

UNIVERSALISM

by

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INTRODUCTION

Most religions give us some rather tough choices. We are told we have to believe a certain way or we will burn in Hell forever. This is certainly true of Christianity and Islam as they are currently taught to billions of people. The majority of the human race is living with the threat of eternal torment.

Think about that for a minute. What effect do you think that has had on the quality of life for those people...who are the majority of the human race? That certainly must and does cause a certain level of unhealthy fear and anxiety. Such things could lead to all sorts of mental and physical ailments. It could also lead to rather extreme behavior and oppressive laws regarding the behavior of others. As we know, it certainly has over the centuries.

There have been countless wars, battles, crusades and jihads. There have been inquisitions and witch burnings. There has been widespread anti-semitism. All of these things have led to millions of deaths.

And yet, these religions have done incredible things. Christians have built incredible hospitals, schools and charities. Muslims kept what we now know as science alive through the dark ages. These religions and many others (Hinduism and the caste system) have their light and dark side. What if I told you there was a way where you could keep your religion and yet overcome its uglier side? What if I told you that you no longer have to worry about going to Hell or that your friends or relatives who did not believe as you do are either? If that could be proven to you, would that not be an incredible relief?

I would think so. This is what I found. I am going to explain to you everything I have learned in my search for truth. I am not going to lie to you...it is going to get a little weird. You will be offended or challenged at times. You must fight through that to the end of the book. It will be worth it.

This book is NOT an attempt to get you away from Christianity, Islam, Judaism, Hinduism, Buddhism or any other religion. If you have a cherished religion, I am hoping this book will help you to enjoy it more. I am hoping it will enhance your experience. I am hoping it will take you from being a fearful believer to becoming a confident knower.

I began my life as a Christian so I will start there. If I had been raised a Muslim or a Hindu, I would start with one of those religions, but I was not. This book is made to be accessible to

people of all religions or no religion at all. If your heart's desire is to know the TRUTH, then you have found your book. In this book, I will teach you the secrets of the ages. I will leave no stone unturned. We will go back to the very beginning of time and ask the hard questions. Is there a God? Where did God come from? Why are we here? Is there any purpose to life? Why do bad things happen to good people? What is my purpose? Is there an afterlife?

This book is for the religious, the atheist, the agnostic and the spiritual but not religious. It is for seekers of truth. It is for all who want to live and live WELL. It is for everyone. I believe it is the best news ever.

THE BEST NEWS EVER

I am going to tell you my story in the hope that it will help you. I was raised as a very literalist, charismatic, evangelical Christian. I spoke in tongues, saw visions and saw actual healings. I read my Bible from cover to cover. I memorized Bible verses. I studied theology and Christian apologetics.

I got married. I was baptized by immersion. I was involved in Christian ministry. I was a very capable evangelist and led many people to Christ. I was able to debate with people of other religions or no religion and leave them stumped. I raised my kids to be Christians. We were all about Veggie Tales and Narnia. For a time, I even homeschooled my children. I eventually became an ordained pastor and helped to start a church. I performed weddings and baptisms. My faith was rock solid and without question.

Then some things happened, both inside the church and outside the church. I lost thousands upon thousands of dollars doing business with supposed Christian men. I eventually lost almost everything but the shirt on my back. Many of the Christian businesses I did business with would not pay their bills and were quite nasty. I switched churches a few times and kept running into the same nasty behavior.

To supplement my income and to also fulfill a personal dream of being a teacher, I began teaching college courses in the evenings. This was not a Christian college. I was assigned the task of teaching a critical thinking class. The assignments involved the students really pushing themselves to investigate if everything they knew to be true was actually true or something just programmed into them by their parents, their churches, their communities, etc. Most of these students were 18 to 20 years of age.

I watched these young people really struggle. This is called “cognitive dissonance”. This is the struggle that takes place when one is confronted with evidence that refutes a cherished belief. I also watched some students try to practice “confirmation bias” which is to only consult with sources that agree with you. I would send them back to the drawing board and make them consult sources from all points of view and carefully consider them.

I realized I was being a massive jerk and a hypocrite. Sure, I had the proper credentials to teach the class, but I had never done this myself. I had studied Christian apologetics and been able to poke holes in all the religions (as well as atheism) of the world. Every single religion I found was

based on holy books or ideas that were full of flaws, contradictions, false prophecies and bad science. However, I had never really done the same for Christianity. When it came to Christianity, I only consulted sources that gave me evidence of its claims. I never read the arguments of those who disagreed with it.

This was coupled with the fact that my non-Christian friends had always treated me with honesty and kindness whereas my Christian friends were a mixed bag. Some were truly Christ-like and good and true, but others had really screwed me over and basically put my family on the street.

I decided the only good and moral thing to do was to truly put Christianity to the test. For me, the thing that made Christianity believable was two things: the Bible and my own experiences. I made a deal with God that I would really test the Bible and follow the truth wherever it led me. My daily prayer for years was “God, make me the man of God you want me to be”. I was sincere and dedicated. I prayed to God to help me to be intellectually honest as I tested the Bible for the first time in my life. I believe God was faithful in that.

I began by reading a book I had heard about called “The Age of Reason” by Thomas Paine. Thomas Paine was a Founding Father of America. He had written “Common Sense” and had even been credited with coming up with the name “The United States of America”. However, he had been cast aside by many because of what he wrote in “The Age of Reason”. Why?

In it, he goes through every book of the Bible and refutes it. Benjamin Franklin, also a deist, strongly urged Paine not to print the book, but to destroy it. He felt that while Paine might be correct about many things, society needed Christianity, or something like it, to function properly. Paine ignored this advice and printed it anyway. He died a despised man.

I read this book and it shook me. I wanted to argue with his points, but it was hard to do so. Me, a seasoned Christian apologist, was struggling with something written in the 1700s. I went online and read the writings of other deists and also atheists. What they had to say about the Bible was compelling. They also picked apart much of the Christian apologetics I had come to trust. The arguments of Josh McDowell and others fell apart.

I was shaken. I was obsessed with this and not sure what to do. Part of me still believed and part of me was almost done with it all. For me, the most solid thing that proved Christianity to be true was prophecy. Christ had fulfilled every prophecy about his First Coming or so I thought. There were many, many prophecies. I was taught that if even 8 of these prophecies were true, it would be mathematically impossible for him to not be who the Bible said he was. Of course, I understood him to have fulfilled a lot more than 8. So that would be the test: the accuracy of Bible prophecy.

I waited for a day when the kids were at school and my wife was at work. I called in sick and stayed home by myself. I made a pot of coffee and got out my best study Bible, some pens and paper. Then I stood on the back porch, looked up to the sky and prayed. I asked God to show me the truth, whatever that may be, and I will follow it. I just wanted to know and follow the truth.

I went back inside, sat down at the kitchen table and got to work. The whole thing was going to be about Jesus for me so I started in the Gospel of Matthew. It starts with a family history of Jesus. I already knew this did not match the family tree listed in the Gospel of Luke so I skipped that. I knew the arguments for why they did not match. However, I had to agree those arguments seemed forced and unbelievable.

They did not match and there was no explanation in the Bible for why they did not match so...error number one. I decided then and there, I was not going to make any excuses for errors I found that had been given to me by pastors. The Bible would have to stand on its own without excuses. So this was error number one.

The next one would come with the prophecy of the virgin birth. It refers back to Isaiah 7:14. The problem with this is that the actual Hebrew word used is for damsel or maiden and not the usual Hebrew word used for virgin. Also, it prophesied the birth of a child in the time of King Ahaz, not 700 years later in the time of Jesus.

Also, if you read the next chapter, 8, you see the birth of the actual child to a prophetess who names the boy Maher-shalal-hash-baz. To know this name is to know that Jesus is not the Emmanuel referred to in Isaiah. It is a massive clue to those who find it. This was error number two and a big one.

The next prophecy was Jesus being born in Bethlehem in chapter two of Matthew. This references Micah chapter 5. The problem with that is, if you read it in context, whoever was supposed to be born in Bethlehem was supposed to fight off the Assyrians. Jesus never did this.

As they taught me in my inductive Bible study classes, context is king. Error number three. The next prophecy is in Matthew 2:15 referencing Hosea 11:1. When read in context, this is not a prophecy at all. Hosea is talking about the nation of Israel, not an individual person and definitely not the Messiah to come. Error number 4. The next prophecy is in Matthew 2:17 referencing Jeremiah 31:15. This is supposed to be referring to a prophecy about Herod killing all the firstborn children to try and get to the baby Jesus. However, Jeremiah is speaking of the Babylonian exile of the Jews to Babylon. It is in no way a prophecy about the Messiah if you read it in context. Error number 5.

In Matthew 2:23, it is said that it was prophesied that Jesus would be a Nazarene, someone from Nazareth. The problem is that this is NO WHERE mentioned in the Old Testament. Error number 6.

Matthew Chapter 3:3 is said to be a prophecy regarding John the Baptist. It references Isaiah 40:3. The problem is that when you read Isaiah 40:3 in context, it is not a Messianic prophecy at all. It is referring to the Jews being released from their Babylonian captivity. Error number 7.

In Matthew 4:14-15, it talks about a prophecy, again in Isaiah, this time in chapter 9. However, this is referring to Hezekiah and not the Messiah. Error number 8.

I was taught that if even 8 of these prophecies were true, it would be mathematically impossible for him to not be who the Bible said he was, but what if I found 8 that were obviously wrong? What if they were all wrong??? That is what I found. This went on and on. Whole books have been written on the subject of false prophecies in the Old and New Testament. Here are a few:

In Ezekiel 26:1-21, God says that Nebuchadnezzar would completely destroy the city of Tyre and that it would never be built again. This never happened. It is still there. In Ezekiel 29:1-15, God says Egypt would be a barren, uninhabited wasteland. This has never happened. It has always been inhabited and still is. In Ezekiel 29:16-21, God says Nebuchadnezzar would conquer Egypt. This never happened. In Ezekiel 30:12, God promises to dry up the Nile. This has NEVER happened.

There are many, many others. Many point to Isaiah 52:13-53:12 as referring to Jesus, but when you read it in context, it is clearly talking about the nation of Israel. Worst of all, Jesus makes some false prophecies. One of the worst is Matthew 16:28 where he promises that some of those listening to him right then and there would not physically die until seeing him return again. He did not go on to say “now this is where you stop taking things literally”. Nope. He was pretty black and white. This never happened. I highly doubt there are some 2000 year old people still alive waiting for him to return.

I was blown away. I decided then and there that I was no longer a Christian. I could not be an atheist because I had witnessed unexplainable and supernatural things as a charismatic Christian, but I was not a Christian anymore. Was I a deist? I was to figure that out later. I kept looking.

I found dozens and dozens of more errors and false prophecies. If anyone doubts this, check out skepticsannotatedbible.com. Or read “The Age of Reason” by Thomas Paine. Or just cross reference New Testament prophecies with their original mention in the Old Testament and read

them in context like I did. You will find they are all cherry picked phrases and taken out of context on purpose to make the reader believe they are prophecies when it is plainly obvious they were never meant to be.

I also studied archaeology and found that Yahweh, Baal, Molech, Ashtoreth, El and several other gods were part of a pantheon of gods in ancient Canaan and the surrounding areas known as the Elohim. This is sometimes referred to as the Ugaritic pantheon. It was much like Greek, Roman or Norse mythology with El being the top god much like Zeus or Odin. Yahweh was the husband of Ashtoreth. She is the source of some of our Easter traditions and Yahweh eventually became the one God of Judaism. So not only had Christianity, as I and millions of others understand it, been debunked simply by reading the Bible in context, so had Judaism. I was to find the same problems in the Quran. All the Abrahamic religions were debunked and it did not take much effort.

This was nauseating to me. I cried and cried and cried. It was like a death. The Jesus I knew and loved and trusted had died. I was really, really going to miss him, but a deal was a deal. I promised to follow the truth wherever it led me. And so I did.

I began looking at all sorts of things. I knew there was a supernatural side. I also knew I could not possibly be the first person to be in this position. I started looking for proof that others had perhaps found of God, the afterlife, etc. I stumbled upon Near-death.com.

This website was a treasure trove of information. It gave all sorts of compelling evidence regarding the experiences of people who had near death experiences. I also started reading books on the subject. Dr. Jeffrey Long, the author of "Evidence of the Afterlife", was one of my favorites. He gives nine lines of evidence for near death experiences. He describes how survivors have "crystal-clear consciousness" even though they are clinically dead with no brainwaves, how they can accurately observe things out-of-body that they could not have known about otherwise. He reports patients with heightened senses including "several people who have been totally blind since birth who have reported highly visual near-death experiences. This is medically explicable."

He reports "consciousness during anesthesia" showing strong evidence that NDEs are occurring completely independently from the functioning of the physical brain, perfect recall, reunions with family members in the afterlife who died years before they were born, the experiences of children too young to have been culturally conditioned, worldwide consistency even among people of different cultures and religions and dramatically changed lives after the experience.

Survivors of near death experiences believe their experiences are very real. One survivor, who had ample experience with LSD and other substances, was adamant that this was nothing like those experiences at all.

I also found a pattern developing as I studied these near death experiences. They seemed to come back with an idea about reality that was roughly Christian although with a few eastern concepts included such as reincarnation. There were amazing parallels with what I had been taught as a Christian and what I would later find in the study of other religions, especially Hinduism.

The survivors of near death experiences seem to come back with some very common and familiar experiences. They tell us there is a God who will hear our prayers. This God wants us to evolve and to commune with him/her/it. He/she has given us all free will. How we use the light we have been given in this life will affect how much more light we get in the next. If we reject light, we get darkness. Since God is light and the source of all life, rejection of light is death or Hell. That what happens down here affects what happens “up there”.

Most people seem to see a type of Heaven and Hell in their NDE experiences. They meet enlightened people who are what we would call angels. They also meet ugly, bitter, hateful souls that we would call demons. Many people who have this hellish experience cry out to Jesus or a loved one and he rescues them and teaches them to live according to love from then on. (My Descent into Death by Howard Storm and Evidence of the Afterlife by Jeffrey Long). If you read the writings of Howard Storm, Jeffrey Long or Kevin Williams (near-death.com), you will find Christianity there. Not the Christianity of the literalist or the fundamentalist, but you will find that time and time again, many people come back with a point of view that I would roughly describe as Universalist as it includes a very loving combination of all the religions of the world.

They meet Jesus, Moses, Krishna or some other being of light, there is a type of Heaven and Hell, there are a type of angels and demons, there are consequences for our actions and God is love. I decided I knew what I was at this point. I WAS a Christian. I did believe in the Christian religion. However, I was also a Universalist as I saw the truth in all religions. I was both and they were not incompatible. They were the same. I could also easily and honestly call myself a Jew, Muslim, Hindu or a Buddhist under the right circumstances. When in Rome, as they say. More on that later.

This God of near death experiences is loving and kind and does not seem to care about the things many Christians and others worry about such as homosexuality or abortion.

One could make the case from the Bible that, based on Genesis Chapters 1 and 2, that God creates a body first as in the case of Adam and THEN bestows upon it the "breath of life" or a soul with its first breath. Of course, some will say John the Baptist leapt for joy in his mother's womb, but even a lamb or a calf, a non-human animal who according to Christian tradition does not have an immortal soul, can leap for joy. People in the time of Christ ate lambs and calves and it was not forbidden in the Bible. So John the Baptist leaping in his mother's womb is an invalid Biblical anti-abortion defense. Especially in light of other Scriptures such as Numbers 5:20-22 and Hosea 9:14-16 where God actually endorses and/or causes abortions to happen! I bet you won't hear that in Sunday School!

There is also much research into the phenomenon of reincarnation. A simple google search will turn up all sorts of websites and research on the subject. Thousands of accounts exist of very young children remembering past lives with great accuracy. It is one thing for an adult to believe he is Napoleon, but it is quite something else for a child to recall his past life as some World War 2 pilot that is not famous and unrelated to his family who might have told him stories. What are the odds of such things happening? These things do happen and they happen over and over.

Based on these accounts, coupled with my experiences as a psychic medium, I have no problem believing in reincarnation as a fact. This also occurs in the Bible when Jesus claims that John the Baptist is Elijah returned (Matthew Chapter 11). Pastors can spin that any way they want to, but the plain reading is that John the Baptist is Elijah reincarnated. What many Christians do not realize is that reincarnation was very much around as an idea in early Christianity in Gnostic books of the Bible before those books were excluded by the Council of Nicea. There was also the concept of Universal salvation where Hell was not permanent, but more like Purgatory where people could be refined and eventually all would go to Heaven. This falls more in line with what near death experiences teach us. There is reincarnation and God just does not care about things like homosexuality or even whether someone even believes in a God of any kind or not.

Many near death experiencers who were atheists or homosexuals...were not judged by these things at ALL in their near death experiences. This was something that was amazing to me. I was raised to believe I was a sinner. I was raised to believe if you did not accept Jesus as your Lord and Savior, you were going to burn in Hell forever.

I accepted this because this is what I understood the Bible to teach, but I never liked it. As a father, I would look at my baby boy and think...if he becomes gay or an atheist or gets a sex change or joins another religion, what would I do? If I was God, what would I do? Would I lock him up in some underground cave and burn him in Hell forever and ever? NO!

Imagine if someone came to you and said...I want you to love me, sing songs to me, give me 10% of your hard earned money, only trust one book that I wrote or I will torture you with fire and all sorts of horrible things because I love you and I know what is best for you...you would say that person is a psycho or a rapist or a serial killer or some kind of insane criminal! And yet, this is the deal God makes with us according to traditional Christianity, Judaism and Islam. We can't even have our own private thoughts without consequences.

As a father, I would NEVER do this. If my son was gay, I would just accept him and that would be that. I would not hurt him in anyway or stop loving him. That is crazy! And yet, this is what many Christians, Jews and Muslims believe and are taught. I was glad to be free of that. I was glad that I could finally agree with science. I was glad that I could think whatever I want, say whatever I want and have sex any way I want to without any guilt at all as long I was not hurting anyone. Being set free from the dogmatic rules of the literalist Christianity I grew up with made me a lot less anxious and a lot more open minded.

There definitely was a God. I was sure of that. However, this God was not some cosmic Middle Eastern dictator. Not even close. The study of near death experiences showed me that whatever God was, it was a lot more loving and kind than how I had been raised to believe. I was to learn more...much more. I began to really dive into studying everything spiritual I could get my hands on. I tried everything. According to the near death experiencers, there was really no such thing as a "wrong" path. The only real rule was to be loving and kind. So with that as my only guide, I was free to try everything. And try I did!

I also studied everything I could get my hands on: the works of Franz Bardon, Aleister Crowley, Eliphas Levi, Israel Regardie, Dion Fortune, Paul Foster Case, Manly P. Hall, Richard Cassaro, Helena Blavatsky, Alice Bailey, Paschal Beverly Randolph, Charles Haanel, A.E. White, Ernest Holmes, Jason Augustus Newcomb, U.S. Andersen, P.D. Newman, Rawn Clark and many others. I studied and practiced magic, yoga, tarot, psychic mediumship, astral travel, telepathy and mirror gazing. I found all of these to be compelling and real.

I studied biocentrism, quantum physics and multiple universes. I became very gifted at doing readings. I was able to very accurately do this. I got the names, cause of death and all sorts of details from people who had passed away from complete strangers. There was no way I could have possibly known any of this. It was proof to me that what I learned at near-death.com was true. It all fit together.

The funny thing too was that I never felt as though I was in any danger. No demon was deceiving me or possessing me which is what Christians might tell you. I was completely safe.

I also learned pranava yoga which is to meditate the Aum. I learned this online from a yoga teacher named Anmol Mehta. By doing this, I was able to develop the abilities described above and to also astrally travel to a place I can only describe as Heaven. I was later to read about this in Liber 777 of the AMORC organization after I had done it proving to me it was a real experience and not my imagination.

I suddenly left my body and flew past the roof of my house, through the sky, past the moon, past our galaxy and up to the roof of the Universe. I passed through that like a membrane. On the other side, I was standing on a hill. Below the hill was a beautiful grassy valley. At the edge of it was what looked like King Solomon's temple. On the other side of the temple was a beautiful white beach and an endless glassy sea. It was sunny and bright. I walked down to the temple and felt the grass on my feet.

I pushed open the front doors and inside was a big room like a library with lots of big comfortable leather chairs. There were lots of people there. I shut the doors behind me. I was safe in there. These people were the souls of the dead. I learned that if I sat down in one of the chairs, anyone I would want to talk to would appear. I was able to have full-blown conversations with my father, my best friend and others who I had known who had passed away. I started doing this on a regular basis. Whenever they were done or I was done, I would just open my eyes and I was back home in "reality".

I also learned to use this "technique" do readings for people. Eventually I began to be contacted by what some call spirit guides or others call angels. I learned many things I will discuss here later. If you do this, know that it is totally safe and real. The only rule of thumb I give is never follow any bad advice. I have never been given any, but if you start to get some, realize that is your subconscious mind playing tricks on you and you are not really "doing it". Shake it off and just don't do it anymore or at least for a period of time until you feel comfortable again.

I also tried entheogens. That is a nice way of saying I did some drugs! This is a method that is as old as time. Ancient shaman would use peyote, ayahuasca or mushrooms. Modern people will also use LSD or DMT. I used mushrooms and LSD. I have to say LSD was the most powerful experience I had although not as clear as my experiences in meditation. It did help me to confront my true self and to really experience my oneness with God/the Universe. More on that in a bit.

After ALL of that experimentation and exploration, the one thing that really tied it all together for me was Narnia. That's right. "The Chronicles of Narnia" by C.S. Lewis or rather the movie starring Liam Neeson as Aslan. How?

I slowly began to realize and learn that there has always been a Universal Truth underlying all religions. You see it in the Hermetic religion of ancient Egypt which is the source of Judaism and Christianity. You also see it in Hinduism as well as Kabbalah, Sufi Islam, Mithraism, Neo-Platonism and many other religions all over the Earth. Just like Narnia was an allegory for Christianity, pretty much everything in life is an allegory for the Universal Truth.

That blew my mind and I went on a search among all the religions of the world. I read all the major and minor holy books of all religions. I found the same problems. I also found something interesting. I found that each one of these religions had inner traditions that were remarkably similar. They all were saying roughly the same thing about God and also mentioned powers that some humans have developed. It went by different names (gifts of the Holy Spirit, siddhis, psychics, mediums, etc) but they were all the same thing in practice and result. I also found them to be just as real as the gifts of the Holy Spirit I had experienced myself. I met psychics and mediums who were able to heal, make accurate predictions and talk to spirits of the deceased. I met yogis, magicians and New Agers who were able to astrally project through meditation. All of these esoteric traditions taught of levels...the seven chakras, the various levels on the Kabbalistic Tree of Life, etc. They also spoke of levels of awareness that humans can achieve if they take the time to study, meditate and do various exercises.

I slowly came to realize that everyone is right. Christians are totally right, but so are Muslims, Jews, Buddhists, Hindus and your local New Age bookstore. They might call it different things and debate about different man made rules and traditions, but the basic truth...the universal truth...is there in them all. I can be just as comfortable praying with a charismatic Christian or a Muslim, going to a Catholic Mass, celebrating Hanukkah or Christmas, consulting a psychic medium in a New Age bookstore or meditating in a yoga class. It is all the same energy. Different paths, same mountain. I could quietly enjoy going to church even if I did not agree with everything being said. I could appreciate that we are all doing the best we can in this journey called life and stopped being upset with those who might be less open minded than myself.

There is much truth in all the religions of the world as well as the less common paths such as magic and yoga. Many seekers spend thousands of dollars on books and organizations and years of experimentation searching for "The Truth". I hope this little book saves you some time and money! I will give you my best explanations which I think are very believable and also scientific.

God is "The All" or the "Universal Mind". We are part of God. We are not separate from God. We are thoughts in the mind of God or as some call it, the Universal Subconscious Mind or the Infinite Intelligence. We are part of it and all of it all at once. We are semi-autonomous entities. We are cells in the body of God. We are fractals in the kaleidoscope which is God. We are like bubbles on a wave that is one with the ocean.

Our purpose is God's purpose...to create things and function in harmony with all of creation. Find something you like to do and do it to the best of your abilities. It may be your job or it may be your hobby. No matter. Just do it. Be thankful and content with what you have and focus on becoming wise.

Some get lost in the fact that all is one. They start to lose hope...they become lazy or even suicidal. They stop seeing the point if everything is a hologram (as some have taught) or an illusion or a dream in the mind of God. Nothing is real...so nothing matters...right? WRONG. Do not fall into this trap. This reality is very real and you need to snap yourself out of that mental trap if you have fallen into it or you will miss out on all the glorious possibilities and experiences available to you as a human being. Yes, you are at one with all living things. However, we need you here on Earth. You still have to pay your bills and take care of your kids. If your spiritual pursuits do not translate into real action that helps yourself and others...then you have wasted your time and learned nothing.

We live many lives through reincarnation. It never ends. We keep getting more and more advanced. We can choose to maintain our individuality or merge with the Universe. We can become like angels or masters who guide others on the path if we so desire. We are immortals. This truth can be found in the study of near death experiences, past life regressions, biocentrism, mediumship, quantum physics and other related fields.

No matter what your religion is or lack of religion, you do not cease to exist when your body dies.... there is a life after death to look forward to. Most people have a pleasant experience. Everything is vibration. All forms are simply vibrating at different rates...rocks, plants, people, etc. Sound, light, emotions and thoughts are also vibrations. Everything is connected at the sub-atomic level. Everything is vibration and everything is connected and this is how mediums are able to tap into the All or the mind of God or the Holy Spirit to access those who have passed away. God is literally light. Everything is light. This is why those who have a near death experience "go into the Light". In truth, we are always in it no matter where we are. The Kingdom of Heaven is at hand and ever close by.

Those who are at a higher vibration have a more pleasant afterlife experience. Those who do not, have a less than pleasant experience. This would seem to be where the concepts of different levels of heavens and hells come from.

Vibration is the reason why prayer works. When many people pray together on the same subject, it effects change. Therefore, it is good to ask people to pray for you. It is also good to pray for thanks. Thanksgiving or gratitude has been proven to have positive results in the lives of those who practice it.

Human personalities are accumulations of data gathered over the course of a lifetime. When the body dies, this personality remains in the Universal Mind/the mind of God. It is never forgotten and is immortal. My personal opinion is that some personalities stay there forever in the Universal Mind of God and some do not. Some choose to reincarnate and some do not.

This reminds me of Samuel in the Bible who was called forth by a medium, the Witch of Endor (1 Samuel 28). He had chosen to remain in the Universal Mind of God. A medium can call forth that personality, whether it has chosen to reincarnate or not, and it will come forward if it wants to (it usually does). It is always there forever. No one is ever lost even if they merge with the Universal Mind. They can always be called back and even choose to reincarnate later. For those who choose to reincarnate, as a new body becomes available on our present plane, that disembodied personality will attach to it if it has a matching vibration and the person is ready to reincarnate. This is where the concept of reincarnation and karma came from. A personality with a low, negative vibration will attach to a human or a creature with a low vibration and the reverse is true. This happens at the point a baby or a creature takes its first breath.

Therefore, murder and rape are at very low vibrations and come with very unpleasant consequences no one ever escapes. Sex with a child or an animal is always rape because they have not developed free will yet. This seems to be a universal truth among most cultures that strive to be good and kind.

To raise your vibration as high as you can, love people, think only positive thoughts, pray and meditate the AUM. Meditation on the AUM is called pranava yoga. It is easy to learn and very powerful. It can bestow many health benefits. I teach this in more detail later in the book.

Do good deeds. Follow the Golden Rule. A few people raise their vibrations so high in life that when they detach from their bodies, they no longer return. Unless they want to. Some have returned to guide humanity over the course of history. They come at pivotal points in history when we are ready for the next level or to rescue us from periods of extreme darkness. These people are called bodhisattvas, avatars, angels, masters or prophets. They are the great teachers

and leaders of history. You may become one if you wish. Jesus, Krishna and Buddha are the ultimate examples of this that most people are familiar with.

There are various levels of these masters and this is where the concept of pantheons of gods came from (Norse, Greek, Roman, Hindu, Ugaritic, etc) which is also the same concept or idea when one discusses the saints and angels of the Catholic Church or the Ascended Masters of Theosophy, Rosicrucianism and New Age teaching. These beings are simply humans who have continued to evolve to the point of not needing to reincarnate unless they want to.

Many believe there is no proof of God. However, the proof of God is everywhere. We see ants create ant hills, bees building bee hives, beavers creating dams and humans creating entire civilizations, stories, religions, works of art, spaceships and music. Humans have pondered the deepest and most profound concepts imaginable. Humans have learned to tinker with DNA and have found everything to have a “code” to it.

The Universe is a work of geometry. One can use logic and reason to deduce that there is a Creator who uses geometry to order and create the Universe (who also is the Universe). Everything has a code to it so that must mean there is a coder: God. We know there is a vast difference between the creative imagination of an ant as compared to a human. It is only logical to assume there is an intelligence as far beyond that of humans as humans are from ants (or farther) in the Universe.

God is in everything...me, you, your cat, the chair you are sitting in. It doesn't care about your opinion, tastes or preferences. It just is...like gravity, evolution, physics, sunshine, water, earthquakes and the flu. Stop asking why bad things happen and why God has not done anything about it. There is nothing wrong with the Universe/God. It functions as it is supposed to and sometimes that can seem cruel and impersonal...because it is. It can also be wonderful. God does things when YOU do things. You are the love of God reaching out to save people in need. If you want God to do something...the only way it will happen...is if you do it. This world is a glorious and beautiful place, but it is also a school and a test that is sometimes very difficult.

God is not Santa Claus nor is God a cosmic dictator. God is like “The Force” in Star Wars of which we are a part. The Universe is ever seeking equilibrium between light and dark. Our job is to create and bring order out of the chaos of darkness through our good actions. Your purpose in life is to create and do whatever it is you want to do in harmony with the Universe. Life seems to work better when you are constructive instead of destructive. There is no need to fear death because if all is one...then all consciousness is one.

Which means you are God or a thought in the mind of God...and you will never forget you. You will go on and on forever and have the power to do anything you can imagine within the laws of nature. Realizing this gives you the "power of positive thinking". The most successful people in the world realize this truth and use it to do amazing things. Tesla and Einstein are examples. In the spiritual realms, this awareness of your oneness with God can give you the ability to choose how you reincarnate, who you reincarnate with, what kind of "heaven" you will live in and much more. Everything in the spiritual realms is thought and the only limit is your imagination. You can retain your individuality or just be God or go back and forth. You will be limitless. Some songs are classics and everyone knows them. They are amazing masterpieces. Some come and go.

Some are rare gems almost no one knows about. Your song is your song. It is yours to sing. When we die, we can choose to reincarnate over and over or merge with the Universe. The choice is yours. The secret of immortality is realizing you already are. Life is amazing!

Where did God/the Universe come from? What came before it? It does not know any more than we do. We are part of it and its attempt to find the answer to this riddle. I think it has come to the conclusion that it will never know, but it does know one thing: it does not want to be alone. We do not like to be alone either. So basically, the whole of creation is about love and purpose...to have something to do and to be with others. God is all about love, learning and purpose. We are made in its image as are all things in these three dimensions. Our job is to create and do things in harmony with the rest of creation. Here is the best of what I have been able to discover:

In the beginning there was the Source or the First Cause or Nothing. Everything that is burst forth from it and became the three dimensional world we know...length, breadth and depth. This also jives with Christianity, Hinduism, Jewish Kabbalah, Sufi Islam, Neo-Platonism and other religions. In the beginning, there was nothing. Then there was something...God is Father, Son and Holy Spirit or from Brahman came Brahma, Vishnu and Shiva or from Ain Soph came Kether, Chokmah and Binah. This Trinity or Triune God (by whatever name you call it) created everything else.

What came before that will always be a mystery...it is simply...God, the first cause. When scientists try to understand this, they talk of a Big Bang that beget the three dimensional Universe we live in. I think it is all the same thing and not so different. Like the "Chronicles of Narnia", it is telling the same story in different ways for different people, but it is all the same story at its core. You can call it Christianity, Hinduism, Kabbalah, Hermeticism, Universalism,

whatever. We are fractals of the whole. We are a microcosm of the macrocosm which is “God” or the Universe. As above, so below as the Hermeticists say. I see the Circle as a symbol of the never ending Universe (and of Universalism) and I wear it as a necklace.



We no longer need to live by faith. We can know. The way I came to know the truth for myself was to have experiences of my own. I took classes on how to be a psychic medium and then did free readings for others. It took time to get good at it, but once I did, I began to come to the conclusion that all of this is real. I did readings for people who I had never met before and knew things about people including names and how they died that I could NOT have known. More on that in a moment.

Part of the reason for our existence is to experience things and discover things. In this respect, science is one of the holiest callings there is. We are here to love, create, discover, experience and decipher the mysteries of the Universe. Those who violate the Golden Rule or work out of harmony (not loving, hurting the environment) are the “Dark Side”. Things are much better when you serve the Light.

We do know the Universe began with some sort of Big Bang. From there, everything spread out and evolved into everything we know...planets, suns, fish, frogs, mammals, etc. Evolution is a fact. Anyone who has seen a mudskipper (a fish that walks on land) or a hairless chimp (which looks pretty much like a muscular human) can figure it out. Just as we evolve physically, we evolve spiritually.

The world is being held back by religious madness. Religious madness affects science, promotes terrorism, racism, opposes women's rights, opposes LGBT rights, opposes birth control, opposes abortion, protects pedophiles, opposes the fact of evolution, opposes democracy, violates the religious rights of others and hampers climate science. It is a BIG problem.

Religion needs to change. It does not need to go away. The purpose of what I am writing is not to do away with beloved traditions as long as they are not harmful. I love the Christian traditions of my youth. I love Christmas, hymns, etc. Christians, Muslims, Jews, Hindus, Buddhists, Taoists and others take great comfort in their rituals, ceremonies, holidays and traditions. However, these religions need to be approached in light of the latest information. The Dalai Lama said it best when he said that if ever Buddhism comes into conflict with science, it is Buddhism that must change. There is much truth in religion. There is also much falsehood and hateful nonsense. We must recognize the long known fact that all holy books contain many, many errors proving they are man-made. Spend some time on skepticsannotatedbible.com and you will come to this conclusion if you are honest. It is what it is. We must STOP taking these holy books literally.

Instead, we must see them as allegories for the one Universal Truth that is behind all religions. This Universal Truth is found in the study of near death experiences and in the study of metaphysics. It is the solution to religious madness.

You can be a Christian, Muslim, Jew, Hindu, Buddhist or whatever and still be a modern and intelligent person who respects science and human rights. The way to do this is to recognize that your religion, like all religions, is an attempt to make sense of the Universal Truth. It was the best our ancestors could do. Now, we know more. Much more.

If you view your religion as an allegory for the Universal Truth that is found in near death experiences, you will be able to relax and enjoy life. You will not be at odds with the world anymore. I encourage you to do this. Enjoy your holidays. Go to your church, mosque, synagogue, etc. However, when it comes time to really grapple with a big life issue such as abortion, gay rights, etc. you must look to the study of near death experiences for the best answers. Or books like this one.

There is a Universal Truth behind all religions. The terms do not matter. I think the various religious traditions are beautiful allegories for the same thing and all ways to approach the Universal Truth. This is how I am able to say I am truly a Christian and yet also truly a Universalist. A Jew, Muslim, Hindu, Buddhist, etc could do the same and be completely honest.

I strongly encourage you to take what I have said and consider it. If you agree, share this with others. Read through near-death.com. You do not have to give up on your religion! You can keep being involved with it if you like. Just be more kind and intelligent about it. If this sort of view or way of thinking is going to cause trouble in your family or disrupt your life, just quietly believe it and share it only with those whom you think it might help. Overtime, WE will be the majority...in the Christian world, in the Islamic world, in the Jewish world, in the Hindu and Buddhist worlds and the whole world. We MUST do this for the sake of our species and our planet.

Humans will always need spirituality and tradition of some kind. We need the community that a local house of worship can give us. I am pro-religion. These are beautiful things. However, the time to evolve is NOW. I would like to see a better world made through education, critical thinking and compassion. Most of us have been told and sold a great big LIE. The lie is that humans of different races, religions, etc cannot get along. This is a LIE.

Humans are like Labradors. We come in different colors, yes, but we are all the same old dog. The only difference is that of training, love and proper care. Science teaches us that we trace back to one woman from ancient Africa, a type of "Eve". We are truly one race with one mother.

We all have a choice: to push for a future that is like Star Trek or continue on our current course to a Mad Max future of death and despair. The stakes are high my friend. I am hoping for Star Trek!

When you feel angry or hateful, get away from others and pray or meditate. Analyze what you have been taught or what you believe using logic and reason. Think critically. Do not practice “confirmation bias”, which is to only seek evidence from sources that already agree with you. Get evidence from all sides, including those who you might even hate or distrust. Carefully consider all points of view. Usually, the middle way is where the truth is to be found. Be fair and open minded. Fear nothing.

You may find others to be right or at least partially right. You might still disagree, but perhaps you will at least understand someone who might believe a certain way and have compassion for them. If your beliefs are true, you will be validated and strengthened. If you they are not true, you will be set free. Either way, you win!

If you start to feel angry, disturbed or afraid when your point of view is challenged, that sensation is called “cognitive dissonance”. Fight through it. Follow the truth wherever it leads. Use your mind. Do not assume when you see someone doing or believing something you would not do or believe that they are unhappy or unfulfilled doing or believing it. Instead, help others to find out what makes them happy and fulfilled (as long as it does not violate the Golden Rule) and how to achieve their goals.

Don't believe everything you hear, read or are taught. Many refuse to think critically and for themselves. They are led about by anyone with a platform and a loud voice. This is intellectual laziness and dangerous. This is how Hitler rose to power...on the backs of lazy thinkers. He also rose to power on the backs of hungry, desperate people.

He took advantage of the Germans, an otherwise highly intelligent and very moral and good people, and used their time of weakness and poverty against them so as to carry out his evil plans. This is an old strategy and an effective one. We must always care for those in need. The time to do good is every minute of the day. The people must be free, cared for and fully educated if we are to have a civilized and just society. This is what Jesus did...he fed the people, healed their wounds and taught them knowledge and wisdom. No matter what your religion or lack of religion, this is a great example of how to live and how to build a better world.

Another important thing to learn is the power of contentment. Be thankful for your job and the money it provides so that you can take care of yourself and your loved ones. Be thankful for whatever health you have and try to stay as fit as you can. If your job is not your dream job, do not resent it. Do your dream job as a hobby after work. Perhaps it will eventually become your full time career or perhaps you will have to wait until you retire to do it full time. Or perhaps you will never retire and it will always be your hobby.

We should never give up on our dreams, but we should also be practical and thankful for what we do have. Your boss or coworkers may be difficult, but just meditate and say to yourself “I am happy and content” and do your job to the best of your abilities.

Do not take them home with you in your head. Thank God for these people and that you have a means to make a living. Use the protection exercises later in this book. All honest work is good work you can be proud of no matter what it is.

Be thankful for the food and drink you have. Be thankful for the bed you have. Live below your means... THIS one financial tip will save you MUCH heartache and pain. Never live above your means. You need a place to live and food to eat. Do not make yourself house poor. It would be better to rent or live with friends or family and be able to get a good night's rest and spend time with your friends and family than to slave away for a house payment, credit card payments or a college loan that is out of control. If you simply want to have knowledge and wisdom, read this book, read lots of other books and talk to other people who are wise or different. You can do all that with a simple Internet connection or a library card.

If you have access to the Internet or a library, you are blessed beyond measure. You can learn the wisdom of the ages for free. You can listen to music and entertainment of all kinds for free. Learn to be content with what you have. Try to help others who have less. Be faithful to your partner. Always be honest and true and if you cannot, remain single. Harm no one.

It is great to be ambitious and to strive for success, but never do it at the expense of your family, friends, your health or your sanity. Balance! Help those who are poor so they are not forced to do evil to provide for themselves. Learn to be content in all circumstances. Adopt a cat or a dog from a shelter as opposed to buying one from a breeder. Spread kindness, love and relief as much as you can without putting yourself beyond your means so that you may be able to continue to help others. Do what you can.

THE POWERS THAT BE

Now I would like to teach you what I have learned about how to tap into the Universal Mind of God. The ancient Hermetic Masters taught the three parts of wisdom: Alchemy, Astrology and Magic. Every religion speaks of special powers that humans can develop. Christians call it the gifts of the Holy Spirit. Hindus call them the siddhis. Jewish Kabbalists and Sufi/Druze Muslims have ways of developing these powers as well. It is all the same thing under different names. I am going to teach you these things in a very simple and effective way. You will no longer believe in things. You will KNOW things. You will know the TRUTH. This is the purpose of gaining these powers: TO KNOW THYSELF.

Alchemy is really the art of mental transmutation. This could be meditating the AUM, which transforms an individual radically. This could be altering your vibrations by purposefully changing your mood by thinking of positive or happy thoughts and using your imagination with intense focus. By meditating the AUM, you will develop all sorts of psychic abilities, peace of mind, better health and unity with the Divine.

Astrology is to “know thyself”. The idea of an astrological sign was always an allegory. The true teaching is to know who you are. Where were you born? Who were your parents? What were they like? Were you born rich or poor? What race or culture were you born into? Were you born in a happy home or a chaotic home? Were you abused? How has your life been up to this point? What is your basic personality type? Are you an extrovert or an introvert? Are you more right brained or left brained? Are you more masculine or feminine? KNOW YOURSELF. Examine every aspect of who you are. You can also do this with other people to determine if you will be compatible with them or what they might be like.

Know yourself fully and how it affects you. Know how it affects your relationships with others. Ultimately, by meditating the AUM and learning the Law of Attraction, you will learn to transcend the “astrology” or sign or self you were born with. Your “sign” will not matter. You will learn to be the master of your own fate, not affected by outside influences, be they people or circumstances. You will rise above it as you learn to identify more and more with The All/God/the Universe. The stars impel, but do not compel. We always have free will. Most people never learn to master themselves and are mostly compelled. A master of “astrology” rises above his or her sign.

Magic is the Law of Attraction. They are one and the same. All the rituals and ceremonies used by magicians, witches etc to do magic are simply tools to help get one in the right frame of mind to use the Law of Attraction. If that works for you, by all means, do it. More on that later. The shortcut for all three of these...alchemy, astrology and magic...is meditating the AUM. They are all interrelated as you may have already discovered. There are all kinds of traditions and approaches out there (Franz Bardon, Golden Dawn, Thelema, Wicca, Yoga, etc). They are all doing the same thing and they all tap into the same Truth. Some will claim one is better than another. Ignore that and find the one that best suits you or just use this book. I have tried them all and gotten great results. I use the techniques I teach in this book (I meditate the AUM daily, etc), There are many ways to learn and grow. The Internet is full of all sorts of options for a low cost or free.

Alchemy

You must transmute yourself from a base metal into gold. This is done by meditating the AUM, getting your body in shape, reading challenging things, thinking positive, using I AM thinking and raising your vibrations. The AUM is the base sound of the universe. Much can be said on this subject, both scientifically and metaphysically. Some believe it is the true name of God. Some say it is the lost name of God in Kabbalah. Some say it is the sound made at the Big Bang. "Let there be light" was really, according to that theory, one big long AUMMMMM. It reminds me of this: "In the beginning was the Word, and the Word was with God and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not anything made that was made." (John 1:1-3) This also has its parallel in the Pimander (in the Corpus Hermeticum).

Meditating the AUM Phase One: sit in a comfortable chair, with your hands on your knees, your back straight and your head erect with your chin slightly tucked in like a soldier at attention. Close your eyes and look up with your eyes as though you are looking at your forehead. Do not strain. Close your mouth and put your tongue on the roof of your mouth. Inhale deeply and slowly through your nose. Then exhale through your mouth saying AUM. Sound it out slowly... Ahhhhhhhhhh... ..Ooooooooooooo... ..Mmmmmmmmmmmmmmm. Trail off the Mmmmm sound until you have completely exhaled. Then close your mouth again with your tongue on the roof of your mouth, inhale slowly through your nose again as before and exhale again as before the AUM. Think of nothing but the AUM, that it is the name of God, that it is God and that you are one with God. Banish all other thoughts. Set an alarm for 20 minutes. Do this daily for about a Month.

The place you are focusing on is your Third Eye. It is the place of your thalamus or ajna chakra

(If you can, read “The Gate of God” by Gary Osborn). Do NOT get caught up in any nonsense that fluoride will ruin your pineal gland so that your Third Eye will not work or anything like that. Also, remember to avoid conspiracy theories related to vaccines. They do not cause autism. No one is trying to track you or put the Mark of the Beast in you. That is schizophrenic nonsense. Everything is in the realm of thought and if you can think, you can do it. I drink tap water, go to the dentist and brush my teeth with fluoride toothpaste and I have done all things in this book. Do NOT worry about it.

What we are trying to do here is open up your Third Eye. If you start believing something will stop that, it will. Believe it can be opened and it will. Simply meditate the Aum. By doing this, you will begin to experience all kinds of things. You will gain better focus, be more at peace, have better intuition, start to develop clairvoyance or psychic powers and empathy, feel healthier and more calm, develop the ability to work better, have lucid dreams and eventually astrally travel and meet with your spirit guide or guides.

Meditating the AUM Phase Two:

Keep doing all the same things except with the following changes: instead of focusing on your third eye first, we are going to start with your chakras. Chakras are energy centers in your body up and down your spine. Start at the bottom chakra which is located at the very bottom of your body, below your sex organs. Think of a swirling energy center of red light. Focus on it and meditate the LAM until it is completely full of red light, expanding out like a plane or a level. Once you imagine the chakra being totally expanded out like a level or a plane, it is balanced. Don't move up until it is balanced. Don't stress. It will balance. The “A” in LAM and the following mantras is pronounced like “ah”.

Now move up to the next chakra. This one is located in the area of your sex organs and is orange. Follow the same procedure and meditate VAM. Now move up to the next chakra. The next one is located in the area just above your navel and is yellow. Follow the same procedure and meditate RAM. Now move up to the next chakra. The next one is located in the area of your heart and is green. Follow the same procedure and meditate YAM.

Now move up to the next chakra. The next one is located in the area of your throat and is blue. Follow the same procedure and meditate HAM. Now move up to the next chakra. The next one is located in the area of your forehead or Third Eye and is bluish purple or indigo. Follow the same procedure and meditate AUM. Now move up to the next chakra.

The next one is located in the area of the crown of your head and is purplish white. Follow the same procedure and also meditate AUM. Imagine the purplish white of your crown chakra reaching up into oneness with the Universe/God/The All until it is all white.

Now that you have balanced your chakras, in your mind's eye, your chakras should be like planes of the seven colors previously mentioned, like a rainbow. Now imagine white light coming down into you and making all your chakras pure white light. Imagine orbs of white light coming down into your crown and fully charging your entire body with the white light of God. You are good and powerful. End the meditation by imagining a blue light coming over your entire body, chakras and all and sealing everything up. You are fully charged!

Meditating the AUM Phase Three: Keep doing Phase Two, but as you go about your day, if you have stress or just have nothing better to do, meditate the AUM as in Phase One, even if you only do it for three AUMs. Always use AUM. It is always there for you to help you feel better, to refocus, etc. As your Third Eye begins to open and get stronger, you will feel pressure in your head. That just means you are opening up. It is working.

Remember to use "I AM" statements. "I AM" is the holy name of God in the Bible. You and the I AM are one. Whatever you attach to I AM, happens. Do not misuse this. I AM and AUM are the same thing. AUM and/or I AM are the Magic Key or the Master Key to all knowledge and wisdom. Always follow "I AM" with positive statements, NEVER with negative statements. I am healthy. I am strong. I am happy. Things like that. If something negative comes to mind, imagine it like a dark bubble coming toward you and imagine pushing it away. Then think of something positive and upbeat and happy. This is how you raise your vibrations.

Here is an example of how to transmute a situation/do alchemy/ raise your vibration: Your high school friend calls you and says...gosh...I am really sad because tomorrow will be our late friend Tom's birthday. It always brings me down thinking of how he died and how much I miss him. Instead of complaining or feeling sad as well or possibly even angry that he is bringing you down or not moving on...say to him...hey, I am going to focus on being happy that Tom was born and all the good memories we have of him and how we will definitely get to meet him again in Heaven someday. Isn't that a happy thought? Remember the funny jokes he used to tell? Etc. By approaching the situation that way, you do alchemy. You transmute base metal into gold. You raise not only your vibration, but that of the other person. You are spreading the love and light of God. Smiling and being cheerful is another way to raise vibrations.

Find an exercise routine you can do simply daily and eat sensibly. Consult your doctor and dentist on such things. Read as much as you can, especially on topics that will challenge your mind.

Astrology

The main force behind the idea of astrology is the Law of Attraction and/or Vibration. Ultimately, by meditating the AUM and realizing what you really are...transmuting yourself...you can become a Master and rise above “astrology”.

It is helpful to know the signs (personality types) of others. It gives an insight into what to expect from them and how to interact with them. I suggest using a Myers-Briggs test or something similar. You will learn much about yourself and others. The whole point of astrology is to know yourself. You can't know the future with any certainty unless you create it yourself. Take charge of your life and rise above the circumstances of your birth. Free will always trumps the “stars”. Most people never come close to trying to master their own lives and more often than not are moved about by the circumstances of life. Very few master themselves to the point where they rise above the circumstances of their birth. Don't get hung up on your sign. Focus on mastery of your life.

Your astrological sign is based on your date of birth. It is said to imbue you with a particular type of personality. I have found this to usually be true. I have included a basic description of each sign which can describe the various types of people you might encounter in life. They may reflect their sign, they may reflect one different from their birth or they may be a combination. I do not take astrology literally. However, do take time to use my approach to it. It can be very helpful in your personal and professional life. I do think that a really good astrologer can still be very helpful to learn more about yourself and I am not disparaging their profession at all. If you believe it is true and they believe it is true, then it will work and will provide amazing results and answers.

Aquarius January 21 - February 19

Simple, unassuming, quiet, accomplished, humanitarian, honest, loyal and highly Intelligent.

Pisces February 20- March 20

Unassuming, very learned, low profile, honest, unselfish, trustworthy, quiet, overcautious and occasionally gullible.

Aries March 21 - April 20

Creative, adaptive, and insightful. They can also be strong willed and spontaneous.

Taurus April 21 - May 21

Very strong, tough, willful, stubborn yet very patient and practical. Excellent Teachers.

Gemini May 22 - June 21

Flexibility, balance and adaptability yet can have a hard time finding their way or path.

Cancer June 22 - July 22

Very domestic and home oriented. Love of family and tradition.

Leo July 23 -August 21

They love to lead and love power. Very opinionated and vocal.

Virgo August 22 - September 23

Smart, chatty and natural story tellers. They can be very intuitive.

Libra September 24 - October 23

Balanced, just and stable. Harmonious yet sometimes extreme. Lovers of beauty.

Scorpio October 24 - November 22

Easily misunderstood, bold and very capable. Able to overcome huge difficulties. They can be very secretive.

Sagittarius November 23 - December 22

Philosophical, focused and intense, sometimes impatient.

Capricorn December 23 - January 20

Philosophical, highly intelligent, stable, orderly and not open to criticism.

Magic

Magic is the Law of Attraction, positive thinking, planning, hard work, relentless focus, desire, excitement, dedication and positive speaking (I AM statements such as: I am healthy, I am strong, I am successful, etc) all rolled into one.

Never follow “I am” with anything negative EVER. You can have whatever you want, but it has to be within the realm of reality. For example, you could become President. It is unlikely, but it is within the realm of reality. You will never be Superman or grow angel wings. You have to work within the natural laws of the Universe. That being said, aim high! Think big! What do you REALLY want?

Aleister Crowley said that Magic is "the Science and Art of causing Change to occur in conformity with Will". That is an excellent definition!

Magic is the Law of Attraction. I cannot emphasize this enough. Magic IS the Law of Attraction. No more and no less. The Law of Attraction is imagining something you want as clearly as possible...you can see it, smell it, feel it...and you are totally TOTALLY excited about it because it is ALREADY YOURS...you TOTALLY BELIEVE THAT YOU ALREADY HAVE IT!!! You also must work relentless toward it with all your focus, accepting nothing less than what you want. You must desire it! Work for it believing you already have it. I highly suggest reading “The Strangest Secret” by Earl Nightingale and listening to the youtube video of it as well. That is magic. Keep a list of all the things you are GOING TO GET and all the things you already have from using magic or the law of attraction. These practices will set the Universe in motion. You will get what you want if done correctly.

Another way to do magic is to imagine what you want in a cloud in front of you. Imagine it completely like a vision or a movie in front of you floating in a cloud. Then imagine it going down into a cup of water, tea or coffee. Then you must drink the entire cup. It will happen. Combine that with everything else described above.

To do magic...think it into existence, speak it into existence, write it into existence and work it into existence. Do this all until it HAPPENS. Think it, speak it out loud, write it down and work relentlessly until you have it.

Protection

The world can be a not so nice place. There are people and creatures up to no good, both in this world and the next. It is wise to protect yourself. Remember, everything is in the mind of The All. You truly have nothing to be afraid of. The following practices will serve you well.

When you wake up in the morning, thank God/The All/The Universe for everything you have and everything you're going to have that you have already (magic). Then imagine a circle of white light around you on the ground. Use your finger like a wand to draw it in your imagination. Then snap your fingers and imagine you are in a bubble. Then snap your fingers and imagine that bubble is filled with the pure, good white light of The All. You can also raise your hand or hands palms up to signify the white light filling your bubble. Now, do this for your home, place of work and every person you love. Draw, snap, snap, raise hand(s). Close your eyes and imagine all of this as very, very real.

Because it is real. Everything is in the mind of The All. You and The All are one. Nothing can penetrate the bubble or the circle. You are safe. Your loved ones and places are safe. If someone is attacking you, causing you problems, etc...you have the right to appropriate self-defense. Imagine them (snap your fingers) in a bubble with no light in it and no circle. Just a bubble. They will be trapped in that bubble with whatever negativity they are putting out until they learn to stop being so nasty. You are not attacking them, you are simply making it so they are attacking themselves and harming no one else.

The idea is to protect yourself and to help them to learn. Use the same techniques as you astrally travel if you run into any negative people, spirits, whatever. Always imagine yourself bigger and fully armed. Remind that being that you and God are one and then command them or it to go away. Then imagine them or it smaller and imprisoned in a triangle. Imagine them or it and the triangle disappearing into the abyss or Hell. Use your finger like a wand to draw the triangle around it or them. You can also use your finger like a wand when drawing your circles (read above). Everything in the astral realms is imagination. This also works when dealing with an evil entity in this realm. One system is as good as another so, for myself, I default to my Christian upbringing and training when dealing with evil. I tell it to leave and never come back in the name of Jesus and under His precious blood. And it always works for me because I believe and expect it to work. I strongly recommend this approach to it. I have never had any trouble.

Every day as you take a shower or a bath or as you wash your hands, imagine all the negative forces that may or may have not come into your life in one way or another being washed away and thank God for washing it away. Believe it is gone and that you are clean and perfect and you are. If you have done something you think is wrong, ask God to forgive you and thank God immediately afterward for forgiving you because God always forgives.

Then go do something to balance out the bad karma such as good deeds. There is no need to tell someone about everything you have done. That is up to you. However, build as much good karma as you can through good deeds as often as you can.

Every time a negative thing is said or thought, knock on wood three times. If no actual wood is available, knock on something, three times. Believe that has handled it and it has.

Psychic Powers

Psychic powers are no different than the “gifts of the Holy Spirit” of a Christian or the siddhis of the Yogis. It is all the same thing under different names. When a Christian gets a “word of wisdom” or a “word of knowledge”, it is no different than a psychic giving you a reading. Even the concept of having the Holy Spirit within you, talking to you and guiding you is the same as what a New Ager or a Hermeticist would say when referring to being at one with God or hearing from a spirit guide or “as above so below”.

There are psychic powers I call the “clairs” and some I call the “rares”. The “clairs” are psychic powers I believe everyone can develop through meditation on the AUM. Then there are rare powers few people develop, but are quite real.

By opening the Third Eye through meditation, you can develop psychic senses that correspond to your regular senses of sight, hearing, feeling, smelling and tasting:

Clairvoyant (clear seeing) -- A clairvoyant sees with the mind's eye impressions and symbols or mental images. This can be done in a meditative state or in advanced stages with the eyes open seeing visions of all kinds of the past, present or future. This is “second sight” or being a “psychic” ...all the same thing.

Clairaudience (clear hearing) -- hears sounds or words and noises others cannot.

Clairsentience (clear sensation) - To get a "feeling" about the vibration of a person or a room or a place. Sometimes it feels good, sometimes not at all. A cop's hunch is one example.

Clairscent (clear smelling) - To pick up on a smell that is not from a natural source. For example, you suddenly smell your long dead grandmother's perfume.

Clairtangey: (clear touching) By touching something, you can feel what it is charged with based on it's past. Images may come to mind when holding such an object. Crimes have been solved this way.

Clairgustance (clear tasting) -- To taste what is not physically there. A “bad taste in your mouth” is a common expression that alerts someone with this ability. Or you can taste the kiss of your lover even though you are miles apart.

The “rares” are things such as being an Empath, a Medium, a Healer or a Telekinetic. An Empath can psychically connect with another person. This can be a problem for the Empath until he or she learns to gain control over it. The upside of being an Empath is that you can feel everything. The downside is you can feel everything! An Empath is the person you want holding your hand when things are down. They have empathy! These people sometimes work as psychics. This is the most common ability of the “rares”.

A Medium is someone who can connect with those who have passed on. It is a wonderful gift as it provides comfort for the grieving and can build faith. By using the methods in this book, anyone can be their own medium. Sometimes mediums can be frauds or just imagining things. This is common. However, it can be done well.

A Healer is someone so strong in their faith and their abilities to use the Law of Attraction that they can actually heal people. I have seen this in some charismatic Christian churches. It truly works, but it is very rare. If you want to learn more about this, there are Reiki classes you can take if that is your path.

A Telekinetic is someone who can move objects or levitate purely by mind power. It can also be a situation where a person has amazing physical strength well beyond what their natural body should be able to have. I have seen this. It is very rare but possible. There are many stories of small or average people lifting up cars or huge weights when someone they love is trapped underneath.

One way to try to develop this is the old bowl of water and a ping pong ball method which is easily found on the Internet. Just put a ping pong ball in a bowl of water and meditate the Aum while looking at it. This works for some people. The idea is once you can make that move, you can work up to bigger things.

A person could have one or all of these powers at any time. I believe with practice anyone can develop these abilities, but it does take time and discipline. The most important power in the Universe is the ability to love. I know that sounds cliched and boring, but having a strong love in your heart for others and working at good deeds is far more important and rewarding in this life and the life to come than any psychic power.

Some use crystals to augment these powers. I have had success with this. I highly recommend them if you are drawn to that. Go to your local New Age bookstore and ask for help. In a nutshell, if you believe they work then they will. This is the power behind any talisman. Simply hold the object or crystal in your hand and imagine whatever it is you are wanting to charge it with (bravery, health, success, etc) and then carry it with you to give you an added boost in those areas. Remember, EVERYTHING is in your MIND and it is REAL.

Astral Travel

Meditating the AUM can lead to all sorts of results. There may come a time when you feel your astral body come swirling out of your crown. This astral body is your vehicle for traveling in the astral realms. There is much written on this. I will teach you how to do it simply and safely. This, to me, is what Paul meant when he was caught up to “the third Heaven”.

Meditate the AUM as described earlier. While meditating the AUM, imagine your astral self coming up out of the crown of your head. You could call this your soul, your astral self, your body of light, whatever. Imagine it leaving your body. Now imagine it on the roof of the house or building you are in.

Look around. Reach out and feel the trees, the pavement, everything. Reach out and run your hands over the landscape as if you are God or a giant spirit just touching and feeling everything. Now, imagine flying up past the clouds into space. Look back and see the Earth and the Moon. Now fly further and further...past our Solar System, past the Milky Way Galaxy...to the “roof” of the Universe. Press through it like a membrane or a bubble.

Now, you are standing in another dimension. You are standing on a grassy hill overlooking a big grassy plain. Everything is bright and sunny. Down below on the grassy plain is a huge temple like King Solomon's temple. On the other side of the temple is a white sandy beach and a calm,

beautiful, endless sea. The grass feels good on your feet. You walk up to the temple. It has giant doors. You push the doors open. Inside is a big room. It is a library with shelves of books reaching up to the tallest ceiling you have ever seen. There are big comfy chairs everywhere. Lots of people are hanging out. Some are talking, some are reading and some are just sitting in the chairs. Most look happy. Some look concerned. These people are those who have died. Anyone you want to talk to is in that room. Find them and talk to them. Ask them anything. Tell them anything. Tell them you love them. Tell them you are sorry for something you did or that you miss them. They will talk back. They may give advice. The temple is a safe place. It is a protection against any bad spirits you might run into. It is a place where you can talk to those who have passed on in safety. This is a safe way to do mediumship for yourself if you are up to it. You can also use this technique to do mediumship for others. Sit down in one of the chairs and have them sit in one of the chairs next to you and talk.

Look past the library and you will see a long hallway. In this hallway are little drawers, like what you used to see in libraries before the Internet. These drawers are full of cards. These drawers are the Akashic Records. Everything that ever was or ever will be is in there. You can access whatever you want to know. Ask for it and open a drawer.

Everything is in the mind of The All. The Universe is mental. This means you can access all the wisdom and knowledge that has ever existed or ever will exist...past, present and future. Many famous people, such as Edgar Cayce, have accessed these records to learn and to help others.

You can walk to the end of the hallway past the records and come to two more giant doors. If you push them open, you will find your guides there. These are the Ascended Masters or people who have reincarnated so many times, they now act as guides for the rest of us. In my opinion, an Ascended Master is what some people have referred to as angels, saints or gods in the past. They are simply beings who were once humans like us that evolved.

Ask these masters for help and guidance. Ask them anything you want. Ask to be shown past or future lives. Ask for advice on anything. Ask for training. They will help you. They will always do so in love. They will never tell you to do anything hateful, violent or criminal. Now, look at the ceiling of that room. There, you will see an opening. If you ascend through it, you will merge with all that is. You will experience Samadhi, Ain Soph, Moksha, Nirvana, etc. Stay there for a while and realize that all is one.

Whenever you are done, you will pop back into your body here on Earth and everything will be back to normal. Or you can just decide to be back and you will be back. It may take a moment for you to “reintegrate”. Get something to eat or at least drink a glass of water. All of these experiences can be had on entheogens as well. Meditation takes longer, but it is legal, totally safe and you can shut it on and off at will. I personally think everyone should take a “trip” at least once in their lives on entheogens of some kind. That is up to you and the laws where you live. If you can find a shaman or a guide such as is found in places like Gaia Sagrada (gaiasagrada.com) in Ecuador, that is ideal. If you run into anything negative, remember to use what I taught you in the “Protection” section of this book.

You can also “cut the cord” with negative people in your life. If someone, like an ex or any toxic person in your life, has caused you pain or trouble and you just can’t get them out your mind, close your eyes and imagine a cord attaching the two of you at the heart. Now, imagine cutting that cord with a knife. It may take some effort, especially if the attachment is strong, but keep cutting until you are free. You can use this for all kinds of attachments to people (dead or alive), things, situations, fears, anxiety, past events, etc. Set yourself free! There is also the technique of “grounding” yourself which is to imagine you are connected to the Earth before you do astral travel, mediumship, etc. I have done it and many find it helpful. Do not ever worry about getting lost when astrally traveling. As soon as you are done with whatever you are doing, you will pop back into your body and you will be fine. Your biggest enemy is fear. Conquer that and you will be fine.

The Tree of Life

In Kabbalah, there is a concept known as the “Tree of Life”. Many Hermetic systems include it as part of their teaching. It represents a diagram or map of each human being and also the Universe. It represents the various levels of reality, from the lowest to the highest. It is not unlike the Seven Chakra system. Some use it as a map to meditate upon, not unlike the methods I suggest in the previous sections “Alchemy” and “Astral Travel”. I see no real difference between it and the Seven Chakra system except that the Seven Chakra system, at least for me, is easier to understand. Remember there are seven colors, seven days in a week, Seven Levels described in the section on astral travel (leaving your body, the Earth, the Solar System, the Milky Way Galaxy, the Universe, through the doors of the temple and through the doors to the Ascended Masters), seven churches in the Book of Revelation and so on. Take time to look up images on the Internet of the Caduceus or the Tree of Life with the seven chakras superimposed on them and that in turn superimposed on a picture of a human body. It is all the same thing. As above, so below.

If you wish to learn more about it, I suggest the writings of Dion Fortune, Israel Regardie or Paul Foster Case. However, do not drive yourself mad with the study of it. The teachings in this book will get you to the same place and are teaching the same things in a far less enigmatic manner.

Divination

Divination is the practice of using a point of contact such as tarot cards, oracle cards, dice, palm reading, ouija boards, etc to tell your future or get guidance. The whole concept of this is tapping into the Universal Mind. Everything is in the mind of The All. It does not matter what you use to do it.

I use the old Rider-Waite tarot cards. I do not memorize the meanings. I shuffle the deck, I think of a white light clearing away all negative energy from it, then I reshuffle it thinking about who I am doing a reading for and their question (s), then I cut it in half and I pull the top card off the left half. I look at that card and meditate on every detail in the picture and wait for answers to come to mind. This is a “psychic intuitive” or “clairvoyant” or whatever you want to call it, way of reading the tarot. I consistently give very accurate readings with this method for myself and others.

Remember that anytime you use divination or try to get your future from an astrologer, a palm reader, a psychic or whatever...they are only showing you a possible future. The stars impel, they do not compel. Your free will trumps all. You can change the future by changing your mind and creating your own future. This might sound like a cop out, but it is true. These people are able to show you possibilities. That is all. They are very likely, but nothing is set in stone. You should not go into a reading with the idea that this person is a fraud if they do not guess your future 100% or can't tell you your name through telepathy or give you the winning lottery ticket numbers. That is NOT how it works.

Everything is fluid. Nothing is 100% set. All a psychic or a diviner can do is show you where you are headed if you keep doing (or not doing) what you are doing. In the same way, a medium can only give you the message from the spirits who show up. They can only give you what they get. They can't make the spirits you want show up, but they usually do.

Some will say...well the Bible says that a true prophet of God is never wrong. He or she is always 100% accurate. By that standard...I hate to break it to you...the Bible fails miserably. There are tons of unfulfilled, expired, false or cherry picked prophecies in the Bible. So if you are going to use that standard, which is very unreasonable, you might find your Bible to be just as unreliable.

I am not saying the Bible is not from God or holy. It is. It is the symbol of Divine Truth in my culture and I take my vows on it. I even read it mystically which is to just read it and wait for thoughts to come to you from God. Scripture will speak to you and give you amazing insights. Truth be told, you could do this with any holy book. However, fair is fair. If you take the Bible literally, you will be disappointed. If you expect a psychic to give you a reading that is set in stone, you have missed the whole point of the reading which is the same as the Bible...to give you guidance while respecting your free will. Be nice!

When I do a psychic reading using cards or without cards or when I do mediumship (for me it often all flows together), I see things in symbols. I once saw a very depressed black man who looked guilty and remorseful for something he did. The sitter (person I was doing the reading for) said a man with the last name Black had molested her and felt horrible about it. Or I saw a smiling cat with Asian symbols on it rubbing against my client (in my mind). This cat came off to me as being almost like a soulmate and someone she should never abandon. It turned out her fiance was Asian, loved cats and her family did not like him. The clear message was to not leave her loving fiance no matter what her family wanted.

Sometimes, I would see a person rubbing their arms or legs and this would signify a disease or injury they had in life. And sometimes, I would just flat out get a name. I would not press for it. It just came in my mind and I would blurt it out. This is always stunning and amazing when it happens. Sometimes, you will be way off. Don't beat yourself up about that. Just give what you get and then rest. Doing this is like being an athlete. You will have strong days and weak days. Just keep at it. You will get to the point where eventually you don't need cards or anything. I still use my cards sometimes when I am tired and need to jumpstart myself. Then it starts to flow. Or sometimes I use my cards because I just really love my cards! They are like old trusted friends. Also, many of my clients often want cards to be involved as it adds to the ambience of the experience for them.

As far as charging fees (as a psychic medium), that is up to you. I would not charge a fee until you have practiced for a few years. If you are not doing this as a profession, you should not charge a fee. I will say, if you do readings full time, you should obviously charge a fee just as a massage therapist, a beautician or a martial arts instructor would. Your time is valuable and the service you provide is extremely important. Everyone has to pay the bills!

If you have an idea or belief that is not mainstream and you share it with someone who is not receptive, just drop it and talk about it with others who are. Some people will always be narrow minded and there is nothing you can do about it. Don't be fake, but do be discerning. I would

also strongly avoid any group where you are required to submit to someone else without questioning their authority. That is never a good idea.

If you just want proof of God and the afterlife, do mediumship for others. When you do an accurate reading for another person, that is 100% proof that this stuff is real. When someone else does a reading for you, you can question it. Perhaps they stalked your Facebook page. Or if you have an NDE, a really cool astral trip or meditation experience, do an entheogen...you can say to yourself...maybe I hallucinated.

However, if you do a reading for someone else who is a stranger to you and it is very, very accurate...then you will know this stuff is real. There is something out there and you will see your loved ones again. You can just quit there and be happy with that. That is huge!

All of the “esoteric” paths are geared to help you develop some psychic abilities and more control over yourself and your life and to get you to realize that all is one. They are all teaching emanationism. None of them are “evil”. Many have labelled Wiccans, psychic mediums and others as evil, but this is out of ignorance. All of these groups and others are fine people who are trying to improve themselves and the world around them.

We will never know what came before God or the Big Bang. However, we can learn to work in this reality as co-creators with God/the Universe and have an amazing life! Remember to always love others, follow the Golden Rule (do unto others as you would have them do unto you) and do good deeds as much as you can. Everything that can be found in all other paths is distilled down into this one book. This book will “get you there” to true enlightenment just as good or better than any other path without all the confusing language, fees, meetings, etc that some groups require.

Sex, Politics, Relationships, Self-Defense and Food

These are a few of my favorite things. Never let anyone tell you to not talk about politics. There should always be a strong separation of church and state, but spirituality and politics are very much intertwined and always will be. A spiritual person is always going to be liberal by nature and will embrace liberal causes. One must always vote and support liberal democracy.

Also, never lay any kind of legalism on people about clothing, appearance, sex, etc. The most one can say about food is people should follow some kind of healthy diet. What you eat absolutely has an effect on your health, mood, etc. The diet that is probably the most healthy and best for the planet is vegetarian, maybe supplemented with eggs and dairy. Or at least cut back on meat to once a week only. Our planet needs a rest and we need to be more thoughtful about how we treat other creatures.

We should also not judge other people's sex lives. Some people have lots of sex or sex partners, some have none or little, some are virgins, some have been married and divorced, some never do, some are LGBTQ, some are not, some are monogamous, some are not...it is really no one's business. The only taboos I can see are cheating, rape, pedophilia, sex with an animal...that is about it. The rest is really up to the individual. We should not cause people shame or guilt over made up rules or our opinions regarding food or sex. Honesty is always the best policy. Be kind and keep your word. Focus on the positive. Another thing to ponder regarding sex is the idea of the masculine and the feminine. It is a rule of the Universe and Nature that masculine and feminine attract. Yin and yang! I say masculine and feminine instead of male and female because masculine and feminine is true for all of us no matter what is between your legs.

Every relationship has one person who is the masculine and one who is the feminine. You see this in heterosexual relationships, homosexual relationships and every other type of relationship you can think of. You may even see people switch from masculine to feminine and vice versa depending on who they are in a relationship with at different times of their life. A very feminine person can become quite masculine depending on the circumstances and the reverse is true. Keep an open mind and do not be a sexist of any kind.

If you are in a relationship or a marriage and your significant other wants to spend time with a friend who is the opposite gender, you might become jealous. You need to be able to trust your partner. If you can't examine why. Most likely is an area where you need to grow. If you truly cannot trust your partner, then perhaps it is time to move on. Do not limit your friendships if at all possible. Try to rise above. Life is short and good friends are hard to find. Truly enlightened people can be friends with people of all genders without issue. Another thing about sex...just do it! There all kinds of supports to sex (Viagra, lubes, etc) that can help you well into old age. Do not get hung up on religious rules about it. Again, the only rules I can see have to do with the violation of free will or violating an agreement you have entered into only to have sex with one person (marriage, etc). If you can't be loyal or have not been loyal, admit it and just be single. Being single can be great! I am pro-marriage and pro-divorce. Do not limit yourself. Most rules are just made up. Always use protection (not just birth control) as there are a multitude of horrible diseases out there.

Self-defense is natural. Kung Fu was invented by Buddhist monks. If those enlightened souls thought so highly of self-defense as to INVENT martial arts, surely we can safely say self-defense or defending those weaker than ourselves is the right thing to do. Jesus encouraged people to own swords for self-defense! To return to food for a moment, remember life is short. If you want to have a drink, use entheogens, overeat occasionally or have a smoke, DO IT. Enjoy yourself. Just use moderation. I am not a smoker, but I do smoke on vacation! I drink but not often. I enjoy marijuana.

Jesus gave wine to drunkards to keep the party rolling (first miracle at Cana), Catholic monks brew beer, Franz Bardon was a smoker and the list goes on. Life is meant to be explored and enjoyed as long as “ye harm none”!

The Levels

There are three Levels we go through as we develop. At the First Level we do not know...we live in ignorance believing whatever we are told. Then, secondly, we start to question and realize that all is one and realize the great truths of the Universe. For some, this makes them frustrated with those who do not “get it”. They see the world as full of hopeless, stupid people. They see themselves as ignored, lonely adepts. They believe they are better than those who are not at their level of awareness and can become quite cynical and jaded. Many people will stay at this Second Level and feel they are enlightened. They are wrong.

The Third Level is Mastership. These are the truly enlightened. They know the great truths of existence and have opened their Third Eye. They laugh a lot and have a light touch on life. They act as guides for anyone who is interested and do not worry or judge those who are not. They realize we are all evolving at different rates. They do not get upset with babies for being babies. They are ready to help train and change the diapers with patience and love. They know that all is one and that they are one with all things and they are EVERYTHING and everything, EVERYTHING always works out in the end. To realize you are God or a manifestation of God while still in the body is mastership and true immortality. You can decide to keep reincarnating this individual personality forever or merge with everything and just be God...the choice is yours at this point. Both are good paths. These are the Three Levels. I pray you find your way to the Third Level by using this book.

Do not march around saying “I am God” to everyone because in the finite reality...this material realm...you are still you and you are bound by the rules of this world. In the spiritual realms, you will be unbound and infinite. You are both God and not God. Don’t get me wrong, there is much power to be had when one realizes his/her oneness with God, but you are still in this world for the most part. Don’t lose your head. Do not think you are better than others. The greatest accomplishment in all of this is developing a loving heart like Christ and losing all fear of death. AUM is the Name of God in the East. It is the same as the I AM in the Bible. It is also the recognition that man is in the mind of the All or God as are all things. In finite reality man is a man and his/her reality is very real. He/she is made in the image of God. His/her purpose is to create and build. I use “man” in the generic Biblical sense of the term for all humans, male or female.

In the infinite, all is God, man is God, everything is God. You are not God in the finite reality. Yet, you are made in God’s image. In infinite reality, you are God. It is both true that you are not God and that you are God. Your name is you, but it is also a just a substitute for your true name, which is God. Both are true. As above, so below. God is a word which means YOU, a word that is lost when we reincarnate and must be found again over the course of your current lifetime/incarnation. As you get more advanced, you figure it out quicker each time! This book is meant to help you advance quicker!

Knowing all of these things...that you and the Father are one, that you and God are one...as above, so below...before the body dies...is true mastership. AUM/I AM is the name of God, it is God, it is you, it is everything. To Know Thyself is to know that you are God. A Master uses this knowledge to dial between the finite reality where he/she is an individual personality and infinite reality where he/she is God. You can do this at will with the AUM.

You can astrally travel by meditating the AUM. Meditating the AUM also, over time, has been said to increase all sorts of psychic abilities, introduce you to your spirit guides and many other things. It also helps you to subdue your passions. Whenever a stressful situation occurs, you can “AUM down”. Even just three good “AUMS” can dramatically change your mood and give you control of your emotions.

Do NOT beat yourself up if, even though you have become very much enlightened and mastered the techniques and teachings of this book, you occasionally lose your temper, yell at someone, get upset in traffic, get triggered or flustered by a relative or one of your children. As long as we are in these earthly bodies and living normal lives not sequestered away in some monastery, we will always have days when all our knowledge, wisdom and enlightenment go right down the toilet.

When this happens, forgive yourself, go meditate and get back to being your amazing self. No judgement!

By using the power of "I AM", the name of God given to Moses at the burning bush, a Master can use the Law of Attraction just as Jesus taught if he does so with faith, total belief and total positive thinking. Remember your magic lessons from earlier!

Society is evolving. Many civilizations have come and gone. Ours may as well. I am hoping we make it to Star Trek and not Mad Max. I believe just as our modern technological society has gone from horses and sailing ships to space shuttles and the Internet in just a short 200 year span, that over the hundreds of thousands of years of homo sapiens being on planet Earth, it has happened a few times before.

One reads legends of places like Atlantis or Atala (off the coast of India) that rose to great heights and then were destroyed by wars and greed. It is certainly possible and whether true or not, they are cautionary tales worthy of our attention. I hope we make it! Richard Cassaro has written about this in "Written in Stone" and in other books and articles. I highly recommend his work. I also enjoy and appreciate the work of Graham Hancock. These people and others like them are helping to move humanity forward in their own unique ways.

It has been a long and strange trip from my old life to who I am now. I lost my faith in Christianity years ago after reading the Bible critically for the first time. I found many errors, contradictions, false prophecies, etc. One can find these easily with a google search, reading skeptics annotated Bible or "The Age of Reason" by Thomas Paine. All of these are free online. The problems are undeniable and no amount of logic twisting and rationalizing done by "Christian Apologetics" can change that. The Bible is just like all other books, holy or otherwise. It is classic literature and should be read, respected, studied and meditated upon. While Christianity may not be factual (as with all religions), it is most assuredly true allegorically.

Everything is connected at the subatomic level. There is no separation. Students of quantum psychics, biocentrism, multi-verses, etc have found that what we observe changes depending on who is observing it. This and things such as the Placebo Effect prove that our minds are very powerful and can make all sorts of things happen in our bodies and in the Universe. I also studied near death experiences and found the evidence to be compelling. I came to the opinion that if everything is truly one, then that includes thoughts. All thoughts are one, all thought is one. Thoughts or brain-waves can be measured as vibrations just like light and sound. Everything has a vibration to it. There is tremendous power in thought. Ask anyone who is depressed, happy or purposefully set their mind at some type of task until it was completed.

What we say matters. It has a specific vibration. This is why it is called "spelling", because what we say or write casts a spell. Everything also has a "threeness" to it and follows the "Rule of Three". Father, mother, child, etc. There is light and there is dark. There is a Golden Rule that all societies have developed because it makes sense for "the herd". When people do not follow it, it can cause trouble for the unity of the herd (in our case, humans) so for the greater good of our herd, we follow the Golden Rule (do unto others as you would have them do unto you) which is in all religions.

The essentials of Christianity are "true". There is a "threeness" to everything. If everything is one, then that big everything is the Universe or God which is a "three", the Trinity. Christianity is not the only religion with a Trinity, but it is the most popular.

As far as we know, the Universe began with a Big Bang. "Let there be light". The Genesis account is at least allegorically true. Things spread out and evolved into all sorts of creatures. Humans on this planet eventually set themselves apart from all other creatures when they became self-aware and this was where we realized we were naked. This, undoubtedly, has happened on other planets. We felt separated from God and we "left the garden" where the other animals were. Deer, dogs, cats, fish, frogs, reptiles, birds...they are not troubled with the idea of death. They just are...they just live for now. Humans do not. We struggle with all sorts of ideas about who we are, our purpose, our death, etc. This was the fall of humankind or the entrance of sin...this worry we all live with.

The Universe, which was a big "nothing", before the Big Bang, in order to become something, had to become a "Three". Perhaps its goal was to find out what it was and in order to do that, become dual. This duality created new things which made it a trinity. Now, it could talk to someone else and start the quest to figure out what it was. We, humans, are parts of the Universe/God and as part of it, we are part of its quest to figure it out and also to create more new and interesting things. This is the purpose of life. To love, create and pass on what we have learned. The details are up to you. The down side of this is that to create, you have to have two sides. That means you have to have light and darkness. This constant struggle is part of life and will never go away. The best we can do is work to make life better for ourselves and others. This can be very difficult at times.

It/God/the Universe/the Trinity saw we were struggling or perhaps at a standstill. It saw that with our self-awareness, we began to fear death. Having compassion, God gave us a way to go on. God could communicate this to us mentally, but often humans discount such thoughts as nothing more than thoughts or dreams and do not listen. To really get our attention and teach us, God would have to show up in person.

This would require manifesting as one of us, for if God just "talked" to us, the immensity of God compared to us would most likely kill us (as is stated in the Bible and it makes sense if you think about it). So God manifested as a human being and not just once, but many times. The history of India and many other places is filled with "avatars". There are even great similarities between Christianity and Hinduism with Christ/Krishna, the Aum, the Amen, the Trinity, the Trimurti, etc.

God manifested to us many times as a human and those God-men (or God-women) taught us about the afterlife. There were heavens, hells, reincarnation, karma, the Golden Rule, purgatory, etc. These ideas were all tools to get us to use the power of thought. Thought is everything. Everything is in the Universal Mind or Consciousness. Everything is one at the sub-atomic level. Everything is imagination. The root word of imagine is magi or magic. God was teaching us that we can create just as he/she does...with our thoughts and/or words. That includes the world we live, that includes where we go when we die, that includes accessing the personalities of those who have passed on. That includes ANYTHING we can imagine.

Religions were invented with all sorts of rules that humans could follow so as to create with their minds a way for their personalities to go on. According to the study of near death experiences, this has worked. We do go on. Some go on to heavens or hells, some get reincarnated, etc. What we believe affects the kind of afterlife we get. Our subconscious mind as well as our conscious mind creates this. Even most atheists have an afterlife because their subconscious mind carries the idea of it. This would also explain how some people can talk to the deceased with great accuracy. When we say someone lives on in our thoughts, that is completely true because everything is thought. Mediums (those who are not frauds) have figured out how to do this.

Equality is still an issue in many religions such as the caste system or the situation of women or LGBTQ in most cultures. This is still a problem in many current versions of Christianity, but it is evolving to a more sensible and just state (the Episcopal Church is a fine example). Any religion can "get the job done" if you are wanting a way of life and a way to have an afterlife. All religions have a right to exist, should be respected and are not necessarily "wrong". None of these religions are 100% factual. They all have flawed holy books.

The basic elements of Christianity are true: God is a three, God created the Universe, humans fell from the state of innocence when they became self-aware, this caused misery and we tried all kinds of difficult ways to cope with it (various religions, rules, etc), those ways were too hard for most, God manifested multiple times, the most famous time was as Jesus Christ and in this form God gave us a very simple formula of simple belief and loving others, everything is light/love so those who love more get more light when they pass (Heavens) and those who do not get less

light or darkness (Hells). We can tap into God and everything using the power of thought (the Holy Spirit, gifts of the spirit, "psychic abilities"), there are angels and demons (spirits of advanced people or of angry, hateful people) and there will be an end of the world someday (our own death). Those who find themselves in "Hell" must simply cry out to Jesus or to someone and ask for forgiveness and they will be brought into "Heaven" (testimony of near death experiences at near-death.com).

Many (but not all) of the historical elements from the Bible are true. There was an ancient Egypt with Pharaohs, a big flood of some kind happened in the ancient Middle East, there was a King David and a King Solomon, Israel was taken into captivity and returned, there was a Jesus who was baptized by John and crucified, there was a Pontius Pilate, there was a Paul and an early church. All mainstream historians agree on this. How much of it is historically accurate does NOT matter.

What matters is that it works and that it is "true". Which, again, could be said of any religion. According to what I have learned from years of study on near death experiences, physics, consciousness studies, etc...what we do and what believe and how we treat others affects what kind of afterlife we have. Love is really the key. Loving creates a high vibration. This creates light for us and others. Not doing so creates the opposite effect. It is that simple. Love and forgive.

We can talk to our loved ones who have passed simply by sitting down, closing our eyes and imagining we are in a room with them with two chairs. You are sitting in one and now imagine them sitting there with all your might. Ask them things. Only accept and believe things that do not ask you to do anything harmful. You can tap into the Universal Mind/Holy Spirit just as good as anyone with practice. It is in all of us and in everything. All personalities that ever lived are there. It is logical if you think about it.

You can even "raise the dead". If someone absolutely did not believe in an afterlife and simply merged into nothingness upon death (rare but possible with some hardcore atheists), you can call them up or raise them up using the technique above. Think of the Witch of Endor or Jesus and Lazarus in the Bible. Jesus said we would be able to do these things...raise the dead, etc. if we have faith. This is how it works.

Life is a challenge and hard sometimes because that is how the Universe works. It is not always "fair". God is not Santa Claus or some cosmic dictator. God is more like the Force in Star Wars of which we are a part. We are co-creators with God. If this life was truly awful, we can choose to reincarnate. Life is work and is meant to be that way. It can also be amazing and wonderful.

God does things and helps people when WE do things and help people. We are the hands of God and we are how things get done.

There is no need to be in conflict with science, LGBTQ or women's rights, abortion or anything else of that nature. Too many religious people of all kinds fight these things and it is unnecessary. Yes, there is a male and female principle, but one does not need to be an actual male or female to live by it. What God is teaching is that there will always be a male type and a female type in any relationship, but it could be two lesbians, two homosexuals, a man and a woman, etc. Marriage is holy because it is an agreement between two people to create together and love together exclusively. It creates a "trinity" which is the image of God/the Universe and is not to be taken lightly.

This could be creating children, art, a business, adopted children, etc. In near death experience research, God does not care about how humans have sex or with who as long as no one is harmed (rape, child molestation, cheating and breaking someone's heart). You do not need to be married to have sex, but it is usually safer if one is at least in a committed monogamous relationship of some kind.

Abortion is never challenged in the NDEs as an issue either (see near-death.com). God causes abortions more than a few times in the Bible. Life begins just as it did with Adam...with the breath of life into a fully developed body (like Adam). This only happens once the baby is born. Until then, one can get an abortion. This was even taught among some conservative Christian groups prior to Roe vs. Wade.

Evolution is obviously true. One only need look at a mudskipper or a hairless chimp (which looks like a human and has almost the same DNA as a human). The Genesis creation account is an allegory for evolution. At the end of it, humans become self-aware and "leave the Garden" and suffer because they are no longer innocent animals. Our self-awareness is a blessing and a curse. To be saved, we must believe and love. Any religion will do.

As far as the Devil is concerned...there is NO Devil, just ignorance. All of the near death experience research I have been able to find tells us that no one seems to ever encounter a negative being of such magnitude as "Satan". There is darkness, but it comes from human

beings, both here and in the hereafter. Blaming things on the Devil or demons is primitive, pointless and not productive. We need to own the bad things we do as a species. These things are only real when we let our imaginations run away and make them real.

Humans are responsible for all the evil in the world. You CAN control it. You are in charge of your mind and no one else. Remember your oneness with God. You have power over the darkness just as Jesus or Buddha did. Rebuke it. If you ever get too troubled, seek out a medical professional, therapist, etc. Trust in modern science and medicine. EVERYTHING is in your MIND, you just don't know how BIG your MIND is (to quote Lon Milo Duquette). Or to quote "The Kybalion": everything is MIND, the Universe is mental. If evil is plaguing your mind, think on good things! YOU are in CONTROL.

CONCLUSION

All paths lead to some method of god-realization. This includes yoga, magick, Kabbalah, etc. They will bring you to the same conclusion...all religions are one, all truth is one. They are all allegories for the one truth. What is that truth?

The truth is that everything is one. This is explained in this book”, but I will take it just a step further. Once you realize that you are God, you still go through a period of fully embracing what all that means. What does it mean?

You are a human and until your human body dies, you will be in that body until it dies even if you figure out you are God. However, you need this human life to truly become a Master (and eventually an Ascended Master). Once you realize you are God while still in the body, you can begin to learn other things that will help you tremendously once your human body dies, such as:

Everything is thought, everything is imagination. Knowing this is FAR more useful than just being able to use the Law of Attraction to get a raise at work. Think about it. If YOU are God then you created everything. You created this world with all its laws, limitations, pain, pleasure, life, death, good, evil, etc. This world...”reality”...is JUST the way you wanted it to be. Therefore, you CANNOT change it except through “real” means. So if you want to get rich, become fit, get the girl, etc. you have to do it the “real” way: you have to work for it! (Also, use the magic taught in this book!)

As God, you created the rules of this world and therefore you will never contradict you. You might get rich and fit. You might get hit by a car. You might live a good and virtuous life and yet end up raped and beaten to death in prison for a crime you did not commit. This world is full of seemingly individual personalities all with their own agendas. That is what you and everyone else is stuck with until you die.

Use EVERYTHING taught in this book. Reject negative thoughts and ideas or you will attract more of that. Positive thoughts and ideas and words will attract more good things and you should do that, but just realize you can't always totally shut out the possibility of some negative things as long as you are in this world. The best you can do is use positive thoughts/law of attraction/magic as taught in this book, work hard and work smart, be smart with your money, be smart with your health, etc. Do logical, reasonable things to better yourself as much as is possible all while being loving and kind and doing as much as you can reasonably do for others.

Push back against the darkness as best you can. That is all part of the test of this life. It is the only way we grow and can be made to wake up.

That is the best you can do. That is how this reality works and it works that way because you set it up that way as God. You have just forgotten which was also part of the plan..that you created! Why? Because that is the only way to remember who you are and to learn. These are the hard truths of life. Not everyone can accept them.

Stop seeing things as unfair or terrible. This world is set up as black and white, night and day. It is dual. THAT is the whole purpose of this world. It is a school to help us learn. It is a HARD school. It can be Heaven and it can be Hell. We are all heroes struggling in this realm. Some choose to be villains and they do not make progress.

A few heroes make tremendous progress. Once you realize you are God and you realize there is truly nothing wrong with this world, you will let go of a massive burden and you win the Prize. That is the goal. You will get busy about the good things and just doing the best you can without judgment of yourself or others. Worry and anxiety will no longer trouble your mind. This is the part of the human destiny, just like it is the destiny of the baby to become an adult. Your destiny is to become a fully realized human...a Master...like Christ or Buddha.

The other step and benefit of realizing ALL of this is what you can do with it in the next world. You can merge with all that is or you can become a Creator. You can become an Ascended Master...a god! You can create your own Heaven and populate it with the souls of anyone you want: your old friends, family, celebrities, historical figures, anyone. Your favorite pets. And they will be real. You WILL be with them. Once you realize that everything is in the Mind of God and that you are God, all of this will be easy for you...as easy as it is for a child to play make believe. Being free of your human body, but having all the truth and wisdom and knowledge that you learned on Earth, you will be able to do ANYTHING. You can create Heavens and Hells or whatever you want. You are the ultimate hero, Savior and Creator all rolled into one.

You can retain your individuality yet you will also be God. It is like when you pretended to be Luke Skywalker when you were a kid playing with action figures. You are the kid and yet as you see fit...you are also Luke Skywalker. You can stop for a bit and be you (the kid, God) and you can come back later and be Luke Skywalker again.

You will retain your personality and lose it all at once. In many ways, you have done that already even in your body. The only difference is, for now, you are limited by the human body you are

in. You can only do what the laws of Nature in this present reality will allow you to do. In the astral/heavenly/mental realms, there are no limits and the veil of separation is lifted. This is what Aleister Crowley is teaching in his AA system. Realizing all these things is the final step in his system, that of Ipsissimus. You go through all the exercises of yoga and magick to come to these conclusions. Along the way, you meet your Holy Guardian Angel/spirit guide or whatever you want to call him/her. You begin to learn from this person. This can go on for years, months, whatever. For me, I astrally traveled as was taught earlier. I met someone named Sanat Kumara.

I did not know that name or who that was at the time. I later found out who that was. Having NOT known that name or who or what he was before encountering him, I knew that he was a real being. I was not just making him up! He is described in detail in various teachings. Usually he appears as a young man sometimes with blonde hair. For me, he appeared as an old bald Indian guru looking much like Gandhi. I don't get caught up in the details and teachings of various religions or paths. I use them as helpful guides and take what works for me. They too are allegories for an underlying truth. So my Sanat Kumara, whose name I did not know beforehand, was very real and appeared this way for me.

Overtime, I began to realize I was him and he was me. We were one. There was one experience where we literally merged and I realized I am the God who created not only me, but also him (Sanat Kumara), Jesus Christ, Buddha, Moses, George Carlin, Jack Black, Hillary Clinton, Samuel L. Jackson, Donald Trump, Morgan Freeman, Lady Gaga, George Lucas, Freddie Mercury, the Virgin Mary, Hitler, Joe Rogan and everything and everyone else. Just like the taijitu (the symbol of Yin and Yang) I was all things, both darkness and light. Both are needed. This is hard for many to accept, but it is true nonetheless. Still, it is best to choose the light.

In my conversations with Sanat Kumara and while meditating the AUM, I was able to see previous lives and future lives. I simply meditated the AUM, went to King Solomon's Temple as described before, sat down in one of the chairs there and asked to see these things. Then I waited for the visions to appear. They did. I saw multiple lives past and present. In each life, I had a different name as do we all. Even though I have put my name on this book...based on what you learned earlier in this book, the actual name of the author of this book is....God. Think about it. Which means YOU wrote this book...TO YOURSELF!

I struggled for years about putting this information in print. I published it under many different titles and pen names. You may see different versions of this floating around the Internet. I did

not want to upset my family, friends or coworkers. That was unhealthy. You have to be your authentic self. I am not breaking any laws or obligations or hurting anyone...I live in a free country. I have religious and spiritual freedom as an American. My grandfather died in World War 2 so I could be free. So here it is! I hope this book has helped you. I have allowed it to be free as an ebook (as I believe that is my calling) and some have added it to their collections and compilations. I encourage this. I just want the information out there. If you see it included in a compilation or paired with other works, that is not an endorsement by me. I just believe this information should be available for free to the public as an ebook. However, I do not allow the sale of it in paperback or hardback form by anyone else other than myself.

So now what? The challenge now is to be practical. To live in the here and now as a human and be the very best human I can be and want to be. To be a builder and a co-creator with God. When I die, I will create Heaven for myself and for others. I will have my old dog back. I will have my old friends and family back. I will right all the wrongs and wipe away every tear. I will create a world where that is possible. I will create Heaven as I was promised as a child, but it will be a lot cooler and more rock n' roll.

Because I want it. Because why not? This is yet another confirmation that Christianity and all religions, while not entirely factual, are very much true. This world is HARD. The next will be far better and we will meet our loved ones again. I know this because I KNOW God loves me and will make it better in the world to come. Because I am God. Until then, I have to work on Monday and so do you. Don't forget to take out the trash and feed the cat. Don't lose your head. In the beginning of this book, I said I was not looking to get you away from your religion in any way shape or form if you have one. I meant that wholeheartedly. I would love for you to see your religion as an allegory for the one Universal Truth that is behind all religions as taught in this book. I would love to see all Christians, Jews, Muslims, Hindus, Buddhists, etc use this book "Universalism" as a guide to understanding their religions and holy books properly so although we may be different in tradition and culture, we are all Universalists at our core and no longer feel the need to fight or impose our ways on each other.

I believe you can truly call yourself a Universalist and a Christian, Jew, Muslim, Hindu, Buddhist, etc simultaneously without contradiction (as explained previously). It is my hope that EVERYONE of all religions would also consider themselves to be Universalists and that this would be the normal approach to religion. "Are you a Christian (Jew, Muslim, etc)? Yes, but I am also a Universalist" would be a conversation that would not be uncommon in my ideal world.

However, many are done with organized religion, but are spiritual but not religious. Sometimes they are called “New Age” or by many other names. I call these people Universalists and their way of life Universalism. Here is some guidance for Universalists. Be proud! Universalism has a symbol which is the Circle necklace (pictured below). You can buy one for a variety of prices or you can make one with a circle pendant and cord or string from a craft store or even a simple washer and some string, cord or chain of any kind. I wear one everyday!

Here are a few tips for these folks: you still need some fellowship even if you do not go to a house of worship. I suggest joining a bowling team, starting a band or just something that involves other people. You could also start a “Circle” in your home that can meet once a week, once a month, once a quarter, 3 times a week...as much or as little as you like. A Circle is a group of Universalists who gather to hang out, discuss “Universalism”, practice it, listen to interesting Youtube videos as a group, have a meal, have drinks, etc. You can also meet to perform inexpensive weddings. You can get ordained online at ulc.net for free or little cost. A Circle can be as informal as a small group meeting in a home, a park or even a bar...or you could even form a Universalist church of your own if you wanted to. Use this little book as your guide and use your head. Never be legalistic or stuck with anything I or anyone else teaches. Be flexible and open minded!

Guard your mind against conspiracy theories. There are many out there that are poisoning the minds of millions. One popular conspiracy theory teaches that if you use fluoride (tap water, toothpaste, etc) your Third Eye will not open. These folks, of course, always have some kind of stupid vitamin or snake oil cure they want to sell you to fix it. I am here to tell you that is absolute bunk. All meditation, prayer and psychic abilities of all kinds are in the realm of thought and if you can think, you can do it. It does not matter what your diet or health level is. One of the greatest magicians of all time, Franz Bardon, smoked, was overweight and drank lots of coffee. I would encourage you to live a healthy lifestyle, but I would be lying to you if I said a certain diet such as vegan, vegetarian, paleo, etc was going to make you more or less enlightened. Everything is energy at the base level. Everything is alive and feels including plants. The main reason I try to encourage people to avoid meat is for environmental and ethical reasons. There is nothing wrong with eating meat. I just have a problem with how poorly many animals are treated and I am very concerned about the health of our planet especially the oceans.

Conspiracy theories are a real menace in our times and are compounded by social media. I use social media and I have gained a lot from it. However, it has a dark side. Like any tool, it can be used for good or evil. The United States of America was almost destroyed recently by a horde of racist savages who attacked the Capitol Building in Washington, D.C. after having their minds poisoned by conspiracy theories spoon fed to them by Donald Trump and a plethora of websites.

Avoid these types of leaders and their ilk such as Alex Jones and others. Mainstream science is a force for good and we need a professional media that reports actual facts and not lies and propaganda as is found on Fox News or the garbage that comes from Alex Jones.

Yes, many of my views are “New Age” and I am proud to be in that camp. However, there are many in the New Age community who have absorbed ridiculous and dangerous ideas that are normally found among alt right, racist, Neo-Nazi type groups. Make no mistake...the New Age movement was born out of the hippie movement. The hippies were anti-racist and very liberal. So is Universalism. We have nothing to do with these backwards and dangerous people.

Having different viewpoints is fine. We need that Yin and Yang tug between conservatives and liberals, Democrats and Republicans. It is healthy. However, the future is Star Trek and the Jedi. George Lucas and Gene Roddenberry had very liberal beliefs and created Star Trek and Star Wars to promote liberal ideals. That is the best future for humanity. That is Universalism.

Again, make no mistake, while I am New Agey, I only am that way as it pertains to spiritual things. When it comes to government, the media, healthcare, science and education, I firmly believe in the mainstream. I believe in professionalism and people who are properly credentialed who believe in civility, dignity, respect, diversity, honor, truth, justice and actual facts. No one is entitled to their own set of alternate facts in these matters. That is a recipe for chaos and ruin.

Another thing I run into among spiritual New Age folks is a tendency toward being so spiritual that they are of no earthly good. The following will be quite a departure for those who have been taught that the ultimate spiritual goal is moksha, nirvana, henosis...to destroy the ego and merge with God. Many people learn this and become useless. They figure that everything is a hologram and nothing more. I am against this mindset and I do not see it as enlightened. I realize I am going against the majority of New Age, esoteric, occult and Eastern thinkers. I realize this is not what Eckhart Tolle teaches. I don't care. I think what I am about to tell you will be far more helpful and liberating. Let me explain.

I remember, that for a brief moment in time, I was an atheist. This lasted for about 5 minutes to an hour. Maybe. It wasn't very long. I remember thinking...wow...a lot of what I was told about religion is just not true. And I can easily see how all other religions must be made up and fake as well. What now?

Some religionists will fearfully claim that without religion, humans would descend into a chaos of rape and murder. I have to say I see this as ridiculous because there has been a whole lot of

rape and murder done in the name of religion over the centuries including right up to the present day. Many atheist countries in Europe have low crime rates and a high standard of living.

I sat there thinking...ok...there is no God. It is all bunk. Now what??? My first thought was not to rape anyone or kill anybody. I thought to myself...to hell with the Universe and all its problems...I am going to look out for my family, my friends and my loved ones. I am going to survive. I am going to stick up for my kids, my people and myself. Power to the humans! If there is no god, no savior...then dammit...I will be the hero of this damn story!

Immediately, I felt a sense of relief. Phew! At least I am not a savage after all! When confronted with the darkness of my impending death, with a lack of meaning, with the nothingness that awaits me after my last breath...I shot off a hearty EFF YOU to the Universe and decided I was going to create purpose and fight for life! If there is no good God out there, then there will at least be one good man here.

Then I thought...wait a minute. Ok, maybe my old friends back at my old church were goofy and believed in some silly things...no question there...BUT I had SEEN miracles there. Real ones. I saw a woman healed from brain cancer. I had visions and dreams that came true. My mom would pray for stuff and it would HAPPEN. So would I!

I am not saying this proved Christianity to me again, but it took away any thoughts of atheism. There IS something out there. Some kind of Force like in Star Wars or who knows, but there is a spiritual side to things. I went on a years long journey that ended up in me writing this book you are now reading.

Lately, I have had some discussions with people about the meaning of life. What is the point? If everything we know is a mental construct in the mind of God then that means nothing is real, right? Some people take great comfort in that, but for many others it can lead to a form of nihilism. They decide that if nothing is real, nothing matters and why not commit suicide or just drink all day. Most of them eventually push the idea out of their minds and get back to life, but some obsess on it. So the religionist fear that atheism can lead to destruction is not without merit for some.

Someone I care about in particular was going down that path and I felt the need to write this. Hopefully, it helps.

So back to me having my atheist moment. When confronted with meaninglessness, I decided the only smart and good thing to do was to CREATE meaning and to defend life as I knew it. I

believe this is how the Universe began. Let me say that again. I BELIEVE THIS IS HOW THE UNIVERSE BEGAN! I shall explain how I think it all happened.

In the beginning, there was no beginning. There was no end. There was a big nothing. Or just one thing. No one really knows. God does not even know. God found itself to be alone. It had no purpose, it had no one to keep it company and it was blind. It was like a child that had been locked in a pitch dark closet and left to die in total silence.

I once worked for a mental health treatment facility and many children who were severely abused would do all sorts of things mentally to survive. They would create split personalities that were just as real as their original personality. As they were being raped, they would completely disassociate and go off to a beautiful “imaginary” land where they had nice friends to play with and who would comfort them.

I believe we can NEVER know what came before our present reality...this Universe we live in... or even the astral or heavenly realms or planes we go to when our bodies die as I taught about earlier, but I do believe this could be how everything began.

God was born from darkness. God didn't want it anymore. It shouted out “LET THERE BE LIGHT”!!! And there was light. There was still darkness, but now there was also light. I think the entirety of existence as we know it from that point forward is God, who is light and dark, pushing away the truth of nothingness or that he/she is the only thing in existence by constantly creating new life. Creation, light, love, purpose...it is all God's continued work of creation to push back at the darkness. Darkness is the unraveling back into chaos...the chaos of remembering that whole thing is made up, that it is one big mental construct in the mind of God.

The origin of love is to want to live for someone or something else. To not be alone. To have a friend, a lover, anyone. To do things for someone else. To save people, to have fun with them.

The origin of evil is to not care about others, to think that you are all that matters, that nothing matters, to smash, to destroy, to go dark, to go into nothingness.

Light is order, purpose, love, creation. Dark is chaos, meaninglessness, hate, selfishness, destruction.

The rest of what I am going to say will be a bit politically incorrect and may offend some, but it is NOT meant to be. I just think I am onto something here and I want to get it down while it is in my head.

In many occult, esoteric and other traditions, the light is male and the dark is female. At first glance, this seems patriarchal. It can certainly be used that way, but it does not need to be. Think of it less as it pertains to what is between your legs and more to do with masculine or feminine or positive and negative electrical currents.

The womb is dark. Then something from outside it penetrates in and life grows. This could be the act of sex between a man and a woman. This could be a person having a thought that then becomes a word in their mouth and something they create with their hands. It goes from the world of darkness into the light of life. This is also how magic/the law of attraction works.

Without darkness, light could not have emerged. So if anything, a male god was born from a female goddess. This does not mean the female is evil or the male is good, but you can begin to see where these ideas came from across cultures and time. The sun is male, the moon is female. Yin and Yang. These are ancient alchemical symbols found across cultures all over the world. They are not misogynistic...unless some unscrupulous men make it so. Which they certainly have.

This definitely was twisted in the Abrahamic religions and women have suffered greatly for it. As I wrote above, if anything, you could make a strong case that the Universe/God/the Force was originally just female, the Goddess. Then God sprang forth from her and thus began creation as we know it. So perhaps "God" was a lonely female that made up the light to not be alone? Or a lonely being such as the Rebis, both male and female, split so as to behold one another. The first lovers and soulmates. The Dyad that begat us all. Much like the Adam and Eve story. God/Goddess gave birth to Adam from which Eve sprang and then all the rest of creation. You see this taught in Kabbalah.

Perhaps we should stop looking at God alone, but instead go back to a more pagan idea of God and Goddess, the Holy Mother and Holy Father of us all. The Divine Couple. The lovers who fled the darkness of chaos to start a family of their own and we are their children. The co-equal queen and king of all creation. I like that. So perhaps...GOD (which is sexless or perhaps female) was first and from her/it came the Goddess and God (female and male) who are our parents. The Trinity.

It also got me to thinking about the idea of moksha or nirvana. Perhaps those goals are a mistake. All religions have ideas that are not the best. Perhaps those are part of that. For example, Christianity and Islam cast people into Hell for being gay or not believing in their doctrines. In a Universe that is constructed on the power of thought and imagination, many people have experienced "hell" when they died...not because they had to, but because their imaginations took

them there. I am not saying hell is not real or unreal. It certainly could serve a purpose more like purgatory for truly awful souls such as Hitler. I am just saying we put ourselves there. Also, we get ourselves out of hell the same way. Many who have had near death experiences and have gone to “hell” scream out for Jesus or grandma or anyone to save them and poof, they are saved. They are taught to mend their ways and return back here.

Many people have also experienced the bliss of samadhi, moksha, nirvana, oneness. A hit of LSD on a sunny afternoon. I think that can be a good thing on a temporary basis to alleviate the stress of life from time to time, but ultimately, is that what God/Goddess really wanted for us permanently? They created everything so we could have reality. Why ditch it all? Perhaps going into moksha permanently is going too far. Maybe moderation is the key. The balance.

I am not saying it is a “bad” choice, but I am not also convinced it is the best choice either. Choosing to let go of your ego/your individual personality is to unwind the light of creation... to choose the darkness of the nothing. It might be kind of rude to mom and dad (goddess and god)! Yes, we and “God” are one. God knows that. I have just explained it to you. You can experience this in meditation and tap into it to do “magic” without “staying there” permanently. You can know that philosophically without going so far as to commit ego death.

To me it seems like being depressed...just laying down, saying “eff it” and just dying. Yes, you are right, nothing is real. This whole thing is made up in God’s mind. The whole story, the struggles, good and evil, it is all MADE UP. Bliss out, do nothing, become nothing. Or perhaps, this option of moksha is something God/Goddess allowed for those souls that just don’t want to deal with the suffering anymore. Like the right to euthanasia. Who knows. For some that might seem ok, but to me, I want to live! I think most people want to live as long as they know there is a purpose and someone loves them.

Well, there is purpose! You get to make it up! Choose your own adventure! And there is ALWAYS someone out there who will be your friend or lover. Just get out there! Be somebody! Get in the game! Live forever with your friends and family! Yes, it is going to suck sometimes. There will be ups and downs, yins and yangs, etc. but it beats the heck out of NOT being! That is my opinion.

I know this probably offends literally (my intention is NOT to offend, but to provide some answers and some peace of mind) everyone: Christians, Jews, Muslims, Hindus, Buddhists, New Agers and pretty much every esoteric and occult tradition. I was taught by them that the ultimate achievement is oneness with God and the Universe...to let go of my ego...moksha...nirvana. To me, if the ultimate goal of these spiritual disciplines is to dissolve myself and merge with

God...then what was the point of existence or creation at all? I ain't buying it! And I don't like it! This moksha gig sounds about as crappy as going to hell for having the wrong religion or being gay. Fooy! No thanks kind sir! I want life. I want my people! Hell, I want my old dog back, dammit! Even though Jesus was real big on the hellfire thing, if I just believed in him, I got to live forever with my family and friends. A bit threatening and a little brutal, but way better in the end as far as I am concerned. Surely, there has got to be a work around. I am 150% American. An optimist. A solutions guy. Time to put on the old thinking cap.

Then I thought...well...there was a point in my life when I was a diehard, Bible believing Christian. Then I was not. Then I was a New Ager. I still put myself firmly in the New Age camp...those are my peeps.., but I reserve the right to keep thinking beyond the dogmas of whatever tradition I find myself in including the New Age. Because if one can be a bit "off" then another surely can as well. A true hippie keeps an open mind in my book! (and this is literally..my book...ha!)

I am not saying I have ALL the answers, but I do think I am on to something. I think this is the path to truly becoming a god (more like an angel perhaps, an immortal for sure) AND to getting as many answers as are truly available. I think beyond that, it is a mystery that Goddess/God does not even know. Or they know...it is all made up...and they are doing their best to ignore that by creating more and more exciting new worlds, people, places and things. The path is NOT to merge with God and essentially lose your identity. Boring! Blah! To me, a more exciting path is to straddle the worlds...not to become the one GOD, but to become a god or a goddess as GOD did. Join the pantheon and explore the endless worlds of the multiverses. Matt Johnson forever baby! This is what I plan on doing. Join me! Lets have some fun!

How does one become a god? Simply by learning ALL the stuff I have taught and then never give up your individuality. The Universe is all about variety, life, stuff going on. Stay in the game! Once you realize how everything began and the reality of existence...yes it is a mental construct in the mind of GOD (and yes technically you ARE God as I taught earlier in the book)... then when your body dies, you can use all that knowledge to literally do whatever you want and function like a god in the astral plane/heavenly realms. These people are called gods, goddesses, avatars, angels, ascended masters, bodhisattvas, etc. You CAN lose yourself and merge with God, but I would offer that you are really missing out on things if you do!

This reality IS real. For us, it is 100% real. As Harry Potter asked Dumbledore..."is this real or just happening in my head?" to which Dumbledore replied..."well of course it is happening in your head, but that does NOT mean it is not real." I paraphrased but you get the point.

So I went from Christian to atheist to a New Ager/Universalist to a god. I also started to realize there is a LOT of truth in the Bible. Yes of course it is a man-made book and it has quite a bit of sexist, homophobic, hateful nonsense in it, but it also has some truth in there. Go back and read the first 3 chapters. God starts from nothing. Everything is formless and dark. Then stuff starts happening. Like the Big Bang. Let there be light. God also seems to not be alone even before all this. There is an “us” going on there. Perhaps this is the Trinity or a company of angels or gods. Who knows. Then everything is made in stages much like evolution. Then humans arise. First their bodies and then a soul is put into their bodies (which would mess up the arguments of the pro-life crowd...if life begins at the first breath like Adam and not conception of the body). THEN there is a Tree of Life and a Tree of the Knowledge of Good and Evil.

I think to eat from the Tree of Life (which is the teaching of Kabbalah) is to realize that everything is a mental construct. Everything is happening in God’s mind. The Bible does not hide this. God is omnipresent, omniscient and omnipotent in the Bible. God is everywhere, knows everything and is all powerful all the time and all at once. That is what the Bible teaches and that is literally the same thing as saying that everything is one and everything is a mental construct. Everything IS made up. It is called The Creation. God created the world...the Universe...everything. It IS made up, but we (who grew up Christian, Jew, Muslim) never had a problem with it when we were going to church, Sunday School, synagogue, mosque, etc. We just believed it. So why should it trouble us now? Chill out and enjoy the creation!

To eat from the Tree of Life is to know all this and to use it. The same thing is true of the Tree of the Knowledge of Good and Evil. You know the whole thing is a mental construct and there is no separation between you and God. Good and Evil are needed for creation to exist. They are needed for reality to exist. God created good and evil. God created duality. For a kid who has been harmed in some way or even an adult, this freaks us out!

What do you mean God created evil? What the hell? (The God of the Bible says so in Isaiah 45:7) So God is evil? Well, dear one, God is EVERYTHING and you are part of God and you are God. These are the deep teachings that can wreck your mind if you focus on them for too long. Take a little glance and then back off and get back to life.

You can be warmed by the fire or you can jump into the fire, be burned up into ash and the fire will still remain. Your choice. I choose to stay just close enough to the fire to be warm and to be able to see what I am doing, but no closer.

Now that we know the truth of it all, we can choose to build the best possible world we want based on the rules of the game. Humans do not have to fight each other to fight the dark side. We

can band together as one species and fight the darkness of disease, poverty, hunger, ignorance, pollution, tyranny, racism, sexism, homophobia and the like. We can push against the boundaries of our planet and make spaceships to explore the galaxy. We can make colonies elsewhere to preserve our species and also clean up and protect this planet. We can't do away with the darkness. It is needed for reality to exist. However, we can do a better job of things and not have the darkness be each other.

This may have helped or it may have made things worse. I like to think it was helpful! I KNOW many will disagree with me or think I am being overly simplistic, but at the end of the day, I have chosen my path. I am all about the human race and what is best for us! So what if our whole species is some made up thing like the race of hobbits in "The Lord of the Rings" or Wookiees in Star Wars. We exist here and we are real here. As a psychic medium, I also know for a fact our souls go on to another place where they can stay in a heavenly kingdom of sorts or reincarnate here. Are we all just living in the thoughts of some giant thing, God, Universal Mind? Yes of course we are, but where we live...on Earth and in Heaven...we humans are 100% real. So, as a human who loves his people and loves life, I am writing my thoughts down as a way for us to survive in this life and in the afterlife. The religions of the world all contain these truths. I am just trying to trim off the fat and make it as understandable and palatable as possible for the modern, educated human. I call my approach "Universalism". I am a Universalist! Share this book with others and spread the word!

In this world, we survive physically. We need food, shelter, etc. In the heavenly realm, we survive by loving each other and remembering who we were here. Love cannot exist in a solitary fashion. It requires at least two. Love and a purpose keep humans going whether on Earth or in Heaven. So hang onto that and keep on existing! Be loving and kind and find a purpose for yourself. Everything else will fall into place. Don't overthink it! That is all you really need to know at the end of all of this. You don't have to meditate or pursue psychic abilities. Just love others, create a purpose for yourself that makes you happy and have this book handy for answers to life's spiritual questions. For all else, consult the experts (doctors, scientists, journalists, teachers, nurses, dentists, therapists, etc)!

I would also like to add one more thing to your toolbox as a Universalist. It is called The Prayer. It has been proven that many minds thinking the same thing and saying the same thing at the same time make things happen. Anyone with experience in large scale prayer knows this to be true.

We all know that everything begins as a thought. This can be good or evil. It can be a sandwich, a car, a building, a kiss, a murder, a skyscraper, a vote, a mean word, a punch, a compliment

...anything. It begins as a thought. That thought becomes something we say. Then finally it becomes something we do with our hands.

When we say something, it becomes an image and a thought in the head of someone else. That thought/image we planted can then take root and get them doing something they otherwise might not have ever done. They may fight the thought or image off if they have a strong opinion of their own. Or they may let the thought become reality by repeating it and doing it. This can explode exponentially as they repeat it to others. If the thing said is repeated often, it can wear down someone with a differing opinion over time until they agree with the thought and the thought becomes their own.

This is how advertising works. This is how propaganda works. This is how selling works. This can be used for good or evil. It can be used to teach a child or it can be used to sway the masses to do the will of a leader. Hopefully, the parent or the leader wants good things, but such is not always the case. All of this is a type of magic that can be used for good or evil.

In the Bible, we read the Lord's Prayer given by Jesus. He sets a template for prayer. We repeated the Lord's Prayer every Sunday throughout my entire childhood. It teaches you to forgive, to be thankful and to revere God. All good things. I came up with the following prayer for our times. Please take time to pray this prayer whenever you can. It fits with any religion or belief. It could have power even if said by someone with no beliefs. You could do it in the morning, at midday and before bed if possible. Imagine if the whole world would pray a prayer like this. Imagine it beginning as a thought, then spoken and then becoming something we do. Imagine a better world. Please share this prayer with everyone you know. Perhaps consider printing it, framing it and putting it on the wall in your home. Commit it to memory if you can.

Dear God,

Thank you for keeping all of the human race safe, free, properly fed, properly clothed, properly educated and properly housed. Thank you that all humans have proper healthcare.

Thank you that all of our air and water is clean. Thank you for saving the oceans, the lakes, the rivers, all waters, the lands, the sky and the animals of every kind.

Thank you for ending war forever and for saving our planet from pollution and climate change problems. Thank you for saving the Earth from objects and dangers from outer space. Thank you that all humans have great knowledge and wisdom. Thank you for democracy and science.

Thank you that all humans are living in peace and friendship regardless of each other's differences. Thank you that all humans are respecting each other's differences. Thank you for the absence of crime and the safety of all people, especially the children and the defenseless. Thank you that all humans truly and finally have the freedoms that are theirs from birth.

Thank you for all these things God.

Amen.

This is as far as it goes my friend. For some of you, this will really hit home and be very helpful. For others, it will seem like a bunch of nonsense. No worries. You will understand someday. You have all the time in the Universe to figure it out. In the meantime, go back and re-read this book as many times as you need to! Peace!

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