news and bad situations. Just have the Positive things. Wouldn't that be better for everyone? It sounds like it, doesn't it?

How would that work with the Law of Attraction and the Energy that we live in?



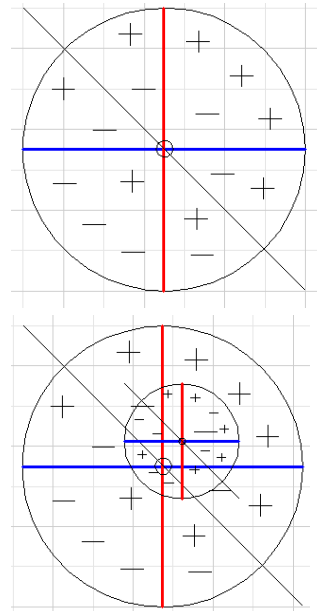
I've drawn some diagrams to try to help us see what is going on. The first one is the ideal situation. Think back to the Magnets in the "Attraction" story in the Forum. This shows that we have a vertical component that has its energy field with positive at the top and negative at the bottom. We also have a horizontal component, positive to the right and negative to the left. Where they CROSS is where YOU are, in the centre. When you use the centre and the cross to create a circle, you become the centre of both cross and circle.

The top/right quadrant of the circle has positive energy on both sides and becomes wholly positive. The same happens in the opposite bottom/left quadrant but it is wholly negative. In the top/left and bottom/right quadrants they are mixed positive and negative, so they have equal amounts of each and they fall close to their respective lines. This allows us to draw a diagonal line from top/left to bottom/right and see all the positive energy on the top/right and all the negative energy on the bottom/left.

This would be the "target" situation. If you were able to line up all your energies and influences with the Unified Field, it could be represented like this and you would have immense power (magnetism).

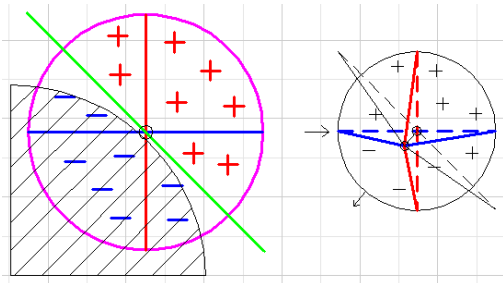
A more realist representation of a well-adjusted aware person might look like our next image. Mostly there are positive symbols towards the top right and negative towards the bottom left, with some out-of-place. This is much better than the completely random option that exhibits no magnetism, or having all the symbols reversed and becoming rather "repulsive" 😊

What happens when another person approaches? We have an example that looks very similar to the previous one. The circle is smaller, it has less symbols and a couple are positioned differently. They can co-exist very close to each other, with their field of energy overlapping. They have many things in common and the things that differ are not clashing much. If these two people stay together for a length of time they will become even more alike – or not. If not, they will tend to separate again.



To return to the question about getting away from negative influences. Let's take another look at the "ideal" case and try to do what many people think they want to do – cut away the negative chunk. What? Sorry? That's not what you want to do? You want to "move away, move to the top/right, encompass more of the positive, focus in that area and ignore the bottom left. After all, **"what you focus on grows"**.

Very good point! I like that.



Just for the sake of completeness, and because there is someone out there that would cut this negative influence away if they could – let's take a look there. Remember the magnets (again). If you cut the magnet in half, you get two magnets that are identical in nature. The negative half now has its own positive side and the positive half now has its negative side. And,

the two halves are attracted back toward each other. You can't lose your negative side, it's part of who you are. That means, it's part of who everyone is, everything is. It's not bad, it's negative energy – not even relatively, it's different.

The diagram shows that you make the cut (tell your negative friend to get lost and sort themselves out). What happens? You become smaller, you have less energy and some of the positive parts of you become negative. You now have a positive imbalance inside your field. You think that's great, it will move you toward more positive people. Sorry, that would be nice, but, your imbalance moves your centre toward the shortage. You have to become rebalanced so, the positive influences in the top/right move away and your centre moves further left and down. You resettle in a tighter circle with less symbols and further down the scale.

Are you sure John? I don't really want to surround myself with negative people and situations. If we can't avoid them, what should we do? (Remember, don't believe a word anybody says - think it through for yourself, consider different situations.)

Let me see if these following statements relate to this situation:

I want to grow in Consciousness and Spiritual Awareness.

I am One with All Life.

I Love everyone and everything.

I want to help.

You want to grow, and to do this, you would like to surround yourself with people that are more enlightened and aware than you are. This is normal. If you want to learn to play guitar, it's best if you associate with a good guitar teacher. However, there is another saying – **"Teach what you want to Learn"**, or **"Give what you want to Receive"**. You find someone that is less capable than you and you help them. When you do this, you set

up an imbalance in your field. It might look like an association with a “negative” energy, someone that lacks what you have, but there are no negative associations.

As you help others, you add them to your circle, which gets bigger. As it gets bigger, more positive energy pours in at the top. You can focus on the top positive side if you like, but you can’t avoid the negative appearing on the opposite side of the circle. You have to learn to embrace both – *they are all YOU*. I know, doesn't taste too good, not easy to accept, it's not really what we think we experience.

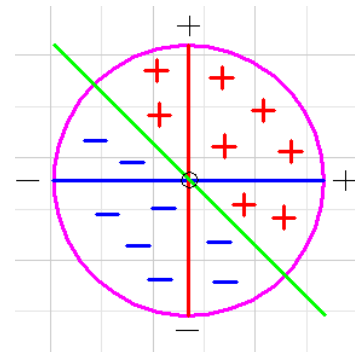
There are 2 major goals (yes, you have goals, no you "probably" don't have a purpose).

1. Expand your Circle
2. Move the Centre of your Circle in the direction of the top/right quadrant

In the next Section, I’ll talk more about these circles, crosses, colours and symbols.

### More Energy Symbols

Here is the idealized energy symbol we used in our last discussion. You can see that we have a red vertical line, a blue horizontal line, a circle, some plus and minus symbols and a diagonal line. What does it all mean? You know it means something, right? Wait a minute – there’s another saying – **“Nothing has any meaning, except the meaning you give it”**.



**The Red vertical line represents male energy.** It stands upright, tall, singular, alone, strong. It reaches for Heaven but also represents the sword and the spear. Male energy is firmly planted “on” the ground and is hard to move. Its shape is a square and cube and it builds vertically. It is difficult to push over and is so perfectly shaped that many cubes can be piled on top of each other and still remain stable. Red is the colour of blood and fire, active energy, looking to explore and grow, conquer and consume, build and destroy.

While the male energy wants to build tall, it is capable of being “trained” to stand together. Cubes that stand side-by-side (like soldiers), having given up their own individual identity for the good of the group or another persuasive goal (or belief), create an impenetrable line. Turn this into a tight grid of cubes and it can be defended from all sides (this is the basis of male dominated civilisation). It can also become a foundation to build upon – even taller and stronger into a tower or 4 sided step pyramid shape.

The male square/cube is a very difficult shape to draw. It takes all kinds of maths and geometry and tools and time. On the other hand, once the math is mastered, it is easy to build. Squares do not generally appear in nature. Only male energy would use this shape



as the basic design feature of all its creations. Houses, walls, doors, windows, televisions, picture frames, desks, it's everywhere. Male energy is so rigid and unchangeable.

I guess you think that **the blue horizontal line has something to do with Female energy?** Good, that is correct. Female energy is a surface dweller. It looks at the horizon and the earth and water. It tends to spread out and create a network of connections. It is almost impossible to grow vertically because its shape is the circle and sphere.

Spheres are very mobile and as they move around, they come into contact with each other – however, the point of contact, both with the ground and other spheres, is really small. Unlike the massive surface area of two cubes in contact with each other, the spheres do not form a stable connection. They are “free” to move away or shift their focus or just explore. They look around all over the place, but always at the same level. They see heart to heart (as centre-lines touch) and explore every aspect of what they are focused on, while they are focused on it.

Bring three spheres together and their centres form an equilateral triangle. Place a fourth sphere on top of the other three and their centres now create a tetrahedron, a three sided pyramid (plus the base), this is the basic building block of the universe. However, we all know that you can't just put four balls together like that and expect them to stay put. They move apart and the structure collapses. They need to be “bounded” and held together, not an easy task. Circles are very easy to draw – just identify the centre and radius and just a flick of the wrist, you are done. If you destroy a circle, you only need the tiniest piece to remain and the whole circle can be reproduced perfectly, without error. You can't do that with a square. However, Circular objects are very difficult to make.

The blue is the colour of water and life-growth (natural creation). Unlike the male kind of growth, this growth is organic, nurturing, inclusive, sharing and feeling. The spheres want to touch and feel every other sphere and are able to do it. The Cubes only relate to the next cube and only through the one face. There is no connection to any other cube in the tall structure – one up and one down is all you see. This reflects the hierarchical structures created in our civilizations.

Have you ever tried to build a tower of blocks and include a ball in the middle somewhere? It just doesn't work. Even if you add the ball to the very top, the lone female energy at the top of a male tower, it won't stay there, it can't. It has been separated from everything it knows and understands, it wants to move and explore at heart level, but there is nothing at heart level in a male tower. If it moves more than the size of the one male block that supports it, it will fall. The only way to make it even work a little would be to chip off some pieces of the female ball and create some flat areas to provide some stability.

How about putting a block on top of spheres – one block on top of one sphere? Not likely. However, you can see a whole bunch of spheres holding a block off the ground and passing it around as they all move about. The block is on a roller-coaster, up and down, tilting here and there, rolling over, being examined from all directions at once.

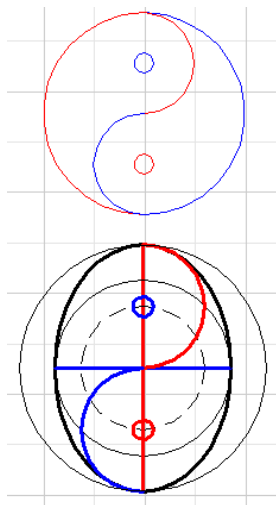
This is not a structure the male is used to, although he may enjoy the experience, for a while.

The horizontal bar is also the bar of the Scales of Justice (card 8 in the Tarot). It connects the two pans together and also keeps them apart. Without this feminine bar there would be no Justice – do you think that there is real Justice in the male dominated world?

These two completely opposite energies CROSS each other at the centre. It is the ancient equal sided cross. It is the number X (10) in the Tarot and represents one of the oldest symbols in human mythology, the Wheel (of Life). There are six spokes in the wheel of life and our green line makes up the other missing two. The spokes are not equally spaced around the wheel. In fact, it looks like there should be another 45 degree angle to create eight spokes – which many Tarot cards do depict. However, the symbol is a Cross and an I, that is IX, which is the name of Jesus and the number 9 – The Hermit.

The Green Line also separates our positive and negative energies. You have noticed that the pluses are red and the minuses are blue – there's a clue. Yes, the positive energy is male and the negative is female. The male energy is also White, Summer and relates to the Sun, while the female energy is Black, Winter and relates to the Moon.

Another way to represent all this is the easily recognised Yin-Yang symbol (female-male). This symbol shows our human energies are not so clear-cut and evenly divided. We each have both male and female energy in us, but express them to different degrees.



So what is the “stretched” symbol all about? The Yin-Yang is a circle and has just one centre, the same as we have been discussing so far. However, as scientist eventually discovered, orbits don't tend to be circular, they are elliptical, like the elongated symbol. The Yin-Yang symbol hints at this by showing both of the two small opposite circles at the centre of their respective half-circles. If these are used as centres to draw two more equal sized circles, we have the basis for a whole new discussion about how our Duality works within our own personal orbit.

## Duality?

Have you ever been told that we live in a world of Duality?

Positive and Negative (Oh, we've been talking about this one a lot), Up and Down, Good and Evil, Tall and Short, Black and White, Sweet and Sour, Hot and Cold, Clever and Dumb, Sharp and Blunt, Dark and Light, Me and You (that's a good one).

Learning is a strange process. We start off knowing everything, then we forget everything, then we learn something, then we find out we were missing something, then we add the missing bit, then we realise that the thing isn't really true, then we redefine what we know about it, then we realize that we don't really know anything about it.

So, you learnt that we live in a world of Duality and that You and Me are different and separate from each other. You are smart and I am dumb, You are female and I am male, You are short and I am tall, You are hard working and I am lazy, You dress well and I look a disgrace, You are loyal and I am a traitor. Don't worry, I'm not believing all this about "me" 😊

Because you and I are separate and different, we can justify the things that we do to each other. After all, we have to look after our selves first, then our families, then our friends and may be our countrymen, but the "other" folks are way too far away and mixed-up in their beliefs for us to waste energy on them, right? It is the survival of the "fittest", isn't it? Natural Selection, and All That?

We have been told that there is a shortage of everything that we all need and we better get "ours", first! As we kill the last fish in the sea, we better make sure it's ours. Then the last tiger, the last whale, the last rhino, the last bear and the last whatever. They all go to the highest bidder.

Are we getting away from the topic of duality? Is the opposite of True, False? This must be the most obvious and clear-cut opposite, don't you think?

You know that "**Nothing is True**", isn't that right, true?

I prefer the option that says "**Everything is True**". If anyone believes "it", then "it" is true. It's only a little "truth" though, not ultimate Truth (and may be proven to be incorrect - as with most scientific discoveries). Ultimate Truth has to explain ALL the little truths. Is that possible? Well, if it is Ultimate Truth, it will be.

There must be things that everyone agrees are true, surely? How about the height of something, like the Eiffel Tower - 324 metres (1063 ft). Try it, type it into Google and see what you get. Is it to the roof or the spire? Is it from the ground or sea level? What level of accuracy? What units? What time of year or day and how hot was it?

What about Good and Evil, there must be a clear line here? Everyone thinks it's bad to kill another person, right? Well, obviously not. Millions of people are killed every year. Are they always killed by an Evil person? What about Canadian and US troops? Are they Evil? What about killing for a "good" reason, or by "accident"?

I know we are looking at the most difficult end of the subject. Let's take a look at something easier, Tall and Short. A 4ft person is "obviously" short and a 6ft person is tall. We can measure these against an "average" person. But in which culture or

population. A 6ft basketball player would be considered tiny. So, we can make “relative” statements that we would all agree on – a 4ft person is shorter than a 6ft person, but what use is that, it’s obvious, but pointless. It’s like saying 4 is less than 6.

*We know all this, John, where are you going with it?*

Let’s make the statements that we know to be “true” –

**Duality is an Illusion.** It is created by our Perspective and Point of View.

On the continuum of position, things on the left and things on the right, need a reference point. Change the reference point and left becomes right or vice-versa.

On the continuum of temperature, things that are cold and things that are hot, need a reference point. Change the reference and hot things appear cold.

On the continuum of behaviour, what appears to be good to one person will appear bad to another. Can you put yourself in the other persons position and change your perception?

Any measurement is really an assessment, based on a perspective and some rules. This is a judgement. When we say this is good or bad, we are making a judgement based on “our” current understanding. When we learn more about the topic, we open our minds to a wider perspective, and our view may change.

**Behaviour** – pull-out

So, there are No Dualities, they are all self created judgements.

What about things that are Really, Really, Really bad (or Evil)?

I was watching a program on TV the other day about Salmon. The bears would pick them out of the river and rip their bellies open and eat the eggs, then leave the fish still flapping by the side of the river. Wolves would also catch the fish and bite the heads off, going for the brain, and again, leave the rest behind. Neither the bear nor the wolf “looked” like it was feeling any sorrow or remorse for the Salmon. There are spiders that eat their mate and Orcas that play with half dead seal pups. There are ants that invade the nests of another ant species, kill the defenders and capture all the grubs. These are then taken and raised as slaves. When they eventually die, the ants go and invade another nest.

Politicians send armies to the other side of the world and kill men, women and children in the name of self-defence. A drunk and dysfunctional father rapes his own daughter. A gang-land mobster decides to remove some competition by killing his rival.

At what point did these behaviours become evil? Is it just the human ones? Is it just the personal scale human ones or is it just those actions that were intentional and thought out?

For every human behaviour there is a similar example somewhere in the animal kingdom. Killing of off-spring or siblings, entrapment, hostage taking, torture, complete destruction of all living creatures in the pathway, rape, homosexuality, gang violence and these are just some of the “evil” things. It works for all the “good” things too. There’s nothing that

“we” do that is “special” or different from other Life, we are Life. We happen to have developed the kinds of hands and voice and brain that make us “better” at doing these things.

When “Life” thinks it needs to do something to survive, it just does it. If you have never contemplated doing anything this drastic, then you probably haven’t been presented with the right circumstances yet (and I hope you never are), but you can still think about it. What would it be like to be in that “other persons” shoes?

Every year, thousands of teenagers sign-up to go to fight “for their country”, to defend their way of life, against some perceived threat. If you had been raised in an area full of gangs and the gang offered the only opportunity to feel wanted and to provide for your survival, would you know how to choose an alternative?

This is the “point”. The point that sets you in your current position, that creates your current perspective. The “point” is your level of Awareness (or Consciousness). What you understand about who you are and your relationship to life will determine how you see and judge other forms of life.

What would the Salmon think about its situation? Would it understand that the Bear and the Wolf are simply other forms of itself and that they bring the body of the Salmon to the forest where it helps to feed and fertilise a whole ecosystem? If the Salmon realised it was about to die anyway, would it gladly give up its eggs and body to feed a hungry bear? If it was aware of its relationship to Life, it might. Would it need to be consciously aware of this relationship, or would it work just as well if a “higher” awareness was affecting the process?

Just “Food for Thought” ...

We got here from my talk about positive and negative energy and considering whether or not we need to have both in equal quantities and how this relates to Yin-Yang (Female-Male) energy and our two centres. This all seems to be referring to duality. Is this True? May be energy is the only True example of duality?

Do you remember the magnets story and our example circles with plus and minus signs. If we cut the magnet in half, we get two new magnets, fully formed, with their own North and South ends. If we keep cutting, we eventually get to the single atom. The atom has a positive (proton) and negative (electron) charge. The positive is at the centre and attracts the electron to hold it in orbit. Using an external energy source (such as a battery charger) we can free the electron from its orbit and send it off to the negatively charged terminal of our battery (similar in concept to a magnet).

When the external force is removed, the natural tendency is for the electrons to rush back to fill in the “holes”. This is just the way it is, tending back to equilibrium. To make the

battery design work for us, we have to create a big resistance between the positive and negative terminals. Then, when we put the battery in an appliance (a toy) and switch it on, the electrons flow back to the positive terminal, but through the circuit in the toy. If the toy has multiple electron pathways through its circuit, the electrons will travel each path based on each path's resistance. Less resistance equals faster flow, quicker return to equalisation and to a "dead" battery. **A dead battery is in a stable-state**, apart from all the pollutants that man used to make it.

We can only stay "out of balance" if we create internal resistance and add external energy. This takes effort, as does everything that we are not "supposed" to do. There are plenty of things that we "can" do, that we "shouldn't" do, that cause us stress and put us out of balance. Just because we can, doesn't mean we should. And, just because we always did it, doesn't mean we should continue to do it.

This is true for us as individuals and as groups. We are out of balance big-time and "doing" things to try to fix it won't work. The Government can't fix the problems they caused, not only because they can't think of a way, but because they always want to "take-action" and fight the problem, adding more external energy.

Both you and I and the government need to STOP trying to fix things. That doesn't mean just carry on doing the same things as before. That's what caused the problems we have. We need to STOP doing all the crazy things we do. I haven't got enough space here to list all the things that are crazy, but here are a few examples.

- Stop using "everlasting" materials to make temporary packaging.
- Stop manufacturing things we don't need.
- Stop subsidising the production and transportation of goods around the planet.
- Stop clear-cutting forests.
- Stop polluting our rivers and seas.
- Stop dredging the seas of everything edible.
- Stop feeding us with poisons and man-made chemicals.
- Stop the obsession with growth and profits.
- Stop the "war-on ..." mentality.

If "we" have a task, it is to make our governments more accountable and to stop them killing us (slowly). The profits that "we" take out of the system come from the planet and life itself. We are part of that Life and we are suffering because of our obsession with converting Life into Paper Money. We can not turn paper back into life. I know, we can use money to plant trees, create electric cars, make solar panels - the problem is, we will only do these things if there is a Profit in it, and where does the profit come from?

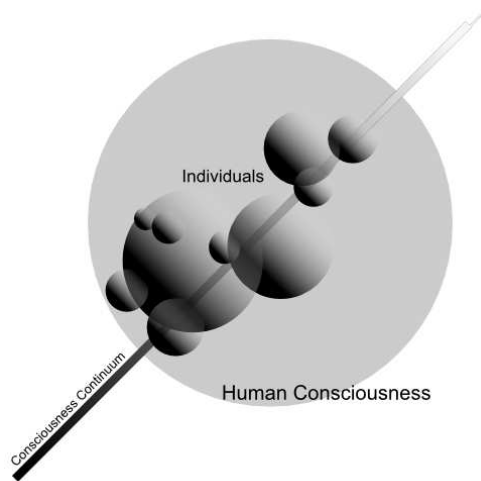
## Duality on the BIG scale

OK, this theme has gone on long enough ...

I've shown some diagrams of circles with pluses and minuses representing our energy balance, but these circles could represent the energy balance of anything, because everything is energy. So, I thought I would give my assessment of how all this fits together as a whole.

Everything is part of Life. We could argue about whether rocks are alive or not, but they are still energy and their atoms are just like ours.

We could therefore draw a big circle and say that represents Life (as we know it), and everything fits inside it, somewhere, but where? In our earlier circles we had a green diagonal line – this was the line of Balance, separating positive and negative energy. In this new diagram, I have drawn the “opposite” diagonal, which is the line of progression that goes from maximum negative to maximum positive.



The smaller circles are shaded to show the dark (negative) and light (positive) sides of whatever they represent (different human individuals, different cultures, different organisations, etc). The big circle is Grey, because it represents “Undifferentiated” Life or Consciousness. That means, the sea of life that is Humanity, before it becomes “conditioned” with beliefs, is neutral – it has randomly dispersed energy, just like a plain piece of iron before we turn it into a magnet.

The first thing that is clear is that no matter where in the space of Human Consciousness an individual appears, they are still at the centre of their own being and have equal negative and positive sides (when they are balanced).

The second thing is that they have a size associated with them – the diameter of the circle varies between individuals. Their sphere of influence is different – their “event-horizon” is their own.

The third thing is that they can overlap. For example, everyone that reads this document has it in their own consciousness and those that know nothing of it, do not.

Forth, there are dark areas in one circle appearing on top of light areas of another circle. What appears to be positive to me, may be negative to you.

How about some questions.

Is the goal to turn the big grey circle into a completely differentiated whole?

Is it better to be a small circle or a big one?

Is it better to be near the top right of the grey circle, even if you are alone there?

Do we need to hold lots of smaller circles in our sphere of influence?

How do these circles interact with each other?

Do the circles change in size, location and balance, and how?

Your assignment is to pick a question (or make up a new one) and write a story about it, then post it here on the Forum.

Here are some great Sine wave examples on the net (*if they still exist - now Nov 2021*):

<http://www.davis-inc.com/physics/wavegrph.html>

green with red dot

<http://www.rkm.com.au/ANIMATIONS/animation-sine-wave.html>

3D view of sine and cosine

<http://www.maths.gla.ac.uk/~fhg/waves/waves1.html>

waves interacting with each other

Happy Expansion

John

now at <https://BritishFool.com/>