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DISCOVERING THE HOLY GRAIL
IN CONSCIOUSNESS

A MIND REVOLUTION

How to BE Self-Realized In Oneness Reality &
Abide In The Highest Love, Perfect Peace &
Fulfilment Of Being...

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For those 'ready' to hear. Truth cannot be copyrighted, please share this widely.

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To my One Love whose INFINITE patience, support & stamina flow through my husband & son, keeping me focused on extending Love. I of myself am nothing, yet in Oneness I Am Everything! To have realized Truth is breath taking. Gratitude hardly seems adequate. Where words fail me, humility holds me. Forever empty to be filled by the Glory of Grace...

THE GRACE OF GOD

I am like a seed

*Planted in the soil of Omniscience Nourished by your Omnipresence
Flourishing in the light of Omnipotence Blooming in Eternal Perfection
Bearing fruit from Thy Limitless Divine Supply Sustained
by the Grace of God*

I Am

The Beholder of the Infinite Invisible

The Stream of Mystical Musings by Sal

“This overcoming of all the usual barriers between the individual and the Absolute is the great mystic achievement. In mystic states we both become one with the Absolute and we become aware of our oneness. This is the everlasting and triumphant mystical tradition, hardly altered by differences of clime or creed.”

William James

Why This & Why Now

How to read this book & establish 'definitive' knowing of Truth like you've never had before; I Am.

If you could definitively treat the cause of all perceived problems in life so that they never returned rather than wasting time dealing with the endless symptoms they seem to produce (the need to improve/fix/change any and all realms of life), leading you directly to the greatest Treasure, Joy, prize and purpose of Life, would you?

If you answered yes to this, you're in the right place and you're in for a delightful shock!

The solution lies not in the human scene where you've been looking. I was once right where you are, constantly striving for more and better in the world. I actually thought I was right on track with a plan for my entire life and beyond mapped out with precision and masterful application of the laws of attraction to make it so, I had it made! I was ticking off my goals at light speed. Turns out I was not only deluded, but missing the key. Despite uncommon achievement and material 'success', an enviable life from the outside, I never quite hit that elusive note of Fulfilment that was meant to last, like I'd imagined, and actually found myself dissatisfied with the best the world has to offer.

I'm here to illuminate a new way to live. A Life anchored in the Highest Consciousness. The world as you know it is not what you're here for. If you're up for the Greatest adventure of your Life, leading

directly to the discovery of the Holy Grail in Consciousness, you're in the right place. This isn't for everyone, you've got to be called to the pinnacle of Life, which requires embracing a new way. This means putting down the game plan you've habituated to allow the Infinite Wisdom at the core of Being to make the necessary course corrections and chart a path within headed directly for the destined gps of 'Heaven'.

There's an elephant in the room, one that is merely assumed and not True. This elephant is responsible for all experience whether it is perceived as good or bad. This elephant prevents the knowing of Authentic Peace, Happiness, Joy, Fulfilment and the Highest Love of Oneness. This elephant leads every human to live a lie and when removed allows True Liberation to be realized. This elephant does not stand up under questioning, in fact it dissolves and disappears. Paving the way for a Life of Bliss quite organically. THIS is the direct path to Fulfilment and everyone deserves to know about it.

This is not a self-help book where we'll sit together and chat about your troubles and I give you a new and fancy solution that validates the reality you see and helps you feel temporarily better. Instead, I'll be showing you how to look differently and see that your problems never existed and something else has been going on all this time that is more glorious than words can describe and which erases all perceived limitation. Ultimately you lose nothing and in the process you realize your Infinite Perfect Wise Self. What gets replaced is far better and richer than whatever is perceived to be lost; there truly is nothing to lose. There is nothing to sacrifice; there is just a *belief* in loss that you've never questioned. Freedom is your natural Essence, a word that describes having nothing to lose and you my friend are already free. You are Infinity (not just Infinite) and you've just forgotten, ready to let that True Light shine again?

Here's the deal! NOTHING needs to change in order for you to BE the happiest, most Peace filled, liberated and abundant Being that has ever been. We've had the whole game plan entirely wrong and when you play the right way, joy is inevitable! There's a new way of living on offer that no-one has illuminated for you because so few even know, especially the people most are looking to for answers. If the way you're walking requires a doing activity in the world, it's off track, if Supreme Fulfilment is calling. To know Supreme Fulfilment requires a willingness to see entirely (not just a little) differently. Consider this a journey of un-learning where you become like Teflon and let all ideas slide right on by and see what remains. To know the Highest Love means putting down the familiar meatsuit and mind you call you, and opening to the Infinite Truth of What You Really Are.

I am not here to suggest you do anything differently, that I have a new fandangle fancy way to fix the world. Nor to suggest that there is a right or a wrong way in the world. I'm certainly not here to reinforce the pervasive myth that you should be financially wealthy, that somehow having lots of money and stuff means anything at all. The meaning we've subjectively given any and everything is part of the problem.

This is not even a new paradigm, this is beyond all paradigms. There's another way to live that doesn't require beating your head against a brick wall of a limited contextual framework for living, perpetually stuck in the prison of personal perception where the human disease of 'doing' drives the day. What if there's nothing to fix, and we've just been seeing things the wrong way? This is an entirely new conversation going beyond the level of the problem as Einstein suggested we do in order to 'see' with clarity and discover what's really going on and what's really possible.

We're going to go beyond the confines of the mind-body complex, beyond the realm of needing to intellectually know anything which serves only to reinforce limitation. Being the best you can be and

playing the biggest you can doesn't require a paradigm shift, it requires Transcending the confines of all paradigms entirely. Beyond the prison of personal perception and the lesser realm of person-hood into the Reality of Love's Infinite Oneness. The realm of Genius doesn't live in the known personal zone! Genius requires an emptiness which perception denies and in fact repels.

I want to save you lifetimes of perceived 'time' in getting to the deepest Cause and context of all experience so you are back in Absolute alignment with your core Essence and living in Perfect Peace and Fulfilment. This is your natural inheritance as One with the Source of Life.

If you're wondering why there's capital letters in the middle of sentences, there's a good reason. Firstly, this is to denote Truth, more on that throughout this book. Secondly, this is extremely disruptive to the conditioned mind and will begin to dissolve the invisible boundaries of lesser self-imposed perspective we don't initially see through. You'll come to see very clearly in this book just how bound we are by collective social conventions (ideas about what is right and what is wrong which serve as a prison) and breaking free of those invisible bonds leads directly to freedom beyond any notion of bondage.

So be prepared to have your entire contextual field rearranged and Divinely expanded. Get ready for a Mind Revolution. What you think you know has served as a prison to your Greatness rather than a conduit. A mind that is full is a hindrance to Supreme Happiness which is naturally flowing FOR you ceaselessly in Fulfilment, whilst the perceived thinker just goes right on thinking and remains in the dark. The thinking function is profoundly and dangerously creative, it's really a matter of whose in charge of this creative mechanism. Not all roads lead to "Heaven", there is but One door if the pinnacle of Life is ignited within.

I'm not here to teach you anything, not one more bit of information will lead you closer to the peak of Fulfilment. A mind even more full than it is already is a step deeper into the darkness/ desert, further away from the answers you seek. This book is about discovery as opposed to learning. In fact it is the greatest discovery you could ever make, right where you currently are.

Please only continue reading if you're ready for your contextual paradigm to be shattered and the Infinite and Limitless Truth of you to be revealed. Willingness and readiness are all that's required to unleash the Infinite Invisible, your hand will be held the entire way by the Teacher within your very own Being. The sleeping giant that is the Self is up for the task, it just needs to 'ok let's dance' invitation that only you can give. You are not what you have believed yourself to be and to know Supreme Fulfilment requires the shackles of context to be removed.

Life is only limited because of knowledge, a fundamental lack of context. It's truly that simple, ignorance is the only problem and ignorance can be remedied. Something within me was not going to remain contained by nothing more than limited and faulty understanding and I'm here to serve those of you who want the Truth too.

Because there isn't a problem in the world, no fixing of anyone or anything required. We've been duped by a paradigm of 'belief ' that is Transcended (aka resolved definitively) by going directly to the only True Cause. The plane of causality where the only power for change lies in Consciousness. IMAGINE life lived with NO-thing to fix. You might already be able to see why Perfect Peace is not only a possibility but a given with the Mind Revolution!

It All Began...

It's been my lifelong obsession to follow the trail of the following question (as all of my clients know all too well):

“What’s behind that?”

ALL the way to the end without any stops and detours along the way, all the way to REAL success in Absolute unconditional Fulfilment, the home and birth place of permanency in Peace. Beyond the trap of perception without any doubt, abiding in the *“Peace that passeth understanding”*. This is not only a destination that is available, it’s the very Purpose of Life as my not so accidental Awakening revealed.

Little did I realize that this question which has fuelled most of my life was the seed of Awakening to something greater than I ever imagined was on offer in the human world. A prize so wondrous it eclipses, in fact is incomparable to, the most lavish of material riches. I came ‘home’ to the arms of the Absolute, the Infinite Omnipotence, Omniscience and Omnipresence of Love.

The BEST Life possible, one of Supreme Fulfilment, is one that is grounded in the most expansive knowledge, contextual field, which has nothing to do with intellect, otherwise I’d have been screwed. True knowing is revealed within as fundamental to existence, not intellectually understood. Experience leads to understanding, not the other way around. This stands in opposition to human conditioning where the thinking mind is highly valued, ultimately to its detriment and demise.

What I was relentlessly seeking as it turns out, is what I already Am. The answer to my quest for Fulfilment was realized within, right where “I Am”, unwinding to the core in Pure Conscious-ness of Being. Life is not a task to be done. There is absolutely nothing to acquire except the realization that Life is already Fulfilled which is less of an acquisition and more of a discovery. The job of Creation has already been done and it is breath-takingly good. Human vision is the only realm correction is needed. I often say, the journey of Fulfilment is one of emptying to be filled. Paradoxically, Liberation is found in the absence of personal

perspective. I'd been looking in the wrong direction at the material world of things, people and places this whole time, where True Fulfilment is an impossible ask.

Life is experienced as a direct reflection of knowledge. Many have realized, as did I, that one's depth and breadth of knowledge is the pool of experience. BUT, most don't realize that intellectual knowledge as a product of information consumption is not the key, in fact it's an obstacle. Knowledge holds the key indeed, but it has nothing to do with informational prowess, quite the opposite. What I didn't 'know' became the motivation for inquiry. It's really quite logical. If I already knew how to be Fulfilled, I'd have the answer. The answer lies in what I don't know! Having realized the inherently Perfect Self, I've made it my business, literally, to work with clients who have backed themselves into an intellectual, high achieving over-education corner to be liberated and my hope is that it will shine the light on the way for you too.

My journey to conquer the world personally and produce world class outcomes for my clients led me directly to realize the Fulfilment of the One Self (rather than the empty desires of the personal self), the very Essence of Limitless Being. I went down the rabbit hole of Truth within. I didn't even realize it was a legitimate 'thing' to question reality, let alone the ONLY 'thing' worthy of attention for earnest seekers of authentic Happiness.

I've come to see that the reason why there are so few Awakened Beings in authentic Peace, Fulfilment and Happiness is because few realize it's even an option. Let alone the only real choice to be made. Most people are under the 'get-more-fix-things' spell of personal striving, believing themselves to be the creator of their destiny, or at least trying to be. If you didn't know you can have the fullest measure of the 'best' Life without another moment of human style hustle, controlling the variables of the

manifest world, then I stand here with and for you. It's your time to wake up from the dream of the separate world.

TRUE Love is real! Unconditional and sublime with no conditions or requirements and not another 'body' needed to know it. There is nothing to be done in Life other than realize this Truth. This is the 'win' I didn't even know I'd been seeking and that being sought by everyone actually. Life can only be lived to its fullest in Oneness, all else is a diminishment of Love's intrinsic Wholeness and Completeness. The call to action is simply to stay focused on the right level, where Truth 'is' within and all will fall into place in Supreme Fulfilment.

This book is a dedication to all rational, logical, intelligent, successful high achievers who want the peak, Supreme Life experience, because it isn't where you're looking, not on the other end of any doing in the world. Self-realization and Awakening to Spiritual Truth is the most logical of roads to travel. I want to save the torture of unnecessary searching, seeking, striving, time/money wasting and mindless doing with a straight talking, faff free (woo-woo free) existential discourse that is simply suggesting you become the scientist of your own experience. To notice the facts that have been unknowingly overlooked and unintentionally ignored right where you are right now, which naturally reveal "Heaven".

My obsession took me on a quest for understanding that which is not immediately obvious through the practiced senses, undertaking extensive education and scientific research which culminated in my Phd studies in Theocentric Psychology, a fancy way of saying exploring Consciousness. What I found is that the source of the power we all seek, a power we all have access to and most never find, is available and unused in the Eternal present moment within our very own Being. The power of that which is at the core of each one of us and the realization and fullest experience of that power (Wholeness) is the answer. We share a common

origin, Oneness in Life; in Love. Nothing and no-one is needed for the experience of Wholeness. This is the revelation of the Holy Grail as One's very own unconditioned Self. Awakening to the Oneness and All-ness of Life (Life is a synonym for God or the Source of Creation it Self) is the answer, well and truly beyond the perceived self, in Self-Transcendence.

I was walking flat out in the wrong direction to the peak of Fulfilment and this book is a product of the errors I've made and the way these were definitively overcome to save you time. Every action I ever took in the world was built on the premise that something wasn't right and needed me to make it better. No area of life was off limits from this perspective. The erroneous assumption that everything and everyone can be improved was my silent insidious companion leading me on a goose chase of seek and do not (ever) find. Changing the world changes nothing, the world is a projection of the mind and thus the false notions of persistent incompleteness are just a component of Consciousness. Healing from perception and Awakening to Infinite Wisdom changes everything. There is no cross-over in Self-Realization, there is no personal perception and Higher Wisdom, only one is real; oh what a conversation we're about to have together.

This book is for those who have reached the limits of success, not suffering in the usual sense other than the frustration of limited *authentic* Fulfilment, a deep lingering doubt that can't be silenced, a drive to serve the world, the Wisdom to see the futility of acquiring more as the answer and a recognition that the right 'way' is not clear, you've exhausted the known zone. You're ready to question the nature of reality. To walk the bold path few ever traverse and take the final step from self-actualization to Self-Transcendence and the Realization of True Reality, a view that is unobstructed by perception; the view of and in 'Heaven'. Enabling you to be of true service and lead the way brightly for a world which craves Peace and authentic Happiness and isn't finding it. A journey that

is the unfolding of the Limitless Self in Oneness and the abundance truly sought, beyond the best of human achievement. Here's how you can skip the queue of endless errors and arrive at the deepest core of Infinite Fulfilment right where you are.

There's Truth hiding in plain sight that's being missed by the vast majority and armed with some facts concerning the mechanics of Universe, living the life of your deepest yearning can actually come to pass and much more quickly than has ever been the case in history. Let's have a quick tour of some core assumptions that seem to oppose Awakening, keeping the knowledge base severely hamstrung in Consciousness. We'll launch beyond these ideas further on so let's bring into the light of inquiry so you can have the experience that illuminates and proves the way to True Fulfilment. Experiential knowing trumps informational debate hands down:

1. The theory of evolution has been dismissed by science, in fact Darwin himself realized its limitation on the first page of his book (The Origin of the Species) that has misled humans for generations and is still clung to despite its impossibility; we've got to move beyond it. Evolution does not explain Life, you are not the result of arbitrary random meaningless events, NOT even close. In fact this idea of evolution is linked to nihilism, driving stress, depression and despair deeper...

2. Science does not have the answer – Sir Roger Penrose said: *“My position [on consciousness] demands a major revolution in physics... I've come to believe that there is something very fundamental missing from current science... Our understanding at this time is not adequate and we're going to have to move to new regions of science.”* Science is an ever evolving road that is inexact and always will be because it is stuck focused largely at the level of phenomena, ie the problem of manifested form appearances rather than the origin of form which provides a complete context for understanding. Science is more of a 'this is the best we've got at the time'

kind of thing, which requires a high level of inspiration in the first place. We'll explore a great deal of science that is getting very close to the mark indeed in this book.

3. We aren't the fleshy meatsuits our senses suggest we are, as far as Scientists are concerned, we're comprised 99.9% of an unquantifiable substance that most call energy and many call Spirit. Your 'earthly' origin and appearance cannot be explained by procreation and birth. The foundation of Life is real but unseen by the limited human paradigm of senses which we mistakenly believe to be our self and take very personally to the exclusion of Truth; our inherent Limitless and Eternal nature of Peace and Fulfilment...

4. There is no objective reality and the very talk of there being so is 'theory' according to both science and the Wisdom of Enlightened Masters who live entirely Bliss- Full lives. It's time to stop looping in a lie, your Supreme Happiness is at stake...

5. There's NO person – the greatest myth we've fallen for is that there is a separate self, a world of opposites, a me and a you, and it is only in dissolving this erroneous idea that True Peace is finally and definitively allowed...

6. Time, space and perception are a trick of the mind and mind is the birthplace of experience defined by perception/context; ie Consciousness is the cause of experience – Life really is from the inside out...

7. Attention is your Divine currency, your free will so to speak. Where attention is aimed through the human senses is the cause of a pre-existing decision which translates into and defines experience. You are the decision maker in the single occupancy apartment that is you and you hold the key of 'attention'; attention equals experience and you are born for more than the conditioned mind allows you to 'see' with predetermined attention...

8. Problems, challenges and upsets aren't a Reality of Truth, they're a product of perception (defined and finite attention) which can help us to heal from projection when used appropriately; quite literally there are no problems in Truth, just the ones we personally make-believe as quantum and neuro-sciences have revealed...

9. There's a unifying force that is central to Life which science, along with spiritual Wisdom, calls God (non-denominational); an undeniable interconnectedness of benevolence with which you are indivisible, essential and inevitable; the Essence of your Beingness is Greatness and Magnitude (not a puny human after all)...

10. There are laws at play as quantum science has revealed which point directly to our full power, specifically the Law of Cause and Effect (widely misunderstood in personal growth), and it is the ultimate antidote to the inescapable powerlessness that pervades all human experience...

The key takeaway in raising these points? There's something else, MORE, going on and not 'thinking' deeply enough in the right way about the mechanics of Life is ripping us off. Eastern philosophy has referred to the human condition as maya (the illusion), a state of ignorance, or ignore-ance. The REAL Reality isn't somewhere else, it's right under our nose and we've been ignoring it in favour of passing phenomena which is downstream of the treasure we seek.

There is an otherworldly Intelligence and power that lies within you as your Essential (real) Self. Your highest possible knowing and experience of Life requires it to be realized and unleashed. This book is a dedication to those who don't want to be ripped off from Love and all that is possible a moment longer. In fact, Self-Realization (True Self Awakening) turns out not to be optional, it's the very purpose of Life itself. Very much like a game, we're here to reach the next level which

happens to be the natural home of Supreme Fulfilment and within your own Being right where you are this moment and always.

I stand with you now, if you're ready to be at Peace in Fulfilled Being, this is your call to right action, your answered prayer from the Universe pointing you precisely in the direction of the treasure you seek. The Holy Grail that drives humans to despair in search of it, is right where you are. I'm nothing special, just your run of the mill garden variety dreamer, if I can do it, you can do it! Truth is there's nothing actually to 'do', you've never been anything other than One with Infinity, you've just been dreaming.

You've got a choice you didn't realize you had, one that will transform your Life. You can either play the game humanly, which Einstein (and all other enlightened masters) warned us not to do quite plainly by giving us the cheat note of physics, don't try to solve the problem at the level of the problem; ie 'human' thinking. Or, you can play Divinely, by a set of rules that has been hidden within and overlooked, the home of all desire satisfied and all questions answered.

We've been conditioned to *do* as humans somewhat like doing machines, under the false belief that we're not complete, that what we really want is somehow lacking, that epic hustle to get something (anything) will produce the rewards we're chasing. We endeavour to improve and grow having fallen for the mad idea that slips into Consciousness without question that we require tweaking, which never seems to end. And if it's not us that requires fixing there's something or someone in our field of vision that sure does. It's as if we're under some kind of spell that there is something required to 'complete me', save the world, or that a problem even exists.

This couldn't be more wrong and it's the high achievers and intellectually savvy that are silently suffering most, unable to see the inherent Perfection of Life. Humans can't make Peace let alone

Perfection, having learned from history that no-one learns from history. Those who are continually consuming to 'be' more, filling themselves with the latest and greatest information and strategies for the best living, to beat the race against time and aging, pushing the boundaries of self-actualization and in the end abundantly clear that, despite all the effort, the hole of Fulfilment is still not satisfied. Worse, we assume our children need to be improved and pushed into high-achieving, to apparently fix what we can't. The answer lies in the revelation of that which is changeless in experience and seemingly just out of view, not in chasing the temporal offerings of the material world (ie, anything you are aware of in the world of form).

“The belief that limitation exists at all, that you are less than inherently fulfilled and complete, is the idea to be undone. –” Dr Sally Gray

You my friend, are the home of Greatness and Magnitude, designed and destined for expansive Happiness and a level of Fulfilment that is unknown in the human doing world. What I discovered, in pivoting on all that I'd learned, all of the high voltage personal growth, going beyond the peak of self-actualization and law of attraction, is Self-Transcendence into Oneness: the knowing of Completeness, already having it all.

Life quite simply conspires invulnerably and impersonally to match Consciousness. The Conscious Awareness of Reality (Fulfilled Being) translates into Fulfilled experience that doesn't waver.

I often say I accidentally discovered my-Self. My Prayer for the peak of Fulfilment was resoundingly answered in NO thing of the world despite having so much material success. Rather, the best thing in the Universe is innate in and as Being without all the self-concepts and labels I'd fought

to acquire. Fulfilment was revealed when I put it all down and let Life be just as It Is.

The ultimate hurdle for unsurpassed and authentic permanent Happiness is to un-do all that you've believed yourself to be to unleash more than you could ever have imagined, even on your best vision boarding day. In your most ordinary Being-ness without any labels or conditions you enter into the nature of Oneness with Life (God). Who knew that becoming no-body would lead to everything which leads my clients to Euphoric celebration each and every day! Having spent my every effort trying to be a somebody special, the paradox of emptying to be filled was realized.

You were born for Perfect Peace and Fulfilment and this is what you'll find in this book. This, as you may know, is the Supreme point of manifestation; you simply experience the effect of what you are at the core of identity. In emptying of the self, I realised the Fulfilment of Limitless Infinity and Eternality; which is always where it is in the "I" of Being, right where "I Am".

We're going to question the reality of any and all problems, perception and context to see beyond the flimsy human paradigm and discover Reality, 'Heaven', few even realize exists here and now and is in fact the only Reality, all else is illusory.

This book is called "*A Mind Revolution*" for a reason. For radical results, your reference point of "I" cannot possibly stay the same. It's NOT a revolution in 'doing' we're talking about here, this is not a strategy for better results by manipulating circumstances, behaviour or others, that's the dream-state mentality. The best results we could possibly hope for are already our nature, our very inheritance and present here and now. We're unknowingly blocking them which cannot be remedied by harder doing as Einstein repeatedly said. This is the final step, the last, ultimate dance that is Awakening to Truth. The demise of

the hustle mentality is nigh because it has produced nothing but elevated ongoing suffering and searching. Consider at what cost is the human (false-self ego) mentality prepared to 'get' what is wanted of a dream world?

What is needed in order for Life to be lived in permanency of that which is truly desired for everyone seemingly in the world is a revolution at the deepest level of mind, at the level of Cause. This revolution goes further than the peak of self-improvement, beyond all notions of person-hood, right to the core of Life itself.

The answers that I've found, applied with devotion in my own Life and taught to my clients, resolve the deepest questions of existence, removing all challenges and make clear the way for the Life we're born to live. To have a way of navigating beyond all problems and into the realm of expansive Peace and the treasure that Peace then allows is THE prize which is in fact within everyone's reach.

This book is not about doing the same things you've been doing just in a slightly different way, this is a revolution, an inner revolution because you are the central player. You're the only one at home in you. We're here at the beginning of this book already recognizing that what you want is not where you've been looking, if it were you'd have it. I want to illuminate with clarity the way beyond the ego oriented world to the real and only home of Fulfilment. To redefine what's truly possible that makes the best of human achievement look positively second rate. The answer you seek is in letting go of everything you 'think' you know, to allow the Truth of Grace to organically be revealed.

This book exists because I'm called to serve the restoration of True Identity, Oneness, to alleviate the appearance of unnecessary suffering which is only a product of misperception and not Reality. I'm here to guide those who want to avoid further delay of Supreme Happiness, those who have caught glimpses of the insanity of the human road and

are circling the edge of Truth. To ignite a movement of realization that points directly within for all the answers and guidance. I wanted the fastest most direct path to the grand prize of Life and this book is for those who want the same and get to benefit from all the wrong turns, incidental revelations, mystical insights and discoveries that have been my Life's work.

You really are all you've been searching for and the sooner you realize this, the sooner you can get on with living with carefree liberated abandon and joy. To simply express from the point of Fulfilment beyond all worry and doubt, in unconditional Peace and Love in true service of those you Love.

My Life has been transformed into a masterpiece that defies human experience and it is my deepest and most humbling honour to see my clients exceed their own Peace and Happiness 'conditions' every single day. This will be you very soon and so we'll take a highly practical, logical journey together in this book to light the exact path to Supreme Fulfilment beyond belief. Quite literally, our work here is to go beyond the human realm of belief (the mind-body complex). Messing around with mindset is the trap of the temporal realm and rife with distractions most never escape.

We'll re-contextualize experience without any leap of faith required and expose the cause of looping limitation in a way most never even hear about or realize is possible beyond the myriad symptom management strategies that fail to deliver. You'll essentially reveal within your very own Being the 'eye' of Perfect Wisdom, Genius and Love. It has always been within you, it's never gone anywhere. It just gets 'conditioned' into obscurity, veiled by perception which we'll simply remove so that your inner Light and Life shines brightly and naturally flourishes without interference from the human fight machine evidenced by the ups and downs of a Consciousness imprisoned.

This is a conversation about that which lies beyond your current paradigm (contextual field of awareness – ie the known or comfort zone). We'll be exploring an entirely NEW paradigm, not the view from next door, and for this reason we'll bridge the gap of understanding with revelations from neuroscience, quantum science, psychology and proven Wisdom. Revelation will provide the stepping stones for you to walk the path of Self-Transcendence.

I can assure you this won't be too complex, I might be a science nerd at heart, but the practical application is significantly more important than theoretical debates and dogma. Believing even the best of yours, or anyone's thinking comes with a caution that cannot be underemphasized, in fact it's deadly in human terms and the world of dying is not your real home. Infinite Wisdom is inherent in Being, surpassing the thinking function. That's where we're going. Adopting the role of scientist of your own 'mind' because the Truth is right where you are, not in some far off destination and certainly NOT in a book. The Truth is in you.

I personally needed a lot of convincing that there existed more than what I could rationally perceive with my practiced human senses. This is not another theory, rather a practical guide to end all seeking and abide in authentic Reality with you at the helm. A call to finally live, not do!

You were born for Self-sufficiency, within you is the greatest teacher and Genius there could ever be that knows how to paint the Perfect 'Life' for you, it's actually already done, better than your own 'thinking' mind has been able to achieve. No-one else has the answers you seek, there is no such thing as a guru, you are your own guru. Just wait until you meet your True Self – you can't help but fall in Love like never before and then give Love like never before (ie without one single condition).

As a high achiever, you've come face to face with the best there is in human growth and already know there are no definitive answers to be

found. There is no-one who can 'fix' you because you aren't broken, not even a little. The belief that anything needs changing is the lie that everyone falls for until the doubt gets so loud, the way 'home' within is illuminated. Finally, the answer to Supreme Fulfilment is the restoration of present moment Awareness of Wholeness beyond the human paradigm.

When I arrived, right where "I Am", my Life transformed and an otherworldly Peace became the foundation of minute-by-minute experience; momentarily if ever dipping below. From that moment on my Life has been touched and guided by the Omniscience and Omnipresence of Grace (Infinite Intelligence and Wisdom) and all the striving, struggle and seeking dissolved. Replaced by expansive and authentic Peace from the Cause and Law of Fulfilment that cannot waver nor fail.

I no longer 'try' to manage the world. I no longer ruminate about how to ensure my relationships flourish, they just do. I no longer experience upset, no doubt, no confusion, no anxiety (which plagued my early decades), no wanting and no fear at all. I no longer worry about those I Love, not even a little bit, the Truth of Eternality and Immortality has been illuminated. I don't spend a minute considering how to make my business more successful, it just happens because I'm One with Life and I'm in the right place at the right time and the right people find me quite organically. Not one minute is wasted thinking about keeping the body healthy (these are fighting words for someone who was once a devout naturopath, nutritionist and functional medicine practitioner), health has nothing to do with the body, which is realized in Transcending the self (no more little me interfering with the Divine and guaranteed plan of ONLY good), so can you.

I now abide in Peace where once anxiety was the hopeless prison. I live with passion, Purpose and True meaning expressing from a Limitless

supply of goodness. I am fulfilled and it has nothing to do with anything external, nothing to do with the person I appear to be. That's the point, the world can do what the world will always do. We've been looking in the wrong place for the peak experience of Life, it was nearer than our breath the entire time, so let's not delay in you experiencing this for you. Because you're here, it's your turn.

For everyone who walks this way, Life transforms from the complex and often chaotic mess it can sometimes appear into a simple and uncomplicated ride with an inner eye that is open to endless ways and opportunities for Love to express it-Self. You will never see the same way again. The goggles of suffering will disappear and a view that is aligned with the very core Essence of Incorruptible Peace will emerge allowing you to realize your True Identity in Oneness and KNOW this for everyone. You can't see suffering in the same way again. You will be in this world, but not of this world with access to a secret treasure chest of Limitlessness.

It was actually that question I mentioned earlier, "what's behind that..." that led me to leave the field of functional medicine behind permanently, to go deeper into the neuroscience and quantum mechanics of the nervous system, energy dynamics and ultimately beyond into Consciousness, to eventually crack the existential conundrum of identity at the deepest Cause. I accidentally discovered the magical door of True Abundance everyone wants and rarely finds. True Spiritual Awakening no fluff, no woo-woo, it's just the inevitability of Life and the prize most deny and delay unknowingly. The answer lies in What I really "Am", not what I believe myself to be.

Having worked with countless high achievers who have nailed the human worldly success game only to find nothing really changes, they're still the same old person still upset about something as always, I can excitedly share with you that wherever you find yourself, as frustrated

as you might be that your better than average hustle skills still haven't hit the jackpot, you're in the right place! You really haven't been doing anything wrong, you were never meant to stay stuck at the kindergarten level of 'human', the Reality of 'Heaven' is just on the other side and you lose nothing to gain every- thing. Self-Transcendence and Realization is the way to the 'destination' you're searching for.

Turns out the perspective of the personal self is the only problem, let's delay no more and escape that prison that's been holding you back from the Universal Supply of Limitless permanent Good that is your rightful inheritance.

If you read this book and decide you'd like help with the implementation of the Self-Transcendence Alchemy framework and to go beyond the basics presented in this book, please know you can reach out to team@onelifetruthlove.com and we'll show you exactly how you can expand in True Peace, Authentic Happiness and Divine Fulfilment (not the human conditional changeable "here one day gone the next" kind) faster with expert guidance.

Saving time avoiding the pitfalls and staying straight on course for Supreme Fulfilment is what we do day in and day out and it is not only our expertise and function but greatest joy to serve.

We're here to help you know your Self in Absolute Liberation and be the Light for those you Love. Here's to your Divine Liberation, your biggest champion, Sal x

PART 1

The Dawn of a New 'Thinking' Day

“...True spirituality is not about passive escape from earthly living but, rather, spirituality is about active arrival here, in full presence...” Andrew Harvey

Reality Check! Seriously...What Is Real?

“The notion that there is any ‘thing’ that can complete us is a symptom of the dream of separation. We only experience the contents of our own mind as determined by belief in identity.” Dr Sally Gray

Let me paint a picture of just what it means to have the keys to the kingdom, because to fully grasp and harness the mechanics of Life IS the way of Soul-full living. A Mind that is restored to optimal operation is, at the very least, problem free. A way of seeing and being is illuminated in Awareness that previously wasn't on the radar, a bit like a super-hero cosmic vision talent reveals itself and the inherent Wisdom of Being simply takes over animating Life in Peace. Just this is prize enough for many, but there's so much more.

You already have everything in Consciousness and this game of Life is simply a game of Conscious Awareness. What you're aware of in any given moment is your contextual field and this is either finite and corrupted through a process of educational learning (conditioned personal perception from all realms of the world) or Infinite and unconditioned in Truth.

The personal-self paradigm of awareness is known as conditioned, meaning it has parameters and labels of identification enforced by beliefs, characterised by ceaseless needing, wanting, lacking, preferences and incompleteness. These are built on the primary false cause of a personal existence. When Awareness is uncorrupted (unconditioned or clear), this is the state of Pure Consciousness where Fulfilment is naturally realized because no-thing (perspective) interferes. Consciousness is the key and the good news is you already 'have it'! You won the lottery and didn't even realize the gift that Consciousness is in it-Self. Everything you think you know is preceded by Primal Consciousness and once stripped of all that is non-Essential, voila, the TREASURE is revealed!

The issue we face is simply one of contextual knowing. At the core of decision making is the field of knowledge. The more expansive it is, the richer experience becomes. Supreme Fulfilment requires a Limitless base and the obstacle veiling Reality is the misperception of identity. We suffer from a nasty case of misidentification, an assumption that leads to the story of mortality, the polar opposite of Truth. When we remove this illusory obstacle from perception, what is Real can be known. Life already Is, As written by the Creator.

This book is the memo from the universe routinely unreceived. You're already Whole, Perfect and Complete, so is Life without any mistakes or anything to fix/change/solve. You've been endowed with all you could ever need and want and the Law that operates this Life, Fulfilment (God), is the guarantee of your Supreme Happiness. The notion that anything needs fixing or changing is based on an assumption you've never questioned and when you do, you will begin to see clearly that Heaven is a present moment Reality without conditions and you're not only invited to join the Bliss party, but you never left! The falsely assumed world of separation, hustle and struggle really is the dream the Masters of Enlightenment have said it is, I want to show you how to see this with

clarity so that you can know your inherent Liberation and finally live in unflappable Peace.

The Mind that has been purified of un-Reality (ignore-ance) knows without doubt it is at Perfect Peace, which is Life alteringly significant as you would realize. Peace is the portal of every peak experience there could be and the requirement for unparalleled Happiness and health. Consciousness is the root Cause (we'll explore these concepts deeply throughout the book because they do require clarification thanks to eons of miseducation and misunderstanding) of all experience, there is nothing that occurs outside of Consciousness. You can prove this to yourself right now, by noticing that *where* you experience anything is within! Despite things appearing to be outside of you, this is nothing but a trick of the mind which you'll soon unravel.

The personal experience is all about the meaning that has been falsely applied where there is none. Everything has the meaning we give it and this is the roller coaster of life we ride. We don't have to mess around changing the world at the level of meaning. We're just going to take the person out of the mix to see clearly by dissolving all erroneous meaning so that all resistance to Fulfilment is Transcended.

You already are the key to your own Liberation because it is found within you. In fact, right here and right now you have the fullest measure of Grace, you're just unknowingly overlooking it and unable to recognize it. Life is inherently fulfilled and the One destiny is knowing the Fulfilment of Being in this moment and always. To question your own assumptions, to see the false as false, is the royal road of Liberation.

When you've learned to pivot and turn back to the core, to illuminate your intrinsic Essence and Being, you will Be in Absolute Fulfilment. As a high achiever you're no stranger to the idea of manifestation. Supreme manifestation is only possible when our state of Being is optimised and this state of Being is achieved firstly through realizing that Peace is already

what “I am”. Your Life will be a magnetic force of good without any further hustle and efforting, just pure passionate living in Fulfilment and on Purpose.

Life is just to be lived without any tweaking required. The urge to tweak and fix and improve is a symptom of the deceived mind; unquestioned assumptions. You really are in the driver seat Beloved, about to clear the dust from your eyes to see the beauty you’ve been seeking is inherently already here. As humans our attention is consumed by the survival seeking problem making sense of a personal self, time to say sayonara to trouble for good!

Where you might look around and see ANY problems with:

- the body
- the partner
- the world
- the past
- the planet
- anything anywhere...
- the children
- the career/business
- the future
- the system
- other people
- the character called ‘me’

These are ALL perceptual errors which will be dissolved, to be replaced with the vision of Reality. When the realm of paradigms no longer hijacks perception, you see only with your heart; Spirit. The conditioned personal mind has always been the frenemy in the house, showing you the propaganda of separation and thus an unsafe world of opposites where you have to fight for your share of the limited supply.

Pure Consciousness is the gift of already Fulfilled Being without conditions. You have Consciousness, you don’t have to be worthy of it, effort for it, strive for it, need to add anything further to it or even take anything away. You don’t have to prove yourself in any way at all. Pure Consciousness is Complete, which means you are Complete. It’s just an idea that something is missing that you’ve taken very personally (and

seriously)), you can put an idea down to realize the Truth of your inherent Perfection now can't you?

As Sages have consistently said, "You are Free now"! For those who struggle to know this without doubt (which is me and everyone I've ever worked with – especially high achievers who are driven by a deep sense of lack as evidenced in the hope of making things better), all that is required is the practice of remembering the Glorious Truth. It already Is Reality in your own Consciousness and to practice remembering allows that spark to be fanned into the flame of Perfect Oneness Realization: this is the greatest prize of Life.

Don't get me wrong, the hardest work you'll ever do is purifying the mind and Awakening from the sleep of personal perception to master deliberately focused attention. We are talking about a 180 degree pivot on all that has been known after all. The Self-Transcendence Alchemy framework I'm here to share makes it easier than it has ever been. Let's also acknowledge that high achievers are rarely concerned with getting their hands dirty. The prize we're talking about here is the riches of the Kingdom of Oneness, Perfect alignment with the Source of Creation and thus, the keys to 'Heaven' and the unstoppable flow of your Divine Inheritance, worth the effort! The Supreme magnetic point of attraction that humans 'wish' for so desperately and can never have in the paradigm of separation (person-hood) will be illuminated and embraced as a way of simply being present without conditions.

When I stopped chasing some illusory future moment that would prove I'd made it, in total exasperation, I slipped deeply into the present moment and caught a glimpse of something profoundly powerful, more real and luminously lovely than anything I'd ever experienced in the world. Something more certain with a hint of familiarity that shook my foundations. A knowing was stirred within me, an inner eye of sorts burst open and I was guided to existentially 'strip' the layers of

conditioned Awareness back to reveal *this* Treasure; the unconditioned Self. *There is no person, only Awareness*. The Wholeness of Being is the ‘thing’ humans seek, never to be made with any action of material doing because it already Is. The way of Bliss is the realization of what Is. We aren’t here to become anything, rather to extend and glorify the Essence of Life in Fulfilled Being; to abide now in Heaven’s Oneness. It is in our no-thing-ness that we enter into the nature of God’s Infinite Being.

The game of becoming someone special is the game of suffering from a life threateningly limited contextual field. This is why it’s always been known in Eastern Spiritual traditions that ‘ignorance’ is the greatest human affliction. Yup! We suffer from a deadly case of “I know”, when in fact we know nothing under the spell of a human meatsuit. Infinity is the Truth, finiteness is an illusory limitation of the separate-self assumption. My greatest leaps into expansive Bliss have been preceded by fierce declarations of “I know nothing” which just kept right on expanding, “how can I know anything”. The greatest paradox there has ever been, empty to be filled, is the path we’re walking my friend and the destination of emptiness is the Highest all-inclusive Love. To know everything we have to let go of knowing anything.

First, some clarification of why it is that we don’t see that which is right under our nose; or within our own mind as is the case here. Let’s debunk some game rules we’re playing by that have no place in Fulfilment. As it turns out, there is one core assumption we never question which keeps us floundering (for lifetimes) in a dream that ends in death. We assume a personal identity, and when I tried to prove the existence of *that* person, I couldn’t. But I COULD prove something more glorious and gorgeous that ensured otherworldly Peace and Happiness became my unwavering experience. So can you. We’re just talking facts my friend, no leap of faith or IQ required. If you want to see with clarity with a high readiness level which ensures Peace, you will!

Einstein told us that it's INSANE to try to do the same thing over and over again and expect a different result, there's NO point trying to solve a problem at the level of the problem. Whilst I'd heard this countless times with my sensory ears, the meaning didn't really penetrate the rigid "I know" better mindset for years and so I just did *doing* harder until I realized what Einstein meant.

Einstein was dropping some seriously helpful truth bombs, pointing to the impossible, or so it seemed, action of going beyond our own thinking! There's the secret right there, going beyond our own thinking, made difficult because society prizes intellect and actually values thinking, as did I. We always get what we value. Humans never leave the level of the problem because we don't realize the mind-body complex is the least of Life and not worth over-valuing. If the person is involved, it's the wrong level and suffering is the inevitable effect. If we want to experience True Transcendence and transformation, we have to go beyond our own thinking, we have to reframe our contextual field of knowledge which goes beyond a brain full of information. Let me explain.

It's actually simpler than you think (pun definitely intended). Thinking itself isn't the problem, it's just what the mind does, a bit like the heart beats (until you realize they're dream phenomena) and this is not the extent of the real you shall we say for now. *Believing* our thinking is the only apparent issue which is why purification is essential; seeing the false as false which we're here to do. Getting beyond our own thinking paradigm holds the promise to the answers we seek. It's not about thinking differently or better, it's about Transcending the habit and function (which is actually unnecessary and counterproductive to Happiness) entirely. Now you're getting the whiff of the Holy Grail that seemed so far away, it isn't!

We can go beyond our own thinking into the realm that is prior to perception, projection, and beliefs; beyond changing mindset, which is the peak of human potential in self-actualization (far far away from what we really want). We can boldly step into the unknown zone where the Limitless Omniscient Mind that has only good to offer has been knocking but we haven't heard it or been answering because we've been tuned to the wrong station of the personal "I already know" thinking.

The station we really want to be tuned to is always right where we are, but we seem to be more interested in the static of the imagined personal self. The static is the phenomena which has had our attention and personal identification is part of the phenomenal realm. What gets our attention and causes us suffering or wanting only does so because of one assumption upon which all other beliefs are established, a separate identity, which cannot be found when you look.

To put this very plainly, we're either wrapped up in our own self (person) centred thinking as if it's gospel (facts or reality rather than just the assumptions that comprise perspective), or we're deeply relaxed in the knowing of Being where Genius is on the job of Life and Fulfilment is guaranteed. Only one of these ways leads where we deeply desire to be. Which path do you want to 'walk'? Happy or HELP me?

The world is not the reality we've believed it to be. Amazingly, this is quite widely known, and has been for hundreds of years in science and countless thousands of years since the dawn of time in Spiritual Wisdom. Yet here we are continuing to play the game of denial (ignore-ance) to the obvious facts and expecting a different result. So let's look at some of the Wisdom that lights the way to the grand prize of Life.

Robert Lanza, a stem cell and regenerative medicine expert, is famous for the theory of biocentrism which argues that Consciousness is the driving force for the existence of the universe. He has revealed that the physical world that we perceive is not something that's separate from us

but rather is created by our minds simultaneously as we observe it. This echoes Spiritual teachings that have persisted since antiquity. According to his biocentric view, space and time are a by-product of the “*whirl of information*” in our head that is weaved together by our mind in accordance to certain personal rules into a coherent experience which is more akin to fiction than fact which we then experience through projection.

Lanza says, “*The observer is the first cause, the vital force that collapses not only the present, but the cascade of spatiotemporal events we call the past. Stephen Hawking was right when he said: ‘The past, like the future, is indefinite and exists only as a spectrum of possibilities.’*” You actually have the experience of this cutting edge revelation in every breath that you take without realizing the mechanics of Life at play. Your conditioned mind creates experience from your contextual field of awareness and you’re pointed at the result (effect) rather than at the origin (Cause), just enjoying a very believable show.

To put this another way, you’re stuck at the level where your attention has been aimed rather than the origin of that which is giving attention. When this is remedied and you are back in the seat of origin at Cause (ground zero unconditioned Consciousness) of what you experience, ‘Nirvana’ is realized through its own natural revelation process and can be known and lived in present moment Awareness. Life is transformed in the truest sense of the word beyond the scope of any worldly remedy which assumes the existence of a dreamed problem.

You aren’t meant to have bad days, stressful experiences, episodes of anxiety, depression or grief at the worst end of humanity or even to feel moderately if at all fulfilled at the top end. These are impossible when the only sense of limitation (person-hood) is dissolved. Calm and relaxed, filled with Peace, just Happy for no reason, contented and in flow are natural, normal and permanent, not requiring a hit of herbs, tapping,

tea, affirmations or visualizations, exercise, breathing practices, essential oils, crystals, bicarb soda or any other of the myriad remedies which have become common household symptom remedy practices.

Remember those times throughout your Life, which started very early most likely, where you contemplated the BIG idea of existence, wondering if 'this is it'. That uncomfortable and inconvenient sometimes subtle question that looks at the typical human timeline, (birth, education, a job, retirement, death and as much 'pleasure' in between as money can buy) and you conclude there must be more?!

Perhaps there's part of you that knows for sure, there's more to this world than appears before your eyes and you're right. Not only have you experienced this knowingly or unknowingly, NASA research, neuroscience and quantum science have shown that the world of human perception is a limited paradigm indeed with ONLY 3-5% of what's going on being perceivable. Yes you did read that right, leaving 95-97% undetectable to our practiced senses. Physics has also proven that you aren't really matter at all, rather condensed energy, most of which is water. How can we possibly believe what we see in the light of this?

What on earth is keeping you so loyal to a perspective that has you hemmed in, truly stuck in dreamed muck?

This really points directly to our 'problem' being an issue of the contextual field of Awareness. We've invested way too much focus on 'things' that happen to be phenomena arising in Awareness as pre-determined by conditioning (groundhog day), rather than 'that' which is giving attention. We must re-contextualize experience in order for Fulfilment to be allowed. So how do we illuminate what's in the dark in our own mind?

History's most brilliant physicists and quantum scientists have told us that the right kind of questioning in the right direction holds the key to an expanded view. Questioning is precisely how you will unwind from

the unreal separation paradigm to reveal the ‘greater’ part of you that has the answers and potency you seek this very moment.

“*The question is, what’s the question*”? This ‘revelation’ posed the esteemed American Physicist John Archibald Wheeler whose research, and that of others, opened the door to the Mind Revolution that has changed the context of Life and allowed the way of Awakening to be so well illuminated. “*It’s not the answer that enlightens, it’s the question*”, said Eugene Ionesco, the famous Romanian-French playwright. There are countless other ‘wise’ variations of this Transcendent insight providing the biggest clue of all; question your perspective and Heaven will ultimately be seen.

There’s one other question that has served me true that cuts directly through the crap of perspective, illuminating all that is false to reveal the expansive Nature of Bliss. “What’s the purpose?” Through the framework I’m sharing in this book, you’ll come to see how directly and swiftly you can walk to Supreme Happiness and simply asking this and other key questions of your own personal construct will allow you to stride into Truth and Peace boldly, swiftly and easily. Personal perception is the invisible prison we chose in dreaming the world and filed this deeply away in mind, and we get to choose again! We can simply and swiftly break the cycle of our own suffering by asking simple questions aimed in the right direction.

We’ve got to face facts and take the hit of imagined discomfort in reframing ‘Life’ that the facts themselves are clearly pointing to. Daniel Dennett, philosopher and cognitive scientist, is famous for saying, “*There’s simply no polite way to tell people they’ve dedicated their lives to an illusion.*” Revelation tends to come with a little jolt and ALL revelation is ‘Self Revelation’. Are you ready to lose nothing (except delusion and the capacity to suffer and experience unhappiness) and gain everything in

expanding your conscious awareness and identity as almighty in Oneness with the Source of Creation?

You already know that the Truth isn't always convenient or comfortable, but our ability to stomach the Truth doesn't alter the Truth. We're on the trail of veritable Greatness and Magnitude, a Mind Revolution. It's going to require some inner-renovating, this book will bring all the pieces together into a practical framework to reveal your 'Heaven' as it has already been established Perfectly by the Source of Creation.

If you're alright with a little shaking of the foundations to reveal a diamond mine within, you're ready! THIS is only for those who are ready to challenge their perspective, mere ideas and assumptions which have been habituated into a reality of sorts. This work is entirely next level and far from easy. If you want to stay stuck in the comfort zone of the dying, that's ok too, you get endless chances and lifetimes to 'choose again' whilst nothing is altered at the level of Truth. You my friend are Eternal Love just dreaming a dream, no real harm done.

Being a reformed obsessed information seeker, wanting to know the 'how' and 'why', I completely understand the need most high achievers have to intellectualize. For this reason, we're going to explore the work of science and logic to put that inner skeptic to bed for good and stop its life stealing behaviours and interference. Soon enough, the experience of your True Essence (Pure Consciousness) revealing it-Self and flowing effortlessly into experience will be proof enough. Remember, experience is king and trumps intellect and information consumption every single time. You'll never be satisfied entertaining 'ideas' without knowing like you know like you know. You're born for MORE, so much MORE at the right level of Cause, and experiential knowing is the requirement of satisfaction!

The human mind is never going to ‘get it’. Thinking is a function not a subject. It can only know about something, an object defined by its own contextual field; the subject (True Self) object (false self/ego) conundrum. The good news is that you are not the function of your mind, you are that which has a mind to use. Thinking doesn’t own you! You have dominion over thinking and can use it rather than being used by it. We’ll bypass the need to even rely on thinking and go straight for the proof of knowing which can’t be denied.

It was American mathematical physicist, Henry Stapp, who said holding onto a “*known to be false idea*” of the world in thinking that it exists separately from ourselves is causing not only humans, but also many other species to suffer.” “All this talk about an external world – that’s what’s theory,” said Erwin Schrodinger, Nobel-prize-winning, ground breaking physicist behind the cat-in-the-box revelations.

The actuality of the objective world is a hypothesis, scientifically agreed upon as a consensus trance and consensus is not proof of anything other than a widespread perspective. In the face of evidence to the contrary, as in this case, it’s called delusion suggests scientists.

“The fact that an opinion has been widely held is no evidence whatever that it is not utterly absurd; indeed in view of the silliness of the majority of mankind, a widespread belief is more likely to be foolish than sensible.” – Bertrand Russell; British polymath renowned in mathematics and philosophy.

The interconnectedness of Life underpinned by the organising Primal force of an incorruptible Divine Mechanism (God), independent of time and space, that has Life held in Eternal safety are the findings of

science. Revealed again and again in our modern world by the likes of Nassim Hamein who has spent more than 30 years researching and discovering connections in physics, mathematics, geometry, cosmology, quantum mechanics, biology and chemistry as well as anthropology and archaeology.

In this book, as much as I'd like to reference all those who have bravely questioned the fabric of Reality allowing us to see the Truth, it's just not possible. Instead, I am sharing a snapshot of my information obsession and Consciousness Phd research NOT to debate 'theory', rather to demonstrate that no information consumption changes or ever has changed a thing, it can't. Until I turned the final corner to actually have my own experience *applying* the Wisdom and science, realizing the True Self as "I Am" in the seat of witness of my own experience, exposing the false as false, the Truth revealed it-Self quite naturally. You can't fail to realize what you are, because you already are! That's the point really, you can't create something already created, Reality already Is.

This book is about shattering the obstacles and illusory walls you've erected in mind that are keeping the Life experience you deeply want *out*. You really do lose nothing, except the potential for suffering (that shouldn't be an issue?), to gain everything, and I mean everything.

The minute you shatter your first false perspective the Light comes into view because Awareness already exists in the absence of ignorance. You'll realize that nothing has ever defined you nor contains you in the way that you 'think'. The world is not what it appears at first glance and you are not what you believe yourself to be. You just didn't get shown how to allow Fulfilment, no-one does. Instead, you were duped into thinking you had to do life and earn to get ahead and in the process you've never questioned the insanity of the human game in the way that leads to the exit of the dream of separation and to the beginning of Reality in Fulfilment. If you're willing to see things differently, to go

beyond the prison of perception (your own thinking paradigm), you'll find a whole other Life waiting for you in Glory and Grace, the one you've been trying to make without the success you'd hoped for. It's right within your own Being now.

It's time to redefine the goal of Life, especially if you think you've already done this and have a journal full of goals to prove it. Decision, the translation of desire into action, is key to the trajectory of experience and this is defined by context, your knowledge base. Under the guise of separation as a personal identity that context is already established and contained by the finite nature of person-hood and we can begin to shatter those invisible illusory parameters right now with some inquiry (right questions) to live aligned with the fullest measure of Love's Oneness.

What do you really want? This is no fly away superficial question for the likes of you. You're invited to repeat this question until the most profound and likely hidden of personal revelations is reached. This is a question I ask all my private clients before I consider working with them and most report the unleashing of an inner conviction they'd been unaware of and a clarity of purpose not previously known.

It is well worth the time it takes to be present with this question to go deeper than the ego mind of separation (sense of a personal self) that will take a quick look and say 'done it, what's next!' So keep asking, 20-30 times is usually the sweet spot, with an attitude of curiosity, compassion, non-judgement and non-resistance; your answer lies waiting beyond the superficial material zone and when you uncover it, the revelation will be tangible. You must go beyond that restless point into silence and stillness. This isn't easy, most people can't be still long enough to hear beyond the first and loudest voice of ego so decide to persist, you're the boss of what gets your attention remember. Once you've found your true desire, hold it within with exquisite attention (aka 'will') and decide with conviction

that THIS is your GPS. A little later in the book you'll come to see the relevance of decision, you're already on the way 'home' to the Peace that passeth understanding my friend.

Just a bit of a spoiler alert! What you'll discover in exploring this question is a desire that is not found in any human achievement, one that will surely allow the Universe to conspire for its Fulfilment, it can be no other way for those who finally recognize their own Self has been calling. The destination is guaranteed, how can you fail to find what you already are (just hidden from attention), we're just going to speed it up somewhat.

Here are some examples of how you'll be able to apply the Self-Transcendence Alchemy framework in your own Life and permanently transform your experience in every way.

Chase is a classic example of success by 'muscle' but just wasn't feeling remotely fulfilled or even really successful despite uncommon material riches and he was getting more cynical. He could see where that was heading and he was in despair. Here's his story:

I'm a fighter, success wasn't an option for me, it was more like a means of survival fuelled by a childhood I wanted to escape & it really was no surprise to find myself living a Life of material luxe with only more of the same ahead of me by my mid 30's. What I didn't expect, was to be so empty, dissatisfied & disappointed despite having achieved more than most do in several Lifetimes. I'd created exactly what I thought I wanted and barely felt different. I'm not one to ask for help & yet that is exactly what I needed to do because the addiction to more stuff had become a cross to bear rather than a path of honour or even remotely satisfying. I've always been called a tough-nut with extremely high expectations of myself & anyone I work with. I've never bothered hiring anyone for personal or private consulting who I didn't consider to be at the top of their game & yet I was consistently disappointed even by those with the biggest price tags. I

had a long list of 'leading experts' I'd consulted in the realm of both Life & spiritual coaching, most recently having hired one of the world's most celebrated spiritual coaches to privately mentor me & found her to be both fluffy & inauthentic, mostly interested in talking about herself and her own bathroom floor experiences. The best she had to offer was meridian tapping and the truly unhelpful suggestion to 'just trust yourself' & I'd say I have honey, what I've done so far in my Life is the best of trusting myself. It was Sal who clarified why trusting yourself is the worst mistake you can make in one of our sessions & proceeded to show me how to Transcend the need to trust at all. I knew I needed someone who was more like me, someone direct & powerful with insight & vision. I'm totally aware of my own 'bs' & needed someone with the presence to call it. I remember the night I was actually thinking 'this' & the next thought was, they don't exist. It was by no accident that Sal appeared on my radar, in an interview she was calling a spade a spade & the interviewer was back tracking hilariously & I fell in love, this was the kind of clarity & directness I wanted. I want someone who will save me time & help me see what I can't see. Sal, you haven't failed to deliver & in fact, you've exceeded my expectations & guided me to a place of Peace I didn't even realize that I craved let alone existed. After all my life fighting for something, none of it meant a thing without Peace & none of it is even required for Peace. The day I realized I had it all materially & had nothing at all, I felt a sense of dread at the future & a kind of grief as well as guilt that I had the love of my life but was still a miserable sod. I can't express how grateful I am to have new eyes, I'm not the same person, not even a person at all & it's kind of surreal to see the journey of 12 months laid out so plainly. The interview we did at the beginning makes me laugh, was that really me, such bravado and desperation. Now I know that I have everything, I always did. I have the most loving of partners, all he's wanted for me since the very beginning is Peace & to have Transcended with him

on this journey is indescribably touching. PEACE BE with you Sal. You know how much I adore you...Chase

Chase is no stranger to hard work and was left in despair when he found his high voltage efforts led to more and more meaningless stuff. Any and everything in the material realm is lacking and temporal by nature, that's why it has no relationship to Fulfilment and is not what anyone really wants. Whilst I have specialized in working with high achievers in this growing *empty success* niche, I have seen this all of my career. Just as the world health organization says, a lack of symptoms is no measure of health. Regardless of the astonishing symptom reversals I've seen in my practice over the decades, they mean nothing without the Peace of Self-Realization.

Another very common story is from one of our clients Shelly, who found herself perpetually worried about her children. There were really no limits to her concerns about every area of their lives and the divide between her and her beloveds was ever increasing. Shelly simply assumed the position of family 'worrier', a product of conditioning she'd picked up by way of her own mother's unconscious habits built on the original assumption of separation. She'd strived to provide at a higher level than most are financially able to and even with an overflowing bank account and a bunch of the latest parenting programs under her belt, she was unable to be worry free which eventually led to health complications that defied her young age. She was concerned about them doing well at school, getting into university, finding employment, affording to live, meeting the 'right' person, being good, kind and valuable people...In resolving the cause of worry, a deep sense of responsibility, which had nothing to do with her children (and everything to do with the belief in separation), there wasn't anything left to worry about, she healed with surprising ease and was actually able to enjoy life rather than dread it. Shelly's relationship with her children has trans- formed indescribably

beyond her wildest imaginings. She hadn't even realized that her worry was pushing them away and she's now experiencing a depth of reciprocal affection she'd been fighting for and was unknowingly actually suffocating.

Bottom line, when you know how to live from the natural foundation and river of Peace that is Oneness, you can drive that road all the way in Fulfilment in every realm. And you don't have to detour into problem town again! Along the way you set everyone you love also FREE!

If you're an entrepreneur, your business will come alive with possibility, injected by Genius-level inspiration pouring forth from within. This is a natural occurrence in the absence of the thinking mind, you simply allow into experience what already *is*, available Eternally in the field of 'Life' as a product of Creation. Inspiration flows from seemingly nowhere (aka Life does Life ever so well), effortlessly. In fact, as an entrepreneur with over 20 years of personal experience and a long list of the world's best business coaches advising me, I can assure you that my greatest True Fulfilment and success has had nothing to do with any strategy I've learned to apply and everything to do with the Intrinsic Genius and Wisdom that flows in the absence of my own human-self program. In fact business coaches blush when I tell them my anti-marketing secrets and they see my uncommon success. One coach called me the fly-by-the-seat-of-your-pants success girl. Credit where credit's due, God's got this show of Life mastered, Oneness proves it.

The Universe simply aligns to meet your level of Conscious Awareness in which 'identification' (and thus attention) both precedes and determines experience, stemming from identity. The Consciousness of separation (human identity) is met with limited and lacking experience, problems to fix somewhere if not everywhere, defined by ego's fear paradigm. The fullest measure of Truth Consciousness in Oneness is met by experience that matches it. God (Universal) Consciousness

produces Divine experience. Mind is Life from the original Cause of identity as One with the Primal Source of Life quite literally, it's as simple as that!

The solution for a Life of present moment Fulfilment is found in going within your own Consciousness to realize Truth rather than another moment of striving at the level of effect. Whilst this will at first seem strange because we've habituated looking seemingly without not within, it soon becomes a breeze and the rewards begin to flow right away. Think of Consciousness like an instrument you've learned to play a certain way and with a few tweaks you will master playing in the way you really WANT your Life to be, by getting out of the way.

Another of our clients, Janice, a reiki master and energy worker, had ongoing financial issues. She never felt as though she could get on top of expenses which had her busy always trying to make MORE! Despite having created an online course like the experts said to do and finding a method for launching this to the world, her business was inconsistent and she was stressed. As it happens, the two (business and stress) are not related. The false cause-effect relationship here is more common than you might realize. To believe that money causes stability, Security, Peace or Happiness is impossible beyond the temporal (making it un-real dream phenomena) and is a deception of the mind. This is known as a false cause-effect relationship and we are truly bogged down in them unable to see them for what they are in the world of separation.

When Janice addressed the real cause of persistent financial issues she instantly realized her natural state of relaxation. She realised she just loved what she did and then saw every client as an opportunity to extend love, rather than a walking wallet. Within the week after resolving the false cause of financial upset and allowing Peace, Janice was offered a permanent position as the wellness director in a local company which nearly quadrupled her weekly earnings for less hours and more benefits.

Windfalls like these just become normal when you live at Cause beyond the separate human self.

You are not subject to any random goings on in the world, there are no coincidences or accidents. Life is 100% predictable which is incredibly reassuring and provides a knowing of True Safety and Security when you know how to live aright. The notion that the rug can get pulled out from under you at anytime is a symptom of ego, the personal human self-identity built on the impossible premise of separation, which we'll go deeply into shortly.

I'll show you how to Transcend the personal identity, the misperception of separation from the Omnipotence of Truth, to restore and resurrect the Mind in the Awakened state of Oneness where problems are an existential impossibility. The belief in separation (all concepts of person-hood) is the causative agent of suffering, struggle, lack, limitation and wanting built on a premise of not having and this becomes the magnetic principle of experience (the NOT having!). Perfect Peace is the only Reality and Life aligns in Divine and ceaseless flow of all things good in Oneness. It's just science, simple maths in the end.

Life, as you know it, will be viewed through the lens of True Identity when you apply the Self-Transcendence Alchemy framework I'll teach you in this book. It is an entirely different, refreshing, joyous experience of Life in authentic, expansive and ceaseless flow. Incomparable to that seen through human perception, which views nothing beyond its core program of separation, suffering, lack and limitation because that is all it is capable of. The human thinking mind is one giant problem seeker and maker. It's a violation of Law to even expect Peace and Happiness under the hypnotic spell of human identity because that's not what it's for and to persist in trying to 'make happy', banging your head on the brick wall

of personal perception (there's no person), must end for something else to be allowed.

It's just not possible (aka insane) to try to change a thing in the world FOR a truly desired outcome. The focus must be the reason why the mind is projecting limitation in the first place. That's why it's been impossible to achieve authentic Fulfilment, and so very frustrating for all. Another way to say this is that you need to be less interested in what you think needs doing in the world and more focused on the reason why and THAT is where you will find the door you've been searching for.

No area of Life can remain unchanged and will be gloriously transformed by the Essence of Life it-Self, which is your Life, in ever expanding good when driving Divinely. Living in this way is devoid of 'doing' practices. Another way to say this is that if you are doing anything to maintain status quo, you'll find you won't! Change is impossible at the wrong level (effect) and definitive at the right (Cause). THINK of all the time, money, energy, sanity you'll have 'spare'. Doing to get/ be/have is unnecessary in Self-Transcendence.

I want that Divine winner to be you, because there are no requirements that you don't currently already have. Supreme Fulfilment isn't for those who have cracked the right education code, beauty code, Facebook-ads code, gift-of-gab 'spin' code, networking code, popularity code, high-paying-job/client code, relationship code, money code, parenting code, lucky code, etc. Extraordinary Fulfilment is for *everyone*. It's entirely impersonal and you already qualify because you have Life! There's a clue here we'll dive deeply into later in the book, you are the creation of Life and there's Primal Power in Creation (Cause) isn't there.

I'm here championing you! Nothing else in the world will ever match or replace the reason why you're here in the world in the first place, to

realize the Self: YOU! The God of Creation already got You right, you've just forgotten and I'm here to help you remember.

The human paradigm, in which we find ourselves believing a version of reality (which turns out to be a dream) that is inherently filled with problems, is the realm of opposites and separation; i.e., good and bad, right and wrong, wanted and unwanted, pain and pleasure, masculine and feminine. Multiplicity/duality is seen to be different when it's actually all the same. There's never been a choice between options because Omnipresence is Reality.

In this dream of the world, there are no Absolutes; there are only parts and that is the frustration that persists into experience. The reason we get upset at all is only because of a pre-existing belief in being separate which when questioned aright renders all upset impossible. We're all driven to know a sense of Wholeness that defies human capacity, thus the perpetual seeking. We are Transcending, my friend, into the realm where Absolutes are the Law and you can realize this fast and play a new game of Life in the Reality of Oneness (or One Reality) Divinely.

Heaven is not a destination you die into, rather it is the metaphor for Oneness and you Awaken into it in the present moment. Likewise, hell (the metaphor for the world of separation and opposites where fear 'appears' possible) is not where you're meant to stay imprisoned; it is simply replaced by the knowing of Heaven. Darkness is just the absence of Light, it's not a thing in and of itself. Darkness just gets illuminated, and so will you. These are not religious terms; these are metaphysical metaphors for the mechanics of Life, which we'll unpack throughout this book.

You'll be armed with the existential 'key' to Fulfilment with the Self-Transcendence Alchemy framework. This is a way of seeing around corners and into the future, collapsing the concept of time because you're Fulfilled in the present. By abiding in the only moment there is,

you ensure alignment with your desire for permanency of Fulfilment.
Welcome to your brand new thinking day!

The Greatest Discovery Of All

"The mind, ignorant of Truth, is an easy prey to world beliefs." Joel Goldsmith.

In the absence of your own (personal) thinking lies the Truth, within your Consciousness where it always has been, simply waiting for your attention. One of the best known Mystics of all time, Rumi, revealed that all we need to do is expose that which is false in our own Consciousness in order to reveal and allow that which is true to come forth and be realized. Another way to say this is that we must develop high voltage discernment in order to see clearly. This is the capacity to see the false as false and is only possible when we expand the contextual field of our knowledge base to include the Truth. Discernment requires the knowledge of Truth, that which is timeless and changeless, this is not a human trait and must be developed with persistent devotion.

If you consider that in Truth there are no problems, you can see the hurdle that appears to be in the way. Most see nothing but a world of separate bodies by a trick of time and space and myriad problems in every direction. Perception is rather compelling and sadly most fight for appearances and believe what is seen as true without question, not realizing these are mere projections of a mind under a faulty assumption

of separation. Despite its capacity to make the appearance of ‘real’, the effect of seeing make believe images has no power at all and the Truth remains all that really exists. A dream can’t and doesn’t impact Reality. We simply dream until we Awaken with no harm done.

Because time is an illusion (a trick of the brain as scientists have revealed), you don’t have to wait for ‘Heaven’, you can only realize the Truth of Complete Being in Oneness now. There is no other remedy for the human condition, there is no-thing of matter/form to complete that which is already Complete. The idea that something is missing is simply replaced with the knowing that “I already Am” entirely Complete. Take a moment to close your eyes, let all thoughts fall away and notice Consciousness, your Consciousness. Not what you’re Conscious of, rather Consciousness it-Self. Consciousness is the very reason you’re here now at all let alone reading these words. This permanent attribute of Life simply gets over-looked as attention is divested to the movement of awareness (phenomena), the objects of awareness which are time and space bound.

The Truth is unchanging and timeless, Invulnerable and Incorruptible. All that is True is permanent, it never changes, it’s a fixture of Life and all the evidence to prove this for yourself is within your field of experiential knowing right now. The evidence of Truth seems to be hidden, because it is not valued in the context of experience. It’s as if it’s just so familiar you don’t check it’s there anymore which turns out to leave us under the crazy assumption that we’ve lost something. This sets us on the ‘dream’ journey in the make-believe dream world of separation looking for THAT thing. Turns out it was never lost. We just started and haven’t stopped looking somewhere ‘it’ isn’t. Questioning, as we’ll explore a little later, Transcends that insanity quick smart.

It’s truly ironic that the ‘thing’ we all REALLY want has been closer than our breath the entire time. I’m referring to the very Origin and

Source of Life which hasn't had your attention in the way your thinking has for example, but its impact has been experienced nonetheless; without it there is NO experience. The fact that you have Life points to a critical piece of the puzzle that hasn't had your attention. You're able to say to yourself right now, "I exist". That's truly something, remarkable, extraordinary! The Cause of Life and the origin of attention gets ignored in favour of something that you've given your attention to (the illusion of value), which is defined by the idea of separation from something you're undeniably part of; Life it-Self. You can't be separate from this if you tried, go ahead and try.

The separate individual human dream-state is dominated by an imagined force, the survival paradigm, and the apparent denial of all that is outside this survival program. Humanness is the attempt to contain something that is Infinite, to give identity to that which already has a Complete identity, that longs for and is forever seeking to return to its natural state of Wholeness, thus the human drive for more and more which leads nowhere really wanted. Humanness is an identity label and in order for anything 'more' to be realized it isn't an expansion of humanness (growing personally) that is required, it is the turning from human identity to the core of Being that makes space for Grace to be revealed, the Truth of Infinity.

This goes so cosmically far beyond the self-reinvention fascination of the ego world. It's time to PAUSE, you don't have to 'do' another doomed-to-fail thing in the world. Rather than walk that reinvention pathway one more time, turn within and meet the Self you've been trying to find, more valuable and worthy of you (True Fulfilment) than persisting in thinking you know what will make you happy.

Those realizing Supreme Fulfilment and Truth are already motivated by something greater than personal selfhood, allowing for the letting go of ego, all that is unreal and non-essential. This letting go of the sense

of a personal self is far from easy which has long been referred to as ego death. Ego is known to hang on to its illusory existence tenaciously having made itself appear so personal. Ego (the separate human identity) is not about walking to its own apparent dissolution is it? It wants your undivided attention just like it's always had. Death of the ego isn't really what happens, it's just no longer an exclusive relationship (nothingness in Truth) as you become acquainted with your True Being and begin expanding in Joy without a hint of loss, until ego is consumed by, and reunited with, Love's Oneness.

Fortunately, we walk in the footsteps of Giants, those who have paved the way before us illuminating the Truth of Life and its interconnected nature in Oneness. Masters of Transcendence appear in every generation and you're already familiar with so many of the breadcrumbs they've shared hiding in plain sight.

Right where you are is the evidence of Oneness. You are a Divine Being, Pure Spirit, a sleeping Giant (beyond person-hood) connected to all things beyond all time and all space. The space you can witness right now is everywhere and you're in it. It's an inclusive field and akin to the formless field of Origin which pre-exists and predicates that which we call form. This is another of the Truth markers right under our nose, one that holds the secrets to Bliss you're soon to expand upon. To deny this is at your own peril and seals the deal of endless doing in a dream-state, trying to 'get', and all there appears to be is lack, limitation, suffering and no real Fulfilment. Big swing no ding as my boys say!

The Truth is for everyone, we're all part of the One field, and we find ourselves existing in an experience of Oneness that defies and overshadows the personal self. This is free for everyone to know, the door to Truth is open FOR all and will never be denied anyone who knocks. I want to shine the Light on the 'untold' secrets that accelerate the journey of True Awakening. Let's illuminate more of those Divine breadcrumbs

so you can travel with greater speed and simplicity to Self-Realization than ever before.

There is nothing new as such in this book, I've drawn from my own research that spans decades, numerous philosophies and theologies and countless methods of personal exploration. All of which, when walked with gritty (persistent) curiosity, point to a core of sameness, the deepest Truth of the One Life that we share, As One without separation.

Not only do we all exist in the One Life, there is only One Mind, the Mind of "I" we all share. It is the actual experience of this Reality, rather than the informational and intellectual grasping, that is the answer to Supreme Fulfilment. Only the experiential knowing will satisfy. To know your Self as the Infinite, Limitless Source and Cause of the Universe is what we're here to do. I want to show you how to prove your own Noble Identity in the Greatness and Magnitude of Primal Love that is your True and only Essence. No point just hearing about it, you don't get any benefit from intellectual understanding without experience. You don't want to just hear about how delicious chocolate is, you want to taste it! Only from knowing deep within your Being that comes with the conviction of revelation will all doubt end. I often tell my clients that experience leads to understanding, not the other way around.

Let's take a moment to explore a well known concept to point us in the right direction. I'm sure you're familiar with Maslow's Hierarchy. Whilst you may be very aware of the needs phase and self-actualization, let's reflect together on the often-missed pinnacle of his work, Self-Transcendence. YUP, there was a missing piece.

All self-improvement and personal growth in the world of human potential is focused on the second-to-final step of Maslow's model, self-actualization – glorification of the person, then stops DEAD! This is why you feel, just like I did, at a loss about where to turn after you've travelled the world doing all the best 'growth' trainings, listening to

the ‘experts’, trying to create your reality and reinvent yourself (ouch!), actually getting your cheese, and wondering why am I still not ‘there’ yet.

In fact, self-actualization was the highest level of Maslow’s teaching for a great deal of its existence until he began to question and doubt his own model. In his personal journal, published only after his death in 1970, Maslow wrote:

“All sorts of insights. One big one about [self-actualization] stuff, brought on, I think, mostly by my deep uneasiness over articles. I realized I’d rather leave it behind me. Just too sloppy and too easily criticizable. Going thru my notes brought this unease to consciousness. It’s been with me for years. Meant to write and publish a self-actualization critique, but somehow never did. Now I think I know why.”

His concern was in realizing that self-actualization is not the peak, the ultimate step is Self-Transcendence. Going beyond the confines of the perceived personal self into a greater realization and peak experience of that which is beyond the sense of a personal self. Found in the unified/collective Self is the Oneness (non-duality) of Self-Transcendence. Self-Transcendence almost stands in opposition to self-actualization in that it requires a leap beyond all that is known and personal rather than knowing as much as there is in the human paradigm. It is the practical focus of this book to show you how to take this leap into Self-Transcendence where access to the unified field of Limitless possibility in Grace for/as the greater good (One) becomes known and realized and simply informs a new way of living aligned in Oneness and expansive experience. One is a majority and it is the only Purpose Of/As Life!

Maslow defined peak experiences as “feelings of limitless horizons opening up to the vision, the feeling of being simultaneously more powerful and also more helpless than one ever was before, the feeling of great ecstasy and wonder and awe, the loss of placing in time and space with, finally, the conviction that something extremely important and valuable had happened, so that the subject is to some extent transformed and strengthened even in his daily life by such experiences.”

While self-actualizers may glimpse this, albeit inconsistently, Maslow believed that peak experiences were a means of becoming more than just the self. “As [a self-transcended individual] gets to be more purely and singly himself, he is more able to fuse with the world, with what was formerly not-self, for example, the lovers come closer to forming a unit rather than two people, the I-Thou monism becomes more possible, the creator becomes one with his work being created, the mother feels one with her child.”

This accounts for a gap in Maslow’s humanist psychology tradition as Maslow himself felt the inevitable pull beyond the self into the greater Self, the natural progression and influence of the existential Causal Essence was being animated in his own journey as is commonly the case for those who continue to question within rather than without. This points to the way for consistency of peak experiences known as Transcendent experiences that are inherent in Oneness and absent, although perpetually desired, in the state of separation.

Transcendent experiences have been the focus of such a wide variety of world cultures and seekers, notably Eastern cultures and shamanistic traditions as well as the focus of Western Mystics such as Carl Jung who was a pioneer with bread- crumbs for Self-Awakening galore we’ll explore shortly. In his later thinking, Maslow realized how to reconcile the Western, individual self-centric idea of self-actualization:

“The goal of identity [self-actualization] seems to be simultaneously an end-goal in itself, and also a transitional goal, a rite of passage, a step along the path to the transcendence of identity. ... If our goal is the Eastern one of ego-transcendence and obliteration, of leaving behind self-consciousness and self-observation, ... then it looks as if the best path to this goal for most people is via achieving identity, a strong real self, and via basic-need-gratification.”

Thus, humans may feel a strong need to become all that they can be, but once this need is met (with some/great degree of disappointment), most continue to feel the need to pursue goals that have little to do with the self at all which is where you likely find yourself. The fullest actualization of the individual, separate self is empty because the paradigm of the personal self is built on limitation and lack in the finite human identity; at the core is the idea that the self is lacking and the impetus is to spread the wings and grow. We lack direction at this point and wander in the proverbial desert unnecessarily.

In my own research and experience, I’ve seen that those who achieve significant material success are aware of its limits but not how to access the remedy for this existential discontent. Another way to say this is that most don’t realize the next step or how to take it, they just know they’re stuck in the muck. We find ourselves frustrated at the repetitive shallow offerings in human potential self-improvement and legacy conversations and can see that more improving and material success is not the answer; the call is a deeper yearning to go beyond. This is tragically underpinned by an insidious embarrassment at having ‘made it’ according to worldly

standards but no satisfaction in having done so and seemingly nowhere to turn. For most it is clear that another person or guru is not the answer here and that's spot on!

Evidence that much of the world is stuck at the borderland of self-actualization and Self-Transcendence is seen in the growing conversation about legacy, setting up our children as leaders of the future and the urge to help a perceived broken world. Whilst many are driven by the impulse to be of service, true service cannot be cultivated or successful from the belief that lack exists. As you'll discover shortly, the cause of the belief behind perceived lack when actioned can produce nothing but the ultimate perception of ongoing lack and the perpetual, endless cycle of the appearance of all that is lacking. Wanting produces more wanting. Authentic Fulfilment requires a contextual reframing.

When you purify Consciousness of false causes (there are no causes of anything in the world because the world is the effect of the perceived mind), you see a whole new world and can be of True service to Light the way for others. You needn't stay stuck at self-actualization in Maslow's hierarchy. You can skip the inevitable trial-and-error period entirely if you're hearing that call within and the Truth is resonating. You don't have to strive your guts out only to find disappointment waiting to greet you as if it never left (and it didn't because it's in your Consciousness and is the self-fulfilling impetus for action)!

The message of Maslow and so many others we'll discuss in this book, including the Wisdom hiding in you, (because you ARE, after all, the home of Infinite Wisdom and Genius 'before' the person was imagined), speaks to a destination which is the Supreme experience of the Highest Consciousness (i.e., THAT Wisdom 'on tap' in your experience). Experience simply follows attention.

This idea that what gets our attention becomes our experience is a foundation of neuroscience revelations as well as psychology

and psychoneuroimmunology which has exposed the intimate and indivisible relationship between emotions and immune function. Turns out they are a perfect match. Emotional stress is after all the biggest predictor and cause of disease and it's not any condition that causes this. Stress is an effect, producing the experience of dis-ease, and you have dominion over all effects because you are the decision maker at Cause. When you tune your inner GPS (single-minded desire) to the pinnacle of Life experience at the level of Cause (Creation), THAT my friend is what you shall know as Reality.

Quantum physics, neuroscience, and medical science have revealed that thoughts and beliefs influence the chemistry in your brain, and therefore determine how you experience everything. Ears and eyes don't receive; they project. The world is the outward projection of your inward condition and even the body is part of the projection, we're paying a very high price for collective ignorance which is simply remedied in the Light of Truth. So, "what's behind this?" What's before the appearance of 'things'?

When the lens of identity (the limited perspective that endlessly suffers from looming death) is removed and Truth (the timeless, changeless, Incorruptible, Limitless Self) is restored, Life can be played very differently, by Divine Design with the script of Perfect Peace and Happiness already written. We're not mucking around at the level of the problem where belief reigns supreme. This is a not only a Mind Revolution but a contextual shift for a new way of living, moving and having your Being in Transcendent Grace.

The Law Of Life

Everything that seems to be an external cause is only an unreal effect. That is why A Course in Miracles teaches, “*Seek not to change the world; seek rather to change your mind about the world.*” The world you see is clouded by an unreal personal perspective seeing something that isn’t True. This is another version of Rumi’s wisdom guiding us to simply remove the obstacles to the presence of Love, inferring there is something else and eminently more significant to see at a deeper more profound level of Life. Aren’t you curious? Let that curiosity lead the way Beloved, it will serve you True, leading you directly to what you seek found within not without.

You can’t change a movie by banging on the screen can you? You can’t change experience in the way that you *really* (ultimately) want by rearranging the characters (including you) and the location of the scenes of your Life. Nothing really changes in simply moving the pieces around at the level of world; more today, less tomorrow. We’re not trying to get rid of thoughts or reframe what you think you see which assumes the reality of what you do think you see and experience. We’re here to Transcend the perceptual paradigm in its entirety, otherwise you’re stuck playing a losing game of trying to ‘side’ with the best thought or trying to think this not that, or the insane attempt at trying not to think at all.

You don’t need me to tell you that this is what you have been doing, because I did too, but now you’re realizing why it hasn’t been

working. You simply need to ask yourself how has it turned out for you doing what Einstein told the world not to do (trying to solve your problem/wanting/lacking at the level of the problem – ie perspective)? You must go back to the projector room, take OUT the reel for the program that is suggesting something is missing and let the Truth shine forth instead. Go back to the depth of Mind that holds True Identity (NOT the version the mind created and you’ve chosen to believe – but Truth), where the True Cause of Awareness to even notice experience resides. Purification leads directly to Perfection and you my friend are Perfect in Truth.

What this means in very practical terms is that every single perceived problem, worry, anxiety is the portal to Peace. Perspective is the veil hiding the Reality of Love’s Oneness and every perceived lack of Peace/‘upset’ is the clue and door to open to the revelation of the Treasure you seek; the Self.

The Law of Cause and Effect is the primary dynamic of Life. The original Cause is Primal Creation (God/ Life) and the Effect is its Creations, ie the One Life of Consciousness that is Awareness. You, Beloved, are the Child of Creation and thus inseparable from Creation Consciousness. This primary Cause and Effect relationship is the safety net of Life, nothing can interfere with it. Cause is Effect and Effect is Cause. Think of the “I” as imperturbable, remaining untouched by any phenomena of awareness. The belief in separation, the idea of divisibility or duality, is likened to a dream state where we ‘think’ there’s a world full of individuals who strive to get, where losing is just a spectrum and authentic Fulfilment is impossible. It’s just a dream that ends in True Happiness when you go beyond perception to see with clarity; ie Awaken.

Believing the assumption of separation reverses (just like a mirror) the Law of Cause and Effect and all that is experienced at the perceptual level

of apparent manifestation is the effect of this one false belief in separation at the level of mind. Whilst it looks like multiplicity, this is just an illusion of time and space making the appearance of separation founded on the 'what if' idea of separation. This accepted assumption of separation is the condition on Consciousness that acts like a persistent prison from which Awakening is the escape and that's why we're meeting like this, here's the way home to 'Heaven'.

You can't escape your own Consciousness, you take it/you everywhere you go, it can't leave you and you can't leave it, it will only be recycled. The ONLY solution is to go within, no other 'action' is worthy of you, the Child of Creation, Limitless and Infinite in Truth, and discover precisely what "I" is and unleash Heaven. It's time to stop playing the little (losing human) game and have the adventure of your Life in, with, from the Highest Love. A joyous journey of ever-expanding Self-Realization; the God Self.

The One True Cause and Effect relationship is the Creator and Creation: Omnipotence (God) and Life (You). The level that we're addressing in order to be entirely liberated into the Highest Fulfilment and Love is the perceptual level. The Law of Cause and Effect operates everywhere, creations never leave their creator and everything at the level of the personal self is a miscreation which hasn't impacted the level of Truth, just as any dream does, it's only imagined. Even if you think you're imagining consciously as talk of creating your own reality is about. It's still the lower level of the dream because it's the mind-body realm and all dreams are designed to create a preferred time and space scenario for an imagined body. I know it's super tempting to want to change the world, but it can't be done in the way you want, it's a dream and ego has you played keeping you far away from 'Heaven' where what you really want went nowhere.

The sense of a personal identity is seemingly mired in false cause and effect relationships that originate with the one assumption of separation, the impossible idea of creating one's own reality. The function that allows it to seem as though we are actually creating our reality is thinking and as we established earlier, believing our thoughts has been the invisible obstacle we're facing. The mind is the faculty of creating and for the purpose of Awakening we must see where the original choice was made for ego (the separate and split mind that doesn't see clearly – often referred to as 'deceived') as the teacher, the voice we listen to, so that we can choose again to align with the sane Wisdom of Truth, which is Wholeness. All problems solved!

There are countless examples of the false cause effect relationships to be dismantled in order for the Grace of Creation to flow into experience. A lack of Peace, or obvious upset, is always and only the result of a false cause-effect relationship serving as your prison warden hiding the Truth from sight. If you have any kind of upset about anything, you're seeing a door to your own Liberation hiding in plain sight. Upset doesn't exist in Reality, it's only possible because of the meaning we've given anything.

Remember, you are not the object of your attention, rather you are the subject (which is not an individual separate person) giving attention. The point of all of this is to look at what is looking to discover the Majesty of Creation ONLY! No separate identity can be found.

Where we have unconscious false cause-effect relationships playing our personal perspective we suffer. These are the unquestioned psychological dot-to-dot assumptions we've drawn that hold the imaginary self-identity together. These are the "if I...", "then *this* outcome will happen" scenarios that play us and define our actions, keeping us stuck in a dream because the assumption is already the existence of a 'me'. To simply expose these as the nothingness they are, as I'll show you how to do shortly and then let them go, the original plan

for your Highest Happiness can now unfold. When we get our little self out of the way, Life is gorgeousness with a guarantee!

In the absence of perception, you're consumed with Truth uninterrupted. OH what a view from Heaven! It's not personal because there is no person, EVERYONE is invited, it's the only 'thing' going on anyway.

It's SO important to hear at this point that we're not talking about changing your thoughts, repeating affirmations, sharpening your visualizations, nlp tactics, tapping, MORE hypnotic suggestion, less cellulite, reinventing yourself or even deciding to believe something different and better in an attempt to make another dreamed reality! You are ALREADY Complete!

There's a pervasive myth that you can create your own reality and that it will be what you really want, but in truth that's simply moving the chairs around on the deck of the Titanic. WORSE! This flawed concept distracts and delays, it's time to call it out for what it is; ego!.

I'm going to show you how to Transcend perspective and all thought paradigms entirely (there's a better way) and let Liberate Universal Wisdom takeover the job unobstructed. After all, listening to and acting on our thoughts/feelings is, as the experts since the dawn of time have been saying, THE PROBLEM! We're going to the place before thought to see the false as false and allow that which is Truth to be revealed in all its Glory; Grace.

"As a man who has devoted his whole Life to the most clearheaded science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom

to vibration and holds this most minute solar system of the atom together... We must assume behind this force the existence of a Conscious and intelligent Mind. This Mind is the matrix of all matter.” – Max Planck, Nobel Prize Winning Theoretical Physicist

I work with visionaries, master life and spiritual coaches, professionals, truth seekers, deep thinkers, and those who have attained an extraordinary level of success and are wise enough to realize there's no amount of 'stuff' in the world that truly provides permanency of Peace, Happiness or Fulfilment. An attitude of more and better is a trap that I fell for too until I Transcended perception. True meaning and Purpose is what we all want and my clients want the fastest 'way'! The world's offerings just don't hit the mark when it comes to what we truly desire. My clients want the unseen, unknown MORE. That want is experienced like a yearning from the depths, which has not been satisfied in the best of worldly endeavours, and they see that it cannot be satisfied by any further human pursuits. This work is not for everyone, readiness is really the recognition that ego's days are numbered, there's a greater adventure into the unknown to be had.

It's not that the 'right' pursuit hasn't yet been found, there is NO such human pursuit! I myself have ticked all the boxes of the 'dream' experience with a wonderful family, fabulous health, I've had 6 figure days/weeks and clients, a highly desirable lifestyle often paling in comparison to my clients. We all realize that there is no 'thing' to acquire that will satisfy because the experience being sought is not of this world; it's within. If a sense of lack exists, lack will be the resulting effect/experience regardless of the results of any endeavour and short-term appearances. Put very plainly, you can't fill the hole within

with stuff. The hole within only appears as a hole because of the core assumption of separation veiling the deeper Reality of Wholeness.

The world is an impossible conundrum designed to fail us, as time and the history of the world has shown. Death and disappointment win! You aren't meant to fix the world and WHAT a relief it is to finally hear this rather than embark on yet another doomed strategy to 'make' happy or settle for the way things are in perspective! You're held in Absolute Love now, today, without any conditions. The world is the land of the dying which begins the moment of apparent birth, how about we move to the land of the living Eternally Blissful?

You're here because you've exhausted self-improvement, you can repeat verbatim the success principles and strategies of the human material realm and have spoken enough affirmations with forced amplified feeling while sitting like a pretzel massaging your third eye to make it as 'real' appearing as possible to drive yourself insane. None of this works because it's built on the erroneous belief that something needs fixing/incompleteness/misidentification. You've programmed yourself using nlp or some new variation on an old theme within an inch of your mental space, you've read all the books, you know the foundation of many spiritual traditions, you meditate, and you've eft tapped your emotional pain away. YET, the doubt, dissatisfaction, discontent, and disappointment remain. Perhaps with even more embarrassment than ever! MORE of the above 'doing' at the level of the dream is not the solution. Another program to fix or change or improve something or someone is the lesser (losing) way and doesn't lead where you 'hope' it will, it never has.

Exploring the reality of the problem to discover it never was, IS the way to Transcendent Bliss! The realization of our Essential nature is the cure for suffering, death and the only way of glorious Life.

You were never meant to make the dream world better, you're meant to Awaken from it to the Reality of your True Self, your Identity in Oneness, beyond the make-believe illusion of human separation! That's the prize, you're the best thing the Universe has ever Created, let your Light beam its way into Being and come alive in experience.

Self-Transcendent Realization is the pinnacle of knowing, the return to the Source of Love, our core in Self-Sufficiency from the Cause of Universal Creation in Wholeness. The God of Life from which ALL Life stems is not outside of you; it is the Cause of you and the fabric of your very breath. The universe arises within you, As you. The belief that you are separate from this is the depleting and withering experience of the human paradigm, the individual personal self, destined to survive for as long as the stored up person-hood energy (aging) allows. Like a branch that has broken off the Tree of Life.

Self-Transcendent work requires high-voltage desire, because it really IS experiential and cannot be attained by those who are still at the level of consuming information from the buffet of other people's experience (i.e. human limited Consciousness), which is all the past, nothing new. Experience is Queen in expanding God Consciousness. You're no stranger to 'doing', you'll just be maximizing and optimizing your 'doing' at the *right* level in the right way. This is not to suggest that Awakening is something that you do at all, it's entirely effortless. Rather this is to suggest there is a way you can harness your attention to recognize what is real instead of make-believe and discover what you've been searching for your entire Life is right where you are.

Attention is the Life defining potency of choice and this is your opportunity to go deep enough within to no longer play the game of Life superficially like the vast majority. There's a clue here – the Cause is perpetually missed in ALL human pursuits for Happiness because of the 'level' it's played at, it's even missing at the peak of personal

improvement! The tragic statistics from global health and Happiness research tell a story we can't ignore.

The horrific evidence in our world today, tells us CLEARLY that health and happiness are declining. Sick, anxious and sad are the norm and the guarantee and it's starting at an earlier age than ever. Most people die with multiple health complications and major life regrets, not just little ones. Nothing's getting better because there's no real solutions, just chairs being moved around the deck. Don't let technological advancement fool you. What is any advancement if True Peace isn't widely known. Conditional peace, that comes and goes and is impacted by happenings in the world is not Peace.

Please don't take my word for it, do your own due diligence. Science is public domain. Look, and you will see. Just look around as the scientist of your own Life. Take a moment to reflect on how many people you know who are truly, authentically, permanently Peace filled, abundant, healthy and happy, not just loud pretty smiley faces with clever 'spin' on social media. Do I hear crickets?

The "leading edge" of best practice in every realm of the world is stuck in humanness (the appearance of separate bodies and multiplicity), messing around at the level of effect where NO real solution is possible, just symptom management. The solution is to take the final step into Self-Transcendent and Realized Oneness. Whilst this traditionally is the realm of Saints, Sages, and Mystics, this is only because the way within has not been widely illuminated and is rejected by ego who wants personal glory and ultimately misses the mark every single time. It is, in fact, for everyone who desires to Awaken into the glorious Truth of the Complete and Limitless Self from the confines of a mere assumption of separation in human identity. In actuality, there is nothing 'happening' beyond our core Essence in Truth. The world really

is a dream of impersonal nothingness, a prison of perception that cannot avoid suffering. You get to Awaken any time you decide.

Think about this a little more, never underestimate the ‘thinking function’ you do have that can be put to good use rather than allowing its destructive (ego limits and destructs, whereas Spirit expands) tendency to run you to persist. Realize that permanent Peace, your True and natural Reality of Being, means there are no problems, no anxiety, no doubt. This is where ultimate healing happens and where real ‘Life’ flows. True healing is impossible if there is a belief that something needs healing. Have any of your previous endeavours produced permanent Peace or Joy flowing naturally, unimpeded from within? Or were they temporary experiences dependent on ongoing activities or conditions and fade in time?

Whilst this is not a comfortable line of questioning, it’s the precise way that we expose our own limited and limiting paradigm. Remember that our only obstacle is the field of contextual knowing which organically expands when we let the invisible bars of our personal paradigm fall away. As the masters throughout the ages have said, to see the false as false is the avenue for revelation. Purification before revelation as the masters have said. Revelation is rarely without a little shaking of the foundations, which is necessary to loosen the grip of the imagined program of struggle and eventual death which characterizes the dreamed human appearance.

Asking tough questions is how we Awaken from the automation of blindly believing our own perspective, it actually expedites the journey. You’ll become a master with the framework I’m sharing in no time. Exposing your current state of Awareness (the invisible dimension of “I” in Pure Consciousness) with the ‘right’ questions that penetrate to the level of Cause is how you will develop the personal Awareness required to see through the dream of separation and restore the knowing of your Infinite, Eternal Self in Oneness with Grace beyond the dreamed

little self concept. Oneness is the foundation for a Life worth living; Completeness which is of course, Perfection.

Self-Transcendent Oneness is nothing personal and has no conditions or requirements which is great news, and you'll soon discover that nothing about the world is personal. It's entirely impersonal, nothing but a dream. I say this because many stay stuck believing that what is appearing before them is personal, that they can't get beyond it and it isn't. Shakespeare reminds us that "*All the world's a stage, and all the men and women merely players.*" Right on! So what is it that the 'players' and 'scenes' have to tell us about the hidden assumption of separation being played out on the screen of the world? All 'scenes' are the portal to Peace when you know how to play!

This realization that NOTHING is personal will allow you to deeply relax and begin playing WITH the Law of Life rather than defying it like the vast majority does unknowingly, we all do until we realize we are NOT limited to or by the contents of the mind or perceived identity at all. The key, as I've mentioned, (and you can't hear this too many times) is to go to the level of false cause where the decision for separation has already been made and habituated into normality and is defining your experience under a faulty premise that a person even exists. The level of effect (the world you then see and experience) is like the screen where the movie of your programmed false ego (personal) identity is playing. It's the horse that has already bolted, so to speak. The level of Cause is the ONLY place worthy of your attention if you're done wasting precious time, money, energy, and sanity. The ONLY place in order to be deliriously Happy now, not later!

Ready for the Liberation bomb? The experience of Life is JUST a reflection of Consciousness, the contents of your state of Awareness in mind about you, others, the world and everything, built on the core of identity. Identity, in the case of humans, is the belief in being an

individual human with a list of attributes, labels and credentials that seemingly prove its existence, but when you look there is no-one there. This is the ground zero idea upon which the show of the world of separation and thus fear commences. Belief does prove itself after all and the dreamed world unfolds impeccably based on that one idea. The world is proof of the belief in separation and humans are the unknowing audience of the greatest smoke and mirrors act ever.

My clients find this the most epic relief. You really don't have to change the world, the world doesn't need you contrary to popular opinion. Nothing has to change, except your mind (not in a beliefs or mindset way, remember). This is how you 'change' in the way that will matter most to you. For all our so-called advancements and self-actualized personal improvement over the last 100 or more years, things aren't getting better.

They're escalating in a scary direction and authentic (because there's a whole lot of spiritual Awakening baloney in the world) Awakening is how we stem and reverse the tide.

Einstein, a pretty bright mind, I think you'll agree, said this, "*All of our exalted technological progress, civilization for that matter, is comparable to an axe in the hand of a pathological criminal... It has become appallingly obvious that our technology has exceeded our humanity.*" Suffering in every segment of humanity persists, what the heck are we doing?

Oneness holds the key. Whilst everyone wants the Holy Grail, you're here because your deepest Prayer to know the Supreme experience of Life has been answered. You've been in training up until now to apply your drive and honed intellect to unleash the Wisdom of Self-Transcendent Grace. The best discovery there could ever be, True Universal Love!

You can Transcend all of the world's suffering and perspective of sick, collective unconsciousness (yes, including the human death dream). You do not have to be a human statistic, there actually has never been

one death ever in Truth. You CAN know yourself in Spiritual, beyond human, Fulfilment in Eternality and Infinity and pour forth Genius for the benefit of the whole. If you're willing to explore within, where the treasure that is the Holy Grail (Heaven – the "I" of Being) is veiled by nothing more than ideas, you will find your deepest desire *more than* answered.

I've dedicated my Life to mastery and expertise and have a LONG list of mistakes to prove it. My gift is to save you time, that's why my clients happily pay the fees I charge, and it won't cost you even a fraction to be pointed in the right direction. If you want Truth, this IS the way. The only obstacle is perspective and you can shatter the veil today!

Now you're ready to walk the uncommon path. Common, or human, really is the death wish our modern-world statistics continue to prove. Suffering, sickness, and sadness get worse every year EVEN in this apparent age of advancement. What advances have there been that really matter in the light of this? There are no answers to be found where we're looking BECAUSE it's all at the level of the problem; the error of perception, the effect where no power resides. Finally, you stand to make a real difference in your world armed with Truth, including claiming your Immortal Reality and paying It forward.

Breaking The Cycle Of Suffering

I work with those who will do what it takes, no matter what, to know the True Self, genuine aspirants. To attain the experience of the Holy Grail in Wholeness and Completeness where only that which is created by God (the Creator of Life, not the human-like figure of religion) is real. Where nothing unreal exists and all that has been imagined is replaced by Grace. In Self-Transcendence, there are no opposites; it's ONLY good, good, and more good!

Life already Is, built on a Law of Fulfilment. To try to double up on the job of adding to that which is already Created (Perfectly as it happens) is the issue at hand. You can't re-create something already created in Wholeness. God does Fulfilment, humans make dreamed mess from a flawed foundation of pretending something needs solving. Let me say again that dreaming never interferes with Truth, it's just a dream from which one awakens. Misperception only veils Reality, it can't replace it.

The only apparent obstacle you face is personal perception; the perspective of an assumed person. Are you willing to see differently, to lay down your perspective, assumptions, concepts, labels and ideas, to know Truth, the Reality of Perfect Happiness?

A Course in Miracles asks this question of us, "*Would you prefer to be happy or right?*"

Now, don't scoff at this question, you might say you choose happy, but that's not how the human paradigm works despite it being what we really DO genuinely want. We're here to see where the program that is playing you is actually stuck on being right and is holding you back in the worst possible way from being exquisitely Happy. Worse yet, it's impacting those you Love and everyone in your orbit seemingly. YOU can alter the trajectory of generational dysfunction and be the Light of change your Loved ones need! You need to know the dynamics of the Life; otherwise it really is like flying blind! Turns out that 'blind' is the way that we unknowingly attempt to live until we can actually see with discernment at the right level of Truth; Cause at the origin of Pure Consciousness and Creation in Oneness.

You already know what you are, you just don't realize what you are not. The Truth is right where you are, and so is the false. To live the Life our Spirit craves, that we're constantly called toward, requires clarity of that which is not True in identity. Everything you have attached your sense of identity to is part of the phenomenal realm, merely dreamed and imagined appearance. That elephant in the room is the sense of personhood, all that you've made personal without realizing it has nothing to do with you. All that you are aware of in experience clouds your 'sight' and its removal gives you back True vision which is pristine, clear and Perfect. This leads directly to the pinnacle of Life in Oneness.

“To be of the highest service is to see beyond the appearance of a person and recognize the Spirit in another.” Dr Sally Gray PhD

In my recent PhD research, “The Origin of Decision”, which reinforced so clearly the framework that fuels my work and this book,

I made an alarming off topic observation. Whilst we might all claim we have an open, growth mindset, every single participant (237 real humans) proved they don't. I can feel another PhD in the making here (ouch) but the evidence so far is very telling.

A growth mindset, the pinnacle of which is freedom from all judgement and open to Omniscience (Universal Intelligence and Wisdom which happens to be our natural state of Being), must be cultivated from a human mindset which is inherently fixed, it's limited in nature due to believing it really is separate and split. Nothing 'split' from the whole can know Wholeness. A fixed mind can't see its own blindspots. In other words, we're stuck until we dissolve the glue that has us fixed and the vast majority don't even realise that personal perspective is the handbrake to Happiness. We're stuck thinking we have a clue about Reality because that's what a mere program based on ideas (mind's contextual framework for living) has been telling us, and we've been listening to that inner narrator for so long we've totally fallen for it.

Few people even realize that the personal sense of self is the lesser self context from which we are meant to Awaken, not continue to fight for any ordained rights. We've had a fundamental issue with being right because we believe there is a person to take things personally when in fact there is nobody 'there', just the Infinite of Love's Oneness. There is another way to live and it never fails to deliver the Peace that passeth understanding. We lose nothing to gain everything when we turn to the Source of All that Is, the Source of our own mind and Life.

A Course in Miracles provides a wonderfully clear understanding of this problem we can't see beyond, the authority problem as it is termed, perhaps the antithesis of ego. We believe our sovereign dreamed self to the exclusion of our True and Perfect Self and suffer the karma of that and only the karma of that one erroneous idea. Bhikku Bodhi, Buddhist teacher and author says this:

“Contemporary attitudes do not look favourably upon such notions as defilement and purity, and on first encounter they may strike us as throwbacks to an outdated moralism, valid perhaps in an era when prudery and taboo were dominant, but having no claims upon us emancipated torchbearers of modernity. Admittedly, we do not all wallow in the mire of gross materialism and many among us seek our enlightenments and spiritual highs, but we want them on our own terms, and as heirs of the new freedom we believe they are to be won through an unbridled quest for experience without any special need for introspection, personal change, or self-control. However, in the Buddha’s teaching the criterion of genuine enlightenment lies precisely in purity of mind. The purpose of all insight and enlightened understanding is to liberate the mind from the defilements, and Nibbāna itself, the goal of the teaching, is defined quite clearly as freedom from greed, hatred, and delusion. From the perspective of the Dhamma, defilement and purity are not mere postulates of a rigid authoritarian moralism but real and solid facts essential to a correct understanding of the human situation in the world.”

My clients consistently share their relief in realizing they aren’t contained or confined after all, their contextual framework for Life isn’t as rigid as it seems, in fact its flimsy and dissolved when held under the light of observation and right inquiry. Perspective (the personal ego self-centred view) can be dismantled (because it was never

anything real) and replaced by the Reality of Love's Oneness and Infinite Wisdom in which only Peace exists. The problem humans face is in believing the limitation imposed by a mere idea that has been practiced, believing in separation which can be disproved in a flash. We remain confined and contained by that idea that "I" am a somebody, pretty darn special actually, there are also other somebodies, and we never escape our own self-imposed prison until we're inspired to look at the concept of 'I'. Who the heck is this 'I'. Until that point, happiness is restricted and trapped in a false cause-effect loop of misidentification, never permanent, always conditional and entirely unpredictable without control mechanisms/effort established which we call boundaries in the world of separation.

This is not really any surprise given that the human paradigm is the very definition of limitation (that which is split believing in separation cannot be anything other than limited) requiring a survival construct for order. The way that we Transcend is by consistent application of the willingness to see things differently and radical curiosity using the Self-Transcendence Alchemy framework, allowing the Truth to simply pour forth in the absence of perspective. This means we stop automatically resisting 'Life' and keeping Grace out as we have been doing, albeit unknowingly, and just let *It* flow. Awakening from the dream of separation is the discovery and experience of Heaven (better than you've been striving for and really want to experience at your deepest core), there's the incentive right there.

A True open mindset (no limits), which we all love to claim, is one that abides in compassion (non-judgement) and acceptance (non-resistance) without the invisible parameters imposed by perception. These are core attributes of all Spiritual teachings, the Oneness of Love. These are the natural result of purification of the mind imprisoned by separation. Look around you at the overwhelming evidence of the us and them

competition and victim mentality, the fear and anxiety that have become normal. The right and wrong contemporary culture, all of which is perspective (fixed mindedness) run wild and the source of suffering which the restoration of Oneness resolves entirely.

One of my early mentors, over 25 years ago, said to me as I was regaling her with every upset and problem that I was experiencing, “Sal, what’s the common denominator in your experience?” Whilst I was looking at everyone else as the problem, and something about everything else but me as the common denominator, the revelation came to me like a thunder clap from beyond. That REALLY set me on track for my Spiritual discovery, the realization that I am the common denominator. “I” am the center of my universe because Consciousness is within (my own conceptual framework). I am the one experiencing Life in the way that I do, the self is a single occupancy apartment which no-one else manages except me. Experience is happening within me, not anywhere else. What’s the me factor?

The unconditioned “I” was the answer, of course. But at that point, I wasn’t wise enough to realize that and I needed to have it pointed out to me (thus the thunder clap). Whilst it felt like a slap in the face at first, it was in fact a defining moment in my Life and a gift. That I am the common denominator in my experience points to something incredibly important and profoundly game changing. I thank God for every ‘revelation’ my mentors have held me in Love to see, even though it may have felt challenging at the time, the truth is precise, there’s no wiggle room and rarely comfortable when you’ve lived a life built on a lie as humans have. Revelation only ‘stings’ when we value our own perspective; aka being ‘right’ instead of happy.

Truth bomb moment! This means I (and only “I”) am the one that can change it. Not in the superficial way that human personal growth and improvement suggests, keepings us stuck at the level of mentalizing

and doing, wasting MORE time just moving the pieces (thoughts and beliefs) around. I'm referring to the level of Cause. The power that is mine, that is yours, is in making the decision that aligns with Truth at the right level in mind to go beyond the mind; the origin of decision.

What I've come to learn through my obsession with Transpersonal Transcendent study for over 30 years is that no one in the world is responsible for his or her actions. Our understanding of responsibility, from decades of self-improvement misinformation, has us elevating our own sense of guilt rather than eliminating it. We are not responsible for the error of misperception. It's a collective illusion of being something that we are not, it's impersonal nothingness, a mere 'dream'. EVERYONE in this world suffers from it and experiences the world they do because of it, and nothing about it is real in Truth nor is it personal. We're only responsible for the correction in the mind.

Because you're here, no coincidences remember, you're ready for the correction. It's time to rejoice in this news because this means you're finally ready to experience the riches of the Kingdom of Heaven which are yours by natural inheritance – ease, flow, healing, Security and Safety, Fulfilment, Joy, Wisdom and authentic Prosperity...

You've already tried to change the world, change your circumstances, change countries, improve, and grow, if that worked you'd be 'there' rather than under the spell of believing changing anything (apart from the operating system in mind) is worthy of you. Those who are ready to take this Supreme step of Awakening to Grace clearly see the trajectory of that mentality, the ongoing doing required and the never-satisfied quest of seeking and searching (even of the mind) with no finding, just more doing.

Whilst you might have seemingly exhausted all avenues, I hear you my friend, I thought I had too. The way to Fulfilment realization lies

beyond the reaches of the known zone, into the unknown zone. Where everything you REALLY REALLY want is waiting, already done.

All aboard! That's where we're going! The answers that few ever have the privilege to know are being revealed in this book.

This is Ruth's story of realizing Fulfilment in present moment Being:

In 2010 my husband passed away suddenly & in the 24 hours that followed, I experienced a sense of profound Peace that defied the circumstances & explanation. I had this sense of everything being absolutely fine, better than fine, complete as it should be with no need to worry or to grieve, but this began to fade & I was left noticing its absence & somewhat disinterested in my former Life. For years doctors & therapists of various kinds called it shock but that never sat right with me. I am made of sturdier stuff, never one for sensitivity, I've always been extremely practical & pragmatic. There was this sense of the Love my husband & I shared expanding in death rather than being lost in some way. I read everything I could find about neuroscience & psychology to explain my experience which frankly I wanted to repeat. It felt like it was calling me but I just couldn't get there, a bit like being called home, but where is home. I found myself in the prime of my Life (50's are the new black) with the means to travel all over the world to learn more about Consciousness & spirituality, having found a similarity between my experience & near death experiences. For 10 years I studied, took workshops, listened to spiritual teachings & found myself full of information & understanding with more fleeting interludes with this otherworldly Peace, but still unable to replicate the Magnitude of that initial experience nor find any consistency. When I wasn't able to travel, I became a youtube junkie & listened to one of your sessions about spiritual law & at first was pleasantly surprised to hear something I hadn't heard before. Firstly you directly answered the question I'd had about the limitation of the human mind. The redundant nature of thinking & problem solving because our own answers exist in the same

realm as the problem. Secondly you share precisely how to go beyond the thinking mind & the critical nature of experience over information. To see the false as false ensures the necessary purification to allow Peace & I just knew this was the step I needed help with. I'd been immersed in several theologies, particularly Vedanta, & found they lacked the practical & conceptual teachings that you were addressing in a way that felt so spacious immediately. I really didn't hesitate in reaching out & immediately knew I was in the right place thanks to your amazing Bex. I was terrified that I would never know Peace having had that initial experience after my husband passed. I knew it was a gift, a calling of sorts, a Purpose after we'd retired so early & successfully. I cannot express the gratitude I have for Dr Sally. Her intelligent, logical, scientific & direct teaching has allowed me to not only live with the persistent experience of Being at Peace, but has opened my eyes to a world I never imagined existed. I now call it the real world, where the joy of Being & Happiness are Life itself. I am privileged to be guided so lovingly & Peacefully in my day to day Life, Being led to share the gift of Love with so many others in my foundations. Thank the Heavens for your work Sal, I have been touched by your Grace & am forever humbled. Ruth – Philanthropist – US

Overcoming The Illusion Of Duality

“The only real problem we have is that we think we have a problem...Let me recognise my problem has been solved.” A Course in Miracles

Carl Sagan said, *“Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light-years and in the passage of ages, when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. The notion that science and spirituality are somehow mutually exclusive does a disservice to both.”*

Let's explore the collision between ancient Wisdom and science to illuminate the Truth right here in the presence, right where “I” am. The answers that exist right where you are and have simply escaped attention will ignite your inner fire of Life that is Eternal and Fulfilled, passionate and inherently meaningful without a shred of doing or personal interference.

Werner Heisenberg said: *“The first gulp from the glass of natural sciences will turn you into an atheist, but at the bottom of the glass God is waiting for you.”*

What's the point of these insights? To illuminate facts we're unknowingly overlooking. We suffer from what we don't know. It's time for a conversation that may not be comfortable and yet

necessary in order to illuminate your natural intrinsic (without conditions) Infinite Joy. Remember you'll be learning how to swiftly erase the false cause of all upset very soon and this is never outside your own Consciousness. Nothing that appears to happen without can trigger you unless the condition for upset pre-exists. The mind is nothing more than a projector projecting its own contents, upset ONLY because it 'thinks' it's missing something that it actually isn't.

I want to shine the light on the questions that are going unasked which means no truly helpful answers are being realized, leaving Reality hidden. Our ignorance is having devastating consequences on our quality of Life we just can't outrun. Let's call them out now and explore them deeply in this book:

1. What "I" really Am? The realization of the Infinite Eternal Self is the prize.
2. Where is the real power? – so I can go straight there (Cause in Creation) without delay.
3. What is the right level? – pretending to be something you're not (ie human) is a merry-go-round of delusion and thus guaranteed disappointment.

I want to tell you that I was once a raving atheist! I prided myself on being the most individual *individual* I knew, more autonomous and independent than anyone, dedicated to doing life MY way. If it meant doing it the opposite of how I was told, I was ALL in. I believed my beliefs until I didn't anymore, opting for a better way, the Happy way! Fast forward to today

and I find myself sold out entirely to God. God (not of any religious denomination, rather the Source and Cause of Life) was the missing

piece and in realizing Fulfilment FIRST, which is a requirement of expansively manifesting 'good', Joy beyond my most bodacious dreams unfolded without 'me'. God is not an external character but the Core Nature of Being, the Essence of Life which is what we all exist in and because of and are indivisibly One with.

I'll be using the word God throughout this book because God is how I've come to know the Omniscient, Omnipotent and Omnipresent invisible Cause of Life, which many physicists and quantum scientists and of course Mystics themselves call God. That which has proved, in my experience, ceaseless Supply and Sufficiency, Peace beyond measure, and the joy of Being One with Love. God is Truth, the timeless and changeless Reality in every moment which never deviates or disappoints. Awe is a word that continues to expand in meaning, other- worldly Gratitude resides on my lips permanently.

God, in this respect, is the universal presence of Infinite Wisdom and the only Power that is always, Eternally, and through all things. There is no religious denomination in these pages and I encourage you to find the word which best resonates with you as you discover the immensity of the True Self.

The realization of universal mechanics, the Reality of only One Power, is how you'll Transcend at Light speed; it's how Awakening occurs. The fundamental problem of the human

experience is a belief in two powers, because of the split- mind syndrome of the perceived human separate identity. The recognition of Oneness is impossible at the level of separate appearing bodies, we're going beyond (before actually) body and mind to reveal the Truth hiding in plain Awareness.

The Cause of all Life is Spiritual substance, invisible Omni- potence, Omnipresence and Omniscience, the unifying particle of Universal

interconnectedness. To deny this any longer is not only a denial of Reality, but the known to be optional choice for suffering.

There is an undeniable collision between spirituality and science and it is this very collision that is the focus of our work here, the portal to the grand prize and secret of Life; Oneness.

I also share this here because I have worked with countless people of varying religious and non-religious backgrounds who have had issue with the word God. Not only will you discover in these pages how to Transcend every problem hiding in your world including your preferences EVEN for words, you can use any word you like interchangeably with God. Some common alternatives are Source, Supreme Being, Great Mother/Father, Universal Wisdom, Love, the Self, Consciousness, Great Spirit, Spirit, the Universe, Papa, Grasshopper, etc.

Authentic Awakening is about going beyond all words and concepts. This book is a mere breadcrumb, a bridge pointing the way that only you can choose to walk leading you to indescribable Loveliness; Heaven. This is the primary and only relationship to develop that precedes and predicts all experience. It's time to fall in love with the Self.

The Truth About Your Identity

The litmus test for Truth is found in its nature, being Eternal, timeless, and changeless; Omniscient, Omnipotent, and Omnipresent. It's going on all the time, always has been and always will be. Truth is the constant 'variable' so to speak, we've just never given it any attention. It's the only thing Eternally present that can't be touched by the goings on in the dream world and it's right here, where you are.

It's where the only power is; it is all Wisdom and Infinite Genius. Quite literally, the Truth is where you are, just like the space example we explored earlier. There are many Truth elements in experience that are the doorway to Infinity that you've forgotten/overlooked in favour of valuing that which has pinched off your attention downstream instead. Most of us have an entirely erroneous understanding of what Truth is. Belief is not Truth and in fact personal perspective has nothing to do with Truth at all which doesn't live in the mind. Yup, our lives truly are based on lies which we can Transcend without the typical human drama model.

It takes mastery in order to hear the song of Heaven being sung. It's being sung right now, you've just trained your ear to a station playing something that isn't Truth. Another way to say this is that you've trained your mind to focus on the un-real movement of temporal phenomena, all the while the Reality of Heaven is just out of view until it's overlooked entirely and a kind of memory loss occurs, you really think 'it's' missing.

This essentially underpins the psychological angst we all experience in seeking to fill ourselves and feel better in every realm of worldly experience, not realizing the impossibility of this approach. The “I” of Being is the realization of that which I already am and it holds all the answers.

The “I Am” of pure unconditioned Being is the keeper of the Holy Grail and is not only within you, it is you. The discovery of the causative “I” is the avenue through which all knowing is known. The “I Am” that you know yourself as, at the deepest unobstructed (by ego – personal human identity) core is the “I Am” of Infinity and Eternality, right where you are. In the absence of personal perception (thoughts, feelings, beliefs, ideas, concepts, labels), the Truth of the Limitless and Infinite “I Am” is revealed. “I Am” is Life It-Self, even before Abraham was “I Am” as we’re told in scripture and the metaphysics of this speak to the core of the One identity, not the split off character you believe you are. Incidentally, the Latin root word ‘am’ means Love, no coincidence there I’m sure. “I, Love”...

Life already Is functioning Perfectly under the Law of Fulfilment. My Life, your Life, is already Fulfilled. The Joy of Being is the highest path, allowing the riches of the Kingdom of God’s Creation to flow into experience. We were never meant to try to create-make-do anything for any imagined purpose, rather to abide in the Peace of Being with Life pouring through us unimpeded and uninterrupted, taking us gently and directly along with, As It. We’ve been interrupting our own Magnificence. DOH!

Realizing and remembering fully the Reality of “Perfect Being” takes dedication and devotion. It takes walking the path toward Truth, not away from it, which is what we’ve unknowingly mastered. Our persistent upsets are testament to this. You’ll discover how to allow Heaven instead which is ever present at its fullest. Right here in this moment is where it

must begin because right here in this moment is where 'It' Is. There is no other point in time (because there is only now), you're right where you're meant to be and there is no other purpose of time (because it isn't real) than that of Awakening to your Divine Self and knowing the riches of the Kingdom of Heaven. Why wait for Fulfilment? In the end the choice is yours and only yours to make.

Yet humans (the misidentified) *are* conditioned to walk away from Truth, having accepted the lie of ego's separation (individual identity) paradigm at the very start of the journey, into a dreamed world, and attention was thus established and contained by the program of survival. Self-Transcendence is the pivot of Awakening, walking toward Truth, allowing Truth to reveal itself. You don't add Spirit into Life, you ARE Spirit, the very source of Life (not human). We're really only getting up to speed with 'what is' when we decide for the Highest Love, found in Self-Transcendence (i.e. the pure unconditioned Self), having been stuck on old re-runs; the past just looping over and over until we 'get' the call to Awaken. We don't need to wait until we're seemingly desperate even though most do. Seeking illusory worldly success is a call to Awakening most miss and I'm hoping this saves those people duped by self-improvement and achievement to cut lifetimes off their sentence!

Attention is the currency of Life. The free will that we think we have is our choice of attention and our choice will never be denied us. The point is we get to choose our attention and in doing so with precision, we allow that which we've not been looking at, the thing we're actually looking for, to be revealed. Expansive Pure Consciousness leaks into our experience if we let it. What we'll be allowing is that which has been doing the looking to become Realized. You can't give your attention to two things at once and very soon you will be extremely discerning about how you wield this almighty potential in your Life. Where you aim and fire your attention/choice is the accurate predictor of experience.

You are so VERY powerful, that what you give your attention to, blinds you to all else. It needn't and my hope is that you will realize your True Self, to be fully alive in Joy, at home beyond the world in Perfect Harmony. Those who authentically Awaken come to recognize their True Nature in Oneness with the unified field, the experience of Divine Liberation anyone can have. Awake from the world of suffering in the Reality of Heaven with a truly helpful part to play in salvation.

Sacred teachings tell us that where upon I stand is Holy ground. Meaning God, the universe, the Truth of Life, is with you at all times, it's happening right here, right this very minute. You're just being played by an illusory paradigm that is looking in the opposite direction, so you see only what you're programmed to see and can't see anything else through the eyes of enforced limitation. It is in removing the imagined cause of limitation to get out of the insanity trap Einstein cautioned us against.

You see what you're giving your attention to, not 'that' which is giving attention. Limitation can't see 'Wholeness'. The operating system of the program of separate identity is a bit like having dust in your eyes, perpetually corrupting your view. Just because you can't see it, doesn't mean it's not there, just like gravity which remains invisible to this day.

You can't see a town that's on the other side of a mountain, but it's there. You can't see a house behind thick forest, but it's there. You can't see the Life coursing through a peach tree to produce peaches, but it's there. There's a whole lot happening that isn't in our typical human sensory perception, 95-97% as research from NASA revealed remember, but it's happening regardless of whether we're aware or not. The point is you can become aware and a lack of Awareness of already Being and having what you're seeking is the only obstacle keeping you 'stuck' in Life, no obstacle at all really. The mastery of Conscious Awareness is the real remedy for a Life worth living.

Limited contextual understanding can be explained by level confusion as it is termed in A Course in Miracles. Whilst I appear to be a body, what I really am is something other, something far greater; Spirit created in the image and likeness of the Creator. When we restore identity at the level of Cause, that deepest level of Awareness in Pure Consciousness, Heaven is revealed quite organically. The greatest discovery there could ever be! Whilst I remain misidentified with, as a body-mind complex with a name and a story, I will continue to see strife! In Truth there is only Oneness and the appearance of there being a difference between form and formlessness is a parlour trick of perception. They're actually the One thing, one in the same, which you'll come to 'see' as you loosen the stranglehold of reliance on the limited human senses, including anything the mind has to say.

What we have mastered is the program of separation to such an extent, that the Truth seems so foreign it gets rejected. THIS is a huge tragedy. Truth is the revelation, realization, and recognition of the interconnectedness of all of Life with the source and Cause of Life in Oneness, the restoration of Love to the exclusion of all else; aka Ultimate Fulfilment without conditions. Life does not and cannot exist separate from its Source That's where all the power that we seek exists and remains and we deny ourselves what we really want when we fight for the optional and unreal 'dream' of personally perceived suffering (made real only because the sense of person-hood is believed), a product of the fear the dream induces (fear of both fear itself and Love) rendering us powerless because we're mindless.

Projection, the weapon of mindlessness, is how you get rid of something you don't want and in the process you keep it by believing its reality. This is of critical importance to understand because we stay trapped in a dreamed world of opposites navigating between what we want and don't want. Pleasure and pain are both the same because they

serve the same purpose. They both serve to reinforce the body as being real. They both have the same error. Just like victim and victimizer. When you see that attacking and being attacked are the same thing, you'll be willing to let them go.

There's not one drop of Truth to any upset that has ever been 'seen' through human eyes. We do this unto ourselves as we're told in Sacred Teachings. There's not two powers with consequences, good and evil, right and wrong as humans dream there to be. Duality is the dream of separation which only veils Reality, it doesn't and can't impact your Innocence or that of anyone else.

Humans in fact have no power that is real, thus the perpetual experience of fear and powerlessness that seems to come and go, intimately tied to the false cause-effect paradigm, at the mercy of the happenings in the dreamed world. Self-Transcendence into Oneness is where there is the knowing that I already have everything at the core of my Being including Eternal Safety and Security, a fear free zone. The Conscious Awareness to hear the song of Heaven being sung and knowing I am in Absolute Fulfilment is yours; Now!

That's the point really. Ego is behind all conditional time dependent scenarios that are dreamt keeping the dreamer stuck in a loop. Whilst Love is unconditionally timeless, always here and now. This is one of the accelerator insights my clients use to swiftly attain discernment, the capacity to see the false as false – and everything that is past or future is a time condition and thus illusory – is critical to the fullest revelation of Perfect Peace in Divine Fulfilment.

In Oneness, there is Divine Supply and Sufficiency, I can want for nothing. In Oneness, all things are added organically into experience that are needed and wanted and Life unfolds Divinely. It looks like a lottery win every, single day. Because it is recognized that everything is added unto the Mind that is established in Oneness. This takes mastery. It takes

doing the work that I'm about to share with you in putting the dream of separation down to let the Truth 'appear' in view and it's fast when you walk the proven way.

I've worked with some serious skeptics over my time who have transformed instantly after experiencing the Light of Peace within. If you apply this framework you will prove it to yourself too and produce immediate tangible results. But don't stop there, this is not meant to be another bandaid to meet today's challenges, persist with discipline to attain the fullest measure of Oneness Consciousness (the old self disappears), this is THE Joy ride and True Purpose of Life. In my experience working with clients, 3-4 months is the general time frame for the dissolving of the human paradigm if undertaken with devoted grit but usually 12 months taking into account the usual pfafting, then it's game on for expansion in Grace. It is my function to work with those who are already anchored in otherworldly Peace to mine the depths of Pure Consciousness. If you're at that level, you're most welcome to join this indescribably Joyous community working Miracles and Magic; email team@onelifetruthlove.com, the more the merrier! Exploring and expanding in Pure Consciousness (no person) is the answer.

In questioning the reality of our problems and wants (pains and pleasures), we begin to Awaken as we see the dream (matrix of the world) with increasing clarity, which is the one thing humans don't do despite the masters of enlightenment suggesting it! We never think to question the eyes through which we're looking. When you do, you will expose the false as false and find the proverbial treasure has indeed always been right under your nose. AND a program that you would NOT, in your right mind choose, has played you which you can simply put down with no further consequences (karma is erased as the invisible binds of false self-belief dissolve)!

As the ancient parable goes, the Gods got together to discuss where to put the ‘key’ for humans to escape the dream. One God said how about at the top of the highest mountain. No, they all said, they’ll find a way to look there. Well how about at the bottom of the deepest sea? No, they all said, they’ll find a way to look there. I know, exclaimed one of the God’s, how about in the Mind, they’ll never look there! YES they all agreed, and so it was.

Right where humans never look, within, you will find the Kingdom of Heaven. Within you is the door to open that allows the riches of Oneness Fulfilment, of Self-Transcendence and Realization, of the Grace of God to flow and pour forth to illuminate and animate experience in the way you *really* desire. In the way that humans can never, ever find in any achievement of the world.

It is in putting down the identity of the personal self and restoring (resurrecting) the knowing of Spiritual Truth that is already alive within. You are not a human being. You are Spirit and as you walk this path, it becomes clear that you are NO mere body, actually no body at all. The somebody that you thought you were was the obstacle to the very thing you wanted.

“The body is a tiny fence around a little part of a glorious and complete idea. It draws a circle, infinitely small, around a very little segment of Heaven, splintered from the whole, proclaiming that within it is your kingdom, where God can enter not.” A Course in Miracles.

You will realize, embody, and know experientially, “I am one with the source of Life Eternal, Infinite, Limitless”. I am One, satisfied, sufficiently Fulfilled, and authentically unconditionally content,

complete Spirit in the Mind of Love, as the Creation of the Creator who is Omniscient, Omnipotent, and Omnipresent. So is everyone else and there's not a care or worry to be had ever again regardless of what is going on in the world. To act under the misperception that problems exist is the pickle humanity finds itself in and that's the point. The world is the dream realm of sleeping from which we are meant to awaken, not fix.

That is your only task and Purpose, the remembering of Oneness and the acceptance of the Eternal Truth of Being. Life can finally be lived AWAKE and has no other Purpose than to extend from fullness, fuelled, gifted by and in the service and glorification of Grace. This is the experience of Authentic Fulfilment and Divine Success. There is no attainment in the world that is cosmically comparable. The world is lacking every which way we look through the eyes of separation, regardless of how 'special' we try to make ourselves in the dream.

At a very practical level this means that how you've been seeing any and everything in Life will transform, perception is healed definitively, without any action taken at the level of perceived tangible matter/form. The human fight machine transforms beyond belief, it is simply replaced by the Reality of Love's Oneness with not a hint of attack/fight/defend remaining active.

If you've been having relationship challenges for example, this is simply the effect of the false cause within (believing in separation) that will be Transcended with 'the problem' miraculously resolved. This applies to every challenge, or any situation that is less than Perfect Peace (NO MORE SETTling for how things 'are' as viewed through the human dream drug), in your Life. Your upsets have never been for the reason that you 'think', NOW you'll have the clarity of focus to allow the Masterpiece of Life that is your inheritance to unfold without further interference from the finite lesser mind that is a mere idea of a personal self (that doesn't exist).

Living Life At The Right Level

A Course in Miracles tells us, *“The ego is a wrong-minded attempt to perceive yourself as you wish to be, rather than as you are...What you think you are is a belief to be undone.”*

You’ve been under a spell, a potent hypnosis of sorts that has led you to believe (REALLY believe) that what you experience through the idea of self (insert your name) is real, it’s personal, and it’s important! It’s not. Upset, or any hint of a problem, is not the Reality of Truth, it’s the effect of perception which is an issue of Awareness and can be instantly remedied to allow the flow of Peace.

We’ve been hoodwinked (by no-one, there’s no victim here) into believing we’re something we’re not, having habituated through immense effort and practice nothing more than false assumptions about ‘Life’. You’ll soon discover that the greatest tragedy is that even (especially) the smartest of us reject our True Identity in favour of the known avatar (personal identity ‘character’ and perspective with the name of you) being played in the dream of the world. Heaven is here, but most choose hell (the prison of personal perception) instead of waking up to realize True Identity. Ego really does want to be a ‘someone special’ at your peril, leading you to dreamed death.

True Identity is pure Consciousness, knowing only of that which is permanent in Reality, the Essence of unencumbered Being, One

with the Source of Creation in Omnipotence, Omnipresence and Omniscience.

This has long been known in Eastern spirituality. Rupert Spira, a renowned contemporary Vedanta teacher, shared this in his book, *The Nature of Consciousness: Essays on the Unity of Mind and Matter*, “*I am that which knows or is aware of all experience, but I am not myself an experience. I am aware of thoughts but am not myself a thought; I am aware of feelings and sensations but am not myself a feeling or sensation; I am aware of perceptions but am not myself a perception. Whatever the content of experience, I know or am aware of it. Thus, knowing or being aware is the essential element in all knowledge, the common factor in all experience.*”

A really simple way to practically apply this is to remember from science that “I cannot be what I am observing”. What is being observed is what you’re divesting your attention in (giving your attention to), so where is attention coming from? This is the great paradox, you aren’t what you have believed yourself to be, you are the observer at the centre of Life and the realization of what you really are is the Fulfilment you seek. YOU are what you’ve been searching for, it’s just that Consciousness cannot observe itself, it IS itself.

The dream of the world (the Life that we’ve become so familiar with and habituated, we call it ‘ours’) is potently distracting and incredibly compelling! We really believe what we see and experience as exclusively TRUE! Its appearance is real, but the mere appearance of real and that which is True don’t collide as it turns out. It is attention that is the mechanism of this game.

Those on the journey to claim the Grand Prize of Life (Oneness) need to fully understand the stakes of the game. That’s precisely why I do this work and the Self-Transcendence Alchemy framework revealed itself to me. We require clarity of focus and a way to continually prove

to ourselves the illusion of the world (a glamorous hoax of smoke and mirrors much like *The Truman Show*) is UN-real as we turn to look in another direction (within). There we'll see a whole other Reality (the REAL one) appear in Awareness for it to be known within as a reflection of the Eternal emanation of Life.

The world as it appears to the human sense self is not the real Reality. Your experience of the world is what you made, not actually objectively real. Abiding in Reality will allow your Life to begin to straighten in alignment with Grace. The Supreme Fulfilment we're all chasing is always right where we are without effort or doing, it's inherent in Being; where we've been looking from, but not looking at! The substrate of Intelligence that is the organising force of Life pours forth giving you Life and once recognized, this is the experience of Perfect Peace and Fulfilment in and of It-Self.

It's totally normal to feel a little shaken at this point, everyone does. Revelation is actually necessary for the karmic bonds of perception to fall away. This experience of Awakening, maturing spiritually, is known as revelation. Awakening IS a journey of discovery and clarification, starting with recognizing the impersonal un-Reality of personal perspective. NO ONE would make the choices they do if they realized they weren't in their right mind, that they were being played like a puppet under a spell of being something they're not! Good thing we get as many choices as it takes because it's a real adventure to wake up, no harm no foul.

You are an emanation of Life, an expression of Incorruptible and Invulnerable Love that is pure Consciousness having been distracted by a game of littleness and inherent limitation. Even hearing that there is a Reality that isn't the world as it is known is a jolt for most. It sure was for every scientist and Mystic that has ever been. Yes my friend, the option for the Life you'd been 'hoping' you'd find is right here and yours just

because you have *Life*, that's the only qualifying criteria. When you come to know the majesty, Greatness and Magnitude of Consciousness, you'll be doing flips of Joy, the Holy Grail is FOUND! As the story always goes, the treasure was always right under your nose.

In the absence of the personal identity (with your attention off the phenomena of thought and human senses – off the personal mind-body complex) is the Presence of Grace, your True Nature. This is a whole new way of living, no longer pursuing goals, rather abiding in Fulfilment and the Joy of Being where the flow of Life is experienced and expressed in more and ever more gorgeous ways with Genius, talents, Purpose and passion inbuilt and simply flowing in, through and as you. We're here to behold Life doing Life and what a 'sight' to behold when it is seen unconditionally and impersonally.

An example of flourishing creativity that comes to mind is a client, Sandrine, a talented artist. In doing this work, her artistic gift exponentially expanded. In understanding the Law of Cause, realizing that her art and income have no relationship, she was able to truly create with unparalleled carefree abandon, she calls it possessed by Love. Fuelled by Grace her gift amplified and naturally produced true masterpieces exceeding previous work in absolute detachment. The natural consequence of Oneness is the fuelling and/or revelation of intrinsic gifts and of course the flow of financial supply, which aren't related in the way humans are conditioned to believe. When all the false cause and effect relationships are erased, supply of all things you could possibly want and need for Life Fulfilment is effortless and abundant.

Let's recap the GREAT news! You are born for Greatness and Magnitude, never to have a care or worry, to only experience Perfect Peace, Wholeness, Innocence, Completeness, Fulfilment, and the Joyous extension of the Infinite Omniscient. Whilst this might seem fanciful and perhaps even fantasy (it sure did for me at the beginning of my

journey), it's the Truth we've simply forgotten and buried with flat out lies about what we are, combined with a profound ignorance of Life mechanics. EVERY human path leads to death, who would choose that when it's an illusion to be Transcended in favour of the Reality of Heaven? I'll show you how to shatter every lie of lack and limitation that has you spellbound. There are no exceptions to Truth! That's the critical factor about Truth, it's reliable, unchangeable, Incorruptible, timeless. AND it's for everyone.

You are already, in this very moment, existing in the atmosphere of Grace with all (ALL) that you *really* desire and more available to you. Fulfilled is your natural state of Being. The sleeping human mind has corrupted your view and essentially stolen the Truth that you are extraordinarily satisfied and supplied Divinely better than any human 'condition' could, has, or ever will do. This means you can't see clearly, there's dust in your eyes, and all that you desire is in the present moment (it literally can't be anywhere else, that's an existential impossibility), it's actually here now and you're unknowingly resisting it having been brainwashed by the assumption that something is missing.

Yes you did read that correctly. It's been the mere assumption that something has been missing that has remained unquestioned. We've all been suffering from a nasty case of not having a helpful contextual field of knowledge. This is referred to as ignorance throughout Spiritual teachings. As one of my teachers laughingly said; ignore-ance! Purification of the false is the way home to Perfection.

The Truth of Omnipresence was a huge motivator for me in doing this work as well as the impetus for right action for many of my clients. The Life I want is happening here in this moment but I just can't see it! NO WAY! NOT on my watch! I was NOT going to live a Life that is less than what is 'possible' as humans do simply because they know no other way; the how is NOT in human Awareness because it's NOT from human

origin. The fire of motivation was truly activating, so here we are today! I've come to realize that the Light that was always leading me was the fire of the Self wanting to know the Self. The Self doesn't want anything else, it is already Complete!

You're the child of Creation, the nonsense of being the limited product of an egg and sperm is scientifically laughable as well as mathematically impossible. Dr Ali Binazir has crunched the numbers and has established that the mathematical probability of you existing is 1 in 10 followed by 2685000 zero's! He uses this analogy:

"Imagine there was one life preserver thrown somewhere in some ocean and there is exactly one turtle in all of these oceans, swimming underwater somewhere. The probability that you came about and exist today is the same as that turtle sticking its head out of the water — in the middle of that life preserver. On one try."

Universal Law has revealed that all the Power that exists resides at the level of Cause (Creation). You have the full force of the Universe (God) available to you when you return home to True Identity within. In the next chapters, we'll dive deeply into the precise and practical requirements to realize and recognize this in your own experience and how to allow Genius (your natural unconditioned Mind) solutions in every realm of your Life.

You'll go beyond the pseudo spiritual realm of somehow impossibly being aware of human and spiritual identity simultaneously. This is intellectual, ego hogwash. Even a child knows you can't be two things at once. The imagined self must dissolve for the Truth of Being to shine,

otherwise it acts like a curtain hiding the light. There's nothing personal about the Universe.

Another way to put this is that you are the child of God (and so is everyone As One at the level of Truth). The Cause of Life (God) is the Cause of your Life and you cannot exist apart OR without it. Cause and Effect simultaneously and inseparably exist. You are the Effect of Life (God) and have not been hurled into a state of personal aloneness. Life is the Tree and you are the inseparable branch which you can know right now. You're in the midst of Life aren't you? Even more exciting about the Law of Life is that Cause is responsible for the Effect, Life is designed to supply its creations better than the imagined personal self could ever hope to make or do. The notion of creating your own reality is hereby relegated to the ego dream of personal preferences, destined for disappointment and death. You're alive for MORE!

At the level of human sight, the personal mind is the cause of all effect/world. The effects that the personal mind makes are miscreations, actually making nothing because it is dreamed. Duality remains real for as long as we accept separation and cannot and does not allow Fulfilment in the way every human craves. Put simply, all that we experience comes from our very own Awareness so we can easily unwind from misperception to allow the One True Cause and Effect Law to operate without interference. This is the flow of Life and guarantees Fulfilment, because Life is Self-sufficient and Self-sustaining. You can't be without a thing! Not only that, Life, which has a long track record of ceaseless fulfilled flow does a better job than any human ever could. We're not here to fix anything, rather to allow Life to pour forth from within us, from the origin of Creation (True Self) into experience.

Your inheritance is the Kingdom of Heaven, your lineage is the MOST noble, you are Divine. Your inherent worthiness was established in Creation. You're worthy because you are an expression of Life, of Perfect

all-encompassing Love. The human experience of separation is not real, it is but a dream and your innate Wholeness already IS. Awakening from the dream of personal identity gives you back the knowing of Completeness to play Life Divinely and truly Co-Create 'rightly' to serve Love's Highest Purpose for all.

IMAGINE for a moment how different Life will look when you are living deliciously from the knowing of *having* every- thing in Oneness rather than hustling to do from a perception of lack. Nearly every (perhaps every) human activity is undertaken from the lacking paradigm dream state, a fight for specialness, and is thus devoid of Fulfilment, just more to do. The idea of being a someone with something to do is the only obstacle to present moment Bliss.

Hearing The "Right" Voice

Ego is the belief in being a human individual person itself, it is not an aspect of the human experience, it is the entire dream of the self. It is the program of separation in the dream state, much like a hallucination that has us seeing what is not really 'there'. Think of a mirage and you come close to understanding the hypnosis (hypnotic trance as it is often referred to) of the world. It is very much like playing the character of an avatar in a virtual reality game where the rule of humanness becomes the dominant premise behind the whole show we never question (you'll discover the complete avatar program that has been playing you when we get to the Self-Transcendence Framework). We just forgot we've been playing a game and can go home to 'Heaven' anytime we choose.

You're not here to keep reinventing yourself, you're here to realise your inherent Perfection as a present moment Reality in and as Pure Awareness and live from 'there'. We're not messing around at the superficial level of subconscious, rearranging beliefs, we're headed to Truth which is beyond perception. An experiential knowing that cannot waver, a permanency of Being.

Joseph Selbie, in his book, *The Physics of God*, provides explanations of transcendent phenomena (miracles, immortality, heaven, God, and Transcendent Awareness) given by Saints, Sages, and those who have had a near-death experience that are fully congruent with scientific discoveries in the fields of relativity, quantum physics, medicine,

M-theory, neuroscience, and quantum biology. All of which speak to the holographic model of reality, putting us in a position to alter not only our own experience in truly transformational and Transcendent ways, but to be of the True service that our heart's desire. For the Love of all in service of Oneness rather than the all too common service of self as special, some kind of icon. No individual 'special' person is to be revered, living at Cause reveals the Source of All to be the Cosmic force (God) which is everyone's inheritance on equal ground as the One.

To be of service is the deep desire of so many, whether it's simply directed toward our loved ones or a more global vision. As I discovered in my own 'helpful' career, I am of no 'service' to anyone in perpetuating the belief that problems exist and suffering is possible. In healing the mind and discovering True Identity and realizing this for all in Oneness, I have seen astonishing comprehensive healing like never before. Rather than exchanging one problem for another or the preference for 'out of sight out of mind' of humans, we can Transcend them all and the currency as well as measure of True Healing is Peace. Is Peace, permanent and unwavering instead of conditional, how you experience Life always? You will!

The false self-identity (ego) is an image-maker and the images or ideas it makes don't leave their source; false cause and effect. It is the persona or mask that covers over Reality. It is a self-concept comprised of mere perception, nothingness in Truth. It is fragmented into the person (fragment), other people (fragments), the surrounding cosmos (more fragments), and it is that which thought them all up. The ego is both the thinker and the thoughts, image maker and images and you are none of these. There is no objective world beyond the observer; you see what you want to see, that which is part of a mere hypnosis of separation with a predictable (100% guarantee actually) end. It's a limitation placed on the self; a self-imposed prison of sorts built on a mere assumption

of separation. That which is finite cannot be contained in Truth, the appearance of the world is merely a dream.

As it says in A Course in Miracles, *“It is because the thoughts you think you think appear as images that you do not recognize them as nothing. You think you think them, and so you think you see them. This is how your seeing was made. This is the function you have given your body’s eyes. It is not seeing. It is image making. It takes the place of seeing, replacing vision with illusions.”*

When the mind forgets this and perceives itself on the screen, it is in the wrong mind, (remember that you at your core are never wrong, you’re Incorruptibly Whole) already defending itself; belief simply proves itself to paint a very compelling (and yet still un-real) picture. It is similar to going to see a

movie. You don’t pay only to see images on the screen; you want the experience of being transported and immersed in the movie. The mind in the human world wants to be distracted, it wants something exciting, so it can forget what is going on inside the mind. Image making is a critical function of the ego, without it there would be no world of opposites and Love’s Oneness would reign. Think of how insidiously this plays out in the world where goal setting and wanting more is highly regarded, this is a nod for the dream state of ego preferences, which is the denial of authentic Happiness.

The appearance of being human, something you are not in Truth (you are Pure Consciousness), is very, VERY compelling! This is known as the dream, illusion, matrix or sleeping state and we don’t even realize it. I’ve taken all the guesswork out of the process of Awakening to Pure Awareness, we’ll get to that conversation shortly.

Awakening is very much like waking from a bad dream in a deep sleep into profound relief, with all those you Love Eternally Safe as well. The only experience that your Soul is seeking and is worthy of you is

Awakening to Truth; waking up in the Security and Safety of “Heaven” to simply live without limits; aka free. All else is a game of pretend where a dream of suffering, prison, is guaranteed. This is not your average weekend or 90 day course to a better Life with personal improvement coaching that needs to be repeated and continued with when the initial ‘high’ wears off. This is the work your Self has been calling you to, an unwinding back to Being One with Source: God to live permanently in this Self-Realization. The indescribable grand prize of Life.

Ego’s law is “*what you project you believe*” without question. Everything experienced through the human senses is made up by ego to blind us to the Truth. Simple questioning will expose ego’s nothingness. It has no foundation upon which it can survive, you would NOT choose it deliberately now. With- drawing belief from the thought system of separation is how you Self-Transcend into Divine Grace and guarantee Peace.

Under the influence of the belief in separation (think of it very much like being under the influence of a drug with nasty side effects including eventual death), we are subject to inescapable fear, believing at all times that our survival is at risk. No matter how much personal work we do, escaping this almighty fear of death is impossible. It comes with the avatar program that you believe to be you, which is actually playing and possessing you.

Modern medicine and neuroscience tell us that the notion of personal safety is the deepest root cause of all perceived stress, trauma and sickness, with nothing more than symptom management on offer. Psychoneuroimmunology, my area of functional-medicine expertise for decades, tells us that our state of health, driven by immune function, matches the state of our nervous system. This is why stress is categorically the winner as the single-biggest cause and predictor of mortality in the dream of separation. The obvious and proven solution for both

is Self-Transcendence where Eternal safety, security, and certainty are attained.

Ego is the impersonal nothingness that is the hypnotic rhythm caused by the belief in separation. The appearance of a world of opposites where there are separate bodies, the idea of two powers; good and bad, the birth of preferences and opinions, the natural home of judgement, the realm of suffering ending in death, etc.

Ego is a dream state akin to hypnosis, a personal program of identity designed to corrupt vision, held in place by the primary belief in separation and the habit of persistent thinking in a particular way and directing attention habitually to the objects of Awareness which produces our unique personalities. It's a case of what appears real is not real at all.

We don't need to make an effort to dissolve the ego, we're not fighting anything, because it does not really exist as an actual entity. It is simply a collection of (very) familiar thoughts mixed with attention and investment of belief that have been made personal, "mine" or "me". This collective bundle of beliefs about Life, ourselves, the world, God, the Universe is what we take ourselves to be and needs constant reinforcement all the time, it's literally exhausting and aging you to continue in the dream, defending an idea.

It is only interest/attention in ego (the sense of a personal self) that seems to give it life and a lack of attention will lead to its natural dissolution. The egoic sense of being a separate someone needs an enormous amount of energy to be fed to it constantly and this has been happening for so long that you have forgotten just how much. As you begin to take attention away from this un-real sense of you, you will begin to feel an effortless and Peace filled state being revealed. This, perhaps, may be the first taste of the Awareness of 'Pure' Being. It feels

like home, security, Completeness and definitely Peace. It's time to be energized by Life.

"I" Is All & Only Power Now

Quantum studies have shown us that we see what we've decided we want to see and what we do see is nothing more than a compelling holographic representation of our state of Awareness in Consciousness. Awareness at Cause is the level we must be addressing in order to alter experience in the most profound and glorious way. One problem (the unquestioned assumption of separation) and one solution (it never happened) as the masters tell us.

There's no Truth to any problem we think we see. We all suffer from a nasty case of the same only problem, misidentification, mistaken split and fragmented identity (ignorance). This propels us further and further into the dream of trying to find something we think we don't have or lost, always seeking more, different, better. We live under the false paradigm that part of us is missing which can never be remedied in the way we try in the 'dream' state by taking action to remedy the dreamed problem. We just continue to go further and further away from what we really want, that which we can only find when we turn around and walk back home to True Self, essentially in the opposite direction of the dream of the world.

In *Science of the Soul*, Dec. 1978, Margaret Hitge states in "From Circumference to Sacred Center" that:

“We all have a center, but we live off it—off center. This is what creates our anguish. The madman is completely off center, and the enlightened man is totally centered inside himself. However, although all human beings have a center, only an initiate has a Master eternally present at that center. So a satsangi has a different kind of center. When acting from his center, a man is whole; holy. When he acts from the circumference, he is scattered and fragmented in the field of the mind. When we live our lives off center, on the circumference forgetting our Simran (continuous remembrance of the finest aspect of Self; God) and our Master, we are always mentally dispersed and distressed. When we return to the core, we are unfragmented, whole, holy and blissful, and in an altogether sacred place. The degree to which we become centered or remain in touch with our center throughout each day determines the happiness or unhappiness of our life. This is logical because the closer we are to our own center, the more aware we are of Master, and the more our problems dissolve. The further away from Him we are, the more our problems increase and solidify.”

We CAN return to center, it's what you're here to do, your only purpose and the way has been walked successfully by countless Enlightened Masters (those who recognise the "I" of Being – the same "I" of All) making it simpler than ever. Remaining in Essential Being is the collapse of time. Time is a matrix of mind and its appearance implicates ego (illusion) every single time. Eternity and time cannot co-exist, only One is real. You can prove right now which is which by bringing your attention 'home' to all that is timeless and changeless in your experience

right now. When you see this clearly, it's game over for ego and game on for Bliss.

Awakening to Oneness is not difficult, only ego will have you believe that it is not only optional but 'impossible' in order to protect its own illusory 'appearance'. Simply turn within, settle back within your Self, discover no individual there BUT something more wonderful, immerse in your Being. Let's take the mystery out of this journey. You cannot possibly fail to wake up to what you already are. Think of this a bit more like the journey of mastering attention. All that you seek IS here, you've just been looking at something phenomenal (appearing in Awareness but not real) instead. A bit like a train wreck you can't take your eyes off.

Consider for a moment the parable of the prodigal son which reinforces the above Wisdom. The prodigal is the metaphor for the dream of human/ego (separation) identity, of every single 'person' in fact and relevant as a message for Awakening. We walk away from Wholeness with the decision to believe we actually are separate from our Source. At which time we are born into the dream of physical bodies and commence a game of trying to restore a sense of Wholeness and never quite (not even close for most) get there, in fact we get horribly lost and end up defeated. The game we're talking about here is not one of accumulating any 'thing'. But ultimately how do you really feel – like you won or there's something missing?

No one in the world of human identification can achieve the state of Completion, Fulfilment, True meaning, or Purpose. It's an impossibility and this is the reason why most resign themselves to settling with how things appear, reinforcing their personal paradigm to maintain a semblance of control over the depths of despair they experience.

The quantum science of cause and effect reveals that the observer and the observed are one in the same. What you believe yourself to be is the identity lens through which you're looking at the level of causative

origin and thus is the answer you will experience as the effect (result) with a guarantee, it's just science. Persons see problems because the foundation (belief that separation is real) is lack/wanting, and lack is the result regardless of temporal change at the lower level of matter. The human-world playing field is just like a level of a virtual reality game that we're meant to rise above, through and beyond, into Self-Transcendence.

We're not meant to stay at the level of the world where there is a sense of me and others where victim-victimizer mentality cannot be avoided. Our aim in this book is to look where we came from and return to that origin of Being in Wholeness.

Just as the prodigal son story goes, we simply turn around, walk back home and are welcomed with open arms. This is the metaphor for the restoration of Divine Order in True Identity and the riches of the Kingdom once again pour forth into experience as an organic consequence. All efforting to 'get' in the world is done and dusted for good. Ego's destructive and deadly games are over once and for all.

You'll discover throughout this book how to overcome many of the hurdles and challenges that everyone early on the Awakening path faces so that you can avoid them, walk directly and swiftly, and save time in achieving the Supreme state of Being in Grace. ALL the success and more you've strived (your butt off) to attain will be resolved and replaced by Grace without you hustling, allowing Joy to exponentially reveal as your own Essence and Being. You don't do joy, that would be conditional based on ego preferences. You are Joy.

A Course in Miracles defines the ego as a death wish, the desire to create yourself and your world. The ego identity is what the body-mind symbolizes; a person, an image, a self-concept. This alter ego is the replacement of abstract Love, our true Reality.

Ego is false perception/judgement, a hypothetical decision to believe the tiny mad idea (called this because separation is impossible and thus

insane to pretend otherwise) of the possibility of separation from the Cause of Life. Ego is not an entity that has power over you (neither does anything in the world), it is simply the choice of attention on thoughts you've practiced (habituated) with separation beliefs, misidentification, at the core, learned and practiced to the point that you believe yourself without question and not only resist but deny even the possibility of Reality as something or anything else.

You are not a victim to ego, you're not a victim period. I'll show you how to undo all perception of the possibility of a victim and a victimizer. Ego is just a nasty habit of thinking thoughts out of alignment with the Truth of Love's presence and Oneness. But all Power remains with Cause, Consciousness, and this can never be interrupted, not by one idea ever.

Ego is merely a decision you made to believe the idea of separation once and you get to make a NEW decision (your choice is your little red pill, which will never be denied you, and THIS is how you allow the Truth of Heaven to be revealed organically) from which all future decisions line up with True Fulfilment as your Awareness grows exponentially.

Ego is the misidentified self that makes everything seem personal and is behind the appearance of all striving, suffering, struggle, lack and limitation. Zoom out and take a look into your Life right now, what looks like it needs changing, improving, sprucing up, stitching back together, divorcing? This is experience seen through the lens of separation and is a ruse that will keep you distracted and mildly entertained for as long as you keep looking and believing what you perceive. You can spot ego anywhere upset, a lack of Peace or a wish to fix, mend, change or influence something appears. Instead, you can move beyond it to abide in Peace, certainty, Joy, fun and creative expansion.

The point is, how you ‘see’ is a choice, not a fact! Remember what you decided for earlier, that is what you can have in permanency.

Ego is limited and there is an end point to ANY notion of suffering, lack, limitation, and wanting. Getting the job of Transcending the lower and lesser physical and mental realm into Divine Truth is Absolute with no remnants of the ‘past’ remaining, comprehensively and definitively DONE. Ego is

the dream state, the illusion, the hypnosis, the hallucination, the hologram. But YOU are the decision maker with ALL the power to choose in alignment with Love that has nothing to do with any label you might have picked up along the way leading you to forget the Truth of what you really are.

Also from A Course in Miracles it is said:

“The belief in hell is inescapable to those who identify with the ego. Their nightmares and their fears are all associated with it. The ego teaches that hell is in the future, for this is what all its teaching is directed to. Hell is its goal. For although the ego aims at death and dissolution as an end, it does not believe it. The goal of death, which it craves for you, leaves it unsatisfied. No one who follows the ego’s teaching is without the fear of death. Yet if death were thought merely as an end to pain, would it be feared? We have seen this strange paradox in the ego’s thought system before, but never so clearly as here. For the ego must seem to keep fear from you to hold your allegiance. Yet it must engender fear in order to maintain itself. Again the ego tries, and all too frequently succeeds, in doing both, by using dissociation for holding its contradictory aims together so that they seem to

be reconciled. The ego teaches thus: Death is the end as far as hope of Heaven goes. Yet because you and the ego cannot be separated, and because it cannot conceive of its own death, it will pursue you still, because guilt is eternal. Such is the ego's version of immortality. And it is this the ego's version of time supports."

The persistence of ego (false personal perception), the only source of all upset and negative thinking, relies on just one thing. Your belief in it. When you withdraw your belief in duality, the impossible myth as proved by science, you are free. Free to choose what gets your attention and when placed on Truth will put you back in the stream of Life which is good, good and more good.

Perception and projection are one in the same. The belief in separation (i.e. ego/human) is behind all problems, and when removed, all that remains is the True Divine Self, which will come forth and lead you gloriously in Life from a foundation of Perfect Peace. Everything that happens up until this point of Awakening is a dream that has not touched your Eternal Perfection.

This is what the Enlightened Masters have discovered. I can assure you that I'm just not clever enough to orchestrate the Grace I effortlessly live. The old self, masterful at suffering and believing that it has any requirements for joy, has fallen away to reveal Joy as natural, Peace as natural, Happiness as natural, Harmony as natural, Health as natural, Abundance as natural, Genius as natural! All NATURAL and normal without my interference; in fact my interference and resistance to Life kept Love out!!! God Is the Only One Power, thank God!

Go ahead and imagine your worst day is Perfect Peace with trips into Bliss at regular intervals. DIVINE! Living in the Truth is time saving,

money saving, sanity saving and energy saving. Notice how much of your Life force is spent just because you *believe* Peace is MIA, yet it isn't!

The One All-Encompassing Self

Projection is the fundamental law of the misidentified/wrong (ego) mind keeping us stuck in the loop of powerlessness. What we unconsciously believe we see inwardly (separation from God) determines what we seem to perceive outside our minds in the world. This is the basis of judgement, a function inherent to the split mind. We can know we are under the spell of separation because judgement is impossible to avoid; if you see yourself as separate from another that's judgement. If you think problems can even exist, that's judgement. Not a convenient or comfortable fact but fact nonetheless.

We seem to see outside of us a separate world to the one within and this perceived separation triggers the survival mechanism initiating judgement and opinion which are mere symptoms of this fear state. But in fact, this isn't what's going on, as quantum science has revealed. The easiest way to understand this and begin to settle into this radical shift of understanding is to realize that you only experience Life within. Mind IS Life. It's impossible to experience Life without.

You can notice this right now actually by clearly recognizing where you *experience* everything you do. Even that which is perceived on the other side of the eyes is within your Consciousness. Herein lies one of the ways that we shatter the illusion of the dream state that has us imprisoned, and Awaken to Truth in which you are One with the Infinite Source and Power of the Creation of Life from which you

emanate. Cause and Effect are together remember, no gap, no distance and no division.

Projection does however seem to serve a purpose; it reinforces and protects our inner unacknowledged guilt for believing we separated from the Life of God (Oneness), by displacing (projecting) that guilt onto someone or something else in the world, and then judging (condemning) that guilt in our perceived victimizers. We seem to think that this protects us but it doesn't, we never escape the effect of judgement. Let's remember that Life is a game of Consciousness, rendering what we 'think' happened to the un-real dream category; ie it didn't happen in Truth. The world I seem to see through my eyes is a representation of my assumed separation from Life.

This is NO cop-out, actually quite the opposite. Our task is to be exquisitely present to all that arises without pretending, without sticking our fingers in our ears. Rather, we resist nothing, because there's nothing to resist and 'right' forgiveness as I'll show you heals the habit of personalization resoundingly. Radical honesty is required to be absolutely present, we'll meet each moment just as it is with the Self-Transcendence Alchemy framework to simply sift through what's real and what's not, leaving nothing to prevent the Light shining brightly. You'll come to see how indescribably loving Life truly is, how much you are loved in seeing that the entire show is orchestrated for you to come home without any hard feelings, entirely forgiven. Everything is happening for you in the most glorious way you could ever know and actually do under the chaos of the personal carnal mind.

Perceiving is impossible without a pre-existing belief in opposites; good and bad, more and less. Perceiving is an ongoing process of selectivity, accepting and rejecting through a programmed evaluation judgement system required for decision making. Perceiving is synonymous with interpretation, not facts. Grounded in erroneous

assumptions of scarcity, loss, separation and death, perception is unstable, inaccurate and nothing more than a learned system that is self-perpetuating.

Perception is a symptom of the dream-state and escape requires help because experience bears witness to the reality of the dream; ie we can't see our blindspots as blindspots. A Course in Miracles tells us that we do have a Helper, the unconditioned, Pure Wisdom of the Holy Spirit (the Mind of God or True Intuition) within to help us reverse our thinking and unlearn our mistaken ideas. We undertake a process of purification or cleansing so to speak to support this reversal journey back to center of Pure Awareness.

Cleansing the mind of false assumptions allows us to access an entirely new and different view of the world, one that is free from all thoughts of pain caused by the illusion of duality. In the end, our suffering is a product of the thoughts we're believing. Yes, it's that simple and you have never actually been anything other than Free because bondage isn't possible in Reality.

In realizing Oneness we find Omnipotence, the experience of complete and only Power that is Pure Consciousness. Not to be wielded for personal gain (in Authentic Awakening there is no desire for 'getting' but giving), it's not a power over anything. Rather, for the expansion and expression of Love in the knowing of Wholeness and Completeness. This is a very different game than the human fight game of getting and striving for something which appears to be missing. How very different Life looks in realizing that nothing is missing; "I already have everything". Let that deeply resonate, this is after all your True Essence.

In fact, the idea that "I of myself am nothing, it is the Christ that lives" becomes known in experience, as the breath of Pure Light and Life animates experience beyond the habituated lesser personal self-concept. My clients routinely express profound gratitude in discovering their

nobody-ness, the relief is palpable and the revelation of Truth is breath-taking.

To clearly illustrate this point, notice the theme of the human life, there always a victim and a villain/victimizer. The term narcissist might be familiar given its rampant use in our modern world speaking to the victim mentality. This is the impossible belief in two powers (duality), which is clear to see when you know how to look. I'll be showing you exactly how to look with clarity to see Reality rather than a corrupted program projected onto the canvas of Life leaving you upset, feeling powerless and seeming to lack Peace on an unavoidable road to death. Science now tells us that what we see is a choice, not a fact and has nothing to do with Truth.

As Paul Levvy says in his book, *Quantum Revelation*:

“To create context for its discovery, at the beginning of the 20th century, the prevailing opinion among many physicists is that there was nothing new to be discovered in physics except for more precise measurements. A unique development in human history, the discovery of the quantum nature of the universe, has brought about a seismic, tectonic shift in the very foundation of physics and the roots of our scientific worldview. The change in the concept of reality emerging in quantum theory is simply not a continuation of the past, but rather, a radical break from it. The gap between the new version of reality that quantum reality reveals and our old, habitual ways of thinking about reality are wider than the abyss of the grand canyon...”

A growing body of research in both quantum mechanics and neuroscience is revealing that we don't, in fact, perceive information coming from the outside in. We project the contents of our mind (all levels of Awareness) onto a blank canvas and it is pre-determined by identity (human or Truth in Oneness). We know this as a hologram, very much like a virtual-reality gaming experience. That narrator that seems so personal, that calls itself the important and essential thinker that is you is nothing. Where do thoughts exist, without our attention on them as personal where do they go and importantly, what remains when they're not stealing attention?

When we project mere thoughts, we seem to become unaware that we even have a mind, and that the actual source or cause of our projections is hiding there because it looks like my problems of any kind are very much outside. We don't realize that the problem (guilt at the deepest level) is not out there, but within our mind. We also don't realize that the answer to the made-up guilt is in our mind too.

The Purpose of projection is twofold as shared by Ken Wapnick, psychologist, psychotherapist, author and teacher of non-duality, ie Oneness. His teachings on *A Course in Miracles* have been a truly helpful resource for me to clearly see this, to recognize there was no person as I'd imagined just thoughts that are unreal, to then teach (ie learn deeply) this time saving revelation. To put it simply:

1. We unconsciously maintain our own chosen belief in two powers, that we are a separated entity from God (our Creator), proven by the made-up experience of pain and guilt we feel for the seeming disconnect from Heaven (Pure Being in Oneness).

2. Then, we project (displace) the source of pain outward, and now we believe the pain we still feel is not coming from our inner choice to be separate, but from a guilty someone or something outside and external

to us. It's then their fault, not ours, and the game of separation and guaranteed suffering persists.

So, the belief in separation and its corresponding feelings of guilt and pain are maintained internally, ensuring I don't know that:

1. I have a Mind where the pain is really coming from, and I am not aware.

2. The Wisdom inherent in my Mind can and will help me let go of the belief in separation from God and all my brothers, which was the made-up source of my pain and guilt.

The experience of being a victim or indeed victimizer is universal and it is only a symptom of a split mind which the 'owner' can remedy and be entirely liberated. Is this not joyous news, you're here to thrive and shine in the most profound way, no limits and no inequality. This is an even playing field my friend, it's only ever been ideas we accepted that stand in the way of Supreme Happiness.

Perception and projection are one in the same. We perceive what we project and we are none the wiser because we never question the reality of the problem, i.e. we never think to question how we see things. We blindly accept what we see as real AND true and this is the rule of suffering. Then we spend a lifetime stuck in an illusion trying to move imaginary pieces around to feel comfortable and a bit better. Another way to say this is that we see the contents of our own mind as if it is really occurring as the show (sometimes a drama, sometimes a comedy, sometimes a horror) of our Life experience.

You can plant the seed of Awakening to Love right now by entertaining the idea, "what if this isn't really true, what else is there for me, I'm willing to see the Truth of Love. What Am I. Where Am I?" When you follow the thread of the "I" that is what you know already with certainty about yourself all the way to the Truth, you'll discover that the knowing of "I" that has always been with you is the "I" of Infinity;

you really were just pointed in the wrong direction this whole time. Like a child's game, when you get blind folded and spun around ending up disoriented, now you can turn back home to see the Truth of You beyond the dream of a person. Finally recognizing Oneness in the midst of spontaneous Life. A Course in Miracles says:

Perception's laws are opposite to Truth. What is true of knowledge is not true of anything apart from it. There is God-given answer to the world of sickness, which applies to all its forms. God's answer is eternal, though it works in time where it is needed. Yet because it is of God, the laws of time do not affect its workings. It is in this world, but not a part of it. It is real and dwells where all reality must. Ideas leave not their source and their effects, but seem to be apart from them. Ideas are of the mind, what is projected out and seems to be external to the mind is not outside at all, but an effect of what is in and has not left its source.

The world is nothing in itself. You are born into a state of spiritual ignorance. Your mind must give it meaning. What you behold upon it are your wishes, acted out so you can look on them and think them real. Perhaps you think you did not make the world, but came unwillingly to what was made already, hardly waiting for your thoughts to give it meaning. Yet in truth, you found exactly what you looked for when you came.

There is no world apart from what you wish, and herein lies your ultimate release. Change but your mind on what you want to see and the entire world must change accordingly. Ideas leave not their source. This central theme is often stated in A Course in Miracles and must be borne in mind if you would understand. It is not pride which tells you that you made the world you see and that it changes as you change your mind.

“But it is pride that argues that you have come into a world quite separate from yourself, impervious to what you think, and quite apart from what you choose to think it is.

There is no world! This is the central thought that A Course in Miracles attempts to teach. Not everyone is ready to accept it and each one must go as far as he can let himself be led along the road to Truth. He will return and go still farther, or perhaps step back a while and then return again.

What we're here to do is Transcend the prison of perception entirely, made simple with a reliable framework, remove the dust from our eyes, and see what's really happening in the absence of misidentification and misperception. It's ALL good, BEYOND good. What's left when all potential for unhappiness is removed? PERFECT Happiness! This is a direct train to uncompromising Love, not for the faint hearted. You're

here to fully live and you're being ripped off by a mere idea based on identity you don't realise is optional and untrue. You are NOT a thought, you are in fact NO thing, you are everything! I hope that elicits a little 'fierceness' from within, this is after all your Life we're talking about and abiding in 'Heaven' is the choice you didn't realize was on the table; it is!

Rosalie's story is so typical of those who succeed by worldly standards but notice the false cause-effect non-relationship between materialism and authentic Fulfilment. Rosalie was a high achiever, perpetually excelling throughout school, prom queen, pre-med, etc. She fell pregnant in college and to keep up appearances for her upper-middle-class, conservative family, she married her then short-term boyfriend, decided to have two more children, and kept the abusive relationship quiet to hide the shame.

She used her nanny time to study nutrition and exercise, becoming more and more involved in her local wellness center, where she began taking classes. When her husband finally left her for the partner at his practice, she immersed herself deeper in her passion. Not long after that, her parents passed, and as the only child, she inherited a great deal of money. The wellness center she frequented came up for sale, she bought it and created a movement in women's health, which was stunningly successful across several states. Rosalie Loved this business and cultivated both expertise and excellence, always at the leading edge of her field.

Not long before she sold her business, she started to bump into things. This is a woman who had fought for all things health related for decades and was extreme in managing her own. She came to me appearing as a model of health on the outside, the inner story was a whole other ball game, she was diagnosed with MS.

Following the methods described in this book, we exposed the false cause (the decision for personal identity) that had driven her experience and unbound the karmic knots of fear that had plagued her Life.

In removing the conditions (her grievances, fears, worries, anxieties, opinions, stresses, guilt, shame, etc.) that prevented the flow of natural health, Rosalie has recovered.

NOT only has she recovered in body, she's happy. Authentically, truly happy for the first time in her Life and it is THIS experience of Happiness, without conditions, which she cherishes with gratitude and humility in Grace.

TIP: the Happiness **PRECEDED** the appearance of healing. Let's put this another way, the happiness inherent in True Identification IS 'the healing'.

This is typical of those who turn away from the appearance of the limited human perspective to focus on the level of Cause, not the mental realm of thoughts and beliefs, nor the physical. Erase the obstacle to the presence of Truth and let the source of Life itself (God) pour forth and clean up the dreamed mess humans make. No story/perception remains in Awakening.

Rosalie says this about the Self-Transcendence Alchemy framework:

"Sally I can't thank you enough. I can actually see so clearly exactly how my health deteriorated so silently over a lifetime, even though I was doing more than everyone I've ever known to manage my health. There was nothing that can be done when the driving force is a death wish as ego is. I was run my entire life by a program of needing to be perfect because that's what I thought would make people like me. I never felt loved, and I was never able to give love. Everything has changed and I have my life back and live with a level of peace and relaxation that is priceless to me. You are the angel I was praying for all my life. If I hear that you have come to the

U.S. without letting me know so I can come give you the world's biggest hug, I'll be miffed as you say."

Life and every experience of it, in every possible way, is a product of the false cause that is hidden in mind, rooted in identity.

Divine Goodness of ALL things is flowing ceaselessly (that's quantum mechanics for you – the universe just keeps rolling along with a guarantee of Fulfilment) and as humans, we are either allowing or resisting/denying that which is real and available always; ie Omnipresent. That which IS available is the ceaseless flow of good from the Source, Cause, and Creation of Life at our core; God.

Divine Spiritual (Meaning-full) Prosperity in ALL things is available if you want it. There is goodness flowing in ways you cannot even imagine from within and it takes your deciding to see it in order for it to be seen. You're the director of your attention, no-one else is.

We just don't get shown HOW to play Life differently. We rely on our caregivers/teachers, gurus and spin doctors and because all of them are under the spell of person-hood dream, we're screwed. As it turns out, the way is perfectly illuminated; you just need to walk it; WITHIN! Ready for a New way of living that ensures Fulfilment? You're not a work in progress, you're Perfectly baked and ready to thrive and shine!

The Truth Sets You Free

Let's continue with the revelation my clients most Love to hear. It ignites the inner reservoir of will, courage and motivation to take the bold action of breaking the human shackles to realize the Ultimate Reality of Life... Truth is indescribably Glorious, and it's NOW! There has never been any error, just an unfounded assumption that error (separation-sin) is possible. Actually, the Truth of the Self at the core and Essence of Being (the very reason for your Life) has never been touched, it is Eternally liberated (FREE) and fulfilled! WOOHOOO! The Truth is True and nothing else is.

As we undertake this Mind Revolution journey to restore True Self-Realization, it's vital to have the comprehensive safety net provided by the Truth. The conditioned split mind that we are so familiar with as who we 'think' we are is effectively imprisoned by the belief in duality, confined by the survival function which is forever firing and will appear to resist change. Ego (the sense of personal identity) will seem to prefer to stay in the known zone where fear appears real rather than Awaken to the Reality of ONLY Love where fear is impossible. What we're going to do is use proven techniques to Transcend ego rather than fight it. Perception is, after all, an impersonal nothingness built on assumptions without substance, you don't go to war to fight 'nothing' now do you.

Science has established that all power resides at Cause. The primary Cause of your experience of Life, is Life: Creation/ God. At this primal

Reality there is indivisibly One, the Effect of Life never leaves the Cause of Creation. Cause and effect are indivisible, they cannot be separated and do not leave each other and there's no gap between them. What we CAN know right now is that you are indivisibly One with Life. We're on the trail of Bliss Beloved, let's dance.

This isn't a concept that is grasped by the personal mind because it is not self aware. That's the point. Self-Realization is a discovery that Transcends the personal self and the self is a construct of the mind. Oneness is experienced and then understood without the mind.

“Every action, thought and feeling is motivated by an intention and that intention is a cause that exists as one with an effect.” Gary Zukav

Awakening to Truth is the expansive experience of realizing the “I” that I really am is the great “I” at the centre of Life and has nothing to do with a person at all. There is no self in Oneness, very much like there is no letter “i” in team. Every day hence forth is the recognizing and blossoming of all that you really are rather than playing the little “i” game of separation that has nothing you, nor anyone really wants, especially all the perceived mistakes and upsets. All unwanted ideas dissolve entirely in Awakening. Upset is an unreal effect of an impossible cause in the idea of separation, thus the reference to the dreaming state. There is only One Truth and Reality, we simply imagine something else happening as a result of attaching identity to assumptions, ideas, thoughts and beliefs and continuing to value thinking.

This approach to Awakening that we're delving into is more like giving ego a nice soothing warm cup of tea. You're not making ego real, gone are the days of the torture of ego death, here is the new model of

expanding vision, more of an inclusiveness rather than more fighting. To be at war is just the habit of human attack program which knows nothing more than to defend the sense (just an idea remember) of a personal self.

Where every 'strategy' for comfortable human experience aims at making pseudo-peace with the supposed good and bad of our personality (making real an illusion), and everyone else's, we're going to walk in the opposite direction toward Reality. We're not going to chase and fight shadows of nothingness a moment longer. We're not going to settle for our apparent weaknesses and strengths, fall for the belief that something needs fixing or require another thing of the world (even more *wasted* time) in order to realize our inherent Happiness, THAT'S the illusion! What we have is the Eternal Truth and science on our side to ensure we aren't trapped in the human recycling game again! We can have it all now, when would you rather have Invulnerable Peace? To remain past or future oriented on an imaginary timeline secured by a mere idea of person-hood is the unconscious decision for 'never', ego wins again.

Think of this journey a bit like the shocking revelation that Santa isn't real, you survived that didn't you, rest assured every- thing turns out BETTER than you could possibly imagine; that's because imagining is corrupted by the belief in a personal self. Notice any negative thinking or fear produced by ego, it doesn't seem to want to let go, just know that none of the objections are personal and you're on the precipice of Divine Fulfilment, standing at the border of the comfortable known zone. Ego is the most epic of border control employees protecting the clouds of nothingness (the hell of specialness) and you can elegantly tip toe or even leap across the imaginary border into the Eternal arms of Love.

The restoration of True Identity in the Universal Mind of Love isn't a fresh perspective; it's not the view from next door or the tallest skyscraper with a positive mindset. It has nothing to do with a person who thinks

they have a Spiritual ‘side’. It’s Heaven we’re talking about here, money doesn’t get you entry, this is the knowing of the Self in Oneness – Whole, Perfect, and Complete in Self-Transcendence. The Truth is Life it-Self, Omnipotent, Omnipresent and Omniscient, One with the “I” of Being in the Presence, the Law of Fulfilment. Life never fails to do Life, how very distracted in the minutiae we’ve been. We’re just become extremely familiar with the nonsense of our own perspective; not being able to see beyond it really reinforces the issue that we face. This is the reason for this book, to provide the practical way to rise beyond the ultimate blind spot of identity.

There are many ready to hear this message and few who ever really do. I’m just so filled with passion to light the way for those who are ready. My mission is to see suffering transcended ASAP, because it’s optional and it’s unreal. The growth of my business based solely on word of mouth suggests we really DO live in an Awakening world, so jump on board the Bliss train, no-one can make that decision for you!

The way is clear, my friend, I see Awakening every single day. The ONLY hurdle that most never get over is accepting and/or desiring the Truth with fierce vigilance. A skill you’ll master in the Self-Transcendence Alchemy framework with the kind of persistence that leads to mastery and subsequently guaranteed success. You need never be stuck (in imagination) again and can abide in the Reality of Heaven as your Life. Please understand that ‘Heaven’ is not a religious term which is mired in duality. Heaven is the Reality of Life that is going on all the time, Life with no opposites. Most never see it because of the corrupted lens they’re looking through, the issue is perspective (the definition of opposites), believing what we see to the exclusion of Truth. Shortly you’ll have the experience of this yourself as you clearly see the false perspective you’ve unknowingly held onto (rather it’s held onto you – our thoughts think us rather than us having dominion over

thinking) and then it's game on for the fullest measure of Liberation and living in alignment with this Law (yes Law) and Reality of Fulfilment; aka Omnipresence.

Life emanates from a core of Infinite Intelligence, a grander Cause than we tend to consider often. This Universal Primal force is somewhat of a container in which we find ourselves. Life in the midst of Life. We can't see it and yet this vast unstoppable force persists into Infinity, Eternally. You're Life in the midst of Life, part of something greater from which you are indivisible and both invulnerably and incorruptibly connected. You exist right where you are don't you?

Humans get stuck looking through an imagined speck of dust we call ourselves and miss the obvious Reality of the Limitless Universe in which we have our Life, in which we exist. You are not what you have believed yourself to be, not even close. You are One with ALL that Is. There is in fact only One. Your True Being exists right now in formless Infinitely Creative Love which you can recognize and know, and this is the Supreme answer for Fulfilment. Yep, your Divine Inheritance awaits, will you allow it, because you're the only one denying it?

Accepting Truth Is THE Key

I want to address this prevalent challenge of accepting the Truth before we explore the Truth more deeply together because it's really the key. It is in fact the secret to living Divinely that most miss, the rest is a piece of cake once this step is successfully navigated. There's never been a better time to Awaken! Science, Spiritual Wisdom and logic collide, lighting the way which will allow you to be the scientist of your own experience, no leap of faith required. It's pretty simple to stop denying the Truth when we understand that we've been defending a lie.

In my own research, as well as experience being mentored by Spiritual Masters from a variety of traditions and now practicing as a Oneness Mentor, it is abundantly clear that the vast majority of people who want to know Supreme Happiness never get there because they can't or won't accept the Truth. They accept the appearance of their perceived reality because they made it and they are familiar with it (the devil you know right!). It is known and it is what appears real, despite its legless foundation in insanity (misidentification and misperception) and impossible personal interpretation. The habit of assuming the false self to be real, defending a dreamed character that can never deliver the fulfilment sought, is familiar and strangely comfortable whilst at the same time being largely unwanted and even despite being a decision for death. The known zone of personal identity is chosen over Truth and

as you've already learned in this book, decision seals the deal of Life experience.

The repeatedly practiced stories we've listened to, narrated by nothing more than a thought persona, have us bunkered down and unwilling to even hear the Truth. I've come to see from both a clinical and research perspective that disarming the survival mechanism is key. No-one in their right mind would choose death over Heaven. That's the point, the right mind is clouded/corrupted by identity and belief in dream scenarios as real rather than merely imagined. The depth of the belief in unworthiness is not to be glossed over and will be addressed in an entirely unique way which no longer honours a dream state of suffering, making the false real, in the way the modern world predominantly emphasizes.

We remain addicted to a sense of personal "I"-ness with guilt the prison warden. The reason guilt is at the core of the illusion of separation is because the Truth is in our mind (albeit hidden) and we think we can't come home believing we committed an unforgivable sin. We deeply believe we have separated and hide the pain even from ourselves, not all that well as it turns out as our limitations, searching and wanting shows. To hide the belief in error (separation) we project that guilt out into the world, we essentially leave the driver's seat of mind and the world is where we stay distracted, downstream of our 'home' and at the wrong level in the dream of personal perception. We essentially 'make' our wish to separate come to life and try to fix it from every moment onwards in an illusion of time.

A Course in Miracles says it this way:

The body's serial adventures, from the time of birth to dying are the theme of every dream the world has ever had. The "hero" of this dream will never change, nor will its purpose.

Though the dream itself takes many forms, and seems to show a great variety of places and events wherein its “hero” finds itself, the dream has but one purpose, taught in many ways. This single lesson does it try to teach again, and still again, and yet once more; that it is cause and not effect. And you are its effect, and cannot be its cause. No one asleep and dreaming in the world remembers his attack upon himself. The world you see depicts exactly what you thought you did. Except that now you think that what you did is being done to you. The guilt for what you thought is being placed outside yourself, and on a guilty world that dreams your dreams and thinks your thoughts instead of you. It brings its vengeance, not your own. It keeps you narrowly confined within a body, which it punishes because of all the sinful things the body does within its dream. You have no power to make the body stop its evil deeds because you did not make it, and cannot control its actions nor its purpose nor its fate.

Enter stage left, the purpose of projection. Projection is how you get rid of something you don’t want and in the process you keep it by believing its reality as we touched on earlier.

We have become so blindingly (literally) convinced that I am going to die because of the perceived reality (reinforced guilt through projection) of separation, and secretly deserve it, that there’s some serious convincing to do in order to accept the Truth. The Truth is that you are the Effect of the Cause that is the Supreme Being, God, and nothing else is real but dreamed. If you can’t accept this, you lose nothing by at least exploring the reason behind the denial. You will find a decision was made, the fear

of Love, and it can now be undone in order for the Joy you seek to finally be known.

Decision and answer are one in the same. Decision made from wanting produces more wanting. Every choice has its origin in fear, separation thinking, or Love's Oneness. That's the whole point. The experience of Life is predictable because of this Law. We can erase fear entirely because of its unreality which allows Love to lead and the effect of this Cause is truly wanted, Love is the elixir of Fulfilment, and just expands exponentially. "Heaven"!

The Self-Transcendence Alchemy framework provides the answers and remedy for all ego objections, the origin of dreamed fear. You can never be stuck in the muck of the mind trap again, not another hint of a problem can cross the border into your orbit in Self-Realization. This is not a hit-or-miss system or even requiring ongoing 'action' like everything else you've ever known BECAUSE it addresses the deepest cause of the human conundrum, the belief in human identity. The Truth really IS the Life raft you've been searching for. Hold on, my friend, and you'll pass through the illusion of the world that you see and be renewed in Grace!

As it says in A Course in Miracles: *"Let me recognise my problem has been solved"*. That means solved, total Transcendence from the imagined game of birth and death. Game on for living in Fulfilled Being. Radical right! Who knew this was even possible. NOT only is it possible, it already and only is! Regardless of your Awareness of Truth, the Truth is the Truth and you can't fail to recognize this if you really want to be authentically unwaveringly happy.

Accepting Love as the Truth is unknown, unfamiliar, and not made by human perception (that's really the point). True Love is impossible for humans to know because of the human condition of split mindedness that makes real the possibility of Love's opposite, hate and fear, and thus

cancels the fullness of Love out by imposing special conditions. Any and every notion of good or bad, right or wrong (judgement) is the effect of the dream state of human sleep driven by fear which is only possible if the decision to accept a separate identity has been made. There are not two powers but for the belief in separation. Of course fear is the effect of believing that the most important part of you is missing, thinking that God abandoned you or you abandoned God, that isn't going to lead to a Disney ending is it! Welcome to humanness where 'fight' is the name of the game, survivor stories are rampant and settling for the best you can do is the only way the vast majority know how to live.

We've lived under the spell of believing our needs must be met from the outside for so long, there's a settling-in period as we reorient our mind to the Truth. Our supply comes from within and is glorious and guaranteed with no limits and no competition, from the Cause and source of Life itself. It's a matter of "letting the mud settle" as Lao Tzu told us.

The biggest challenge you'll face will be accepting that you are deserving of allowing and receiving the fullest measure of good simply because you accept the Truth of the One Power of God, recognising your core Essence and identity as the child of Creation. It's not a leap of faith, it's science and you have the capacity to validate the Truth at every turn. When you look, you will see.

*"An unquestioned mind is the only suffering possible.
Confusion is the only suffering on this planet."* Byron Katie

Most people choose (Life is all about choice, which only you can make) to suffer in the isolation of separation or hell as it is commonly referred to (made real only by belief), rather than accept resurrection

in True Identity as the product of Pure Consciousness, i.e. the Child of Creation (God). Another way to put this is that, for those under the spell of ego, individual specialness and death are preferable and more valued than living in Oneness. We always get what we value and we've mistakenly valued our thinking. The idea of the personal self-identity is just a thought without substance downstream from What You Really Are, DOH! Let's understand why it's so hard to accept the Truth in order to get on with Divine Living now and end the time wasting of the dream that keeps most trapped in a dream of endless doing and seeking for countless lifetimes.

Can you accept the Truth that what you really are is Love it-Self? If you can't accept it entirely right now, can you be willing to see things differently, willing to accept the possibility? A little bit curious about the Light at Cause of your Life? Any struggle you have at this stage is case in point, just as the enlightened Masters have repeatedly said. Don't underestimate the power of willingness and radical curiosity, we'll continue to illuminate these transformational attitudes throughout the book.

The Answer Lies In Plain Sight

To quote physicists Bryce Dewitt and Neill Graham:

“No development of modern science has had a more profound impact on human thinking than the advent of quantum theory. Wrenched out of thought patterns that are centuries old, physicists of a generation ago find themselves compelled to embrace a new metaphysics. The distress, which this disorientation caused, continues to the present day. Basically physicists have suffered a severe loss; their hold on reality”.

Take heart, these are ground shaking Transcendent conversations we’re having, the likes of which have brought the greatest ‘minds’ known to their knees. The universe is asking us a question, proposing a call to action, “Will you work with me or against me and continue to suffer, because you can’t make or alter the Truth, it already Is?” The point (and challenge) is that we don’t know in our limited thinking mind where we’re going and ego doesn’t like that because it can’t compute it, not one little bit. The Truth lives beyond the mind, even the best of them.

Ego is all about safety first. There is no color brochure for this destination, which exists outside our known zone. It’s not an

uninhabited island in the pacific or even a new planet. It's an entirely 'other' reality, the real One. Different is an understatement because nothing unreal (aka fear) exists and no person knows what that is like. Because we're so asleep on the drug of human identification, the alarm (which doesn't really exist) of survival safety is triggered by un-real 'thoughts' that are always fear based that we believe without question and the choice for staying stuck is made. We wouldn't have a clue, until we look, that this is what's going on because we live at such a superficial level and this is a great tragedy because the illusion is comically flimsy. I guess that's why the dream of the world is called the great cosmic joke, there's no need to stay stuck but most do. The irony is that in defenselessness, ego's opposite (ego is the ultimate fight machine standing on the edge of attack, defend and fight 24/7), Eternal and unconditional safety is found.

We think life is a mystery because we're looking the wrong way where there is nothing but an unexplainable multiplicity of happenings, not realizing that the answer is within. When the memory of True Identity is restored and we resume our seat at the table as the Child of Creation, there is deep relaxation and a Peace so profound that the mind can never question again because it is Complete, knowing It-Self in Wholeness. The mind becomes obsolete when you realize What You Are beyond the appearance of a mind-body concept. Life is SO much more than 24/7 maintenance of an imaginary deteriorating 'building' called 'me'. You don't have to live that limited way any longer Beloved.

Questioning the dream at the level of effect in the insane way we do, to try to understand the world and others that cannot be fathomed or restored to wholeness, projection outmanoeuvres and outwits understanding. The appearance of the world is possible only because of the split mind believing in the unreal possibility of separation. The incessant questioning mind is a characteristic of one of the

collective, unconscious shadow archetypes that plays us like a puppet, the saboteur, and is readily dissolved using the Self-Transcendence Alchemy framework.

OH the relief and joy when this nasty habit of internal chaos is Transcended. To realize you have the choice of attention is for most, radically healing with the delicious effect of Peace. Who doesn't want that? When you abide in Stillness and Silence, you hear the voice of Infinite Wisdom and Life transforms into expansive Bliss-full creative Joy. Omniscience pours forth 'answers' previously hidden by the assumed "I know" mind of personal perception. Not a realm of Life remains untouched by Miracles because they become involuntary in Truth.

Let's be entirely transparent here. The choice to stay stuck under the spell of human identity is the choice for death, never knowing real Happiness or Fulfilment. The alternative is the acceptance of Divine Inheritance and living a Life organically supplied with Perfect Peace and Joy. No one in his or her right mind would choose door number one. Right THERE, my friend, is the point Einstein and others were making.

It's insane to try doing the same thing over and over and over again, expecting a different outcome. No-one is really insane in Truth, the idea we're holding onto is insane is what's being pointed to here. We must Transcend the level of the problem, i.e. go beyond the perceived personal self, and not just make another decision at the level of effect, THAT'S the problem, even and especially at the cutting edge of self-improvement.

The obvious flaw with personal growth and self-improvement is the belief that there is a person first of all. Secondly, that the person is bung in some way and needs a little tweaking here there and everywhere. Having embarked that train and ridden it all the way to the end with all the living thought leaders I could get my hands on, the faulty premise of separation was not once addressed.

All self-improvement does nothing but strengthen ego and make a bigger louder somebody with more something to do, somewhere to be and thus more to maintain than ever that veils the Truth of Pure Being than ever. It's exhausting carrying the burden of being a someone who needs constant improvement.

This insane ego way needs to be called out. Every single client I work with is suffering silently with this perceived responsibility and it is causing more destruction. To think that we MUST be a particular kind of person in the world is the disease of ego and the wrong level for anyone who truly wants to know the pinnacle of Life in Love's Oneness and Fulfilment. We've been wrong in thinking, not wrong in fundamental Essential Being and a Mind Revolution is essential for humanity's sake.

Humans, on the whole, prefer to be 'right' to their own detriment and demise (death) rather than be happy. We dig our heels in and fight for what we think we see and believe leaving no wiggle room to be mistaken. Choosing to be right shuts the door on the Infinity of Intelligence and Wisdom that is our very Essence. We defend an illusion of a person we can't even prove is there! Are you done defending a dream of suffering?

I think you have a right to know that a mere idea and dreamed impersonal program that has had you denying the Truth and your rightful inheritance of Perfect Peace has played you. When you do follow the breadcrumbs of science and ancient Spiritual Wisdom and walk within, to the only Teacher worthy of You, questioning the reality of perspective as the observer, you will make a discovery that will set you free!

That's what the Truth does, it's sets you free.

"One's atman [Wholeness] cannot be 'produced' or 'attained', for it is already present (...) is the natural

condition of the human spirit (...) The activity that seems to bring about the experience of it does so only by destroying the bondage that had hidden it. We are only revealing what had been present all along but hidden: Atman. The mystic's techniques are not 'producing' something new but 'revealing' something pre-existent: Thought Atman is an ever-present reality, yet because of ignorance it is unrealized. On the destruction of ignorance, Atman is realized. It is like the case of the ornament on one's neck.' Discovering Atman [wholeness] is like finding a necklace hanging on one's neck: it has always been present and is indeed available, just overlooked. This image emphasizes that Atman, and with it the possibility of its realization, is already present to one. It is, in a word, innate." – Shankara, Indian philosopher, reformer, and promoter of Advaita (non-dual) Vedanta, school of philosophy.

It's not really a secret that you are One with all that Is and no person ever was, because no person ever existed in Reality, just a dreamed figure. It's actually ancient news, there are no wheels being reinvented here, there doesn't actually need to be. There's always been new and more voices in every generation with a few notables such as Lao Tzu, Shankara, Buddha, Krishna, Jesus, Mystics such as Rumi and so many others, including scientists, who shone like beacons of Love and opened the door of Truth within allowing it to pour forth. They shed more and more light for us to see more clearly and be guided home, we just have to walk 'this way'.

One of my clients once said to me that this work is a bit like being told you were switched at birth. Whilst a surprise at first, you're then

motivated to return when you discover ‘who’ you really are, and the cool part is that you take everyone you love with you to realize the Truth for them also. NO suffering, sickness, lack or limitation exists in Truth at all, not even a little bit! So let’s take the time to go a little deeper into mind, it is after all the producer of the show you call your life and not optional if you want the Highest Love and Fulfilment as renowned Truth teachers in history have illuminated.

Consciousness Is Life – ALL!

Carl Gustav Jung, a Swiss psychiatrist and psychoanalyst who founded analytical psychology, was highly influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, psychology, and religious studies. He was also a Genius (abiding in Higher Consciousness) and Mystic and advanced the archetype work (which becomes relevant in Self-Transcendence) begun by Plato a few years earlier to guide himself and his clients ultimately to the Awakening of the True Self within. The archetypes exist, as Jung described, in a “*psychic system of a collective, universal, and impersonal nature*”. Out of this system, the invisible forms can appear in our mind (what people call reality) and guide “*our imagination, perception, and thinking.*” They can expand our Awareness, helping us to see that which is false and reveal the Truth hidden deeper.

As it turns out, Carl Jung’s revolutionary views of the human mind are in agreement with the discoveries of quantum physics. Which, during the last century, also came as a shock because they revealed the fundamental errors of classical physics, leading to a radical change in the Western view of the world. This is extremely relevant because Jung’s archetypal work acts somewhat like a map of the mind, allowing us to expose misidentification and misperception at light speed, dramatically accelerating Awakening and thus Happiness. His Life’s work is truly

priceless, it opens the portal in our mind where the Truth lies waiting to be found.

The reality of quantum phenomena forces us to realize that the basis of the material world is non-material (we emanate from a deeper substance of Life that is), that there is a realm of the world that we can't see because it doesn't consist of material things, but of non-material forms. The Universal substance of origin is invisible, known as Spirit, ether or the more dense energy in the formless realm. As it turns out, formlessness and form are synonyms rather than opposites. We can know these forms are real, even though they are invisible, because they have the potential to appear in the empirical world and to act on us. Empirical evidence tells us our human senses deceive us. Simply because we can't see something with our human eyes we deny its existence even to our own deadly detriment. This is really quite hilarious because we don't deny gravity which can't be seen, more evidence of the biased interpretive mechanism of ego. Questioning your perspective will have you laughing all the way home!

Wave-particle theory also explains this. The invisible cause forms a realm of potentiality in the physical world, and all empirical elements are emanations out of this realm of origin.

There are indications that the forms in the cosmic potentiality are patterns of information, thought-like, and that they are hanging together, like the thoughts in our mind. As a result, the world now appears in scientific observation as an indivisible Wholeness, in which all things and all people are interconnected making Consciousness is a cosmic property. Formless and form are merely a spectrum, existing indivisibly. Thought is the creative function producing any number of images we take as real and none of them lead where we truly desire to be. Our attention needs to return to the source of Awareness to reveal the golden switch.

Carl Jung's teaching is so much more than psychology; it is in fact a profound teaching of spirituality and quantum reality. Mystical in nature because of its depth beyond the superficial senses that have most mesmerised. By spirituality, I mean a view of the world that accepts the Numinous (God) at the center and foundation of the cosmic order; the formless origin. In the same way, quantum physics is more than physics; it is a new form of Mysticism (the science of Oneness) that suggests the interconnectedness of all things and the connection of our seemingly separate minds with a unified cosmic Mind.

A Mystic is one who has had direct experience with the Sacred, becoming One with God (the Absolute). One who has gained access to the deepest Truths of human transformation and become a keeper of the secrets to Life, just as Jung was. It is this very experience of Oneness that is the proof of Truth required for the acceleration of Self-Transcendence as well as being the very source of all good It-Self. Validating the Truth is easy, you already know it in countless ways but have dismissed its importance and value. A Mystic values Truth, having followed the threads within and is on a journey of expansive Self-Realization and discovery. These are true scientists with empirical evidence to offer that can be harnessed for global Awakening and the benefit of humanity. Study of the subject (you at the core who is looking) provides access to True Wisdom with "Divine" implications for every-One.

A Mystic is one who desires nothing from the world because they know where the Source of all Happiness, Love, and True Contentment is found and it is for all. A Mystic does not have a goal to change the world, knowing full well that the world is a reflection of an internal condition. Knowing Spiritual Reality to be Truth and the world of form to be illusory, Mystics are fully aware of the Eternal nature of Being. Jung was pointing to Truth.

If we want to describe Jung's psychology simply, we can say that analytical psychology, embodied in the archetype structure leads us to the view that there is a part of the world that we can't see, a realm of reality that doesn't consist of material things, but of non-material forms. His profound Mystical insights are breadcrumbs to be followed, if not immediate calls to inner action. Archetypes are the characters in mythology, symbols of the psyche illuminated for us to recognize the false as false which paves the way for the Numinous realization. Those who have misunderstood Jung's work use it to attempt to explain the human condition as the significant reality and ultimately confine the mind even further. I will show you how to use the archetype teachings to Transcend beyond their collective worldly clutches to light your own path to Liberation.

Jung said that inevitably a spiritual dimension becomes necessary in psychological work—after all, psyche work is soul- work. Let's remember that Self-Transcendence is beyond the confines of personal definition and self-identification. There is no personality profiling or human design in Truth. In fact, all systems that claim to know a person and offers labels and descriptions, drives separation and thus limitation deeper into the psyche, making escape appear more difficult.

Many of my clients come to me having exhausted the realm of human potential, or even pseudo-spiritual seeking, and have participated in many of the personality profiling offerings that have emerged over time. ALL of which need to be Transcended. There is NO such thing as human design beyond the dream of separation, it's an impossibility of the superficial level of effect because there is no person. The only design that is relevant for 'humanity' is Divine Design which has already been established in Creation; in the Infinity and Eternality of Fulfilment.

We've weaved a web of complexity for which we assume the burden of responsibility. The idea that we are a 'someone' with 'something'

going ‘somewhere’ is the wrong turn we dreamed based on an impossible assumption. We took on the role of trying to create ‘a’ reality, not realizing that Reality already Is. We assumed a problem that was never there and in doing so wiped the Reality of Love from our own sight. Every challenge experienced since then was a memo from the Wisdom within alerting us to our distance from the Truth of Being already Whole. The game of striving and fixing was always off, we’re actually redundant when it comes to ‘doing’ Life, it is already done for us in the most Glorious way.

A critical understanding arising in the quantum phenomena concerns the Wholeness of physical Reality in the Eternal present moment, the deeper fabric of the Cause of Life. By the concept of Wholeness, I mean that seemingly separated things are actually connected and can act instantaneously on each other over vast distances. In a holistic universe, decisions made by an observer in one part of the world can have an instantaneous effect on the outcome of processes somewhere else, an arbitrarily long distance away.

As an example, a thought that appears in my mind at this moment may instantly appear in your thinking somewhere else, in another part of the world, in any other time. In physics, there is the term nonlocality when two particles, which at one time interact and then move away from one another, can stay connected and act as though they were one thing, no matter how far apart they are. Connectedness, Oneness is a Reality, a Truth upon which we can rest as we joyously allow the fullness of Being to be realized through experience.

In the world of phenomenal things, no influence or signal can travel at a speed faster than the speed of light. Thus, any action taken at one part of the world can have an effect somewhere else only after the time that it takes for a signal to get from one point to the other. In the quantum world, the situation is different. Influences can act instantaneously over

vast distances. In principle, this could be from one end of the universe to another, which is beyond everything that humans ‘know’ and that’s pretty much the point.

It’s key here to realize that there are no conditions on time, shared ideas have been observed thousands of years apart. Many scientists suggest that the concept of time itself is misleading and possibly at best only a rudimentary organizing mechanism of perception in the brain. In truth, there is only One Mind, which is how the disappearance of time occurs. We have access to the One Infinite Mind of Eternity when we transcend the prison of human intellect. Yep, that means unleashing creative Genius to the power of Infinity!

I’ll show you how to go even deeper with these insights to find the One Cause behind all experience so you can return to center within your own Being in Oneness, beyond the confines of the human thinking mind, which is a the dream of endless wanting. You’ll discover very soon that wanting anything at all is a loud declaration of lack and a sure fire way to disappointment because its fulfilment in any desired authentic way defies Universal mechanics. Wanting produces more wanting. Whereas, living from the established set point of Fulfilment (the Completeness of and in Truth) produces good, good, and more GOOD. ‘Cause’ in identity is the ‘magnetic’ predictor of experience, and there’s only one True Cause and all power lies at the level of Cause and nowhere else as science has revealed. There simply aren’t two powers or opposites; only Love really is real.

The same conclusions follow from the holistic nature of Reality. For example, in their book, *The Conscious Universe*, Menas Kafatos and Robert Nadeau have concluded that, “*If the universe is an indivisible wholeness, everything comes out of this wholeness and everything belongs to it, including our own consciousness. Thus, consciousness is a cosmic property.*” It’s impossible for it to be split into human individual

isolation, it merely appears as though it does for the reason (an assumption of separation) we've already discussed.

This quantum view of a holistic reality is in perfect agreement with one of Jung's most important fundamental ideas; that is, the archetypal idea of *Unus Mundus* (Latin for One World), which Jung and Marie-Louise von Franz, another Swiss psychologist, derived from characteristic medieval views of the world. It describes the concepts of western philosophy, theology, and alchemy, of a primordial unified reality from which everything emanates. The term, *Unus Mundus*, can be traced back to medieval scholasticism, though the notion itself dates back at least as far as Plato's allegory of "the cave". In Jung's words:

"Undoubtedly, the idea of the Unus Mundus is founded on the assumption that the multiplicity of the empirical world rests on an underlying unity, and that not two or more fundamentally different worlds exist side by side or are mingled with one another. Rather, everything divided and different belongs to one and the same world, which is not the world of sense."

Jung also understood the process of individuation (psychological integration) as a Numinous (God called/instigated) impulse, which is the Spiritual archetype of Wholeness (Oneness) that directs and coordinates the flow of human Life. We're all programmed to return home, and Awakening to the numinous can be accelerated by a present moment decision. Anniela Jaffé, co-worker of Jung, wrote:

"Individuation must be understood in religious language as the realization of the 'godly' in the human, as the

fulfilling of a 'godly mission'. The conscious experience of life becomes a religious experience, one could just as well say, a mystical experience."

Another characteristic aspect of Jung's work is his fascination with alchemy, and specifically, with the philosopher's stone as a metaphor of the process of 'God' expression in experience. Jung considered this process as a transformational journey into the Wholeness, in which we bring the invisible to the visible, Spiritualize matter and materialize the Spiritual; Oneness. In *Septem Sermones ad Mortuos* (*The Seven Sermons to the Dead*), re-published in the more recent *Red Book* by Jung, he uses the Gnostic term Pleroma to refer to the Wholeness.

In agreement with the aspects of Wholeness that appear in the quantum view of the universe, Jung believed that the psyche has a natural and innate urge toward Wholeness. A deep unconscious desire which is like the human safety net, we can never leave Creation at Cause and must return for Completion. Mystics have suggested that God is calling us home and that is the impetus we experience behind the desire to know God,

or more subtly the drive to 'succeed' in Life, by exploring the unseen and ultimately Transcend the phenomenal realm. Joseph Henderson, a Jungian psychologist also added this:

"A sense of completeness is achieved through a union of the consciousness with the unconscious contents of the mind. Out of this union arises what Jung called 'the transcendent function of the psyche', by which a man can achieve his highest goal: the full realization of the potential of his individual Self."

The craving for Wholeness is the real opus that underlies all of Jung's work. In accordance with quantum physics, the meaning and purpose of our nature is anchored in the Numinous realm of Reality, we're destined to go 'home', this is the Purpose of Life. As Jung describes the Spiritual quest:

"The main interest of my work is not concerned with the treatment of neurosis, but rather with the approach to the numinous. But the fact is that the approach to the numinous is the real therapy, and in as much as you attain the numinous experience, you are released from the curse of pathology. Even the very disease takes on a numinous character."

Go ahead and read that again, give yourself a moment to digest the profound impact of these words. WOW! The solution of all solutions is the realization of the Numinous which happens to be within your Consciousness, just a little out of sight in 'Awareness' at the moment seemingly, but isn't really. It can never go anywhere, we just haven't been looking or shall we say tuned to the right station.

Think of it like this, the human (ego) is conditioned Consciousness and thus limited Awareness already filled with ideas, labels, rules and boundaries. In the absence of all of this there is Pure Consciousness, this Primal substance known as God which is unconditioned and is the space and field of Omniscience (all Intelligence and Wisdom), Omnipotence (one and only power), Omnipresence (in, through and as all things). This Pure Consciousness is the right level of interconnectedness, the Oneness that is the core of all Being that we share and the Reality of Perfect Wholeness, Completion and thus Fulfilment.

The Kingdom of Heaven is really a metaphor for unconditioned Consciousness; it is not a place you go to, but a place you come from. A complete, mutual, global indwelling: I am in God, God is in you, you are in God, we are in each other. It is a whole new way of seeing, a transformed Awareness that literally turns this world into a different place, a new Reality. The hallmark of this expansive Awareness is that it sees no separation; not between God and humans, not between humans and other humans. You've always been One with all that is and it is mere conditioning (programming) that has you playing a role that has kept True Love and Fulfilment from Awareness because it's hiding in the present moment; here now in the absence of phenomena; aka all that you are aware of prevents you from seeing clearly.

Quantum physics brings us a new kind of reality, in which it is our task to unlock our potential and be free from ignorance (ego), the overarching *shadow*. In agreement with Jung's analytical psychology, quantum physics provides us with direct suggestions about how we can live in alignment with the Numinous realm and Reality of the Supreme Being; God as our own Being.

There is no doubt that invisible virtual states are really appearing in experience. Since their inner forms can affect visible phenomena, they must truly exist as real entities, of what exactly is still a debate in science but clear in Spiritual Wisdom; invisible Spirit, the formless origin of all things. Molecules are guided in their actions by the waveforms of their virtual states, like by inner images.

The concept of the inner images is derived from psychology. Brain scientist Gerald Hüther calls inner images that "*which is hidden*" behind the visible surface of living beings and steers their actions. Similarly, Jung believed that archetypal images exist in our Consciousness, which are manifestations of the pure forms of archetypes, which are unknowable in Truth; they are mere phenomenal thought forms.

A Course in Miracles explains it this way:

“It is because the thoughts you think you think appear as images that you do not recognize them as nothing. You think you think them, and so you think you see them. This is how your “seeing” was made. This is the function you have given your body’s eyes. It is not seeing. It is image making. It takes the place of seeing, replacing vision with illusions.”

In chemistry, a molecule doesn’t do anything that isn’t allowed by a waveform, an inner image, of one of its virtual states. In Life, a human does nothing that isn’t allowed by an inner image of the mind. There is an equivalence of the mental and the physical.

Psychology is the physics of the mind. *Quantum physics is the psychology of the universe.*

The appearance of the archetypes in our mind shows our connection with a transpersonal (beyond the persona) order, this grand scale universal psychology. Beyond the narrow confines of our personal psyche, Jung pointed out that the collective unconscious is *“a boundless expanse full of unprecedented uncertainty, with apparently no inside and no outside, no above and no below, no here and no there, no mine and no thine, no good and no bad... where I am indivisibly this and that; where I experience the other in myself and the other-than-myself experiences me... There I am utterly one with the world, so much a part of it that I forget all too easily who I really am.”*

Philosophers and Mystics have pursued ideas such as these through the ages. In the nineteenth century, for example, Georg Wilhelm Friedrich Hegel taught that “Absolute Spirit” is the primary structure of the universe. Everything that exists is the reflection of Spirit, and

everything is connected with it. Spirit is the ground zero substance of everything and creates everything; aka Omnipresence. Thinking and being, subject and object, the real and the ideal, the human and the Divine, all are One. Thus, Hegel concluded, our thinking is the thinking of the Cosmic Spirit, who is thinking in us.

“The human perspective is like a filter that doesn’t have enough of the main content to be of any use, the answers to true Fulfilment lie beyond.” – Dr. Sally Gray

Thousands of years prior to Hegel, the Indian Sages invented the allegory of the water pots, which are filled with water and placed into the sun: You can see the sun in each one of them, but there is only one sun. Another way of understanding this is that water is still water regardless of the appearance of separated pots. Similarly, you can find Consciousness in all human minds, but there is only One Consciousness: the Cosmic Consciousness.

The word, “Consciousness” derives from the Latin, “con” and “sciencia”, and it means a state of “knowing together”. Interestingly, when we speak of our Consciousness and that of other people, we always speak of “our Consciousness”, and never use the plural form, speaking of our Consciousnesses. There is no plural form, because there is only one Consciousness: the cosmic Consciousness. If our personal Consciousness is merely a part of a cosmic system, it stands to reason that archetypes can appear in our mind and act in it and they’re not personal.

Quantum physics has taken science into the center of ancient spiritual teachings about Consciousness. For example, molecular wave functions have no units of matter or energy. They are pure, non-material forms. The same is true for Jung’s archetypes: like the wave functions of

quantum systems, they are pure, non-material forms. In Aristotle's metaphysics, all things are mixtures of matter and form which are one in the same. There was and is only one pure form: God.

The name that quantum scientists have given the empty states of atoms and molecules (that is, calling them "virtual states" – note the synchronicity here) is an interesting expression with ancient origins. It turns out that quantum scientists didn't invent the concept, it had already revealed itself in history. It was Meister Eckhart, a medieval Dominican monk and Mystic that was known to have come up with it. "*The visible things are out of the Oneness of the Divine Light,*" Meister Eckhart wrote. Their existence in the empirical world is due to the actualization of their 'virtual being', reinforcing the understanding of Oneness; there is only Consciousness appearing as all phenomenal experience.

Jung's archetypes and the wave functions of quantum states are so similar that we could think of the archetypes as the virtual state functions of our mind (collective Consciousness); and we could speak of the virtual quantum wave functions as the archetypes of the physical Reality. "*That the world inside and outside ourselves rests on a transcendent background is as certain as our own existence,*" shared Jung.

By studying the human psyche, Jung discovered mental properties of the universe that classical physics hadn't revealed. Quantum physics has now brought them back. We will harness this Wisdom, using the shadow archetypes to expose the collective unconsciousness in our own seeming personal mind that has us falsely believing separation and subsequent limitation. In Truth, all that is holding us back is the acceptance of one false belief as true (the idea of a person). We then experience the product of valuing our own thinking which is nothing more than impersonal 'energetic' phenomena. It doesn't take genius to let go of a known to be false idea, if you want to. Genius is revealed when we do!

“If Materialism is false,” writes Imants Baruss, contemporary Canadian Dr of Psychology, “then what is true?” In “Infinite Potential” we have answered this question in many ways. The facts show us that there is a non-empirical realm of reality that doesn’t consist of things, but of forms. These forms are real, even though they are invisible, because they have the potential to appear in the empirical world and function in it.

Scientists can locate Consciousness as thoughts in our mind and these actualize as material structures in the appearing external world. Think of it a bit like thoughts translating into images producing the forms you think you see and call real. Therefore, the Conscious and empirical world is an emanation out of a realm of mind-like forms, and quantum physics is a form of psychology, the psychology of the cosmic Mind. In the same way Jung’s psychology is also a branch of physics; that is, the physics of the mental order of the universe.

Carl Jung has shown that living in accordance with the order of the universe is a prerequisite for a Whole-some Life. This means that we have to recognize the invisible background of Reality and accept the critical Truth of Spirit in and as our Life. It’s not an optional way of thinking, Truth is beyond paradigms. There isn’t Spirit and me, there is only Spirit. To ignore the Reality of Spirit is to deny the Self and will necessarily cause the experience of incompleteness and as a direct consequence, suffering and the appearance of death.

No one is raised realizing or knowing anything about the Truth because we’re experiencing the decision for separation in our apparent birth and then conditioned by a world of teachers, caregivers, and institutions that have their awareness bound by and in separation. As well-meaning as they might be, they are already under the hypnosis of human perception, having done their best to find a way of *surviving* as comfortably as possible in the illusory dream-state. This means that we

are already programmed to believe in separation from birth and from this foundation of ignorance have simply been dedicated to proving a separate impossible identity in all our worldly endeavours. This is a huge part of the problem, we've habituated believing our own perspective despite it being total nonsense, it's the original addiction.

The great tragedy and challenge in Self-Realization is the disbelief that the Truth is True. That we are even here to be Perfectly Happy, Perfectly healthy, Perfectly Peaceful, thriving in every possible way is such a shock it's almost too much to accept. This has been known in Spiritual Wisdom through- out the ages. The issue is really one of accepting the Truth of inherent Greatness and Magnitude as a child of Creation which can be instantly proven, just as the existence of a person can be immediately dismissed.

I ask you again, in the face of the science, are you willing to accept the Truth of your Self; One in Perfection as an emanation of Life, already Whole and Complete? Or are you happy to muddle through the losing game of separation (as a branch cut off from the tree), destined to settle with a semblance and fraction of pseudo limited happiness, guaranteed fear and death when 'Heaven' is in your hands?

The "Way" Is Well Illumined

“A human being is a spatially and temporally limited piece of the whole, what we call the “Universe.” He experiences himself and his feelings as separate from the rest, an optical illusion of his consciousness. The quest for liberation from this bondage [or illusion] is the only object of true religion. Not nurturing the illusion but only overcoming it gives us the attainable measure of inner peace.” Einstein (The direct translation from his native German)

Einstein has been widely known as a bright spark, dedicated to the expansion of Awareness. Many people considered Einstein to be the smartest man of his time. He thought otherwise. When a reporter asked Einstein, “How does it feel to be the smartest man alive?” He replied, “I don’t know. You’d have to ask the smartest man alive. That’s Nikola Tesla.” If you check in with Mr. Tesla, he said the exact same thing: “If you want to understand the secrets of the universe, you have to think in terms of energy, frequency and vibration.”

I will save you the torture of the tremendous misquoting of this Genius. It’s topical here to point out how important it is to NO longer accept blindly what you read and if you’re interested in what Einstein

really had to say beyond the rampant misquotes often used in hokey personal growth coaching, you can refer to the “Ultimate Quotable Einstein” from Princeton. Suffice to say that Einstein was one of many pioneers in physics pointing to the Truth which reinforces the lunacy of believing our senses. *“It followed from the special theory of relativity that mass and energy are both but different manifestations of the same thing — a somewhat unfamiliar conception for the average mind”*, a verified quote from Einstein inviting us to question the reality of what we seem to see.

Einstein said: “There is no matter.” Tesla told us: “It’s all vibration.” Countless other Mystics has shared: “It’s all Infinite Intelligence.” All of the Spiritual Masters and Sages throughout all time, have declared that there is actually no physical universe here at all. It’s just energy vibrating at specific frequencies. Today, quantum physicists are proving beyond the shadow of a doubt that what we’ve been calling a Physical Universe is a non-physical energy vibrating in and out of existence. We perceive (there’s that word again) it as being physical, thus real, and we become locked into what Deepak Chopra calls, “the superstition of materialism”. We are literally trapped by our own unquestioned core paradigm (contextual field of Awareness) of an imagined person physical reality.

Our ideas of ourselves, including “space and time” (known more recently as a single entity space-time, which Einstein was a pioneer in discovering), are entirely psychological constructs, “limitations” of our common state of “conscious- ness,” and these thoughts and ideas in our common state of Awareness is what creates the “illusion” of “separateness.” We can only perceive separateness if there is a space in which there is something here and another thing there, in space.

Our experience of being separate is an illusion of Awareness, just as much as space-time is an illusion. But our Conscious- ness itself is ultimately an inseparable “part of the whole” that we call the “Universe,”

the One, the Absolute, Reality, Nature, Supreme Reality or God. Our brains and bodies, and consequently our minds and Awareness, emerge from out of Nature, from the Universe, while still being absolutely a part of that Nature and Universe. We are not separate from Nature looking out onto Nature, but we are Nature looking at itself.

The mind constructs the perception of a reality such that we appear separate from all that is around us, like isolated, independent islands in the ocean of the world. We have an incredibly potent subject-object duality in the everyday functioning of perception, such that “I” am perceived as here, and everything “else” is out there separate from me. This often makes us feel alone, weak, powerless, lacking, fragile, broken, temporary, mortal, and thus in “bondage.” We are prisoners of our own perception, of these “illusions,” of our own typical state of Conscious Awareness which perceives the world in this way.

Through “liberation”, the True Religion of the Numinous, we free ourselves from this limited nature of perception, our contextual field of Awareness, to see the greater whole directly. The monkey mind is Transcended, particularly during activities that circle the invisible realm of Truth in Consciousness; spiritual reflection, contemplation, meditation, walks in nature, extreme activities, near death experiences, etc. Conscious Awareness actually shifts to a different mode, like in sleep or in dreams, where the personal “I” falls away, the ego is dislodged, the psychological self seems to dissolve, and we see differently with an otherworldly clarity. It can seem like a kind of death (death of ego-self), and is a liberating realization that we are not fundamentally this ego construction, and all that goes along with it.

Going directly within to the Numinous Consciousness is a much more direct, intimately experienced knowing, devoid of thoughts, concepts, ideas, and even images that typically pervade the conscious mind. It is a direct knowing of Awareness itself, which has no

center, no distinct sense of “I,” but rather recognizes and sees the intrinsic Wholeness and interconnected Oneness nature of Reality. This essentially and fundamentally includes one’s own Awareness and Consciousness. We are freed from the bondage of our egoic thoughts, of our typical selfish nature or “natural carnal man,” and we can perceive the One indivisible nature of reality more directly. We have “overcome” our ego-self, our ego mind, our “separate” perception.

We realize we are that One, we are a manifestation of This, an emanation of This, and we have never been separate from This. We only thought we were, in our mind as Einstein has pointed to in myriad ways. He was exquisitely clear in telling us not to try to solve our problems at the level of the problem. What he was telling us to do is to go beyond the ego-self physical appearing separation paradigm entirely.

The mind makes it seem like we are separate from it (which is the illusion), but how could we be? An eye cannot see itself, but must use a mirror. Similarly, the One cannot perceive its Self, except by dividing its Self, so that its parts can see the other parts. But the error comes in thinking that we are witnessing something separate, apart, and isolated. We are not, but we are witnessing our own Self, our own true Nature, the Source from which we’ve come, of which we are, and which we will always be. When we look out onto Nature, we are looking in a mirror. We are looking at our Self. We are looking at the One which we are.

The “overcoming” of our typical state of limited Awareness to perceive the One Great Whole of the universe in this way is the objective of perennial ancient wisdom found at the core and origin of the world’s religions, and it is that core that is “True religion.” It is what directly supplies us with “inner peace,” to know we are not separate, “limited,” apart from this Universe, but eternally at-One with it, in It, as It. This is “liberation”, true Awakening, Self-Realization,

Enlightenment, Salvation, Redemption, Transcendence, Freedom, Resurrection, Rebirth, Peace, and Rest.

Christians seeking salvation, seeking to end the separation of the Fall and reunite again with God, through realizing at-One-ment in Christ, even realizing Christ in themselves as at-One in the Father. Seeking the same thing as Buddhists in the Awakening or Enlightenment of their Consciousness to their Eternal Buddha-nature or True Essence or original nature. Or as Hindus in the moksha or liberation/freedom of knowing their soul or Atman is One and the same in Brahman, the Ultimate Reality of the entire Universe.

These are all seemingly a diverse array of different symbols pointing at the same One Great Whole of Reality, and how we may experience This. Every religion and True Spiritual tradition has their own set of symbols, and this includes science. We can appreciate the wide diversity and beautiful uniqueness of each point of view, while also recognizing that underneath their apparent differences they are ultimately pointing at the same Ultimate Reality, Nature, the One, the Absolute, the Universe, the Transcendent, the Eternal, the Source, what theists call “God.”

As we reorient in expansive Conscious Awareness, as we can love all the apparent diverse, different and apparently separate and beautiful individuals and Life forms, and infinite array of creation all around us, realizing that there is a much deeper and more fundamental unity, Oneness, non-duality, and Infinite indivisible Eternal Love that keeps it all together as One, forever and always. This is the ‘right’ level for Divine living, the capacity to see beyond appearances in Divine Numinous Oneness.

For all those apparent separate things out there are not separate from you at all, but they are You! Coming to this profound realization directly, in Consciousness, is the very much “attainable” Peace and Rest in our lives.

I, and no-body, can tell you the Truth, because the Truth does not reside in a few symbolic words or letters. It doesn't reside in grammar, syntax, or structure. It doesn't reside in a phrase, a paragraph, or a page. Neither does it reside in a book, or even a library of books. You won't find it in any phenomenal anything because it is that which is looking.

The ultimate Truth can only be experienced, directly, personally, primarily, and by your Self in the first-person "I". I can't give it to you. No one can. I can only point in the general direction, and the purpose of this book is to point very specifically.

Let's explore Truth more deeply because the possibility of Truth at the level of the problem (the human thinking mind) is inconceivable and impossible because it is mired in belief which is duality. The Truth is ALL encompassing; aka Whole. The appearance of the world is the realm of opposites, multiplicity, where the game is 'which truth', nothing stable and permanent at all. The level of the problem is where opinion (7 billion+ of them) reigns and rules the day. Opinion is a symptom of fear, a trait of the split mind. Problems are par for the course; they're inherent and normal under the spell of separation. They are the proof of the realm of opposites and only opposites, built on the acceptance of two powers and idea that power lies in effect rather than at Cause. The appearance of a world at all itself is the proof of belief.

The senses have deceived you, the appearance of the world is a glamorous hoax, a trick of smoke and mirrors. It is established that formlessness is the realm of Truth, everything of material appearance is downstream of that which is looking. What's looking? Discover THAT and BE Happy for you can be no other way, no other way exists.

Something is observing your thoughts and emotions; can you observe the one observing?

Something is perceiving all this inner and outer world and all that happens in it; can you perceive this one that is perceiving?

Something is seeing the thoughts, feelings, body, world, events, relationships and all that appears. Something sees the whole universe; can the one seeing be seen?

Let's get a head start with this line of inquiry which we'll expand upon in the Self-Transcendence Alchemy framework shortly. As you learn to expand and master Awareness, seeing the false as false, an entirely NEW Reality appears and it can happen fast. Why wait for 'Heaven' right!

If you cannot be anything you observe, this includes the entire show of perception, all the human senses including the appearance of a human. What's behind that! Now you know where 'that' question led me, down the rabbit hole all the way home to Love's Limitless Oneness. The entire mind-body complex is a distraction veiling the glorious Truth of You.

We have all spent a lifetime assuming that we know what we are and as we see this has been false, we must confirm what we actually are over and over again; repetitively. Which is what the Self-Transcendence Alchemy framework allows. A Course in Miracles speak to this very clearly suggesting that immersion in Truth is vital because we've listened to the insane ramblings of our own mind for so long we can't see past it. Where we think we know anything, we're screwed! But, we simply learn to go deeper and find the One who does know and gently but firmly sets us confidently on the right track of Truth to sail directly home to the "taintless liberation of mind" as Buddhism teaches.

Each time we look and do not find a separate locatable self that is the personal "me", we are moving ever closer to waking up fully and finally. As we look and find nothing tangible we are left with the intangible. As we search for a form we are left with only formlessness. As we look for an object we find only the subjective knowing or sense of self. As we search for a phenomena called "me" with a location, position and shape we can find only the Noumenon; a total lack of phenomena. The ultimate knowing of Life, the Numinous experience as Jung referred to.

As we look and confirm over and over again we begin to stem and end the tide of belief, clearly recognizing that we are not a “thing” called “me” at all. In Reality we find we are a “no-body and a no-thing” and that our True Essence is formless, subjective, no-thing-ness, like empty space. This empty space is sentient, intelligent, awake and more alive than any personal experience of Life has ever been. All phenomena appearing in awareness including thoughts, beliefs, bodies, and solid objects emanate from Life; the formlessness origin of the One Cause of Life – God.

Awakening to Self-Realization and fully living from the Truth is simply a process of dissolving (purifying as it is referred to in nearly every Spiritual teaching) the energy of separation, the entire perceptual mind-body package, caused by the belief in the existence of a separate entity called ‘me’. I’ll show you how to validate the Truth every step of the way and navigate this journey in Love leading, in expanding Peace.

There has never been a person, there is only Life; Love. There’s no personal effort to be undertaken in the world or even personal effort undertaken to awaken. To grasp this idea of impersonal nothingness is such a relief. The deal of the century is in recognizing that you qualify for the knowing of True Self because it already Is. With practice remembering and removing the layers of dreamed identity, the Light that you are just shines brighter and brighter. Life doesn’t get better than that.

Take a moment now to prove this to yourself. The notion that there is anything to ‘do’ to achieve a desired outcome is proof enough, let alone the myriad challenges, problems, tasks, wantings and opinions that quickly come to mind as you pose the question – “What is there to do to be happy and fulfilled?” Look at what’s on your ‘doing’ to get and be list that hides a fear that is obvious when you look. If it’s not obvious, ask yourself what stories are playing if you don’t do or get ‘this thing’. You’ve just spotted the effect of the belief in separation; all doing from a personal perspective stems from the belief that something is missing, an

imagined need to ‘fill’ a perceived self. You’re already on roll to realize the Self, we’re here to dramatically speed it up and get living in Joy fast! In Truth, all doing is a Joyous celebration of Self-Effulgence, already Is-ness.

The belief of separation and personal identification in the human dream-state is the primary cause of all stress and anxiety; this stress is upstream of things to be stressed about. Instability and insecurity themselves are the definition of feeling unsafe, keeping the survival mechanism firing 24/7, reinforcing the misidentification of humanness through the limited senses. Anxiety is part of the human condition and is simply experienced by everyone on a spectrum BECAUSE of the belief in separation. It’s not the Truth, instead tangled up with misidentification.

We can un-tangle from the dream by persistently looking deeper at the belief in separation that was chosen which defines current experience, in order to choose again. THIS time in alignment with Truth and Ultimate Liberated Reality, rather than ego’s illusory separation drama. Anyone can do this because it’s not related to learning capabilities, it’s about putting down what you picked up.

This is the glorious Truth, to guide you home, to hold on to like a Life raft in the ocean as you navigate your way to the center of Being and realize you are already One with ALL that is and already have access to the Wholeness and Complete- ness of Limitless Infinity. Pure (Heavenly) Consciousness is the guarantee of Being by simply letting all personal labels and ideas fall away. Coming back within to the very core of Liberated Being is available to you now, when else would you choose for Perfect Peace and Living Rest? After a little more hell? That my friend is the (only) option and you’re the only one in that single occupancy apartment you call yourself making the decision.

The Truth is not intellectually understood but realized through experience. The Self-Transcendence Alchemy framework I’ll show you

will guide you directly to the place your heart and Spirit has been calling you toward (Self-Realization), restoring Divine order at last. You will know yourself in Wholeness, beyond the level of the problem which has only ever been the limited human perceiving faculty in mind in phenomenal awareness. You're not a mind!

You happen to already know this in a variety of ways that hasn't dawned on you entirely. Starting with "I exist", leading into "I am" and the realisation of the Limitless nature and revelations held in these knowings. There is a stillness and silence that requires no doing or do-er, it is your natural Essence. When you're ready to be more interested in that which is giving attention rather than what you've got your attention on, you will be on the pathless path home and on track for the GREATEST discovery of Life; you are the Holy Grail.

These are not beliefs of an information intellectual temporal variety, they're fundamental and essential Truth, the foundation of knowing required for all experience, timeless and changeless and thus hit the litmus measure of Truth. The evidence of True Being has always been right where you are, just overlooked so to speak.

The human thinking phenomena of mind is corrupted by the belief, the tiny mad idea, in separation from the start, which produces the dream of the world you see. There is only the experience of "me" doing the best I can and never feeling entirely (if at all) fulfilled, not because it's hard and only the toughest hustlers survive, but because it's impossible. Material stuff and manipulating the world to achieve a wanted outcome is no measure of Truth, it is all dreamed and by nature is temporal and transient.

Truth has markers that you can live by which make Self-Realization a no-fail journey for those who want it, and you do have to really want it. Awakening may well be the hardest 'work' of your life, that's why authentic Awakening is so rare and true Happiness is not something

you see every day. If something is required to make you happy, that's not happiness, that's a condition and a prime indicator of the belief in separation. Happiness in the absence of all things is Awakened Being. We're going beyond the appearance of persons because we're just not that special, quite apart from imagined in the first place, and no-one has anything you really want.

Here's a wonderful insight from one of the most revered Spiritual Masters of recent times, Papaji:

So the short cut to Enlightenment is the purity of mind. This short cut is to cut short your desires. Objects of desires are not what give Happiness, they destroy your Peace and knot you with suffering.

The sense of attainment of objects of desires also will not give Happiness. This gives bondage. It is absence of desire which brings Happiness. It is only desire which disturbs Eternal Peace and rest. This desire is the disease of the mind; live without it and be happy. Happiness is True Self and is always Here. The prescription for this Happiness is to simply be Quiet.

When an object that you wanted is in front of you, Happiness initially arises because the intellect is steady, due to momentary satisfaction, and returns to the Source, the fountain of Bliss.

There Self reflects on it and the experience of this reflection is joy because this is the Nature of the Self. The Bliss is not from an object, it is Self.

So keep the mind steady and the Self will reflect on it and draw the mind into it.

Pleasure is of the Self, in the Self and not outside the Self in transient objects and experiences. Experience is temporary but the Bliss is not. You are One with this Bliss and once you know this you will Love all from your Self, as your Self, of your Self.

Your Love will be forever, not from and to names and forms but always in your Self. This Consciousness gives you Bliss.

Don't carry name and form and you are Happy.

Remember, the human (make-believe) realm is the realm of opinion and individuals attempting to assert power to feel powerful because they live from the belief in powerlessness. And there's no power in the world because it is the effect, merely the downstream transient

dreamed experience (consequence/effect) of the causal belief in identity as a separate individual human. We're going where the Power resides at Origin in this book, in Truth, in Spiritual Truth, in Universal Truth, in metaphysical Truth, in quantum scientific Truth; the One Truth. To then look out and see a world of Loveliness never before 'seen' – because you've been too busy resisting.

The Truth is something that is Incorruptible and Invulnerable Eternally, a state of unwavering Liberation beyond even the concept of bondage that is your True Self right here and now in this One Eternal moment. Just those two markers of Truth (changeless and timeless) alone will guide you true. Right where you are now, you've got the Truth in your very own contextual field of experience which will highlight the false and allow Reality to reveal It-Self when you know how to 'see'.

The Truth is Whole, Complete, Invulnerable, Incorruptible, and Perfect. That is the Truth of the Omniscience, Omnipotence, and Omnipresence, the substance of origin in Primal power, God as I call it. These 'omni' words speak to that which is everywhere at all times Eternally always. That is the Cause and source of Life, your very own Life. God is the very fabric and foundation of all that is and you are not separate from that, how can you be? You are Life in the midst of Life. It's only attention on something else by way of habit that has this from your dominant view.

This Self-Transcendence Alchemy framework will allow you to undo the original causative assumption, the mere tiny mad idea of separation, definitively heal from the belief in needing healing, and align you back with the Truth which is already a memory you can 'hear' even now, more than you realize, from within the One Mind. Your Life is the proof of this Truth, there is no existence (you don't exist) without Life. Behind everything that we do at the level of the world is an attempt to fill that hole we believe is real within us as a result of the dream of separation.

We're all being called to come home to present moment Reality of Wholeness just as Carl Jung, Abraham Maslow, Einstein, Buddha, Krishna, Jesus and so many others have told us. We just got a little distracted by the dream of a world that appears real and we're a bit too fascinated. The only reason for the world is to wake up, a training ground for remembering Truth. We're not here to fix anything about the world, it's a dream!

Alignment with Truth means knowing through experience your True One Identity, what you will know (by way of experiential remembering) the Self to be at your deepest core. Truth is based on Identity (Being) as Pure Awareness in Universal Consciousness, not a person. There isn't a person AND the Truth. There isn't my truth and your truth, which of course would be changeable (not to mention opposing) and thus doesn't pass the litmus test. The dream of the world is built on the assumption of personal identity, an identity that is isolated and separate, which leads to the human experience, entirely flawed and ending in death – not much of a sales brochure to talk that scenario up. A world where anxiety is everyone's story is an imagined idea which you can put down any time you choose to allow the Light of Truth to wash away all pain and restore Divine Order, simply replacing chaos without any quid-pro-quo negotiations.

The Truth is Pure Awareness, knowing your-Self, the origin of you, beyond the familiar and habituated personality-self entirely, Self-Transcended in original form of Spiritual Identity. Restored to original factory specifications (no dents or dings) as I often say. This is the experience of full Power, the likes of which we seek to make in human doings and never manage to attain because it has no conditions. Power that seems to come and go isn't power at all. Truth means seeing everything entirely differently through the unfiltered lens (nothing to do with the human senses) of Wholeness, Completeness, Perfection,

and Incorruptibility, as unwavering, Invulnerable, Innocent, Genius, Limitless, Eternal, and Immortal and knowing this for everyone.

The Truth of Life is the experience of Being One (unified) with the Reality of Love. This is referred to as Oneness in non-dual teachings. You can know yourself in Oneness permanently, that's True Purpose, Meaning and Fulfilment right there. That's the Purpose of Life, the Supreme pinnacle experience as the Highest Love, living and giving from Grace, the knowing of having it all to give, and nothing left to get. Simply Being (in no-thing-ness) is not only enough, it is EVERYTHING!

Where there is a sense of separation, the belief in opposites, the experience of a you and a me, and something to do or fix, you're under the spell of humanness which triggers the

program of survival. The inevitable experience of the false belief in duality is fear, which will steal your Life (Fulfilment) potential, because it prevents you from truly living. A Life with limits is not a Life, it's prison. This is reflected in every lack of peace and upset possible from relationships to finances, that endless restlessness that requires something to soothe it and all too soon it inevitably rears its ugly head again. It's not a change in circumstances that heals, it's recognizing the problem never existed.

I was so moved by the teachings of Ken Wapnick who was very, bravely, clear about watching out for helpers and do-gooders who can 'fix' your problem. With 20 years nutrition, naturopathy and functional medicine under my belt at the time, I was listening because that was me. There are countless misguided 'helpers' in the world who will swear black and blue they can fix you. RUN! Despite the marketing spin our world is run by, do not fall for the delusion that someone can fix you, there's no problem because there's no person. What you seek is closer than your breath and all problems are Transcended in Self-Realization.

We impose our own prison conditions. As A Course in Miracles tells us, “*you do this unto yourself*”. You don’t have to anymore, let the imaginary prison bars go. Choose Oneness with the Infinity of Love and win the game of Life. This is what the Supreme Being that is God wants for you, how could you resist a no conditions offer of Perfect Peace and your Highest Happiness?

In Truth, nothing unreal exists, there is only One Power and that power is Life; the synonym for which is Love (God). There aren’t two powers. That’s why the human condition is called a dream in which nothing is really happening and it goes nowhere, we just ‘think’ it does. There is not Love and its opposite. There is not abundance and its opposite. There is only Love’s all-encompassing Oneness that the mind under the spell of separation cannot see. There is only abundance in every possible way in Reality.

Abundance is not something you get, it doesn’t come to you and it’s not meant to. True Abundance is the knowing of the Self in Eternal Wholeness. That IS the Abundance the world is obsessed with and this Realization secures Divine Providence and Supply which never stops giving in the ways we deeply crave. That’s the truth for everyone and that is why we are here having this conversation because you can experience it instead of playing a game of pretending to be something you’re not and believing for one second longer that limitation, lack, suffering, struggle, death or wanting are even possible.

You can unwind the mind using the framework I’m about to share with you, to let go of the dream of separation and live in alignment with Absolute Peace as the very basic, normal, everyday experience. Never to be rattled, never to be shaken, never to be stirred, never to be upset again. Simply expanding in the Limitlessness of Life’s Majesty. You cannot fail to realize what you are because you already are, you’re eyes are just trained ‘stuck’ to look at what you are not.

There are no conditions on Peace. There are no conditions on Love. There are no conditions on Happiness. There are no conditions on anything that you really want to be experiencing. All the struggle you've had is a reflection of the impersonal program of the human dream with built in conditions on Happiness that you've merely accepted and practiced to the point of mastery, to the exclusion of Reality in Truth. Nothing more than a compelling hallucination you're about to unravel to Awaken in Grace and experience a Peace so profound, you'll want to share it with the world.

Belief is just the acceptance of an idea that has been practiced to the point that vision is obscured and seemingly fixed. Beliefs are a choice, nothing, not fact and they're a completely unnecessary hindrance to a flourishing Happy Life. The idea of being separate is just an idea that ultimately cannot be proven and can quickly be disproved. You can take your belief away from anything anytime, no-one is making you give your attention to what you're giving your Life force to. You can Transcend the mental realm entirely and abide in Pure Being, you just have to see the false as false and what remains is True and Real and Perfect.

You can easily expose the automated program of beliefs that are playing a sense of a personal 'me' and keeping the decision for separation hidden from your vision. It's just a matter of seeing through the hypnotic automation of the assumed personal separate self to realize that sin (the belief in separation and subsequent guilt for believing this) isn't nor ever has been real. It was only an error of belief, mere idea and no-one suffers from damnation in the Universal court of Law where the forgiven mind rules because there's nothing to forgive that's real, just a dream you took seriously.

You, my friend, get to choose again and that decision to work with the Law of Life in Oneness will reap the Spiritual (Life) Riches you crave. No one ever really wants anything material, they want the experience they

think it will bring them. We'll be bypassing that losing 'material' world approach and going straight for the gold. You can have the experience of Fulfilment that is your rightful inheritance, without the hustle and hassle; in fact hustle is the recipe for ongoing disappointment you can Transcend anytime you want.

Rachel's story describes the human condition of dissatisfaction in such a relatable way. She's always been extremely intelligent and driven. Having grown up in middle-class conditions with a loving family. She was always encouraged to excel, to persist tirelessly in chasing her dreams, and to dedicate herself to being the best. This led her to graduate from Harvard Law school, pursue a notable career, marry a reputable doctor, take a decade off to raise 3 children on her enviable estate, and dive deeply into personal growth and parenting 'mastery' in order to do the best job she could, becoming a Tony Robbins Life coach in the process, and then she returned to law and continued to excel... ready to take a breath yet?

Rachel was! Despite the outward appearance of having it all, according to the world's success standards, she was beyond exhausted with her ever-expanding dream. She found herself

unable to relax, enjoy her Life, feel connected (even to her family), or see a point at which True Fulfilment might even be possible. She, like so many successful people, could see the endless game of seek and never find being played out before her eyes and it just didn't feel right despite it making 100% perfect sense based on worldly measurements. She couldn't understand why she felt so empty, pressured, and time poor despite actually having the Life the vast majority envy.

She just didn't know where to go, having already pushed the limits in personal and professional development, walked on hot coals, feeling very little fear at the thought of doing anything in the world and a very high level of achievement, she was self-actualized. Her firm had even recruited a tapping expert and meditation breaks to raise the vibe in the office.

There wasn't much Rachel hadn't ticked off her vision board or bucket list. She'd travelled every year to the most desirable destinations with her family for decades. She had no mortgage and a gorgeous home, as well as several other investment properties. She and her husband had inherited a sizable sum, which meant the children were taken care of and so was the next generation. Looks pretty ideal from the outside doesn't it?

Rachel sought the best life coaches, thinking she needed to fix something in her approach. Perhaps her goal setting was off, her visualization technique was wonky, her kundalini was misfiring or she needed some different beliefs, a mindset overhaul maybe! As a legendary do-er, she diligently did what the experts recommended. When that didn't work she was forced to seek medical help, which meant anti-depressant

medication and sessions with a psychologist and then a psychotherapist, which also did very little.

She then got more woo-woo than she ever imagined she would; hiring an exorcist, having sessions in energy and shamanic healing, mining the Akash (this, future and past lives), then she did an inner-child healing course. She was told that she'd repressed memories of the real problem, an event in childhood, replicated over lifetimes and hidden from herself because of the horrific nature of it, and that she'd replaced them with a 'safe' idea that she'd had a happy upbringing. This nearly tore her family apart as she 'imagined' this trauma she'd apparently forgotten (don't get me started!). The close relationship she'd had with her family began to strain under the weight of these private thoughts.

All these remedies cost her years in time, thousands in money, sanity, and her once rock-solid relationships, and they all got her nowhere!

Rachel came to me through an acquaintance from my 'past' functional-medicine career. She was depleted to say the least, as well as outright cynical. Her strong will of doing was withering, but her intellect

was sharp. I explained to her the Law of Cause and Effect and in our first session. I guided her to see the false cause of her experience of being time poor, rather than doing what everyone in the dream of humanness does which is to believe the appearance/illusion of the problem of time and try to implement some time planning strategy to manage the problem rather than resolve it entirely.

In Rachel's case, behind her pain was the belief in deserving to be punished, a deep guilt built on the belief of separation from Source (God). This process doesn't take long, surprisingly the deepest core beliefs that comprise our programmed idea of separation and run us our entire lives are but a few focused questions away and right before our eyes, quite superficial really. Applying the steps of the framework in this book, *Quantum Forgiveness and Quantum Prayer*, she immediately found herself experiencing a profound level of Peace.

This is the case for everyone who does this work. Peace expands immediately which is necessary to go the distance of Self-Realization. This is NO weekend workshop we're talking about here.

Treating the Cause, rather than the effect, allows us to heal permanently and with consistent application, the joy that was being sought without, by outside activities and conditions, begins to pour forth from within naturally.

Rachel became one of my most diligent clients (that's Rachel for you), and I'm delighted to report that she no longer experiences a sense of being time poor, exhausted, or empty. She abides in Peace and lives her Life rested and relaxed. She has become, quite naturally, the effortless Light in her family, leading with Truth in full 'charge' of her destiny which is set for good, good and more good because THAT'S the Law of Life.

Rachel says this about the Self-Transcendence Alchemy framework:

“Sal your clarity and confidence were enough to lift me up into life again right from the beginning. I’ve never worked with anyone who is as direct and logical, speaking to a topic so controversial, well controversial in my family. You gave me back time, a true sense of Peace and my capacity to love with all my heart and soul. I never imagined I could be as serene as I am (neither can my family) and enjoy being a mom as much as I do. Remember how freaked out I was, those poor kids. Needless to say you were right, my marriage, career and health are flourishing now that I know how to get out of the way and let the Perfection of God work its magic. I know you say we shouldn’t have wishes but I do, I wish I’d learned this earlier, at Sunday school. The God I learned about isn’t the real God, there’s no fear in Truth. At least my children can benefit early enough and I see how they naturally teach their buddies. Forever grateful to you dearling!”

Problems Are A Symptom NOT Reality

A problem is subjective, it exists in the experience not only of the thinker but because of the thinker. A problem only appears in the universal human mind (collective unconscious) and finds an outlet through an assumed individual identity who is participating in the game of separation. Another way to say separation is duality, the appearance of opposites where right and wrong appear valid but represent a deceived mind fighting itself (paper tigers that only look ‘real’).

We only experience the effect of our own contextual field of Awareness, we see the contents of mind as something real that isn’t. Projection essentially is how you get rid of something you don’t want and in the process you keep it by believing its reality. This reinforces the perception of separation and hides the reality of Wholeness. Awareness and experience are one in the same.

Problems are simply the belief in two powers and the realization that this is impossible, because Consciousness is the unifying field of Oneness, renders duality inconceivable. This is the Transcending of all problems in the only place it exists, in the imagined human mind because the idea of separation is just a thought, conditioned Consciousness and thus the show of Awareness.

When we look out and see a world/person/situation that needs fixing, we’re only seeing our own mind reflected back to us. The world shows us our wounds projected from us and for us. A bit like a clue that

we don't see until we're ready to see. This obscured, conditioned false perceptual reality built on the assumption of separation veils the Truth of Perfect Wholeness. What we see through the sense of person-hood is the projection of guilt in believing separation really happened. Without guilt we'd remember Perfect Happiness.

HOW good is this news? Our health, relationships, children, finances, friends and family, planet, world in its entirety doesn't need fixing because it isn't broken, it's only dreamed. The key lies right where you are, in putting down the belief in separation, which is 'hell'.

In ancient times and in metaphor, the source of evil was given the name 'devil'. Devil is not a real identity, it's a metaphor for the split mind under the hypnotic trance of separation. Quite the opposite, it is nothingness (there's only One Power) as well as impersonal, having nothing to do with the Truth of you which is far beyond and indescribably more magnificent than the little human-self dream. Beliefs housed in the perceived mind make the appearance of duality (aka problems and a world 'outside' appearing real) but all track back to the origin of the mortal/human carnal 'devil' mind of dreamed person-hood, impersonal nothingness.

As the science suggests, we can consider the world we seem to see very much like a holographic representation of the contents of our conditioned mind, a virtual reality game where we assume the identity of an individual self, whilst the True Self remains unaffected in the background. Beginning to withdraw identification from what we have blanketly believed as real, allows the Reality of the Benevolent Universe to come forth and shine in perpetual Peace without further obstruction.

Instead of concerning ourselves with a particular problem and the apparent specifics, we can begin to realize that all that is unlike the Truth is nothing more than a believed perspective (assumption devoid of Truth) which is un-real, un-true and can be put down to allow Grace to

flow. What God never made, never was as we've been told for thousands of years.

We can begin to be as a passer-by, witnessing, and rather than reacting to self-made holograms, we can sit in stillness and recognition of the impersonal nothingness that is passing through Awareness. Mind wandering, ie being distracted by mere phenomena of awareness, eventually stops as we deliberately with discipline give our attention to Truth and realize the True Self. The appearance of any and all problems, you'll discover as you apply the Self-Transcendence Alchemy framework, has no power, no law, no continuity and not a thing to sustain it other than your attention. What a relief is that?

"I" am no thought, no belief, no sensation, no feeling, no emotion, no behaviour, no body! "I" is Immaculate Awareness In God Consciousness. Take this ancient Spiritual Wisdom literally, you are none of these. You are Divine, One with Infinite Love!

You Natural Greatness & Magnitude

“Awakening to the Truth is the recognition that nothing has ever required healing, solving, fixing, altering in any way, Wholeness already Is; Omnipresence Is.” Dr Sally Gray
Phd

Science has finally caught up with Ancient Spiritual Wisdom and recognizes the interconnectedness and shared Universal ‘Self’ inherent in all of nature. This book is all about providing the practical framework for your own experience of locating and living in and with the God Self for a Life of Divine Fulfilment. Life is lived beyond consuming information or attaining anything, practical knowing of the Self is Queen when it comes to Supreme Happiness. It’s time for ‘inner’ action, the only action worthy of you and the only action that Transcends the dream. Experience is the proof you need because Truth cannot be found in the human thinking mind limited and confined by fragmentation, and it’s NOT found in collecting more information. The mind is a corrupted system with your death its only GPS. Time to find a more reliable ‘guide’ me thinks, you’ve got just the remedy right where you are!

Again, I invite you to look for yourself, experience is the only way to navigate within and reveal the Truth because the ‘thinking’ function of

human mind will never grasp it, it's designed for survival and will defend its little position not champion you to Happiness. Thus is the arrogance of ego that

it cannot conceive of anything beyond itself. You will begin to disarm and quieten ego through inquiry immediately so that the habit of mind wandering is overcome. Awakening is a highly logical, factual path of ONLY relying on what you can prove as Truth rather than pandering to perception, that's how you'll come to see clearly you've been living a lie and can FINALLY be at Peace and fully alive.

What are the dominant stories playing in your mind? Do you see and believe death is in your future? Do you perceive problems? At what point has your mind steered you to permanent Fulfilment? Ever felt a tad of dislike for your self, a spot of personal blame? You never need take anyone else's word, Transcendence is a game of authentic and exquisite presence with the evidence in front of your nose. You're right where you're meant to be! This work is done with you as the scientist of your own experience at the helm, right where you are because you're always in the right place, there isn't a wrong place, there's actually no place.

All intellectual understanding and information are filtered through the corrupted software of the split mind, which will keep you from knowing the magnificent Truth of you. Relying on (believing) your own thinking is the problem. You can't see your own blindspots which will ensure the richness of Fulfilment in Life remains elusive until you've really really really had enough. That's why those who are comfortable tend not to be as motivated to seek for answers as much as those who are in unbearable pain. The meek shall inherit the earth so it says and God doesn't help those who help themselves is

Spiritual Wisdom that is proven. The "I know" thinking mind is the greatest perceived obstacle you face. What you think and want to see is hiding what really Is.

Countless times in my career my clients have declared they're so grateful for the chronic challenges they were forced to navigate because it brought them home. The point is, no need to wait until life is an unbearable disaster burger, follow the thread within to the glorious Truth of Love now.

"If you change the way you look at things the things you look at change." – Professor Max Planck, recipient of the 1918 Nobel Prize in Physics

We suffer from a nasty case of perception (careful, it's catching); believing our own thinking which we've now established as corrupted. Professor Planck is reinforcing Einstein's insanity caution, don't just think differently, go further. There's a better way available to you right now and Peace just increases with practice; attention on the Truth is the answer.

As Lao Tzu said, "*Stop thinking and end your problems*". Stop paying attention to your thinking and miraculously end your problems is the call to action here because giving your attention to the Truth of Being is the solution of all solutions. This ancient Wisdom also echoes Einstein who told us that trying to solve our problems at the same level of thinking that created them is ludicrous.

What we need to do is pause and look deeper, not accepting what we see at the surface of the superficial level that is perception. Everything that we experience through our human senses and imagined person is perception and not to be believed without question at any point or what we see will never *really* change. Human senses deceive us. What we're being asked to do, in order to Self-Transcend, is to question the very eyes through which we're looking. That's why it's called Self-Transcendence;

you have to get beyond the assumed false self where the True (One) Self In Perfection is already established imperturbably.

We must bring all that is in our mind into the Light of Awareness. This includes what is often referred to as the subconscious and unconscious. These are both still part of the realm of human mind (the physical and mental ‘whole person’ realm are not of Truth) and with the framework you’ll learn in this book, they’ll simply be restored to full Conscious ‘cosmic’ Awareness ensuring that you are no longer a mystery to yourself. There is absolutely no mystery about Life in the way you think there is. The program ‘housed’ in the control centre of the depths (actually shallow end of the pool) of personal mind will no longer impact your experience and you will take back your decision making authority with present moment deliberate Conscious function at the level of Cause; Pure Being, where Fulfilment is the promise.

A Course in Miracles tells us that you never think to question the reality of the problem. We just accept the problem. In this book, I want to show you how it is that you can un-ravel, un-tangle, un-learn, un-become, un-do and un-wind, because what you believe yourself to be is a belief to be undone. The right questions, pointed at the right level are your path to Liberation.

The single biggest (only) problem that we face, producing problems in all areas of life, is but one problem – the eyes through which we look. Another way to say that, as is known in neuroscience, quantum science, medicine, as well as psychology, mirroring Ancient Wisdom and spiritual truth is, “*What I believe myself to be is how I see and experience the world.*” The belief in separation produces an identity, you. Actually it’s a mis-identity; ego as a personal identity is the alter ego of the One True Self and doesn’t exist in its conditioned state, it’s merely dreamed.

Some spiritual traditions use the word ego to denote both misidentified self and True Self. True Self Being identity, the only True

identity. What I believe my (separate personal) self to be is a belief to be undone. This is what has historically been called the original 'sin', but sin doesn't mean what is commonly believed. Sin is misidentification, an erroneous belief in separation.

There is no Truth in belief which inherently implies opposites and separation by definition. Is there really any harm in having had a mistaken idea? *Go forth and sin no more* means simply to stop believing that you are separate (from God), no harm no foul. What God didn't make never was, aka it's JUST a dream. You only dream you hurt yourself when you believe you are separate from the Source of Life as an individual person, it's an inescapable fact of existence that you are One! This is why separation is called the great cosmic joke which ensures that Awakening is a process of hearty laughter when guided correctly.

When you believe yourself to be an individual and there are things going on outside of you, you're automatically seeing through the lens of separation, limited entirely. That's the hidden decision, the hidden false cause at the root of experience is the belief in separation. You're automatically setting yourself up for an experience that can never be one of Fulfilment. You are perpetually seeking something outside of you to fill you up and it's an impossible dream. That which believes itself lacking cannot realise Wholeness and lacks Fulfilment, that's the quantum law Beloved.

That thing we think 'completes' us may be another person, as that seems to be what we just accept in life, that we are here to find a partner, or anything else that is on your radar of wanting. It might be more money, healing from a disease or a past or wanting better friends or just more in general, always out in the future somewhere in illusory time and space. Whilst none of these things of the world are a problem, the purpose for seeking them holds the key to Liberation. Relationships can be purely joyous, a true expression of Love when the human paradigm

of needing or wanting anything from someone is erased because Joy is the foundation and cannot be shaken. The supply of money is a truly abundant non-issue when we realise how Supply really works, and it's not our employer or business. And so on.

We're here to expose what's really going on, what's causing experience. How you experience your Life has little (nothing) to do with what seems to happen outside of you and every- thing to do with the mind that is projecting the show you're watching. You don't have to accept experience blindly and then play the game of a dreamed world where there is no power, at the level of false effect – the drama you call your life. Go to where there is the only Power to allow for the real experience of the Highest Good. When you go to the level of Cause you can finally transform experience, and of course, realize the Reality of Love's Oneness. This is the Holy Grail of Limitless, Eternal, Immortal RICH Life.

When you play Life at the level of perspective, which is the false dreamed effect, that's the dying game of symptom management where we're just led to what feels good and lines up with our paradigms and corroborates our perspective. That's a bit like putting a Band-Aid on a boil that keeps festering and oozing. When that Band-Aid gets dirty, you just stick another Band-Aid on rather than looking deeply within the wound to find out what's actually causing it which goes deeper than most ever go. I even fell for the superficial perspective (ignorance) of 'thinking' in practical functional medicine and naturopathy; body is not the cause of anything, it's the false effect of a mere idea of separation. YUP! It doesn't exist. No point treating the imagined body if you want the deepest of Peace and the Highest Love. There's no-thing to 'heal', just a dream from which to Awaken.

We're not here talking about healing the inner child, that's simply wasting time, a distraction ploy of ego which produces temporary

comfort at best and keeps the seeker STILL stuck in the paradigm of separation stuck on a timeline. The world of separation is the condition of birth established by the mere idea of “what if ” I was separate from Love. Problems don’t stem from childhood, they are the false unreal effects of the belief in separation simply proving itself from birth onwards. You are in Truth the Eternal Child of Creation. We’re going deeper still, to the level of Cause which I’m sure you now see is the only approach worthy of you. All else is a time wasting dream script.

Let’s take a moment to realize the freedom in recognizing there’s only one problem. Not the many that there appear to be in the usual human lifespan; relationship problems, parenting problems, health problems, happiness problems, business problems, financial problems, career problems, protecting the child/world/future problem etc. There’s only one problem. You can handle one problem, right? Think about that for a moment.

Let’s clarify beyond question this one problem, *the belief in separation which assumes a personal identity*, the level of false cause of all human perspective to return to the only real Cause which is God. Remember the Law of Cause and Effect? The Law of Cause and Effect tells us that at the origin, Cause is Creator and Life is Creation. Making what “I Am” a done deal, already created Whole and bang on Perfect. The cause of the world perceived that seems to produce suffering is the belief that there is a separate “I” and that “I” can take over the job of creating from the boss. The *recipe* of person-hood is that I am a separate identity missing something. I am separate from what I want. That’s what the belief in separation means, I am without something. The belief that I am lacking something hidden on a pretend timeline in the past or future becomes the origin, the false dreamed cause of experience, and every upset, problem, challenge, struggle is proof of this.

There's no person that has an erroneous belief, there's no person. This is the often missed insight from Spiritual teaching that leads 'people' to think something needs fixing. This is even the dominant attitude of most on a pseudo-spiritual journey, thinking that Awakening is something a person does (ego really is a crazy and yet impersonal dream!). There is no 'me' as an individual having thoughts, feelings, sensations or doing anything. There's no 'me' in the first place which negates ALL potential for unhappiness. It has only ever been ideas, built on that original assumption of separation, that have interfered with Perfect Peace and Happiness. In Truth you've never been anything other than Infinite Bliss, just a mere belief standing in the way of True Vision.

The definition of *belief is an acceptance that something exists or is true, especially one without proof*. The belief that sets off the whole appearance of the world and bodies that are separate from each other is the mere idea of being separate. There is no someone who has an erroneous belief, there is no someone. This belief has no impact on the Truth, enforcing us to experience a self-imposed prison from which the only escape is Awakening. Fulfilment is not an act of human doing and never will be, it's an impossible dream.

We've already established that even those in the world who seem to have the most know from experience that they cannot be permanently at Peace, permanently satisfied, or permanently Fulfilled. You can't permanently enjoy anything because there's always something missing. You believe you are separate. You're separate from the thing you're truly seeking, the Self. We spend our lives trying to find that thing and very few ever do. That 'thing' you're looking for is the memory and realization of your own Being, found right where you are in the present moment.

The biggest shock in working with the world's most elite, successful people in terms of material success (especially those who are at the top of the game in law of attraction), is that there is no permanency

of experience in Fulfilment even if they've got a lot of stuff. There is NO cause-effect relationship between stuff and True Fulfilment, none. There are only the ever-moving goalposts, they just keep getting further and further away from the Source of Happiness. I learned this myself in master Life coaching, nlp, tapping, functional medicine and in personally diligently applying and practicing the best of the best self-improvement and law-of-attraction strategies. You just have to think bigger, dream bigger, do more, until you wake up from that insanity.

What's become the latest craze is Legacy, compounding the idea that reality needs something done to it, how many 'dreamed' generations can you set up *well* with your big-thinking materialism. Once again a product of over-inflated ego perspective seeing a world that needs fixing – that doesn't exist. The belief in problems, a world that needs fixing, is the very clear symbol of the deceived projected mind. When we action personal perspective with doing activities, we walk further and further away from Cause. The Source of our Life and Light becomes more and more deeply hidden and the experience of separation, the guilt, the feeling like a failure, then deep and profound embarrassment, that is really common at the highest, most elite level of success, just becomes bigger. There is shame, disappointment, dissatisfaction, and aloneness because there is nothing in the material world that can ever satisfy. There is another way to 'see', where the real treasure is found every single time. You're having a dream of being something that you are not, nothing more than a hallucination with the remedy being, Awaken.

The dream of the world is a bit like having put on virtual reality goggles and you're playing a game with an established identity. I'm playing a game of the identity of being a Sally and this is the program that I'm running. Like a puppet, the program is playing me and thoughts possess me. I don't have any free will when I believe myself to be a separate identity (I just think I do). Attention is your free will, to be

exercised with deliberate care at the right level. Just like we use the analogy of the branch that seems to have become separate from the tree, I'm doing the best I can as the 'branch' using up all of its life force to hustle, and to win I have to hustle harder than everyone else. I've got to get my stuff and be secure and safe (the assumption of separation is built on perceived unsafety) and I do that in the world by hard work and perpetual doing. None of that's true. This describes the impossibility of Fulfilment in the human world and the reason we wither and inevitably die with no apparent escape, just your 'best' shot at it.

All the while the branch was never separate from the tree, it's impossible for a branch to survive without the tree which speaks to Truth if you're ready to see that you've never been separate, you can't be. The world is psychosomatic in the truest sense of the word. Belief makes real!

Death and suffering are an inescapable guarantee in the mirage of human perception, which is actually completely impersonal nothingness, because only Truth is True, and the world is not Truth. Anything that does not stand the test of Truth, which is timeless and changeless and by very nature Whole, Perfect, Complete, Limitless, Eternal, Immortal, is something else; a mere belief. Belief may make real, but not true.

The separate identity is but a dream. It's built on the idea of this one problem; the belief in separation and it is a train we want to disembark because the Truth is Eternal, Limitless Love, the Immortal Self. There is no death in Truth and thus the cure for death is the realization, remembering, recognition of our Essential Nature. You cannot live a Life of Perfect Fulfilment with the threat of death dangling. It's a dream-life killer, quite literally. This is the reason why Spiritual Wisdom sees the world as the land of the dying. There's never been a death in the history of Life in Truth.

You are never upset for the reason you think! Deeply understanding and applying the Law of Cause and Effect will liberate you to live Life Divinely. You'll know exactly how to BE that by the end of this book! The decision that changes the game is to decide you want to know the Truth.

Beyond The Prison Of Perception

It was the esteemed Eastern philosopher, Alan Watts, who said, “*The game we play in the world is one of pretending to be something we are not. Awakening from the dream is a decision only you can make and when you’re ready to Awaken, you will.*” Simple, but NOT easy which is why there is less True Happiness (unconditional and unwavering in every moment to the exclusion of unhappiness) than we care to admit.

We are trapped in the confines of a pre-conditioned, separate person-hood, split mind and shockingly, we rely on our thinking to direct us. I’m sure you’re starting to see the insanity that Einstein was referring to. Liberation is about having your perception unbound from the assumption of person-hood, because you don’t respond to anything directly in the world, you always respond to your perception, your interpretation. You’re not really ever interacting with anything outside of you. You’re responding to the interpretation of the images made by projection under a spell, the mere belief in separation. You experience the projection of thoughts that are already built on an erroneous assumption of person-hood (ie believing that separation ACTUALLY happened rather than being a dream) as the avatar that is the separate you. Yep, you’re interacting with dreamed shapes and can wake up when you want to. TRULY no harm no foul, a dream is just a dream after all.

If you do want to wake up to the Reality of Fulfilment, it’s important to start to see that the interpretation is not apart from the images, lack has

already been established as the condition of experience. There is actually no objective world of events and circumstances and images. The observer and the observed are one in the same as science tells us. So what is the observer? “What Am I” or “Where Am I” are the supreme questions for inquiry and the ultimate revelation of True meaning as we explored earlier. This person you think you are never existed, something infinitely more wonderful is True.

The real threat to health, Happiness, and Fulfilment is perception, including opinion. Perception, which is perspective and the same as projection, is a killer. Einstein told us not to try to solve our problems at the same level of thinking that created them, and yet that’s exactly what we do. What Einstein meant was so clear and obvious that I think its simplicity hides the profound pointing. At the same level of thinking means human thinking. This means that our ‘relationship’ with thinking itself in the human way is the problem. He’s not saying just to find a different way of thinking about the thing that has your attention; he’s saying to go elsewhere for the solution.

The function of thinking is the same level that made the problem. In fact, Einstein ‘et al’ called that insane. Insanity is trying to do the same thing over and over again and expecting a different result. Repetition leads to revelation so if you’ve spotted a little repetition in these pages, you may thank me later. Repetition is so helpful in so many ways, these words have hidden power and pattern interrupting potential which is igniting your inner knowing, you might already notice a resonance beyond the human senses. As if these words are triggering a memory, you’re onto something!

Perception is just our version of a subjective appearance of reality. We’re not seeing the world as it is, but as we interpret/ project it. As it turns out, perception is a projection from the inner condition of identity rather than a reflection of any objective world outside. Think

of it in terms of you being a painter and you're painting the world you experience from your inner contextual awareness (mind of personal identity OR Truth – you get to choose the purpose of fear or Love) rather than participating in any kind of objective experience.

There is no possibility of objectivity when you are an observer looking through a filter. In the case of humans, the filter (aka elephant in the room) is the acceptance of the belief in being separate in human form. The package of humanness that comes with the program includes the core senses that provide the compelling factor. We believe our senses to our detriment. They are the prison that contains us, which Mystics use to expand beyond and into the Sacred realm of True Self and so will you soon in order for True Vision to be available. Personal perspective is a corruption of Reality.

Personal perception is a limitation placed on Pure Consciousness and thus Awareness, an experience of an individual separate from the Whole. Rather than believe perception, we'll use it to restore Whole vision. I'll show you how to use perception as the ultimate diagnostic tool for your state of Consciousness so that you can elevate your Awareness into the Truth of Peace and beyond! Your lens will be cleared of perception and all that will be experienced is the Truth of Oneness, the breath your Soul is seeking.

We're not taught to understand perception because so few really do, even so-called experts. We're certainly never shown *how* to perceive in a way that allows us to live Divinely (which is not really perceiving, it's more of an allowing and experiencing of what actually "Is" – Heaven – in the absence of ego), the mind used by Pure Consciousness; under the dominion of Spirit. Humans are so stuck in the minutiae. It's generally accepted that we need to problem solve rather than the alternative of Transcending all problems (which is ONLY an imagined perspective of

separation), never to experience them again and to simply abide in Being and live gloriously from center.

We know that human thinking cannot produce permanent Happiness, it's a scientific impossibility. If it could, you'd know how to experience it. You might even know someone who is authentically happy, but that's unlikely. What we know is a lot of people TRYING to get happy! What we're here to clearly see is why, at that deepest level, nothing we do in the human dream can produce Happiness; we must see the false as false. We need to ask the question of ourselves. What do we want? And, what's the plan to know Happiness if the human/person paradigm can't? Time to pivot back within. Fortunately God already has it solved, it is done and you can know this, it's the whole point of Life and this conversation.

What do you really want is a question about what you really value determined by a paradigm or no paradigm as we discussed earlier. It's known that you get what you value at the deepest level. You experience what you have decided for and this is a done deal that is playing every human at the level of buying the idea of separation (aka hell) at the core of the entire show of the world experience. We really are going to the core, it's time wasting of epic proportions to do anything less. It's deeper than that which is held in personal perception at the level of the senses (all levels of mind) and it has set you up for ongoing searching and seeking and believing you don't have what it is that you want.

Experience doesn't lie and nothing changes in any meaningful way when we play at the level of behaviour which is the final rung of perception and behaviour guarantees experience. If you change behaviour, most certainly it appears as if the chairs are moved around the deck but change it again and there's another change right there. This is the redundant activity of dreaming. How about we go to the cause of

perspective and rather than change anything, discover there was nothing to change. Just dust (a personal ‘me’ filter) in your eyes.

Our unconscious programming persists until it is questioned and what you resist will aggressively persist. No matter how much you try to defy or alter your beliefs and behaviour, they have the perceived power of perspective and will continue to dominate your ‘view’ of the world, keeping Truth hidden from view. You can rest assured that anything other than Peace is a nothingness that has no real power and is yours to dissolve from the veil of perception.

Perception is just the game of Life that we play until we learn how to play it Divinely. Perception is entirely misunderstood. Perception is the mirror experience of the personal mind within which mistakenly most believe to be outside or separate from themselves. This is no longer accepted as accurate scientifically in physics, quantum science, neuro- science, psychology, or even western medicine. Life is not happening outside, it is happening within. The experience of the world is a projection from the within to the without. Life is a mirror of mind; mind is Life. Perception and projection are one in the same. This is the Perfect collision of Ancient Wisdom and modern science which reinforces the Truth that you have the Universe within you as well as the key to re-alignment (“re” because it’s pre-existing as the Truth) with Love.

Perception is built on belief and becomes a prison of sorts. In fact, human perception has many metaphors. One of which we already mentioned – hell, illusion, dream, hallucination, hypnosis, mirage. Hell is not a destination; it is the prison of perception; perceived separation. Likewise, Heaven is not a destination; it is the experience of Life without the limits imposed by perception, in the absence of personal identity in separation. Heaven is where we’re headed in this book!

The hardest thing you'll ever do is choose to be happy rather than right. Yet no-one in their right mind would choose to be 'right' because death is the phenomenal consequence of protecting perspective and keeping out the Truth of Grace. Sadly, this is what most have valued; ie ego – a personal-self dreamed character. Who would 'Consciously' choose to be right instead of happy; case in point!

Discerning Truth From Fiction

“The key to Self-Transcendence is to see that which is false and unreal with (In) clarity.” Dr Sally Gray PhD

Beliefs aren't real, they're mere ideas that comprise a false (non-existent) perceptual program, and they are, in fact, impersonal which means they have nothing to do with The True you; they are not "I". Everything simply appears personal because you're stuck under a spell of person-hood assumption and when this is dissolved, all answers are known and Life is Fulfilled. We'll look to expose the beliefs that are the cause of our experience, the program of the avatar character we believe ourselves to be. When we look, we find that perception has no legs to stand on and there is actually no person to 'have' thoughts in the first place.

Everything that you have held to be real about you as a human identity, every single label and concept, idea and memory suffocates your Essence a little more. To see with clarity every- thing that you have defined yourself with and by is the swift path of cleansing/purifying vision allowing the True Self in Completeness to be realized.

When the imaginary person is out of the way, Love has no obstacles just as Rumi told us.

Assumptions/beliefs are not only limiting, that's what they are by definition, a mere perspective that has an opposite and therefore inherently limited, but they're limited in number. As you practice the framework and expose the avatar of person-hood, you'll quickly discover that there is a short songbook of repetitive beliefs, stories, thoughts, assumptions that reveal the looping nature of the dreamed separate identity program and explain every experience of the world. You stand to be liberated fast!

Regardless of the seeming changing circumstances of the upset, you'll find the same feelings, thoughts, and beliefs on repeat. The past predicts the future for this reason. You're not experiencing anything new in terms of feelings, thoughts, or experience until the program is removed. The world is just the past of dreamed nothingness on repeat.

The journey of exposing will quickly reveal the nature of the game you've been playing so that you can truly experience the impersonal and impossible nature of the personal self and world when held in the light of Truth. You lose nothing to gain everything.

YOUR AVATAR HAS NOTHING TO DO WITH THE REAL YOU The program of separation is impersonal. It has **NOTHING** to do with you. You've just been under a spell. As we've been saying throughout this book, take the sense of person-hood out of Life and Infinite Love (the Holy Grail) **IS** what's left. There is a very long history in Spiritual teachings, which I'm sure you're really familiar with, in one variation of it or another, which tells us that life has no meaning inherent to it. We give life the color that it has for us, the flavor that it has for us, the appearance that it has for us, quite literally we make everything mean something. We give the experiences that we have all the meaning they have for us and we're either believing what we see, and under the spell of personal perception, which is the realm of separation, or we do this work and we're relieved of being played by a program like a puppet.

So let's understand that, the experience of the human realm is a game of having applied meaning so long ago that we forgot where the meaning comes from. Our task is to expose the meaning applied in mind, because Life, the entire experience of the world, is impersonal. It is impersonal in every possible way. It has nothing to do with the Truth of you because the Truth is incorruptible, timeless, and changeless. The seven point something billion dreams that appear to be happening in the human world are a product of one belief at the core, which is the belief in separation. It's the program playing in the mainframe, so to speak. It is the program upon which your avatar is based and it is projecting a reel of lies that continue to hurt you.

It is this program that keeps proving itself, until you begin to question the reality of the lens through which you're looking, until you begin to question the reality you see, beginning with the problems of your life and then seeing all the subtle ego hooks as you develop mastery. We need to understand that nothing about the dream is personal because the Truth of you is the Truth. Everything else that's being experienced is the spell of person-hood or the matrix, as we often refer to it.

We CAN Awaken from the matrix, staying stuck at level 'human' isn't Life. It's what we're doing here, to realize there has never been anything going on other than Love. We experience Life in the way that we appear to because of an erroneous assumption (a personal self) we never question. We've all been hustling and exhausting ourselves to try to create something, that can never be created in the way humans do it. Life is destined for Wholeness, God's already got this stitched up and in the bag and it's FOR you, no exceptions.

Magnificence cannot be made. Rather it is realized as already created. My clients often refer to this as Is-ness. Life has already been created in Grace, Glory and Greatness. Pause, look and you will see. When we come back to the "I" of Being, Oneness is realized and THAT'S Heaven!

I'll show you how to see with clarity the character you've attached identity to so that you can sift through the false and Liberate Truth. You've always been 'free'. You DO (already and completely) know what you are, you just don't realise what you are not!

Judge With Righteous Judgement

“It is not events that disturb people, it is their judgements concerning them.” – Marcus Aurelius

Carl Jung told us, “*Thinking is difficult that’s why most people judge.*” Everyone in Spiritual and self-improvement circles is aware that judgement *isn’t good*. It is not an enlightened attitude and therefore, we shouldn’t do it. Have you actually tried to stop judging? It’s impossible and you will go insane trying to mentally navigate your way to Peace because you’re not treating the cause of judgement which will just keep coming back. Judgement is a dis-ease of thinking made possible only when the decision for separation has been made. It is nothing more than a symptom of conditioned Consciousness. When you finally do treat the cause of judgement, you’ll never judge another day in your Life.

This is glorious news! Judgement is a major contributor to negativity and incessant mind chatter. It is a key element of stress because judgement is a product of fear; that’s the separation paradigm person-hood for you. Judgement is a very real toxin, reinforcing division, multiplicity and drives chronic pathologies, let alone personal misery. Judgement is behind opinion and we all know that opinion is the lowest form of intellect and knowledge.

Judgement is an inherent attribute of the separate self, initiated by the belief in separation. It is the very definition of opposites that we can't escape because we're looking through the eyes of separation. We can't help BUT judge, it's part of the program of person-hood where our apparent personal unique stories define us. It comes with the territory of the split mind perceiving a *me* and something else where there is a spectrum with bad at one end and good at the other. Judgement is just an attribute of perception and the absence of judgement is POTENTLY healing (at the right level) in the true sense of the word.

Having learned to judge like a pro, I remember trying so very very hard to bury this perceived personality weakness. I diligently applied the teachings of Deepak Chopra in my early 20's, "today I will judge nothing that occurs". Which typically lasted for about 3 minutes on a good day. Nothing was ever right or good enough and I was delighted when it dawned on me to use judgement in a very specific way that would actually be helpful rather than all round harmful. My hope is that my mistakes save you time!

I propose that judgement be used to serve the journey of Self-Transcendence. We can give it a purpose that is truly helpful instead of driving the illusion of separation deeper and further by pretending not to judge. Judgement, according to science and the laws we've been discussing, is only ever about the personal self, from self to self; from me, about me, to me. It is the ideal tool to diagnose our state of mind (right where the personal show 'story' begins) and when used correctly will dramatically accelerate Awakening into Oneness. It's impossible to be seeing anything outside Consciousness which means judgement is the ultimate 'un-doing' way to walk.

We can use the world we see and experience as the way to un-wind back to the remembering of Wholeness. This is precisely what we'll do in our Self-Transcendence Alchemy practice to swiftly expose the program of

separation that has been playing you so that you can wield your power of choice and allow Divine Guidance to take back management through Divine vision (the True Whole Self in Oneness).

We'll be using everything we judge/perceive as the diagnostic tool of Awareness so that we can follow the thread within to the level of Cause and thus Supreme Liberation. Just like Rumi said, all you need do is remove the obstacles to the presence of Love and BAM, what remains is Love!

The 'world' of appearances is just a diagnostic tool for the state of mind and the Purpose of the world is to Awaken. NOW we're right on track to Realize True Fulfilment. Earth really is Heaven seen 'aright'.

Self-Transcendence Mastery

My PhD study, “*The Origin of Decision*”, was all about the dominant Law of Life, the Law of Cause and Effect and how the prison of perception is held in place by pure assumption. The trajectory of decision can be observed and is predictable based on the origin of fear or Love. This study comprised the typical requirements of a literature review, I had NO idea how much has been written about the topic of Consciousness. It all began when I was woken in the middle of the night with not only the name of the thesis being “*The Origin of Decision*”, but the ‘requirement’ to do quantitative in vivo, meaning real-Life, research. So it began.

I had a flood of people wanting to be part of this research, I only needed 30. In the end, we had 237 participants, all of whom completed a questionnaire for 7 consecutive days, which provided us with 1,659 daily responses from 21,567 questions. The Magnitude of this research is hard to describe. There was a massive ‘PHEW’ at the end and endless gratitude for my dear Bex (my office rock) who shares a passion for Truth and we carried each other the entire way.

What surprised me delightfully is that every single time each participant exposed their challenges as fear-based at cause, they were immediately able to see another perspective that had been hidden. They proved that Life is lived reactively without question and the minute the simple questions posed in the research were asked of their

own perspective, they noticed the flaw immediately. There wasn't one participant on any day that wasn't able to shatter their own paradigm. 100% in research circles is heresy and yet here we are. The prison walls of perception are wafer thin and if you want to see beyond them, you truly can.

This means that there isn't a problem in the world as it appears to be through your eyes. There is no reality to any striving in Reality, this is the dream of suffering from which you simply Awaken and it's a piece of cake. Whilst I did include participants who are part of my community as private or group clients already familiar with these un-teachings, I also invited the wider public which comprised 68% of the study. We proved anyone can question their mind, the point is to just do it (thank you Nike)!

"When you change the way you look at things the things you look at change." – Professor Max Planck, recipient of the 1918 Nobel Prize in Physics

This oft-quoted phrase is insight from science, as well as Ancient Spiritual Wisdom. You aren't experiencing Reality as it is, rather you're experiencing the effect of a paradigm you've chosen and actually want to see, built on the foundation of assumed (not real) separate identity from the source of Life. Projection is perception is the way we can understand this Law. This is an invitation to put down the goggles of perception, take the person out of the equation, what's left is the only thing worthy of your attention.

Cause and Effect speaks to the deepest, most profound level and layer of experience at the root. That Cause, as quantum science has told us, is at the deepest possible level, the level of decision. The decision and

the answer are one in the same. The thinker and the thought are one in the same. The observer and the observed are one in the same. Cause and Effect are one in the same. True Cause is established at the level of Consciousness, not at identity or subconscious, not at the level of thought, rather at the level of Being in fundamental Essence. At the level of Cause, there are answers to be found and there are PERMANENT solutions, because the Effect never leaves the Cause.

The false effect of the world is built on the false cause of person-hood. Now can you ‘see’ how the world appears and how it is dismantled to allow the Real Treasure to be known?

When we understand the Law of Cause and Effect, we can harness and work with this dominant Law rather than do what everyone else is trying to do, defy it. Even those who are playing the game of the law of attraction at the highest level are not aware of how this Law is defining every experience, even for those who have a measure of worldly material success. Some are my clients and I can assure you, they suffer more from the inner poison of guilt than most. Spiritual masters have often said that comfort is the enemy of Enlightenment.

The Law of Cause and Effect provides the framework to realize that experience happens within and you not only have the key, but you are the key – the “I” of Being is the greatest clue you’ll find. This quantum Law of Life illuminates the way for us to escape the inherent limitations of the human experience to live expanded Divinely. Where we know that we are not just okay, but Perfect, Whole, and Complete and permanently so, beyond any hint of vulnerability.

In Truth, there is no limitation and there is no fear. The survival program, where fear merely appears possible, is not true. It is made real because of the belief in separation, which is a terrifying ordeal for everyone. This is why stress is the biggest killer and anxiety is just seen as normal in the world. The belief of being a time and space bound human

is the problem at the core of experience that we all miss. It's at the core of all challenges. It's the elephant in the room that we can't see because we never think to question the reality of the problem.

We're not here to change paradigms, rather to Transcend them entirely!

It is simply a condition of believed personal identity that something is missing. It's not possible because there's never been a someone to miss something. This has only been a dream of some bodies but the Truth of you has never been touched. You don't have to play that game any longer, it will not and can never lead you to what you truly want.

The Law of Cause and Effect points us directly to the level of the origin of decision, the cause of perception itself. The decision was already made when we chose to believe we were separate, that we are a person. Everyone coming into the world has already bought the terms and conditions of separation and cannot rise above it in the human paradigm because it is a dream and not real; as are all paradigms where a human appears. As Einstein said, you can't solve your problems at the same level of thinking that created them (can you tell this is really critical to understand – repetition is the mother of mastery). We're going to that right level of Cause because that's WHY we experience Life the way we do, the world is the dreamed false effect of the false belief in separation. Remember there's no power in effect.

Do you want to transcend all problems (because they don't exist) in order to reveal the Reality of Heaven? You lose nothing but the potential for upset and realize everything already and always was in the process. OR, do you want to continue to play the game of separation where loss is the end result and you remain hamstrung by an inescapably limited paradigm that is the denial of Love and champion of fear?

Power only exists at the level of Cause. There is no power in effect. Everything about the human experience is the effect of the belief in

human identity and separation, the carnal mind. The world is at the level of false effect; aka the dream.

That one unquestioned belief, that I am a person (human), is the false cause of the experience of the world. We can Awaken anytime we choose with a new choice about the lens through which we experience – the automatically corrupted vision of separation or the stillness and Peace of pure Awareness.

“You govern your surroundings by the nature of what is taking place in your Consciousness”. – Joel Goldsmith

Get excited my friend, the Cause is in your Consciousness right where you are now (YOU!), you need not change a damn thing in the world. You’re on the trail of the source of Life that is your very own Being where you can finally take back your Power to live in Grace, just As You Are!

“It’s a bit like humanness is the unknown disease we’re all suffering from, a deadly case of amnesia.” Dr Sally Gray

The Finished Kingdom - It Is Done

“Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve.” – Professor Max Planck, recipient of the 1918 Nobel Prize in Physics

The Law of Cause and Effect explains every experience of your life and precisely how to alter the trajectory in alignment with Truth where all the Power and Joy exist. We’re going *quantum* to the ground zero substance of Life.

The observer and the observed are indivisible, they’re one in the same. There is no observation without something observing. St Francis of Assisi said “*what you are looking for is what is looking*”. So what’s looking?

The way to understand this in order to rapidly accelerate Liberation is to recognize that everything about experience is an observation, NOT made by you the human personal identity, but witnessed by that which is abiding at the seat of Pure Awareness. The Awareness of Pure Being is devoid of all identification with any observation because you cannot be anything you observe, remember that from science at grade school? The great smoke and mirrors trick has simply been identification, believing

a personal self was the observer, rather than Pure Awareness observing phenomena that comes, goes and can be forgotten to allow for the freshness of now to be seen.

Remember, all power resides at Cause and not in the Effect. Turns out, humans are almost always playing at the level of false effect (the appearances of the world is the wrong level) where misidentification, ups and downs reign supreme, the proverbial roller coaster is the perceived reality. We buy appearances so completely that we then stay stuck, believing the common human experience is all there is and what's really happening is that we're playing at the wrong end of the stick in a kindergarten of sorts. We can Awaken from this dream immediately to see the view from the top, 'Heaven', with instant relief from all worries.

We suffer from level confusion. To understand this concept is a profound turning point on the journey of Fulfilment. Level confusion is quite literal and refers to a state of disorientation in which the observer confuses the Spiritual level with what we call the material or physical level. This means that we unconsciously (automatically without question) assign meaning and attributes to the physical level that properly belong to the Spiritual level. As an example, we think that the body, not the Spirit, is "the altar of truth." This means that we think that the personal self is responsible for the happenings of life, specifically that reality is up to me; that sex and intimacy of any kind with other appearing bodies, rather than union with True Self and God, brings real "closeness" and "love." It means thinking that one's identity lies in the body, rather than in the Spirit.

Another way to say this is that "level confusion" is seeing the attributes of our Essential Nature as Spirit (Cause) — Truth, Identity, Love, Peace, and Happiness — as residing instead in the physical realm of separate bodies where we're required to 'get' what we believe we don't have. This seemingly arcane concept becomes extremely relevant and practical

because this confusion characterizes and determines our lives. We live in a constant state of seeing reality, identity, and happiness as residing in the physical rather than the Spiritual. This confusion is so profound that it seems like it would take a miracle to straighten us out, and that's spot on. This is the purpose of miracles: "A miracle rearranges the order of perception, and places the levels in their true perspective" as A Course in Miracles reveals.

At the right level at Cause, we come to recognise that Reality already 'Is'. It Is done! We're not fighting for anything with anyone at all and the dream of doing for any perceived outcome is a redundant game of misery which is replaced by living from a foundation of having everything already in Absolute Fulfilment. Life becomes a Joyous journey of expanding Love rather than squirrelling possessions (things and people) away for a rainy day. Our Highest Destiny in Happiness has already been established and the problem has only been one of authorship.

The authority problem as so elegantly addressed in A Course in Miracles may well be the single most unpopular concept in our world today. Ego is repelled by this profound Truth and

for those who choose to author their own lives (ie attempt to create a personal reality), both the journey and end are guaranteed. Suffering is ego's goal and invariably it wins, this is why the world has never nor will ever change. There is only One author of Life and that is God and it's already done. We needn't keep our heads in the sand preventing our own True Happiness by trying to do the impossible. Rather we can get on board with the Highest Love, no harm no foul – the end of karma and the revelation of Atman; True Essence of the Unified Self.

The authority problem speaks to the only problem we face, the belief in separation and this is held deeply buried (deliberately because we don't want to face our greatest fear) in the collective sleeping mind. We 'think' we really are separated from God, that somehow we really did succeed in

usurping God's Omnipotence and somehow personally sit in the throne of Life. Those attempting to create their own reality all come to realise this is a cross to bear and True Fulfilment is never found. This attempt to be separate and special, which we believed seriously attacked or killed God, is the hidden source of all guilt projected onto a make-believe world. Under the spell of separation, we rejected God's role as Creator and tried to be creator as a stand in. We tried to create our own self and even to create an anthropomorphic God identity as separate and a bit grumpy at times.

However, all that we succeeded in making is a self-image, the ego, an imagined self with no power to do anything at all as is the case in dreams. With this core assumption playing we believe we can change ourselves (a form of creating ourselves) by modifying and manipulating our image. A conventional authority problem results from projecting this belief (in self-creation) onto another person, which leads us to fear that he or she can take our function of self-creation away from us and can even exercise creative power over us against our will. All of this, fortunately, is illusion. Since we did not *actually* author ourselves we have no power over what we are, and neither do others. We have not usurped God's power and have no cause for guilt. This is why innocence and purity have never been threatened.

The world as 'humans' see it is a dream. The Reality of Omnipresence is the realm of Grace that we awaken into when perception is cleansed. The One True healed Reality is yours to simply accept. From this moment forth, your life can be a journey of day-by-day expansion of Peace and Bliss if you want it to be. Reality requires no mind-level belief, it simply Is!

Take a moment to deeply reflect on these Transcendent insights. You stand in the midst of Grace and there is nothing more than misperception that has had you playing a game you were never meant

for. Heaven is your Kingdom, your inheritance, your Noble origin. The game of suffering is over. As you let perception be healed without pain, WITH expanding Peace, and allow Miracles to flow, hell WILL be replaced by Heaven. If you're willing to 'see' differently, you *'will'*.

You've just become bound up by the distraction of phenomena, (thoughts, beliefs, sensations and perspective) which appear to be real but only because you 'make' them real with attention. The perpetual habit of paying attention to the phenomena of personal experience has led to the unquestioned assumption of having lost something (the most important part of "Being" – the True Self), but it never went anywhere.

At the center of your Being is You, where you've always been in Truth, having a dream of being somewhere else; aka tangled in misidentification as a person of humanness, where all problems begin and end in the dream of false effect. Incidentally, this is the reason that powerlessness features so strongly in experience. We're aware we seem to lack power, just not the real reason why and how to instantly be liberated into Full Power.

In fact in 2021 we undertook a research project to determine the most common limiting belief. Whilst the usual suspects were common – "I'm not enough", "I'm not worthy", "I'm not lovable" – the hands down winners was "I am powerless". This is the finding precisely because the human is powerless, but the answer lies not in trying to feel more powerful by changing the dream because that's the level of the problem.

Human life under the spell of separation is like a box of chocolates. If that box of chocolates is a box of problems that needs endless 'fixing'. There appear to be all sorts of problems because of the core belief in separation; the optical illusion cause of any problem. We see "me" and something else everywhere we turn. In fact, there are so many problems we call them areas of life; family, finances, health, self, and it looks like in each of those categories, there's different problems and you've tried to solve and make sense of them all. No sooner does one seem to settle

before another appears, you're at the mercy of chaos. Trying to manage your reactions is not the answer, that's denial! You already know that willpower is not enough. Most of my clients feel like an epic failure because their will wasn't enough, despite being successful by anyone's standards.

There just isn't any correlation between material success and the experience of True Fulfilment. Ego plays an unwinnable life destroying game on an imaginary linear timeline, where the future holds a promise of something that never gets delivered. More and better specific conditions in the world (health, money, orgasms!) are the way of the deceived sleeping mind. Humans suffer from entirely faulty cause-effect relationships which, when dismantled, allow clarity of vision, Life seen through the lens of Fulfilment.

The French writer Marcel Proust reminded us *"the true journey of discovery lies not in seeking new landscapes, but in seeing with new eyes."*

An example I see all too often is the belief that a lack of business success is remedied by finding more and higher paying clients by applying the latest trending business strategy which is *only* trending because the 'creator' has marketing money to spend. The effect here is the belief that business or income are lacking and rather than take action in the world of effect (where the problem also appears to be) the solution is to expose the false cause and focus resolution 'there' at the core; which I'll show you how to do. Getting 'more' clients for income is a never ending, exhausting strategy which is a product of limited perspective which is the appearance of myriad choices (which all turn out to be the same) at the level of form, not the formless Reality of origin. What's behind the perspective of lack? When we keep our line of questioning there, we have the ultimate 'hack' for Awakening.

You may have tried all sorts of solutions that produced temporary results that have been judged good, but at what cost? If the reason

(purpose) that you're doing anything in Life is built on the false cause of lack, you can produce nothing but temporary results at best, pseudo results, and in the process, you sign up for lifelong symptom management. If you're not addressing the false cause (and there's only One real Cause), you're treating the symptom and you're going to need a lot of Band-Aids.

If you can't stand in any given moment and know your-Self in unconditional Peace without any conditions/things/people, and regardless of what is happening in the world, you have chosen to believe yourself to be something you're not. Today is the day you get to make a new choice, one that will lead you to the True Freedom you've only 'imagined' is possible. Heaven is right where you are right now in the absence of perception, ie dreaming dust.

Let me give you another example. We are led to believe that exercise is a good thing for humans. And yeah, when you do it and you're in the groove, it feels great and you look great. But what happens when you stop? It's not so great is it? What we are going to do in this book is learn how to transcend the level of the problem by recognizing that the origin of decision holds the key and we can go to a whole new level of Life rather than the tired one we 'see'.

In this example, the effect is the belief that I need to exercise, without questioning the Reality of the problem, and humans in the unconscious state of separation take action to 'fix' a mirage. We want to ask why. What's behind that? The question "what's behind that" is what I have been teaching my clients for several decades. That way, they aren't stuck investing themselves and their energy in the effect where there's no power, treating a symptom where there's no hope of permanent outcome, remember that everything about the body is at the level of false effect, the body is NOT at the level of True Cause.

The entire way that we've been conditioned to live our lives has been built on a faulty premise that has been collectively accepted; ie the collective 'personal' unconscious. The few who do transcend the limitation of context live entirely differently, with an inner security that everyone craves, and could have without changing anything in their lives at the material level, but is the natural consequence of a Mind Revolution. They simply *live* with an understanding of Universal Mechanics; Oneness. We must go deeper than the surface of perception to find the Transcendent switch that will line us up with existential Fulfilment.

Consider the example above, believing that I need to exercise, like every belief to be exposed, stems from the belief in two powers, the belief in there being a me and the world, the belief in separation. It's not obvious though is it? It's not meant to be at this stage, but it will be in no time, this is the path to attaining and abiding in Supreme Fulfilment.

Believing I need to exercise might appear to be because of many different reasons:

- I've put on weight over winter (aka my butt's too big)
- I have an injury that requires strengthening
- The doctor suggested it
- I want to stay fit
- Use it or lose it

We accept the reality of the problem being one of the above (or any other reason for exercising). We don't realize we're meant to question the reality of the problem and see the false cause effect relationships that have us karmically bound. Instead we just believe it because we're under the hypnotic spell of 'humanness' and then we're forced to take action to fix it because it most certainly appears as a problem at our level of awareness. We want to find out *why* in order to be liberated entirely. There was never any problem to begin with! Because there was never any person.

The need to fix real appearing problems is the obvious conclusion that we automatically come to because we suffer from a lack of knowledge. Remember, this is a Mind Revolution we're having. There's nothing wrong with you inherently, not even a little bit, your origin is Noble and Wholly Divine, it's just the ideas we entertain that mess with us. What if we instead began to question our own perspective, following the thread within, to discover that the appearance of the problem is the projection of a deeper false cause? This deeper cause is akin to the lens we're looking through in our every moment experience which thus taints everything we see. Have you ever noticed that the same kinds of experiences are on repeat? Whilst the scenery and characters might change, the themes remain the same.

An example of this might be someone is always trying to help or make others happy; someone who faces the same relationship conversations; or seems to consistently meet or know narcissists; someone who seems to get ripped off frequently; another who appears to be betrayed by others repetitively; someone who is often the victim of scams; someone who never feels understood; someone who is always getting their feelings hurt; another who can't seem to stay ahead financially; someone who perpetually struggles in business; someone who succeeds but finds they don't like what they do anymore; someone who never feels fulfilled despite uncommon success... (it just goes on)

I think you'll agree with when I say that the person we've believed ourselves to be is rather high maintenance! Oneness consumes (heals) all. Awakening is not healing as such. Awakening is the recognition that there has never been anything to heal. Self-Realization is the knowledge of Wholeness and any idea of brokenness was just a dream. All perspective is the matrix of illusion.

When we expose the real cause (misperception at the level of identity) at the core of experience, we can exercise our greatest power, right choice

at the right level which allows Truth to be known. The split-mind perspective has hijacked choice in every scenario we perceive limitation, lack or want something other than what is. We get to make a new choice deliberately in alignment with our true desire (value) and decision for our natural state of Happiness in Oneness and leave the doomed belief of separation in the dust of nothingness! This is known as the choiceless choice, because only one choice is real, the other a dream of nothingness. The practical pieces of the Transcendent puzzle will all be provided very shortly.

What is revealed and allowed when we live at the level of Cause is Peace, the likes of which humans cannot fathom, a Peace so deep and indescribably delicious, not just a lack of problems that minute. Our corrupted perspective is replaced by the Reality of Truth. This has long been referred to as the “Miracle”. The instant experience of seeing clearly as if touched by Divine Wisdom, a way that was previously hidden from view becomes available. What’s really happening is that the corrupted human perspective has been healed (the forgiven mind) and lifted to allow that which is inherently present (Truth) to finally be seen. A Miracle is the Liberation of healed perception – the only real healing there is, the release from rigid perspective and the recognition that all thoughts are impersonal. What remains is naturally Peace.

With the application of the Self-Transcendence Alchemy framework, you’ll be working Miracles countless times a day and you’ll see entirely differently through the lens of Wholeness. The myriad ways you have misperceived will become extremely clear. With Peace expanding daily and the experience of clarity on the path becoming evident very quickly, you’re sold on the way home. You’re sold on Joy; you’re sold on expanding in Love. Until then, we’re living the dreamed effect of unconscious decisions that were predetermined by the paradigm of

human separation, impersonal nothingness, and accepted. The cost is so high it's literally killing the dreamed you.

When we don't address the false cause, the only approach is shooting in the dark world of opinions and half-baked temporary solutions. You already know this because all the things you've tried seem to work some times for a while and not at other times. The cost of this is wasted time and money, your very life force and energy, your sanity, and exhausting effort. I bet there are plenty of examples that have sprung to mind of options you've tried to solve every problem every which way without definitive Fulfilment, why do you think that is?

Being a driven seeker determined to excel, you've probably tried as much as I did before I was sucked down the rabbit hole of Self-Transcendence; ie Self-Realization. Think about all that you've done so far, so much more than most, and you still haven't found the Holy Grail of permanent Fulfilment. There's nothing wrong with you, it's impossible and not to be found at the lesser level (ignorance) where humans play.

Now, I want to share an analogy to help you understand this really clearly. Under the spell of human thinking, we believe we are separate and Life is up to us to fix and solve on our own. We believe we have the power, albeit mistakenly, under the belief that we have to 'do'. Humans behave like a branch that believes it has broken off from a tree trying to supply itself alone, and what that branch has contained within itself must fuel it for an entire lifetime. At some point, it is going to run out and it is going to shrivel up, wither, and die. All because the branch thinks it's no longer part of the tree. Is it possible for a branch to survive on its own?

Consider a waterfall, its existence is dependent on the river that feeds it. There is no waterfall separate from the river is there? Think of yourself

as the waterfall, attention on the river that is fuelling you is the ‘remedy’ of Awakening.

We don’t realize that we are inescapably and incorruptibly One with the source of Life already, not separate units after all. I call this source of Life God, the Essence, the very breath, the Primal source, and force of the Creation of Life. The Cause of Life of all things is the Cause of your Life. The Numinous experience or True Religion has we explored earlier. Life is the proof of God (just as the appearance of the world is proof of belief).

You’re beyond birth and death. You’re beyond good and bad. You’re beyond right and wrong. You’re beyond positive and negative and all opposites. You’re actually Perfect, Eternal and Complete with no flaws, faults or badness or goodness. You’re beyond all ideas. That’s your truth. One with all that IS, indescribable.

You are the effect of the Cause of Life itself and Life is self-sustaining and maintaining. You have Power at Cause, not in the personal realm. You never see a branch demanding nutrients. It’s simply supplied. The same relationship exists with our Cause, we are naturally nourished and sustained by the Source of Life when we consciously remember we never left the ‘tree’ by realizing the Truth of our Identity as the Effect of God; One.

“It’s simply in thinking that we have to supply ourselves that problems are encountered. Our very own supply is in fact the Limitless Ocean of Love.” Dr Sally Gray Phd

We are meant to abide and live in the experience of Self-Transcendent Loving Oneness to be ceaselessly, abundantly, joyously supplied by Life itself, God, and we can know this without Ayahuasca or any other illicit,

management agents, and on a permanent basis. We can heal from the addiction to mind (the human-ego, person-hood identity-crisis dream) to be filled by Grace. I'll show you how simple it is to be permanently fulfilled. Life has a very different flavor in effortless Being-ness. Imagine a Life without any problems, simply extending the gifts of Grace. It is the responsibility of Life to do Life. Have you ever noticed that Life just happens in alignment with Divine order without the interference of the human dream drug. Simply Divine!

Better still, is sharing this with those we love, actually being of true service and help, for the One Child of Creation. We help no-one if fear and belief in problems is 'real' for us, it's a scientific impossibility. Imagine learning early in Life that there are no problems beyond what you believe yourself to be at the level of existential identity. Kids get this WAY quicker than adults. Working with children was my area of expertise in functional medicine and as a mum also, I can see how truly, deeply empowered my son is in realizing existential Truth.

Powerlessness stems directly from misidentification, a case of mistaken identity, and is restored in the remembering of Truth. It's not about creating another identity in human form (just tell a new story as those stuck in self-actualization attempt). It's in realizing you already are Whole in Oneness! There is only One Power, as we know from science, which is at Cause, and that power is God (Life it-Self) and you are One with God. You are Life in the midst of Life. Nothing else has any power over you whatsoever, they're just ideas you accepted once and can put them down anytime you choose. That which we think is binding us has no power at all because there is no power in effect and everything about the world, including the body, is the effect of attention on your own thoughts in the mind, a false cause. You are not a mind-body complex, you cannot be anything you are aware of.

This primary and almighty Cause-Effect relationship explains why all human endeavours are subject to extreme effort (the ‘doing disease’) and desired results are NEVER permanent.

The elephant in the room is the lens of identity through which we’re looking, the sense of person-hood. You as a personal-self are the elephant in the room; Awareness looking through the eyes of an avatar pretending it is split off from the Whole. The human is doomed and powerless (no point beating around the bush, we’re here to save time and turn the game around Divinely). Powerlessness is an experience everyone will tell you they know well because it is the condition of believing yourself as human, something you are not, and cannot be fixed by any human doing. Aligned with the source of Power in True Identity is the restoration of Life (resurrection), the end of all problems and the beginning of Divine Supply.

It was Mahatma Ghandi who said, “*The death of ego is the birth of Life.*” Exactly!

We’re not talking about mindset, choosing a better more positive thought or installing a new belief, regurgitating affirmations, or even rewriting the akashic records. We’re talking about transcending the entire experience of the human dream state, remembering the Truth, and restoring Identity at the origin of Awareness. We’re working at the right level, the level of Cause, no longer distracted at the level of the problem of human misperception where dream solutions produce nothing we really want, they produce nothing at all. Everything that is temporary is not real; Truth is timeless and changeless remember. Not a note in the song of Heaven has been missed as A Course in Miracles tells us, not a blip on the screen of eternity has even occurred whilst you ‘dream’.

The belief in being a person is the one problem that we’ve been talking about that we all face, it cripples us, defines us in every conceivable way, and is quite literally a death sentence from which we Awaken. It never

happened! We believe we are a separate identity, leading us to see and experience the appearance of a compelling dream under pre-determined rules and laws, which is the effect of the belief in human identity. We find ourselves stuck under the spell, the mere belief of there existing this limited paradigm of reality. All that exists in Truth is You as everything. Looking (in a 'new' way) directly at and from that Truth of Being will reveal a world that is invisible to the corrupted lens of imagined separate persons, One that is breathtakingly Divine.

The True Self cannot be improved or altered, it already is Perfect. The erroneous concept of self-improvement is behind exponentially increasing suffering over the last century. The fundamental essential Self is already complete and is veiled by personal perception, hidden under all concepts of identity that have been added by the world of separation. The sense of a personal special self (ego) can most certainly be strengthened. Take a look around, special 'iconic' status is desirable and this is done at the expense of Self. In Truth it is the decision against Love in choosing to reinforce the sense of personal identity. We don't actually become anything in the world, we experience a lesser self when we hide our Wholeness. Self-Realization is the discovery of already being the BEST 'I' can Be.

I've suffered, like you've suffered in thinking there's something to improve, let's get beyond this once and for all. We're on the trail of authentic Happiness!

In the human personal paradigm, we have a human identity. We seem to be born into something we call 'me' in a meatsuit, we live 'doing' the best we can, and then we die. You can't tell me that 'this' is what Life is all about! There are also other characters and we seem to point in an outward direction and identify ourselves as being within and as a body relating to a world through our senses and mind contents.

What I seem to see outside is nothing but the effect of having identified with ego (the dream of a personal identity) thoughts. The body is just a thought form I have made up to pretend I am separate from others and God. The 'I' of Awareness has always been present, but it's a bit like a *stranger* who has been looking out a peep hole, gotten a bit too involved in the show, and forgotten they could turn away and around to see Reality was always 'there'; i.e. Awaken from the dream!

We never question the reality of the deepest core of identity as human which keeps us looping in a limited contextual field and thus limited period. Quantum science, as well as a growing body of research, now reveals what Mystics have always known JUST as we've been pointing to in this book, the human identity is not what it appears to be. Human identity is more like a virtual reality avatar experience, a character in a dreamscape playing a role already defined and confined by separation from its source, destined to keep searching for that which it thinks it's missing, never to find it where it's looking. The key is to turn back within and discover the dream never happened.

When we go to the level of Cause and realize what's been shaping and stealing our vision of Truth, what has been leading us to see the world and experience the world in the way that we do is nothing more than a program built on the belief in separation, nothing more than a program playing us like puppets, we can choose again. It was only ever make believe anyway.

We are indeed sleeping giants. The untethering of our Essence in True Identity is the organic result of walking back within and out the other side, right back to the origin of Oneness with the Cause and Source of Life itself, where we meet what we think was lost, the Light of Being; God.

Look Within & You WILL 'See'

“What we observe is not nature itself, but nature exposed to our method of questioning.” – Werner Heisenberg

We can look to renowned theoretical physicist John Archibald Wheeler for even more insight about the way of Self-Transcendence. He was considered among the greatest physicists of the 20th century and a colleague of Albert Einstein and Niels Bohr. He was recognized as a Sage and cosmologist. Professor Max Tegmark remarked about Wheeler just two years before his death that he was, *“the last Titan, the last physics superhero still standing”*.

It is Wheeler who shares the game-changing insight that can lead us all to the perception-free zone of Perfect Peace. He realized the implications of Heisenberg’s revelation that experience is all about the questions we ask, and the questions we ask are determined (or limited) by our way of thinking, that old ego character AGAIN. Wheeler realized that the problem we face is about how to state the problem. We’ve become so entangled in our view, we can’t see apart from it. Wheeler said, *“It may be more important to look for the right questions than to look for the right answers.”* Just as we exploring here in this book.

Take a moment to deeply contemplate this insight for yourself. Remember the mind is a potent instrument under deliberate control. Notice how this insight flips reality and takes you to a deeper place within. Within you is the Real Reality that has escaped your notice, the breath from/of Life itself that most turn away from because we aren't taught to think in a way that is truly helpful. In fact we're conditioned to play at the level of false dreamed effect, truly the wrong end of the stick where nothing we really want exists.

We create the reality we experience essentially by the questions we ask and the subsequent action we take to find the answers. This is severely compromised by our contextual field of Awareness. Mind is Life after all. That's the clear revelation now recognized across the board of sciences. This is the core of Spiritual Wisdom, the foundation of physics and quantum science, the understanding in neuroscience and psychology, the key to health as revealed through medical research, particularly psychoneuroimmunology that has shown the inseparable connection between the immune and nervous (emotional) system, as well as the body of evidence exposing the power of placebo.

The world changes as you change your mind because the world has never left your mind. The world is the effect of what you wish to see. The world is a mirror, reflecting what is in your mind. As you let go of your desire to see separation, the world's laws no longer hold its grip on you. You change the thoughts that give the world its appearance. You let go of the separating ideas of time—with a past and future. You build the habit of remembering that the present is the only time there is through discipline as all Spiritual teachings have revealed. You pay attention to your thoughts because you now know it is your thoughts that gives the meaning to everything you see. You open your mind to the Wisdom contained in Conscious-ness to recognize and hear the Truth of the Perfect Eternal Present Moment.

“When we come to know that there is nothing wrong with the present moment in the absence of thought, we’re on the trail of Pure Consciousness and expanding in Love’s Oneness.” Dr Sally Gray Phd.

The one illusion of time and space is what creates the appearance of a little gap between our individual selves. The one illusion of time and space is what makes separation seem real. To heal our mind we need to look closely at our belief in time and space and recognize when we are believing in this one illusion because it is the barrier to remembering that we are in Heaven now. *“The making of time to take the place of timelessness lay in the decision to be not as you are. Thus truth was made past, and the present was dedicated to illusion. And the past, too, was changed and interposed between what always was and now. The past that you remember never was, and represents only the denial of what always was:”* A Course in Miracles.

Time and space are the instruments of denial, they are the illusion produced by the belief in separation. Think of time-space like the gap between Reality and the idea of a separate ‘me’. It is this that produces the dream of a world that doesn’t exist. In our search for separation, we have made up the illusion that the Truth was now part of the past. Because of our imagined ego (sense of person-hood) wanting specialness, we believed we were expelled from Heaven. Time and space still appear to be real to us because we still want separation and fear union. The ego thought system (belief in separation and sin) always looks to the imaginary past or future in its effort to overlook the eternal present. By overlooking the present Reality of oneness in Love, the ego illusion of time and space is held in place.

The practice of Self-Transcendence Alchemy overcomes the illusion of time-space (the belief in separation) and this rests on the quality of the questions we ask ourselves, conforming to the Laws of Life and the contextual field of Truth.

David Bohm, whose work in quantum physics led him to conclude that the universe as a whole is a holographic *“movie” projection from a deeper, more highly organized level of reality.*”

The significance of his ideas is that objective reality is a construct of the mind. The idea that all reality is the product of Consciousness may seem esoteric and strange if you’re reading this for the first time, but it is music to the soul of one whose faith in higher things must harmonize with a rational view of the universe. Awakening is so blinking logical, just follow the facts, inquiry points the way.

Ask yourself this question; *“What’s wrong with the present moment if you don’t think about it?”* The present moment can be validated your thoughts can’t. Which one is True?

The simplicity of Self-Transcendence conforms to the scientific realization that an objective world is just a theory and is found in the recognition that there’s only one problem. The belief in separation, personal perspective, the deepest core and root false cause, is the reason for all experience in the human dream. We call it the world and it doesn’t exist.

When we go to the deepest Cause, we have the capacity to transform & Transcend in the most meaningful way. When we stay stuck at the level of dreamed perceptual effect, there’s no power there. All we’re doing is rearranging the chairs on the deck of the Titanic, persistently discontent in some way if not outright suffering from some perceived hardship or loss built on an impossible idea. The ship is still sinking even though we can rearrange those chairs to keep our toes out of the ice water in myriad different ways. We all try. Yet every time you’ve tried to do something

at the level of effect, the result is temporary. EVEN if you biggest most bodacious worldly goal is achieved, the effect is temporary.

You're not a failure. It's not your fault and there is nothing wrong with YOU. We live in a dreamed world of human egos that fight for specialness because the operating system is the unquestioned assumption of being a separate 'person' who has to survive (the bigger the better) rather than Oneness. We must go to the level of Cause to realize the problem not only never was, but has already been solved.

As I discovered in my naturopathic and functional medicine career, the level of True Cause isn't what is commonly known. The actual cause of health issues has nothing to do with the body; the body is at the level of illusory effect. Trying to treat the body-mind complex in any particular way is just putting a Band-Aid on a boil that will keep festering. The way to understand the issue we face is to understand level confusion as explained in A Course in Miracles. Everything about the world is the dream state or maya illusion as termed in Vedanta. We want to go deeper, all the way to the belief in separation to discover the real Reality. The Truth.

Truth is what you've been missing. Truth is what I was missing for most of my Life. I (no personal me involved, just a lack of helpful language to convey the message) have only recognized this Truth (in experience rather than intellectually) for the past decade or so and "I Am" now experiencing the joyous effects of abiding in Oneness, the knowing of the Infinite Self: God Is. This is your Truth also because there is only One, we aren't separate even a little bit.

The acceptance of the At-One-ment, putting down the human identity of separation and resurrecting the Mind in Truth As One is the beginning of Life with the permanency of experience that we're all looking for; the Peace that passeth understanding, the likes of which no person can know because it cannot be made. It really is very simple.

We're just not practiced at it. AND it absolutely does take practice, high voltage discipline actually, to see beyond that which we have been conditioned and actually addicted to want to see. It's like we've swallowed a pill and have amnesia about who we really are and it's the most powerful of narcotics few even survive seemingly. Remember that death is an impossible condition of an impossible dream, you my friend are Immortal.

To know the Holy Grail, we need to consistently and persistently question the reality of the problem. We must stay focused on what's at the level of Cause to see the false cause that has us playing an unwinnable game of perpetual imagined doing to fill an illusory hole. Ultimately allowing us to see the Truth. Ramana Maharshi said, "*Let what comes come. Let what goes go. Find out what remains.*" Everything comes out in the wash when you know the right cycle.

What is the origin of decision? Remember, Cause and Effect never leave each other. The one key that sets this work apart from all worldly symptom management strategies (that treat a perceived problem as real) is that we go to the origin of decision where the problem was imagined. We play Life at the level of Cause where we are wielding our power with the only Power that exists, the 'right level' of Spirit which is the Source of Life. This is why those who live Life at the level of Cause quietly create magic in every direction and flow like the breeze with Self-Loving detachment. They look like they've been touched with the lucky stick, yet there is no luck involved in Oneness. It's a guarantee!

In Self-Transcendence, you lead with the decision to abide in True Identity, Peace, and 'thy will be done'. These words are so literal it's mind blowing, thy will IS always done. No-one can give you the keys to the Kingdom and no-one can take them away. When Truth comes first, Peace follows (not hard 'maff').

The paradigm of human separation does the opposite. It tries to lead with proof; I will believe it when I see it. The challenge here is that you've already what you will see at the deepest possible invisible level decided (the primary assumption of separate identity) and this is simply reinforced with what you think you believe which proves itself. This makes for a very compelling magic trick, which is swiftly unravelled with inquiry. You can only see what you believe, which shuts the door on Truth. *"It is impossible not to believe what you see, but it is equally impossible to see what you do not believe,"* says A Course in Miracles.

Remember that belief and opinion are the lowest form of human intellect (the lesser mind); opinion is only possible under the spell of separation. Oneness is Fulfilment. Opinion doesn't live in Spiritual Self-Transcendence; only the Infinite Wisdom of the Supreme Divine One Mind of Pure Conscious-ness exists in Truth. To see the false as false is the way of inquiry and purification.

"Purification of mind (citta) is goal in the Buddhist approach to learning, by realizing that mind is the master of all the intentions and actions. When the mind is purified, one perfects and establishes well in virtue, gains a tranquil state of mind and wisdom of direct knowledge of reality." Buddhagoda, 1975.

It comes down to this, you decide what gets your attention, there is no objective reality just a decision for separation being projected onto a blank canvas veiling 'Heaven'. Belief (and opinion) is nothing more than focused attention. The most important question you can ask is what you really want/value, what do I 'wish' to see. *"Do I want to see specialness and*

differences or do I want to see Oneness in Love?”. You decide as we explored earlier; your choice will never be denied you.

Ancient philosophers of stoicism, the likes of which include Marcus Aurelius, have told us, you decide what you want and arrange Life around that desire. This is a critical piece of the Self-Transcendence puzzle. Back to the ‘decision’ drawing board and this doesn’t mean you decide what you want to manifest in the dream, I hope that’s clear for you now. There is no Reality to the idea of personal sovereignty, that’s just ego having a blast. The deceived personal mind (including imagination) clouds the Reality of already Being and having everything.

The real secret of Life is Oneness. That’s where the only/all the Power of Creation lives. There is no power in separation, that’s the bottom line Beloved. Despite your desire for anything in particular, the number of affirmations you do a day, how many lines you write in your journal, how many things you’re grateful for, how many meditations you do to *feel* your preferred reality, no matter what you do, there’s NO predictability of result and NO Fulfilment. It’s only possible to BE Happy in realizing the Truth, in manifesting in True Co-Creative Oneness with Life running its own show of Perfect Fulfilment. You aren’t even needed (because there’s no personal self that exists), WHAT a relief that is!

There is a guaranteed way of being Divinely supplied; guaranteed, every single time. Knowing yourself as *already* fulfilled, knowing yourself in Oneness is the way. Without this, even the brightest and most seemingly successful people suffer tremendously.

As I’ve shared already, I’ve been absolutely shocked at the level of suffering (persistent low level discontent and frustration) rife among the world’s richest and most famous gurus. Those who I work with acknowledge that they are embarrassed and it’s a truly painful experience for them, discretion is a given of course. One of my clients recently

sobbed uncontrollably. For years, he has felt embarrassed at his own emptiness, recognizing that he's mastered the art of making money, yet it means nothing. He's built his entire career around it and he's embarrassed because it's not what he wants. It hasn't 'made' Fulfilment. It hasn't brought Happiness. He's on his sixth wife; his kids don't want to be with him, his money and stuff has done nothing that matters and neither have his foundations.

I'm here to show you, as I show my clients, that the answers are clear when we know how to unwind back to the origin of decision, the origin of identity and the Ultimate Reality of Infinite Being. With a few key questions, you will see how quickly you can raise Consciousness and Transcend the lesser perceptual realm. Accept the Truth of Oneness and then do everything required to let the Truth catch up to you (in stillness). The Truth allows you to live permanently supplied with the riches of the Universe making all worldly endeavours look positively tragic, True Spiritual Abundance is your inheritance. And it is for everyone to know, that's Oneness for you, there's no exclusions because it already Is and nothing else is real.

You just can't keep trying to rearrange the chairs on the deck of the titanic to stop it from sinking. If we're not playing Life at the level of Cause, that's what you're doing and you will experience the effect of this automated behaviour with upset, fatigue, disappointment, regret, fear, disconnection, dread, grief, powerlessness and the unavoidable end which is death. NONE of this need be the case, ready to go deeper?

PART TWO

The Self-Transcendence Alchemy Framework

The Self is all-knowing, it is all-understanding, and to it belongs all glory. It is Pure Consciousness, dwelling in the hearts of all. — Mândîya Upanishad

In the beginning was only Being; One without a second. Out of himself he brought forth the cosmos and entered into everything in it. There is nothing that does not come from him. Of everything he is the inmost Self. — Chandogya Upanishad, When a man realises that all beings are his own Self, there is no further grief and delusion for him, because he is established in the unity of the individual and the cosmic soul. — Isha Upanishad

God is one, hidden in all beings, all-pervading, the Self within all selves, watching over all doing, dwelling in all

being, the witness, the perceiver, the single one, free from all qualities. — Svetasvatara Upanishad

He who experiences the unity of life sees his own Self in all beings... – Buddha, 544BCE

I and the father are One. – Jesus Christ

Entirely Purify The Lens Of Awareness Permanently

“The emphasis of this course always remains the same; it is at this moment that complete salvation is offered you, and it is at this moment that you can accept it. This is still your one responsibility. Atonement might be equated with total escape from the past and total lack of interest in the future. Heaven is here. There is nowhere else. Heaven is now. There is no other time.” A Course in Miracles

The success of this Self-Transcendent Alchemy framework is in its efficacy at the right level, the level of Cause, allowing you to clearly see the false cause having made the decision to accept the Atonement: At-One-Ment. Decision leads the way. In exposing the deepest false cause of our perspective, we’re finally able to make informed decisions with the clarity of real mindfulness (not the human-person ego mind) and precision, we’re able to see the predictable trajectory in the fullest of the One and only Power. In all my dreamed seeking, I realised that my desire for Fulfilment, was really the call of the Self to know it-Self and this began earlier than I realized. If you look, you will likely see that it did for you too.

As I look back on my Life, it's more clear than ever the role that people have played. Every aspect of Life and every single relationship provides the path for Awakening, some more obviously than others. Of course some relationships (which only mirror the perceived separation from Self) come with the human interpretation of pain and upset which is a product of the decision for separation we can use to heal our own mind and realize Liberation. And still others who are more like angels in disguise with a clear message that touches something deep within.

There have been several such people and I can't go any further without acknowledging my Auntie Marie. Her impact above and beyond others has led me directly to where "I Am", abiding in ever expanding Peace and Joy. Marie was a brilliant clinical psychologist and Jungian analyst, for a time she was part of the teaching faculty at a university and I remember being entirely fascinated and curious more than I was about any other. We always had a connection and I loved her deeply, a love I felt quite guilty about as my family ridiculed her 'different' ways and judged her mercilessly.

I experienced this great divide growing within, for such a long time unable to reconcile the way she was spoken about behind closed doors, guilty because I sat by and listened and subsequently learned to be the judge and juror myself, only ever suffering 'personally' as a result. Judgement is an affliction of human separation, as we've already discussed, that is inherently fear driven and fear provoking, it's a survival mechanism of the most carnal devastating kind which we flip and can use to Transcend entirely. Learning to recognize judgement as a projection of my own mind was a saving Grace like no other. We never see another, simply the self reflected back like a mirror of mind.

Ram Dass used to say "at this moment, next to you on left and right, behind you and in front of you, sits the Divine Mother. Sit Shiva, Krishna, Christ, the Buddha, Allah, Yahweh. Everybody you know, you

see, you remember, and everyone you will meet is another face of God. Every person is another doorway through. It's another way that God has come to you to awaken your attachment and your clings, to bring them to the forefront and allow you to see through them...Treat everyone you meet like God in drag". The personal sleeping mind is polar opposed to this Awakened Reality, looking at others as different and separate (and somehow 'wrong') is a far more familiar habit of hidden projection which needs to be shattered lovingly for Happiness to be Realized.

I was 17 when I had the greatest pleasure of spending several weeks with her, looking after my much younger cousin during school holidays in order for her to work. She had an enormous book collection which had me captivated for hours and days and years beyond. She introduced me to Sufi and Christian Mysticism and several modalities for the exploration of Consciousness and we'd talk for hours.

Something within me was awakening, I can see that it was always there and was always awake ("I" never left me). I was keenly aware of perpetually feeling like I didn't belong here (my earliest memory is from about 6 which I've learned in clinical practice is actually very common) and Marie was lighting the way for me to walk 'home', literally away from the world. She didn't fit the mould, somewhat outside the bell curve as those who are mystically inclined often appear.

I am so blessed and grateful for the profound insights she provided and the timeless, Eternal path she illuminated for me to discover Absolute Liberation and True Fulfilment within and as the One Being.

In fact the key lesson I learned is what I'd like to share with you now because it is the foundation of Awakening at the core of this framework and central to Supreme Fulfilment. One of the Sufi Mystics Marie introduced me to was Rumi, renowned for his insight "*Your task is not to seek for Love, but merely to seek and find all the barriers within*

yourself that you have built against it.” Whilst it took several years of ongoing reflection to receive the full meaning in this, eventually I took this very personally, as a call to action because I could recognize the barriers were within me, not anywhere else, and wanted to know true freedom. Purification is the key!

Whilst I spent much of the following 9 years trying to fix my perceived weaknesses and succeed despite them, it wasn’t until I explored this Rumi insight more deeply that I found myself on the path of True Liberation. He, like all Mystics who have ever been, was speaking to the Law of Cause and Effect, not the level of the problem and personality (thinking-mind and body phenomena) which is the level of the problem. FINALLY I was on the right path and the challenge became one of finding the right teacher, because no-one I could find in the world of self-improvement and personal growth is speaking to the right level. The worst advice the world has seen is to change thoughts and beliefs. A growing danger in the world with \$7 professional certification available online for life coaching, counselling, hypnosis, the list goes on.

The outer search became the inner search and the stunning revelation of THE Supreme “Teacher Within”. One I never knew even existed until I looked and asked for the right help; purification leading to corrected perception – the Miracle. A Course in Miracles filled in the gaps that remained, leading me to the One Who Knows and that ain’t a person! All of this thanks to that innocuous (but almighty) question; “What’s behind that”. Thank God, there was never anything else happening anyway.

In removing the obstacles to the presence of Love, the teacher revealed is Love It-Self as the Self (my very own Being), the realization and realignment of identity in Wholeness and Completeness. That which is Whole and Complete has no opposites, this is the reason why fear is an impossible condition of the split mind that believes the appearance

of separation which is just a story told by the senses as conclusive but tragically limited and non-existent in Truth. You now know that perception MUST be questioned to avoid suffering at the very least.

The real message of this book and my life's work is that there are no limits. Not in the cliched way ego blinds us to, but REAL Infinity. I've seen what's possible when perception is overcome in working privately and in groups with clients in my practice. The question I now ask is "*how good can life get?*"

The Love that is central to Life is a word that describes the indescribable. This is a Love that does not see differences, specialness and no distinctions or separation, it is inclusive and sees only sameness and equality at the level of True Being; the polar opposite of human special love and separation vision. Oneness is a knowing to be experienced not understood intellectually because it is beyond mind's capabilities. Language fails us because it is fundamentally divisive. Even so, there are some words that we can use to point to the experience of Truth, Love being one of them but this Love is not the human variety that comes with conditions. Love is the container of Life which is Omnipresent, Omnipotent and Omniscient; Greatness and Magnitude. An all-encompassing Love that is experienced and actually can't really be understood by the thinking mind prior to the knowing of experience. It is through Oneness that all knowledge is known, all mysteries are solved, and this has no connection to the mind.

Omnipresence is at the foundation of all Life and is the 'Teacher' within that we all share, without which Life cannot exist. You exist don't you? This is the Essence of you prior to what you have added by way of concepts and think you know intellectually. We can remove the obstacles that appear in the way of realizing the fullness of this which is the solution and answer to Divine Living, the full force of Grace flowing in experience.

The process of removing the obstacles to the presence of Love is the journey of revealing a world that cannot be seen through mortal carnal (human) eyes. The very world we seek and do not find and yet is right under our nose, simply in the absence of perspective. This is a journey of ultimate purification, the purification of the personal dreamed imaginary self to allow Reality to shine forth.

Removing the obstacles to the presence of Love is the action of seeing the false as false. Through questioning the reality of our problems, struggles and wants we expose the perspective that has been the perceptual veil of illusion. As it is dissolved in the Light of Truth, we see what's really there which is the majesty of Life it-Self. This is a journey of discovery and remembering, the revelation of a memory protected within and the recognition of Love in all its glory as '*What I Am*'.

In this process of purifying the mind and tuning into Truth more and more, the walk of Life becomes straight and Miracles, the Peace and ease we crave, become normal and involuntary. We don't 'make' this happen because it already 'Is', we simply remove the obstacles to the presence of Peace that we hold there with ideas of separation. The bars of the prison of perception are removed and we can confidently and excitedly leap beyond our own limited paradigm into the realm of Infinite Wisdom with the knowing of Peace firmly established as the way of Life. This is the golden key to Supreme Fulfilment.

When we see the false as false, another *way* becomes available and gradually increasingly clear. We're simply pulled home, beyond all suffering and anxiety to be the channel for Grace, truly living our Divine Destiny, in Sacred Oneness (the Supreme One Relationship from which Life unfolds) which was already established in our Creation. This is the Law of Cause and Effect from which we can never be divided or separated. We just 'dreamed' we were separated from the One Self but this isn't the Truth.

Inquiry is how we leave the level of the problem (level confusion) behind and open our vision to what we can't see. We come to understand the Sacred teaching; "*I was blind and now I see*". It is far from easy to see through your own perception, the primary reason for this book and there's a simple way which is 100% proven. You'll be able to see your own blindspots to have your own Mind Revolution. You will learn how to shatter even the most stubborn perspective to rise into Universal Wisdom and True Genius. Allowing you to be the vessel for limitless creativity and solutions that defy the limited human thinking mind. This is the way of Miracles and the True Magic of beholding Life unfolding Majestically.

I'll show you how to take every unwanted situation, a product of ego's rampant misperception (not the real you but a decision for separation and the denial of Love) and alchemise it into the nothingness from which it came resulting in no obstacles to the presence of Love, only Light where once you dreamed a dream of something else. The sense of person-hood (ego) is the imagined unreal obstacle which will disappear to reveal Heaven.

Ego represents the choice made (the tiny mad idea of separation you took seriously) that doesn't line up with the decision for what you really want at the level of Spirit. If you don't address the appearance of ego (person-hood), which you have to work daily on doing in terms of exposing it and choosing mindfully for a short period of time, it stays there and suffering continues. Remember, ego is an illusion of impersonal nothingness, you're not going to be held back by the impersonal nothingness of belief are you?

The world will organically be rewritten through the realization of your True Essence and Infinite Intelligence. Heaven will replace hell put most simply. Leaving you with a stream of Love pouring forth with not a hint of judgement to be seen which makes unhappiness

impossible. You will know yourself as in this world but not of this world with a 'secret' within that leaves you abiding in an ancient and Eternal Peace, certainty and confidence and a capacity for expansive joy that no human endeavour can reap. Abiding in liberation beyond the notion of bondage.

The Truth is that you are Perfect, Whole and Complete Spirit now, you just need allow the Truth to be revealed from within. Any experience of lack is a veil of illusion hiding Reality. The way we walk home to the knowing of the True Self is to firstly accept the Truth of Oneness as we already discussed and acknowledge that anything other than the Truth is mere perspective, mistaken ideas. The framework we're about to explore is a way to clearly see the false as false, see there was never a personal 'me' to heal the mind and finally Transcend the mind-body person-hood dream realm entirely. This allows the flow of fulfilled Life from our very own core of Truth to takeover completely.

It is my absolute honour to gift you the framework for removing the obstacles to the presence of your Divine Self. THEN you can simply live, Divinely Supplied, expressing and expanding your inherent Genius (not the personal self but of God's Infinite Love) in the Spirit of *giving* for no other reason than Love. Freedom is just another word for having nothing to lose and you have nothing to lose, you are Eternally everything. Head directly to the next chapter, it's game on for Authentic Love. Turns out you've never been chasing Love, it's been chasing you!

The One Elegant Step Of Alchemy

Truth Is! Not becoming, not will be, but Is Eternally Invulnerably established. Our 'work' is to see 'aright'.

In this chapter we'll deeply explore this time honoured and proven framework to see misperception (the false – ignorance) clearly in order to allow our Natural Essence of Peace, Happiness and True Abundance to be illuminated.

In the absence of ego (the illusory personal self in separation), we're already ALL that we've been searching for. The game of seek and do not find is officially over. The end of anxiety and suffering and any apparent lack is here. The choice for the Highest Love becomes Reality as you awaken to Truth. Consider this Self-Transcendence Alchemy framework the little red pill of Enlightenment. You are Invulnerable and Incorruptible, Eternal and Infinite Consciousness, the very 'stuff' of Creation already: Love.

Introducing the Self-Transcendence Alchemy framework:

1. Expose the obstacles that hide the assumption of a personal self which veil the presence of Truth – they're obvious in experience as upsets, problems, anxieties, worries, suffering, opinions, wants, goals, desires. These seem to exist independently and this inquiry swiftly leads you to see the false as false, there's no person behind the phenomena...
2. Forgive the cause of the above lack of Peace which is achieved through recognizing the forgiven mind; ie there's nothing to forgive as

such and this is more akin to the ultimate healing nectar which un-does the addiction to suffering in the dream...

3. Prayer is the practice of attention on the Truth, the remembering of the True Self in Oneness; a far cry from the normal model of prayer which declares a lacking condition (attention on the illusion) and hopes for a specific solution to an already accepted problem. This is where Consciousness expands and there are no limits – juicy!...

I call this “*EFP*” and it is responsible for the authentic definitive Awakening of thousands, the revelation of Perfect Peace where problems reigned and the realization of the fullest measure of Fulfilment without further ‘doing’ and ‘fixing’ required.

This framework draws from my obsessive search for Supreme Fulfilment, subsequent Phd, and is the realization of the already Liberated Divine Being within. This draws from both ancient and modern Wisdom and teachings, comprising two forms of inquiry:

1. Explorative inquiry to expand awareness of present moment experience, exquisite honesty of what is arising as the witness (observer of what can be noticed – recognizing that what arises in awareness by nature is impersonal) for the primary purpose of forgiveness; seeing the false as false...

2. Self Inquiry to experientially realize the fullness of Being that is Eternally present and yet goes unnoticed and is the recognition of Supreme Fulfilment it-Self recognizing and honouring right Prayer...

I’ll take some time to explain each step, it looks simple and it is. Watch out for the tendency of ego to complicate things, that’s what it’s designed to do so that you stay distracted in the minutiae on an illusory timeline and never find the door to Liberation, which happens to be right where you are now in the present moment. Let’s go through each element with a working example so you can begin to apply this immediately into your

Life and experience the tangible nature of Peace (your True Essence) expanding.

Accelerate Mastery Of Discernment

I want to share with you here, with more to follow in coming chapters, the context for engaging in this practice and ensuring accelerated Awakening. The Truth is not a debate, it is that which is timeless and changeless within your own Being and field of knowing right now, just dimmed because of a lack of attention. This is the One Truth that is shared, the field of Unification that is the Universal One Mind. As you dive into explorative inquiry such as this process represents, it's vital to recognise and keep the mind on the Truth. This is one of the golden keys that leads directly 'home' the fastest way possible.

The primary purpose of this purification activity is to continue to illuminate the un-reality of perspective because of the un-reality of a person. The appearance of the world of suffering is possible only because of the belief that a person exists. This is the 'tiny mad idea' we've been referring to in this book, ideas don't exist, they're imagined. The dissolution of the 'suffering' person allows for the revelation of Heaven.

With the framework that follows, you can immediately prove the false as false which organically allows your True Luminous Essential Being to shine forth and reveal the Reality of Perfection. You're about to erase all potential for unhappiness from experience so GET EXCITED! In the absence of believing yourself to be a finite avataar character, your Whole Self is realized and it is the 'win' you've always been seeking. Knowing your Self in Completeness is a Life FINALLY worth living.

To purify the mind is the path to the knowing of Perfection, the Self. We aren't here in the world to make perfect, rather to realize it already exists as the One Life we share in its Whole Glory. To see the false as false is the first step and I'm here to guide you to the mastery of mind so that you can get on with living a Life in and as Bliss.

As you engage in the Self-Transcendence Alchemy framework, stand in the position of witness, simply looking without judgement, no resistance and self-compassion at the impersonal stories and beliefs that have been playing you with respect to a specific upset. The Truth is the Truth, all upset cannot and has not ever really touched the Truth of You. There's no need to engage with what arises, rather notice. Observe rather than serve your mind. Impartial witnessing organically creates distance, allowing the disentangling to flow smoothly. This isn't easy because we've dedicated our lives and attention to 'caring' how we feel, that's the problem. We care about something that isn't real and has our unhappiness and death as its priority. Do you really want to coddle ego (an imagined persona – mask – that wants you to stay stuck suffering) a minute longer?

I would also like to add that this requires mental fitness. To question the very fabric of reality is ground shaking work and not suitable for everyone, despite the promise of 'Heaven'. If you are not willing and emotionally able to question every perspective, this is not the work for you. Once you start, you must finish as the Masters have always said and this is one of the core reasons that the right help is necessary and the 'guru' system persists to this day. We cannot remain alone with our only teacher the mind we know corrupted and ignorant in personal bias. A LONG way downstream of the Truth and can't see what's looking at it.

“Until we recognize and indeed remember that there is life beyond the mind, we cling to the imagined dream-self and can’t conceive of living without it. Consciousness is universal property that contains everything of which mind is a downstream lesser phenomena.” — Dr Sally Gray PhD

Mind is the realm of perspective and is changeable by definition, it is not the Truth. You know this already, there are as many different opinions in the world as there are apparent bodies. I draw this distinction here to highlight a core principle of this framework, the recognition that perception is made by the belief in separation, it is impersonal and it is nothingness.

PLEASE be clear here and save yourself decades if not lifetimes of unnecessary seeking. There is no personal self who has erroneous thoughts or beliefs. The idea that there is a personal separate self IS the erroneous concept, the elephant in the room as we delved into earlier. It is the illusion, the matrix or dream-state from which we awaken through deepening Awareness (explorative inquiry to see the false dreamed perspective) to see the Reality of Pure Being which isn’t immediately obvious to the untrained ‘eye’ but is ever present nonetheless.

This framework is the way that we shatter the paradigms of person-hood imprisonment to expand in the Truth of Limitlessness and Infinity. Accelerating this process is done with a decision (desire) for Peace first and foremost, an acceptance of the Truth of Oneness (Atonement), a willingness to see differently and a curiosity to expose the imagined perspective that has been the existential handbrake to realizing the True Nature of Reality which is inherently Peace filled and Happy.

Dive into this work already recognizing that there is no problem to fix in the way that conditioning suggests; the world isn’t real but merely a

projection of the split mind – separation attack thoughts converted into images. Consider this work a day-by-day blossoming of the loveliness that you actually are, simply accepting and allowing the fullest measure of ‘good’ into experience.

You’re opening out a way for the Light of Infinite Loving Being to reveal It-Self and deliver on the promise of Perfect Peace and Happiness. The only reason this is challenging is if you believe what you ‘see’ is exclusively real without the wiggle room of willingness to see differently. THEN it feels like you’re trying to push you know what up hill! It needn’t be this way at all. Awakening is actually FAST, reach out if you want help, guiding others ‘home’ fast is what I’ve mastered.

“But seek His kingdom, and these things will be added unto you. Do not be afraid little flock, for your Father is pleased to give you the kingdom. Sell your possessions and give to the poor. Provide yourselves with purses that will not wear out, an inexhaustible treasure in heaven, where no thief approaches and no moth destroys.” Luke 12:32

I’d also like to add that a hefty dose of enthusiasm and relief can be included in the mix, you’re about to reveal the ‘more’ of you that you’ve been searching for was always right where you are here in this moment. Deep rest, relaxation and relief are the new way of living. Let’s dive into the framework and you’ll find even more transformational and accelerating insights further on. I recommend reading the entire book before you apply the practice on your own that I’m about to share so that you have all the pieces to move swiftly into the greatest Love affair with the Self of Eternal Oneness. Restoration of the primary, One, Sacred

Relationship from which the fullest measure of Love can be known and lived.

Exposing The Obstacles To Love's Omnipresence

In this critical step, we are clearing the lens of perception, the focus of attention, which in itself is the awakening process in action as True Awareness naturally expands doing this work. We look directly to that which is arising in any given moment that is unlike Peace and we work backwards (unwinding from the tangled web of perspective) with a very precise sequence of questioning that exposes the false cause (separation) of what we're seeing and why we're seeing it, leaving no stone unturned.

“Purification of mind as understood in the Buddha’s teaching is the sustained endeavor to cleanse the mind of defilements, those dark unwholesome mental forces which run beneath the surface stream of consciousness vitiating our thinking, values, attitudes, and actions. The chief among the defilements are the three that the Buddha has termed the “roots of evil” — greed, hatred, and delusion — from which emerge their numerous offshoots and variants: anger and cruelty, avarice and envy, conceit and arrogance, hypocrisy and vanity, the multitude of erroneous views.” Bikkhu Bodhi

Let's take a really simple example before you dive into erasing every single 'upset' from mind. Imagine a situation where someone is speaking to you in a way that has you triggered. Perception tells us that "I've been spoken to rudely/disrespectfully" and we believe it as we 'see' it until we have an expanded context. In fact, all that's happened is that the condition for being triggered pre-existed (the idea of separation – a person who can be upset) and this automated program has painted meaning onto this situation that doesn't exist. If I believe my perspective of being spoken to in any particular way, I will fight and defend my position and the sleep of ego persists without resolution that is truly Peace promoting or fulfilling even IF the 'other' person apologises and promises to amend their unacceptable ways.

Liberation is attained in going deeper to discover the erroneous cause of feeling triggered so that it dissolves entirely, rather than having to be managed for a lifetime. The cause that we'll discover in this example represents the obstacle to the presence of Love. The life-saving news is that there's only one, yes ONE, problem that apparent persons face; the belief that separation is real. There are not thousands of causes, just the one erroneous unquestioned assumption. Seeing this clearly allows the True Cause-Effect relationship to be recognized fully and THIS is Heaven.

There is no human doing that can make Peace in this situation of the kind that we really want. Let's be clear that an absence of upset is not the same as Peace, that's usually just avoidance or bypassing. There is no human action that can be taken that leads to a deep sense of abiding Love, there is only ever fight, attack and defense of the make believe boundaries of managing behaviour and keeping symptoms of discomfort at bay. All fixes at the level of the person are at the level of the problem as Einstein told us. This is the wrong level. To heal and awaken definitively we must go beyond the person (beyond perception), we just

never get shown a) that this is possible and b) how! Let's remedy that right here so you can actually live in the fullest of Love's Being, Unified with the Supreme Love.

We make massive assumptions in the experience of the world without evidence and then live contained and confined by those assumptions. It is in this unwinding process, purification as it is known in Eastern Wisdom, that we become consciously aware of the assumptions that have been made up by the program of separation to see the devastating impact they've had on our lives (realizing this is just a dream so nothing has actually happened at all – Love is imperturbable). To see them clearly as false makes way for the revelation and expansion of Truth which paints the world Divinely for us organically.

Think of perception like a package deal that comes with the assumed personal identity complete with all the features that make it compelling and accepted as real including beliefs, thoughts, sensations, feelings, fears, thoughts, blame and stories. The reliance here is on the human senses which science has told us is a trap of limitation and Wisdom teachings concede is the obstacle to the presence of Truth. We're going to lovingly shatter our own perspective to reveal the Peace that's hiding in plain sight and open the door to the 'more' we've been ripped off from seeing and experiencing. FULL steam ahead!

In this simple example, the assumption made is 'rudely/disrespectfully' which is filled with juicy judgement to unpack. We're able to pause right there and pivot on the automated behaviour of reacting how we always have, at the level of the problem, to go to the level of false cause with a few key lines of questioning. You will no longer be played by a program you didn't even know was playing. Once you get your practice underway you will find that you are no longer triggered, it actually becomes impossible because it is not personal, and

Life just gets increasingly more Peace filled from here.

Now I know you've experienced this kind of situation before, who hasn't frankly. So let's work through the example together and have the practical experience of revealing Peace which is how momentum is initiated and the typical human condition of Life stealing inertia is Transcended. I'll also point out at you have complimentary access to several bonuses with this book that will allow you to be guided clearly through this sequential practice with guided video trainings (@amindrevolution on youtube) until it's no longer needed. This is NOT a practice for a lifetime, it's a 'practice' (way of seeing "that which is" right now, eternally and infinitely - Divinely) so you can finally have your Life back and truly live fully IN-Spired IN Fulfilment now!

Take full advantage of these gifts. I join with you in short video trainings to guide you personally. This is the hardest work you'll ever do because the habit of identity is so deeply entrenched, the promise is the Grand Prize of Life and you cannot fail to know what you already are. If you'd like to accelerate your journey 'home' to Love's Oneness just reach out to team@onelifetruthlove.com, we've got the 'way' for you to simply step into and remember if you want to go fast, we've got the 'team' to raise you up.

To see the false as false is the most profound Liberation. You will clearly see the character, or avatar as I call it, that you have attached your identity to and in its very exposing, you naturally make space for more of what you really are to be known. You have a helpful avatar handout to complete which simplifies the process. If you prefer, you could keep a few pages of your journal spare to make note of the program of personal identity which you will uncover that has been playing you. It's not huge, in fact it's limited in every possible way. I often call it a record which just keeps looping and has had you stuck in an established automated repertoire of 'moves', that's why Life can feel like groundhog day, it literally is when confined by the impersonal avatar you 'think' is you.

You can also make multiple copies of the worksheets that have these steps laid out clearly for you to follow so you can have them ready to get ‘exposing’ and enjoy expanding in Liberation with Miracles flowing all over the show. Think of this very much like a relaxing into ‘where is my focus in this current moment’. I already AM Complete in Truth and I’m just going to get better at the game of attention (expanding awareness in the process) to then give it deliberately and mindfully. Awakening to the fullest knowing of you is just a habit of attention, let’s find out where attention has been so you can choose again. Think of attention like your free will only it hasn’t been ‘free’, it’s been programmed and we’re just freeing will!

Remember, there’s only one belief upon which all others appear, that is the false belief in separation or person-hood. We do this work of exposing until we can see beyond doubt the impersonal nothingness and impossibility of personal identity (ALL belief), then we get on with Life in Divine Oneness. Stay as the witness, let’s dance!

Step #1 – I’m OUT of Peace (aka Upset)...

Upset exists in the perceiver only, so when I’m upset, it’s categorically about me. You may be familiar with the Eastern Wisdom that tells us that nothing in life inherently has any meaning, the meaning anything has is what I’ve given it. Meaning is given automatically through the lens of separation compounded by conditioning, always entailing fight/attack/ defend (it is the survival program after all), which defines the experienced perspective. We’re not ‘seeing’ anything objective at any stage when we are under the spell of personal identity. We’ve had no free will this entire time having been played by a program no-one in their right mind would choose; death! When this perception is resolved, real ‘meaning’ in Truth will be revealed, which is provided by Universal Love, ie Heaven. We WANT our perspective out of the way to allow Love!

Upset that I'm experiencing can't be anywhere else because "I" (insert your name at the assumed personal identity level) am not anywhere else. It's so obvious that it's easily missed. My very own level of Awareness is my Life and the full repertoire of experience which is not in fact 'touched' by any outer appearing condition, rather it produces it. The upset of being spoken to in any particular way has the meaning it does for me because of the interpretation "I" projecting which set up the perspective, not because it actually exists independently. This revelation alone is cause for celebration, you can't be upset, not even a little and from this day forth, armed with this tool of alchemy you're able to rise above the battleground into the Reality of Heaven.

It's simple to see the obvious lack of peace in experience, so start there. As you progress you'll begin to develop 'witnessing mastery' and see the deceived mind with clarity, able to spot the more and more subtle misperception. For those of you ripe and ready to roll, look for all preferences, wants, desires, goals, visions, dreams and you on your way to high voltage discernment. When you can see the false as false, discernment opens the door to True Wisdom and the revealing of Truth from within. THIS is Divine Living!

At this point the practice is to acknowledge that I'm not 'out of Peace' for the reason I think I am. Perception is the effect, the end consequence, it's the level of the problem and so we're going to the level of false cause which is right where you are, just seemingly hidden. Exposing the false cause gives you back your potential to deliberately choose your attention (will) and when you discover what really is behind upset, you'd NEVER choose it. That's the point, you get endless choices, Infinite patience is the Reality of Life because time is a concept of the dream-state of thinking but absent in Truth. And nothing is really happening in a dream, not a blip in Reality is ever recorded in Truth.

To clarify the first step, we take an upset (lack of Peace) and reframe it, in this example it would look like:

“I’m upset at the way (this person) spoke to me”.

The key here is to sit in the seat of impartial witness (just looking without judgement at what you can notice). Be concise, it is the habit of human projection to launch into a ‘story’ of validation of perspective but this soon dissipates as you begin to see how immediately tangible Peace becomes, and quickly.

Step #2 – What Are The Feelings & Emotions I Notice?

In this step we look with willingness and curiosity, simply noticing from the witness non-resistant seat, to the level of feelings which is just below the surface of experience, holding up the perspective. When you do look, you will begin to see a pattern emerging, one that is very familiar and you can start to clearly see the program that has been playing you. You’ll see that the program has you set up to fail and it’s not a matter of choosing new or better beliefs because THAT’S the level of the problem. We’re going to Truth which is beyond belief, literally. The mind-body complex is the prison of person-hood, you are SO much more!

It’s vital at first to remember that nothing perceived is personal, even though it will appear that way because of the practice you’ve invested in your personal perspective of misidentification. You’ve taken everything personally and seriously for a lifetime. Remember to stay as the witness and drawing from Eastern Wisdom simply observe that which you can notice, all that you are aware of leaving nothing out. If you can see something, you aren’t it, which makes the work of realizing the false as false and entirely IM-personal much more comfortable as well as swift.

Take the time to really notice the range of upsetting emotions or feelings you can expose. Ego will want to rush this, if not avoid it entirely, and point to just one or two emotions. If you can realize that inherent in every upset is the only obstacle to the presence of Love (as in NOW), you

might be motivated to be exquisitely present and thorough, Awakening can be instantaneous for some. Motivation naturally expands of its own accord as you begin to see Peace expanding without any doing at the level of the problem/person.

In the example above there will likely be a range of emotions and feelings that can be exposed including; hurt, angry, rage, sadness, embarrassment, disrespected, devastated, victimised, irritated, infuriated, provoked, ridiculed, threatened, inferior, worthless, powerless...It's totally normal for this to be a very long list and the emotions wheel that you have access to as a bonus with this book will be invaluable support to move through this stage of the journey home.

It can be truly helpful as you engage this process to recall frequently that you aren't, can't actually be because it's impossible, your thoughts, feelings, beliefs or behaviours. Rather, you're that which is observing and exposing *behind* and before all that you are aware of. This is essential to disentangle from the personal separate self you've believed to be you, to allow the revelation of True Divine One Self to be seen clearly and quickly. Don't believe anyone who says Awakening need take time, it's a decision you make and it can be extremely rapid. This is what I do every single day with my clients and there are no limits other than those you impose yourself.

Step #3 – Shine the Self-Loving Light on Blame, Fear, Thoughts & Stories

Emotions are only a product of thoughts and in this step we expose this next seemingly deeper layer of perspective by simply looking and posing some questions that immediately loosen the rigidity of conditioning. Again, it is helpful at first to deliberately remember the facts; "I am not my thoughts etc..." You're simply seated as the witness of experience seeing the show of perception from a slightly new vantage point from which you will go even deeper into the Reality of Being Pure

Awareness as you let perspective be corrected by the Wisdom within. This organically occurs, your inner Wisdom (“Teacher”) is here FOR you, this is how to unleash your sleeping Genius giant.

The key elements in this step of exposing are:

- Blame – observe those, ALL, who you blame for this experience. Be curious, avoid getting trapped in the thinking mind which knows that blame is not helpful or desirable Spiritual behaviour. In this process, we’re not interested in being anything other than entirely transparent, brutally honest (we’re only lying to ourselves otherwise) and authentic. It is these ‘little’ things that keep the gravitational pull of ego dominating and this is a process of purification in which everything is to be exposed, keeping nothing seemingly private, realizing that none of it is True.

- Fear – consider fear in terms of what are you afraid will happen if this upset continues for you. Ego might try to distract you with fears about the other person appearing in this experience (which is really intel about

you), bring it back to you. Remember to be willing to see things differently and curious about what you can expose in your own contextual field. Nothing is happening outside of mind remember.

- Thoughts and stories – at this point of inquiry, there are often thoughts/stories that become apparent, make a note of all that you can, they will be very familiar and in time you will see the limited and looping program and its obvious impersonal nothingness, just mere phenomena passing across the screen of Awareness that got your attention, and now doesn’t. So let it rip with all that you’re aware of without taking your eyes ‘temporarily’ off the program of nothingness that has played you.

I say ‘temporarily’ because to look for problems is a never ending game ego loves to play. You will continue to see what you want to see. This is a short-term phase of Awakening until it becomes crystal clear that all

perspective is a mirage, which doesn't take long. It's such a shame that so many have been invested in Spiritual Awakening for decades without 'fruitage', it needn't be that way at all.

In this example that we're working through, you will likely blame the person who is speaking rudely, possibly also yourself and be curious about anyone else; make notes on your worksheet.

When it comes to fear, we can remember that fear is the effect of the decision for separation inherent in humanness. Fear is the product of believing separation is real and as long as we play the game of identity through separation, fear will continue to appear and prove itself. Fear is impossible in Oneness, what a prize you're discovering here! The Holy Grail indeed.

Experiencing the effect of the belief of separation is the only source of suffering, this is why suffering is transcended in the Self-Realization (remembering) of Oneness. The fear that might be exposed in this example could be:

I'm afraid I'll never be respected I'm afraid I'll never be loved

I'm scared I'll always be alone

With willingness and curiosity simply look from the position of witness. This is a process of deepening Awareness and very soon you'll be in the swing and find yourself walking through Life with less disturbance, striving, struggling and this will continue to expand into the fullest measure of Oneness; a heart full without wavering or compromise.

Thoughts that might be seen may include:

No-one ever listens to me I'm never understood

Why do people always speak to me like this

Again remember that you are not your thoughts, you're just looking to gather information for the all important step of radical quantum forgiveness. There will likely be many thoughts you will expose and just

as in earlier stages these will be very familiar, like old friends (more like frenemies) you've been listening to for a very long time. Exactly! These thoughts aren't your friends, they're a habit and have nothing to do with the Truth of you. NO idea, thought or concept can contain that which is Infinite.

NO thought you've ever had speaks to the Truth of your Infinite and Incorruptible Loveliness and that's a fact Jack! Those who know me will tell you I am fiercely vigilant for Oneness, if you want to know the Highest Love, I will hold you to walk directly 'home'.

This process of deepening Awareness through exposing perspective is NOT for the Purpose of explaining yourself or others. That's an egoic habit of separation which I'm sure you now understand to be the 'problem' of nothingness we're Transcending. We're not trying to believe the impossibility of a dream character with imagined traits (nothing more than a role you've played with cameos from special guests along the way) and dreamed experience. Rather we're seeing with clarity that which is false so that we can move on and actually live FREE!

At this stage we can use powerful questions such as the ones below to illuminate even more of the contents of the program of imaginary humanness, you will see so clearly when you look, so that you can swiftly realign with Truth at Cause:

- What is happening right now? Observe both the story of mind and just the facts.
- What do I think is wrong with the present moment?
- Is this story that my mind is playing really true?
- What am I telling myself right now? Notice the thoughts and beliefs.
- What architects/archetypes are dominating in this situation? (the collective unconscious shadow archetypes help us to see the

program of separation so clearly and these include – victim, child, prostitute and saboteur)

- What am I making this mean about me, another, and/ or the world?

- So? And? Because? (ALL the way to the worse-case scenario as empowered catastrophizing)

- What am I making matter? (aka personal, giving meaning to, giving attention to)

- What pains or tensions are Being evoked in my body at this moment?

- What do my posture and face look like?

- What is the dance that my rational mind is doing to prove me right and everybody else wrong?

- What do I want to change in the outside world instead of doing the inner work of changing my own response to it?

- What sort of inauthentic/phony front is my ego trying to maintain?

- What past events were particularly painful so as to give my ‘biocomputer’ this programming that makes me upset when a similar event happens?

- Have I suffered enough?

- Do I really want to be free from this automatic response whenever the here and now of my Life checks me out?

- Exactly what am I rejecting in the here and now?

- What am I rejecting about myself?

- What’s the payoff ? (e.g. I get to stay comfortable and avoid what...)

- What am I willing to let go of?

- What threat does this person or situation represent to me?

- What is the worst that could happen?

- Could I accept this and still be happy?
- What am I defending?
- What am I hiding?
- What am I really afraid of here?
- What is it about me that I think people can't Love?
- What do I imagine the other person is thinking?
- What mask am I wearing?
- What dances are my pride and my prestige making me perform?
- What am I demanding in order to feel happy and enough? Of Myself? Of others? Of the outside world?
- What is the model I have of the way I should be treated?
- What are the specific details of the model that I have of the way the world should be in order for me to be accepting, loving, and flowing?
- What center of Consciousness am I operating out of? (survival versus Spirit)
- If a magic genie were to appear at this moment and could alter the situation exactly as I instruct, what request would I make of this genie?
- What expectation is hiding?
- What do I REALLY want? As in REALLY, REALLY Divinely want

Stay as the witness and expose the entire perceptual package that has been consuming your mind, NONE of it is really as you've made it to appear and the Truth is the resolution of all perception, the dissolving of all problems and the revelation of 'Heaven'.

Step #4 – Exposing Beliefs

Please remember, you are not your beliefs (you can't be anything you are aware of - belief is nothing) and they serve no function in understanding Truth; aka Self-Realization. Just like my clients, you've

likely done a great deal of personal development work that is focused at the level of belief and human Awareness and I want to caution you to let what you ‘think’ you know soften (if not drop it like a hot potato) so that you can illuminate the way within to the treasure that is the One Self.

It’s not that you want better beliefs to replace ones that don’t serve you. Beliefs are the obstacle to seeing clearly period! True Liberation lies beyond beliefs, when unbound from them.

We’re exposing beliefs to realize the Self that is invisible indivisible Love. Belief by nature divides and in staying bound by their karmic nature, we remain limited and ceaselessly on the hunt for the ‘thing’ of magic to make it all better. It doesn’t exist. What do you do if you don’t like a dream? Wake up.

Think of beliefs as the “I know” mind and this is the killer of Awakening. Beliefs represent unwillingness and a hidden rigidity, the very definition of a fixed mind which will ensure your best ‘efforts’ at Supreme Fulfilment and Success never come to fruition. Remind yourself that you are not your beliefs and in releasing them, Peace and an instant relief can be experienced.

I’m reminded of a profoundly beautiful teaching from A Course in Miracles, “*In my defenselessness my safety lies.*” Beliefs are the defense mechanism which guarantees we can never feel safe, that’s the irony of the comfort zone, it’s a death wish and offers no safety – the comfort zone isn’t comfortable at all, it’s just familiar. A better name for it might be the familiar zone. Safety is a natural condition of pure Being which is precisely what you already are in the absence of belief.

Beliefs are behind both thoughts and feelings, they serve to reinforce the decision for separation and form the basis of projection, ultimately keeping us mindless. Beliefs simply prove themselves unconsciously,

automating our experience like a hypnosis and in their exposing and subsequent forgiveness we find our freedom was always present.

Beliefs make us see something that isn't there, even what we might call the 'good' ones. Beliefs are the reason for a mind that incessantly chatters and it is the practice of the True Self that overcomes this habituated and addictive idea of a personal self.

Be sure to refer to the beliefs exposing cheat sheet I've gifted you as a bonus so that you can be accelerated in finding the beliefs that have played you like a puppet. If you opted for the additional training, you have access to the more in depth 'Hierarchy of Beliefs' (they run right to the very core which is usually missed even by experts in the field) new Phd research to save even more time in seeing through your own perspective.

In this example of Being spoken to in a way that ignited upset, there will be many beliefs which again form the imagined avatar of personality you've believed to be you, which actually is the only limitation on your Limitless nature. We want to find the beliefs that are lurking in the apparent darkness here so that we can be liberated from their karmic bindings in the forgiveness step to follow.

You might expose beliefs in this case such as but not limited to:

I'm unwanted No-one likes me

I'm always disrespected I'm alone

I'm helpless I'm powerless

I'm wrong

I'm not important I don't matter

Very quickly you'll discover that the range of beliefs that have filtered your experience is shockingly limited and you will most certainly find them repetitive. Exposing them allows you to maintain greater and greater mindfulness and be free from them entirely and thus free from suffering. Suffering is only possible when we believe our perspective which are mere ideas and thoughts. This is why they are often referred

to as shadow tigers, can thoughts which are made of nothing REALLY do anything? Once you see the repetitive nature of the imagined human person-hood program, the mind loosens and you will have the revelation of its impersonal nothing to be able to then expand in the joy of Pure Awareness, the Oneness of Being.

A SPECIAL Note on the Shadow Archetypes:

I have a fondness for shadow-archetype inquiry. My Aunt was a Jungian clinical psychologist and was a profound influence in my life as I mentioned earlier. I devoured more than one book on archetypes on her shelves. Along with my dad, who was a personal-growth junkie, I was always on the trail of the ‘more’ I couldn’t see.

It was Carl Jung’s archetype work which held the key, as you’ve read earlier in this book. The archetypes can help us unwind from the illusion swiftly and I’m all about the direct fast ‘way’. In my group and private work, we focus specifically on the shadow archetypes to make rapid headway in expanding personal awareness of the program that has been playing us, NOT to stay stuck in more rigid identification.

The 4 shadow archetypes of prostitute, child, victim, and saboteur, explain everyone who appears in the world. That’s how shallow the unconscious pool actually is. They represent the collective thought unconscious, the energetic realm of wave potential. With the aid of these archetypes, we can expose the program of personality very quickly and align with the transcendent archetypes to shed the skin of identity entirely, resuming union with God in Oneness. If you didn’t take advantage of the concise archetype training that makes this a cinch when you bought this book, you can get your hands on an invaluable resource to motor through purification at www.theonenesscollective.org. Look for the training titled “Bringing the Light to the Darkness” – dissolving the shadows of the collective impersonal unconscious.

Revelation Awaits

This simple process can be used to expose and neutralise all upset(s). You need not be any other place than you are right this minute because everything is arising from you and for you (Awareness Is All 'everywhere'), what's in the way IS the way. The Purpose of the world is to Awaken, it's just a projection of the idea of Being separate from Love, who wants to delay in returning home to "Heaven"? There's no other way to spend your time than forgiving to allow Fulfilment to expand, it isn't 'made' any other way.

Then, as I do with my private clients, the insidious and yet illusory cause of egoic empty wanting and desire can be dissolved so that the Limitless Truth of Fulfilment can be known and allowed to flood Awareness and thus experience. In order to be truly liberated, every assumption must be challenged and forgiven (seen as no thing at all because it has no cause – there is only One Cause; God) to realise the One Power of God. The question then becomes how much 'good' can you allow!

Belief is nothing more than focused attention which binds us to identity and attention is your Divining, treasure excavating 'tool', mining the depths of Oneness Consciousness, the Mind of Limitless potential and Loveliness. Quantum Forgiveness gives you back your undivided attention and Natural Peace.

A WORD OF CAUTION

When you begin, perhaps even as you progress on a path of inquiry, it can appear as though there's more problems than ever. You may even think you're doing something wrong and you haven't, but you have spotted the program that's been playing you FINALLY. Let me address this to assure you that this is cause for celebration and you're most certainly ON the right path.

This is a sign of expanding Awareness, clarity evolving and expanding. Do you recall that the dream of separation is a state of sleeping, well now you're waking up and seeing more clearly. The apparent obvious nature of so many upsets is representing the required shift of identity and you're no longer tolerant of mind wandering. Rather, you've become intolerant of mind wandering. You're actually taking back control rather than being controlled by a dream.

You're now able to see where the allegiance to a separate personal reality has been stealing your Life, where value has been invested in what you don't really want. This is actually the answer to your Prayer of Ultimate Oneness Reality. "I was blind and now I see". Rejoice Beloved, this is a clear sign of progress, the Light is now ON the job and illuminating where the prison bars were so you can leap beyond.

You've decided for the Highest Love, now you can see where the decision for separation was dominating (everywhere) so that you can choose again and align with Truth. It can come as quite a shock how 'off' track we've been, stuck solidly in the muck under the spell of personal perspective. I highly recommend doing this work in community with expert guidance. You are most welcome to join us anytime to leave nothing to chance; aka personal 'thinking'.

We've had such a compelling make-believe story of what is good and bad fuelling our sleep that the shifting nature of Consciousness with simple inquiry becomes seen even as glimpses of the Truth

expand. I really want to encourage you to celebrate AND relax. What we sometimes call discomfort is just the invisible borderland of ego conditioning being reached and when you no longer 'bite' illusory ideas, you will sail on through. In fact this is highly enjoyable if done the right way but does lead to insurmountable roadblocks for the uninitiated.

True (ABSOLUTE) Forgiveness

The absence of the belief in separation is the revelation of Peace, ready for Peace to expand immediately? We're not solving problems when we awaken from the dream of separation. We're realizing the realm in which problems don't exist, the realm of inherent innocence where Peace is natural without opposites; Love's Oneness. There is no reality to any problem, why treat something that doesn't exist? How can nothing lack something? Awakening really flips the dreamed world on its head and we see with astonishing clarity the insanity of personal perspective just as Einstein told us. Ego is devoid of the logic we desperately need, only the Truth is rational.

This profoundly healing stage calls us to withdraw belief in the images we've made founded on an idea of separation, that's your job as the decision maker. You decide what gets your attention and programmed belief assumes control of your attention, until you wake up. Forgiveness gives you back your almighty potential to decide with deliberate 'care' and savvy discernment at the origin/Cause and guarantee the effect of Peace. It doesn't take a genius to figure out the effect of any belief and you can see with clarity the course each belief will take because they simply prove themselves as your Life has demonstrated. Nothing happens outside the lesser mind-body realm of belief until you are able to see beyond their inherent confines.

Look at the beliefs exposed in this working example. Follow the road they establish. Does Supreme Fulfilment appear as a destination with any of them. Of course it doesn't, because belief proves itself and all belief is the deceived split mind lacking the knowing of Wholeness. If you're not living the Life of loveliness you'd hoped for, it's only because it's not possible with the beliefs playing you because they can't, they're based on a flawed system and it's just a matter of dissolving them back into nothingness from whence they emerged allowing the Fulfilment Principle that Life already 'Is' to unfold; without the illusory personal *you* interfering. The True Self, "I" at the unconditioned Cause has Divine Destiny sorted, just take a seat and behold the Majesty of the Supreme Being that is God.

Quantum Forgiveness is an acknowledgement of what I am not. This 'right' and radical forgiveness is the True Healing elixir of this framework in its capacity to expose the illusion (see the false as false – false because Love is real and nothing else exists), heal the attachment to the split mind and claim the forgiven mind. Truth is where the forgiven mind leads. Consider that you are presently Whole, Perfect, and complete in Truth, you already possess the forgiven mind. Forgiveness is not a concept in the Universal Mind of Oneness, there's nothing to forgive.

Radical Quantum Forgiveness, in the way I'll be showing you here, is the letting go of the dream of perception through the acknowledgement of its impossibility. You're merely having a dream about being something you're not. It never really happened in the way you believe it has and you keep the only real thing that ever was, Love, and all the other stuff you try to ignore just disappears (this is the deal of Eternity!). Pure Consciousness is the entirety of Life; the state of Awareness of mind is the avenue to experience Life. That has never changed, it's just confused the majority of the world for a dream in time. Mind is Life essentially/fundamentally and to Awaken into 'Heaven', the context

of Awareness must be the focal point. Forgiveness expands Awareness making it a most potent function.

The forgiveness that we're conditioned to practice in the world, not what we're talking about here, is nothing more than a reinforcement of the appearance of separation. Humans simply believe that error is possible without question (because sin is established in the assumption of separation) and live in fear of punishment, projecting it out onto the world and reaping the consequences of the impossible illusion of person-hood. Human forgiveness actually assumes error (sin – which is nothing more than the belief in being separate) as real without question. Consider this in your own experience, where right and wrong, good and bad, preferred and unwanted, are the order of the day aren't they. Right and wrong is the definition of separation, just perspective with not an ounce of Truth. Everyone is already free in the Oneness of Being, there's only One Self.

Quantum forgiveness immediately transports the mind beyond perspective and in fact, is the key practice in *A Course in Miracles*, directly linked to the miracle of healed perception.

“The Miracle is a correction. It does not create, nor really change at all. It merely looks on devastation, and reminds the mind that what it sees is false.” – A Course in Miracles

I want to dive deeply into this conversation with you because it's incredibly helpful to understand how quantum forgiveness works in undoing the dream of the world. It speaks directly to the hidden levels of separation playing in one's psychology. As a result of projection, we've hidden the belief in separation under layers of assumptions which ensure

suffering; not so hidden now! Forgiveness is seeing the false as false and is the portal of Truth.

Quantum forgiveness re-establishes the causative nature of the assumed personal mind and recognizes the Truth that you, as the dreamer, are 100% responsible for your own dreams. You are the scriptwriter, director, and editor of your own dream ‘movie’. You can’t blame another for being an actor in a play of your own creation, in Truth there is no other, just holographic images, phenomena. You wanted that particular scene in your play for the important lesson that it was designed to provide to wake up, forgiveness. Quantum forgiveness recognizes the fact that “*all the world’s a stage*” (Shakespeare told us that) and is hiding my own mind. You really can relax; you’re on the trail of Peace Beloved.

Forgiveness in this way does NOT judge. Judgement is a symptom of separation as you may recall from our earlier conversation and for many of my clients they have found this understanding of radical quantum forgiveness, the critical game changer.

You are essentially forgiving yourself for ALL that you are not, allowing the Divine Truth to be liberated from obscurity.

Truth cannot flow where space has been taken by the already made decision for separation. Another way to say this is that you can’t have two decisions, just like there aren’t two realities, only one is real. You must relinquish the decision for suffering (i.e. human identity) in order for the decision for Peace to take its place which allows Reality to be seen, pouring forth and animating Life beyond your wildest imaginings.

Quantum forgiveness speaks to the levels of separation that corrupt perspective. As you progress from one stage to the next (beginning with the idea that separation really happened), falling further into ego’s traps, the previous stage usually becomes unconscious or blocked from Awareness. Each stage is a defense and protection against the previous stage that we never question, rather we accept blindly.

The levels of separation can be understood as follows, inevitably leading from one to the other and comprising the false identification we're played by:

1. The assumption that separation is real
2. The assumption that sin is real through judgement of right-wrong, good-bad
3. The assumption and experience of guilt projected onto the personal body-mind complex or an imagined other
4. The subsequent fear of assuming guilt is real
5. Inevitable belief and manifestation of punishment with the final prize of death

At the level of perception, you're unlikely aware of all the previous stages which led to what you are now experiencing. There's absolutely no mystery here. Your attention is usually fixated on your current stage of experience only as determined by contextual Awareness. We fundamentally remain self-centred, stuck.

Quantum Forgiveness is not at the level of the problem, it's at the level of decision. Just like the teachings of A Course in Miracles, it is founded in Truth, recognising that there is literally nothing TO forgive, because you recognize that real sin or separation has not happened in Reality. Forgiveness is a forgiving attitude (the forgiven mind is Pure), which is so forgiving that it doesn't even begin to condemn or judge, and does not even perceive that something needs to be forgiven. It would only even see that there is something in need of forgiveness, IF it had judged it and attacked it instead of being forgiving toward it in the first place, which is a failure to forgive.

Forgiveness looks upon you and your *brother* and recognizes that sin is not real, and in that view all of your so-called (imagined) sins are forgiven. Forgiveness does not SEE errors, because it does not MAKE errors. The forgiving mind is responsible for maintaining an attitude

of forgiveness, SO THAT it does not make errors. This is actually the ‘secret’ to transformational behaviour change and why Life harmonizes so rapidly with this practice.

You will not be able to fully accept that forgiveness is the truth, and you will not truly believe it is justified, if you have a belief in death, punishment, fear, guilt, sin or separation.

ALL of those beliefs must be undone, in relation to whatever misperception you are working on dissolving. Believing in these things pulls your conviction away from forgiveness and makes you unforgiving. These beliefs MUST be let go in order to return to a state of pure forgiveness.

Forgiveness then is not so much something that you “do” to fix errors, it is something that you ARE when free of errors, in order to prevent errors from happening. We ‘do’ forgiveness to heal the mind of the need to forgive in a practical sense as a bridge practice or tool to illuminate the Awakened Self.

It is a recognition that real sin did not happen, and separation has not occurred in Reality. Forgiveness is still and waits and does nothing as Ken Wapnick said. It is a state of mind shared by the Holy Spirit or Higher Wisdom as it is often called (the protector of Sacred Truth within the mind), and doesn’t even begin to enter into illusions or deal with them.

Forgiveness is pro-active, in that it fore-gives, ie gives ahead of time, so that the NEED to forgive something does not arise. It is a pro-active expression of Love, which shines away darkness, making it impossible for darkness to arise. If darkness were to arise, through a failure to BE forgiving, purification would be required to restore your natural function of forgiveness.

This is why our function is forgiveness as countless Spiritual teachings have told us. It is our natural state of awakened Being to have a wholly

forgiving attitude, which maintains and extends God's Kingdom and does not attack it.

When you are not being forgiving, you are being unforgiving. You have an "unforgiving attitude". That can of course be referred to in several ways such as being vicious, attacking, blameful, hurtful, etc. These are the attitudes which must be undone through purification (as per the steps of this alchemy process) in order to RESTORE the natural forgiving attitude.

Any process of purification MUST undo all of the stages of separation so that you end up IN a state of Perfect forgiveness, which is the same state as the Atonement; the acceptance of Oneness. Even if you think your problem is just fear, you also MUST have a problem of guilt and sin and separation hidden underneath it and made unconscious. Only in undoing all of these defenses and blocks to Awareness will you be ABLE and WILLING to accept that Oneness (often called Atonement) is the Truth, having undone every belief to the contrary.

In order for you to better grasp what true forgiveness is, repeat the following recognition at the beginning and end of each day and whenever needed throughout your day (in addition to the prayer). *I am not a body. I am free. I am still as God created me. Nothing sources my experiences but me and nothing can effect me unless I choose to allow it.* This acknowledges the Truth of what you have come here (in the dream of separate bodies) to learn and why forgiveness is your function in this world of form to return to your formless origin in Love's Oneness.

To apply quantum forgiveness, once the beliefs at the deepest core have been exposed, there are 3 additional inner actions to be taken. It looks like this.

1. Take the beliefs you have exposed.

2. Repeat inwardly (or with your voice), “I forgive myself for believing .” (e.g. I don’t deserve to be forgiven – insert the beliefs you exposed.)

3. I forgive the world (the projection of the deceived mind) for not giving me what I thought I wanted or needed (e.g. Looking for my belief in lack to be filled where it can’t possibly be filled because I’m projecting my own limited Awareness ‘as’ the world I see.)

4. I forgive myself for forgetting what I really am.

The key to quantum forgiveness is the acknowledgement of what I am NOT, so that the core issue of identity can be resolved and the Truth of Divine Identity restored. I am not guilty and neither is anyone.

Try it now with the example we’ve been using with a sincere desire to let the beliefs exposed go, to withdraw belief and to accept the forgiven mind which is your Essential Being. Working with our example, we would put the following beliefs through steps 2-4 above:

I’m unwanted I’m alone

I’m helpless I’m powerless I’m wrong

I’m not important I don’t matter

You will likely notice a sense of relief at the very least, Peace begins to reveal itself where there was once only upset. With practice, you will have Peace expanding rapidly, a Miracle wouldn’t you agree. Congratulations! You’re now an Alchemist, turning the dream of pain into the permanent Reality of Peace!

The practice of quantum forgiveness undoes the dream of being something that isn’t real or True; the separate human personality. It is the belief in identity as separate that is keeping the Reality of Universal Truth shut OUT! Letting go of the corrupted self-belief that is destined to prove lack and never find Fulfilment organically allows the Truth which is timeless and changeless to reveal itself. Ever expanding Joy from the foundation of Fulfilment in the present moment that cannot waver.

There is a very long history speaking to the need for forgiveness throughout all Spiritual traditions. In the Bible, it is suggested that we must forgive 70 times 70! Forgiveness is required to un-do the illusion held in place by belief, easing in time the practiced habit of fear and guilt that has shadowed us. With the revelations from modern science and ancient Spiritual Wisdom, we recognize that all meaning in the world has been given through belief. Forgiveness is the healing balm that restores the Wholeness of the seemingly split and projected mind. Experience it for yourself, that's the point. No-one else's word will ever satisfy you. Proof is the fuel of Transcendence and is necessary to heal human suffering. Not one word of information ever helped anyone unless it was applied experientially.

A hurt inflicted and a hurt received both create impressions in our subconscious mind unless and until we learn to let go and forgive. That is why in the Bible, Vedanta and Buddhism it is taught that we pray for the Peace and Happiness of the enemy beyond the requirement to forgive those who seem to have hurt us or we seem to have hurt.

A Course in Miracles reinforces the need for forgiveness just as every Spiritual teaching does but with the unique twist that it assumes innocence of the One Sonship. The bible says we must forgive seventy times seven and the Buddhist Prayer of Forgiveness is renowned. Bottom line, forgiveness is the way so get your forgiveness on.

"If I have harmed anyone in any way either knowingly or unknowingly through my own confusions I ask their forgiveness. If anyone has harmed me in any way either knowingly or unknowingly through their own confusion I forgive them. And if there is a situation I am not yet ready to forgive, I forgive myself for that. For all the ways that I harm

myself, negate, doubt, belittle myself, judge, or be unkind to myself through my own confusions: I forgive myself." The Buddhist Prayer of Forgiveness

Forgiveness (kshama in Sanskrit, khama in Pali) is a central concept in Buddhism, and understanding forgiveness is essential to Nirvana, the ultimate state of compassion and Wisdom all Buddhists hope to attain. Forgiveness is part of the all-embracing practice of loving-kindness (metta) espoused by the Buddha, which stresses the importance of reconciliation in establishing harmony in the world, considering that all living Beings are interconnected. The danger is understanding the Wisdom of any tradition at the wrong level which leads to widespread confusion. The Pure Essence of Being is the unifying force, so avoid the temptation of ego to try to understand this at the level of thinking, we're opening to a new Reality of Being which surpasses the thinking function and can't be compared to the model of separation by which humans live in an imagined mind-body apartment for one.

A key to empowerment that moves us to higher Consciousness is clearing away the debris of how we see ourselves and gaining freedom from our thoughts that keep us from attaining our natural, or innate alignment – and thoughts of forgiveness. That forgiveness is often centered on how we see facts that may describe the essence of the truth, but not Truth itself. Lao Tzu saw this and emphatically spoke of identifying how it related to a higher authority, a Universal Truth. The Confucians saw this as an opening to say that "higher authority" was the emperor himself, who was seen as the manifestation of God here on earth. Even to the point of making Wang Pi's (226–249 AD) version of the Tao Te Ching required reading and understanding, a central part of the examination system required to pass and move up in Chinese society.

Un-forgiveness has been scrutinized in modern science with researchers, such as Ervin Staub and Laurie Anne Pearlman, revealing that, “Forgiving is difficult (because you can’t forgive something that contradicts belief – you now know how to remove the ‘issue’ of belief - simply withdraw belief).

The very idea of this can be offensive after horrible events like the Holocaust, the genocide in Rwanda, or the genocidal violence in Tibet. Even to people outside the victim group, the idea that survivors should forgive following genocide is an affront, an anathema... Nevertheless, forgiving is necessary and desirable.” They take this position because they have evidence that shows how forgiveness paves the way for community reconciliation as well as healing, promotes psychological well being, and lifts psychological and spiritual burdens.

It was Debbie Ford who said; “*Unforgiveness is the poison you drink every day hoping the other person will die*”. Unforgiveness is a toxin that destroys.

Forgiveness practice (albeit human style which accepts wrong doing and is thus insane, directed only at the level of the problem i.e. effect) has made its way into mainstream medicine. Karen Schwartz, MD says that forgiveness reduces stress and with the reduction in anger, resentment, and hostility, desirable emotions can be experienced. Un-forgiveness is directly connected to depression, PTSD, and heart as well as other health issues, as revealed through John Hopkins University research.

Forgiveness whichever way you look at it will serve your sense of well-being and when quantum forgiveness is applied in the context of this framework, Absolute Liberation is the result. Become a forgiveness devotee, the world of Heaven will reveal itself as you do.

Insights From Forgiven

T rue (ABSOLUTE) forgiveness undoes the hallucination of the world and it is critical to remember that this hallucination is impersonal nothingness. It has nothing to do with the Truth of you; it is the obstacle that has prevented you from knowing the fullest Joy of Life at the right level. Forgiveness changes nothing in the world, rather it allows you to Awaken and reclaim the Self.

Chapter 14 in *A Course in Miracles* says the following to support our unlearning of what we have made to appear real:

T-14.XI.1. Yet the essential thing is learning that you do not know. 2 Knowledge is power, and all power is of God. 3 You who have tried to keep power for yourself have "lost" it. 4 You still have the power, but you have interposed so much between it and your Awareness of it that you cannot use it. 5 Everything you have taught yourself has made your power more and more obscure to you. 6 You know not what it is, nor where. 7 You have made a semblance of power and a show of strength so pitiful that it must fail you. 8 For power is not a seeming strength, and truth is beyond semblance of any kind. 9 Yet all that stands between you and the power

of God in you is but your learning of the false, and of your attempts to undo the true.

T-14.XI.2. Be willing, then, for all of it to be undone, and be glad that you are not bound to it forever. 2 For you have taught yourself how to imprison the Son of God, a lesson so unthinkable that only the insane, in deepest sleep, could even dream of it. 3 Can God learn how not to be God? 4 And can His Son, given all power by Him, learn to be powerless? 5 What have you taught yourself that you can possibly prefer to keep, in place of what you have and what you are?

T-14.XI.3. Atonement teaches you how to escape forever from everything that you have taught yourself in the past, by showing you only what you are now. 2 Learning has been accomplished before its effects are manifest. 3 Learning is therefore in the past, but its influence determines the present by giving it whatever meaning it holds for you. 4 Your learning gives the present no meaning at all. 5 Nothing you have ever learned can help you understand the present, or teach you how to undo the past. 6 Your past is what you have taught yourself. 7 Let it all go. 8 Do not attempt to understand any event or anything or anyone in its "Light," for the darkness in which you try to see can only obscure. 9 Put no confidence at all in darkness to illuminate your understanding, for if you do you contradict the Light, and thereby think you see the darkness. 10 Yet darkness

cannot be seen, for it is nothing more than a condition in which seeing becomes impossible.

Not only do we think we know what our problems are, we think we know what the solution should be, could we be mistaken? Only those who dare to question perception will 'see' Heaven. You can't solve a problem with your attention on it, that's the point. It is only in taking our attention off the problem to focus on Truth, does Peace appear and the solution from Infinite Intelligence and Wisdom (better than any puny human) can reveal itself and we can simply abide in the flow of Life, letting Love pour It-Self forth. Leaving you as the beholder and experiencer of Greatness and Magnitude. Quantum forgiveness is the purifying agent that makes concentration on the Truth possible.

Those who practice this framework are more than happy to be mistaken in belief every day of the week when Peace replaces pain. The decision to be happy rather than right is a Life saver to say the least. The cure for death is the realization of our Essential Nature, game on! If you really want Peace, nothing can stop you and I've mastered the way.

To Pray Aright

“The whole reason why we pray is to be united into the vision and contemplation of God to whom we pray.” – Julian of Norwich

Allow me to get a little bit excited as we dive into this conversation. Prayer is the portal of the Infinite Invisible to shine through in expanding purity of Consciousness. God is Omnipotent, Omnipresent and Omniscient and you are not only One with this All-ness, it is your very own Essence. No limits Beloved is Reality. Limits are merely dreamed and confined by an imagined person that doesn't exist, the only handbrake to expansive Bliss has been dissolved. Now, with imagination out of the way, how about we shift gear into a life of Awe and Wonder! Life in all its Majesty is an impressive experience to say the least. 'Heaven' has no comparison.

Prayer as we're about to dive into is the way of living in Reality, a guarantee of Peace and the reset of the "EFP" framework. After right forgiveness, we settle back into the Truth with Prayer and simply rinse and repeat until we remember fully What I REALLY Am. Self-Realization is attained by remaining in the Truth and Prayer is the mechanism of Reality.

By way of example, once the above ‘upset’ has been given the Miracle treatment through forgiveness it’s then vital to deliberately consciously recognize the Eternal timeless changeless Truth. There are several options for this at a rudimentary level including:

1. The simple and profound acknowledgement that “there is only One thing going on and that is God. God is Omnipotent, Omnipresent and Omniscient and I am therefore indivisibly One with that – God Is”.

2. Refer to a preferred passage of Sacred text to immerse deeply, sincerely desiring to go to the depths of Being beyond the superficial mind-body complex allowing the Truth to be ignited within.

3. Resting and relaxing into the Truth of Being to verify and in fact validate the Holy Instant. This might look like sinking into Awareness, not aware of anything, but Awareness itself right where you are. Thinking has only ever been a habit but you can begin to be aware of the subtle ‘more’ of you with your deliberate attention on it. This might also include resting as the silence or stillness; bringing attention to the “I” of Being; exquisite recognition of the presence, the here and now; acknowledgement of the subtle energy or presence of Being.

I have seen the most extraordinary transformations personally and in professional practice with the application of right Prayer. The resolution of every area of life in alignment with Perfect Fulfilment is the guarantee without an iota of doing. Quantum Prayer is a technology of exacting science, which produces predictable results. Let me explain why and importantly, how you can harness the potential of this almighty practice – the right way – in your own Life to claim your inheritance of Divine Fulfilment.

I don’t want to bore you with a complete history of Prayer, so let’s get straight to the punch line. Prayer is entirely misunderstood and incorrectly actioned on the whole by humans. The way that most people think of Prayer is that it provides a worldly answer to a worldly problem

and is something we use when we're in a pickle. This has left those who Pray disappointed for the last few thousand years because it doesn't work, it's scientifically impossible and evidence of level confusion. There are not two powers and Prayer as it is usually practiced assumes there is a Power 'somewhere' and "I" am separate from it but need it to solve a perceived problem – which doesn't exist remember. The good news is that this is an error of perception, remedied by remembering True Identity (the One Self in God), there is only one Power and I'm not only indivisibly in the midst of it, it is within my very own Being as my True Self.

Prayer is not a religious activity appealing to a higher power, it is the technology of both Awakening to and expanding in the natural state of Complete and Whole Being in Oneness. Prayer reveals and activates the highest and only power within your own Beingness. It is entirely non-denominational, in fact you can consider it scientific. You're encouraged to be the scientist of your own mind simply following the thread of Truth as you reveal it FOR yourself through the two forms of inquiry. It requires no leap of faith at all, experiential knowing is the proof that will lead you aright. Prayer allows you to realize all that you already are. You already are and have everything, the proverbial treasure is right where you are, just not where you've been looking. Rather, it will be revealed as you give attention to that which you're actually looking 'from'.

Prayer only becomes effective when you do not Pray FOR anything. Life is the Law of Fulfilment; aka it is already FULL-filled. Prayer recognizes what is. What already is can't be created again or altered, that's the devastating misunderstanding rampant in ego's personal growth conversations. You are not a sovereign individual with any power to do anything other than moving the pieces around the playing field of a

dream. OR stop dreaming and Awaken to Heaven. Your only potential is your will and what you will for will be.

Personal perspective is the only obstacle corrupting the view of the Truth of Heaven. So instead of Praying for ‘something’, you Pray ON the Truth. That is the fundamental basic Law of Prayer. To Pray for something is an accepted condition of separation ultimately reinforcing and proving the belief in lack. We’re here to restore the knowing of Completeness in Identity to live in Fulfilment. Fulfilment, True success, can be found or done in NO other way. Things don’t fulfill they just accumulate, Being already does and has. From Fulfilment all action is powerful, passion driven and done solely by/in/ with Love to glorify God, extending Life (not an individual), without the typical outcome oriented approach. Living just from and for joy, not to get joy.

I want to reinforce here, why it is that wanting anything is ego’s amusing game of suffering leading to death. Firstly, the perceived personal mind is an attempt to confine that which is infinite into something finite and all that is held in perception is thus a limited field of context. By very nature this means that the personal mind cannot really know anything. How can it possibly know:

- a. what it wants
- b. what is even in its best interests

This ludicrous conversation about creating your own reality and attracting what you want is like putting a tantruming 2 year old in charge of the universe. What 2 year old doesn’t want everything on the shelf. Every parent knows ‘this’ is not in the child’s best interest! No sooner does the child get what it wants than it wants something else. You already know this to be spot on in your own life also. No ‘thing’ ever hits the mark of True Fulfilment, it was never meant to. The whole elegant show of the world is designed for us to wake up and come back home.

You will come to realize, through right Prayer, that Life (God) has the Divine Plan for your Highest Good all sewn up and when you stop interfering you will swim in the sea of relaxed certainty as One. Happy as a piggie in you know what! Of actual use to the plan for Divine expansion rather than a demanding self-centered boil on the butt of humanity. These might be harsh words, but ingratitude is a life killer we usually need a jolt to be liberated from.

“Prayer is not an old woman’s amusement. Properly understood and applied, it is the most potent instrument of action.” – Mahatma Gandhi

Now that you know how the dominant Law of Life (Cause and Effect – As One) operates, you can see why the vast majority of people who Pray think they’re prayers remain unanswered, denied, or flat out ignored. Cause and Effect are already established in Creation. You are the Child of Creation and all that you (under the spell of a personal identity) think you made has done nothing in or to Truth, let’s call it miscreation. The answer to the ‘appealing for help’ kind of Prayers never comes. The Prayer is always for something that is missing in these situations, a loud declaration of lack. Lack is thus at the level of false cause and the effect cannot differ. The decision in this case is lack; the outcome will be the experience of lack regardless of the appearance at the perceived level of matter.

Heaven is right now, you’re in it and you never left it. You can’t see it because the belief in separation has produced an illusion of time-space. It’s not real and Prayer is another of the purification and discernment tools of Self-Realization, restoring Divine vision in Christ Consciousness.

The Law of Cause and Effect explains this entirely, the false cause belief in lack (separation) produces the effect of lack. Remember, the human condition is built on the program of lack (the assumption of a part split off from the whole), which cannot be remedied in doing anything; it is an issue of identity. Even IF our lack-based Prayers are answered in a worldly way, we can't experience True Fulfilment, we experience temporary respite and relief at best.

Quantum Prayer applies quantum science; the answer in the decision. The core success ingredient of quantum Prayer is in Praying from the Truth of Divine Identity ON the Truth rather than for the Truth. Those Praying for something are perpetually lacking or wanting something. This is the condition of persistent suffering in misidentification. These people are stuck in the self-centred human condition and typically dare to think beyond themselves only when experience appears noticeably disastrous, finding comfort only when crises aren't obvious. That's no Life and is entirely optional.

"Don't pray when it rains if you don't pray when the sun shines." – Satchel Paige

The best way to describe this practice is to begin at the end and work backwards. Consider the desire to know your Self in Absolute Fulfilment: aka Self-Realization. We've established that True Fulfilment has no conditions; it is not found in the human dream because it's an impossible effect (experience) of the false cause that is separation, the reality of a person which is dreamed rather than Truth. Fulfilment is already present in Truth and merely appearing to be missing in experience, clouded only by misperception. We can't see Reality; we simply see our state of mind reflected back to us. To Pray on the Truth

would be to realize that I am presently Fulfilled in Spiritual Truth which complies with the Law and Divine Mechanics of Life in that the decision is Fulfilment and the answer can be nothing but Fulfilment. Prayer is the acknowledgement, acceptance and alignment with Reality.

Quantum Prayer is the remedy for the split mind. It paves the way for remembering, recognizing, and expanding the Truth, in Awareness and in Self-Transcendent experiential knowing, abiding in Mystical “I” Pure Consciousness. A life lived as the Sacred Self. Prayer allows the Greater Mind of God to express and extend into Awareness and into experience. I often describe Prayer as the Supreme nourishing activity, cultivating the garden of Grace that already ‘is’ but has been without attention and requires some good old fashioned gardening ‘attention’ (Praying) to flourish. This makes Prayer potently purifying as the garden of fear is neglected and dissolves.

Quantum Prayer acts like a portal through which Reality pours forth and the True Self, Oneness with our Creator, God, becomes realized. Having spent a lifetime listening to the only voice we’ve known, our own separate, scared, imagined limited deceived hiding ego mind, hearing the Truth frequently is a critical element of Self-Transcendence. It’s THE way that we step beyond the known zone, the programmed avatar of limited self-identity into the Infinite, unknown zone, where the rules are entirely different because there’s no personal self. In Truth the Sacred One Self flows unimpeded Divinely. Truth, Reality, is after all, Limitless. By definition, to know Limitlessness, we have to get beyond our self and everything we know. Intellectual knowing serves as the handbrake and what we cling to drowns us The identity that we have habit-uated stands in opposition to the Truth and denies access to the Truth of Oneness, ALL that we really desire!

Quantum Prayer restores True Identity and allows us to Awaken from the dream of separation into the Truth of Oneness where Grace is

ceaselessly flowing, and leaves the prison of perception behind entirely. This is the knowing experience and demonstration of the Holy Grail. A Life lived beyond the furthest reaches of the best humans can *never* find. It is the restoration of Wholeness, the permanent knowing of Fulfilment, the Resurrection in Truth of Self, the I Am or Is-ness, the rock of Divine Stillness.

Quantum Prayer is the focusing of attention ON the Truth and as you know, what gets your attention grows in experience, UNTIL you become the Truth of Oneness. If you want to Awaken fast, THIS is where your attention and focus needs to be. You will need to be vigilant to embrace this habit of Awakening, you now know how to dismantle the habit of ‘dreaming’. It won’t be long before the knowing of True Being is established and effort, even with attention, is no longer required, it just ‘IS’. The habit of dreamed human is overcome by the NEW habit of True Self which shines luminously quite organically without interference. This is NO quick fix – this IS a new Divine way of Life not a way to make an illusory dream more palatable.

Quantum Prayer acknowledges the Reality of God (Universal Oneness Consciousness) as the One and Only Power and allows the channel of communication to be opened and abided in. We call this Divine communion and it is an attitude rather than an activity. For most of us, we are establishing the relationship with Truth from a foundation of ‘no idea’ what Truth or real Love is. I personally had no experience with God, instead a devout atheist (fear addict) for most of my Life. This Life giving way of praying asserts that when you Pray, Pray with certainty that it is done, as described in ancient teachings, a variety of Spiritual traditions, scripture and the Gospel of Thomas.

This ‘right’ Prayer is based on the Principle of Oneness, that there is no separation between you and Spirit, God, Source, Divine Mother, call it what you will. You can now see that this is not the stereotypical form

of Prayer in which people are found making demands, pleas, or begging to a distant, far-off God who may or may not answer!

“So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” – (Mark 11:24)

In its simplest explanation, quantum Prayer is considered the treatment for the mind that has wandered far from home and the path of expansion into the Truth of Pure God Consciousness. The re-establishment of True Co-Creativity and the allowing of Truth into a prepared (empty) mind. By giving focused attention to the Truth, we are able to expand Awareness and recognize the attributes of God, unify (align in Oneness) ourselves with those attributes, realize that our desired outcome (Divine Supply as opposed to my worldly wishes for things to look a certain way) is at hand, give thanks, and let God take over doing the job of Fulfilled Life for which nothing and no-one else qualifies.

Quantum Prayer is not the establishment of another or new belief system, there is no paradigm involved. It is the Transcendent action of realizing the Wisdom inherent in your very own Being right now and not only knowing it but letting it lead for a Life of Divine Joy. It is an attitude by which to live, not an activity to perform when time permits. We know this as Praying without ceasing, the guaranteed way to the Fullest measure of God Consciousness with persistence and devotion. This is the point of Supreme Fulfilment simply because inner Wisdom is the Law of Fulfilment. Having a Genius (God) on the job of living has given Fulfilment true meaning to Life for all who ‘know’.

Quantum Prayer (the knowing of Oneness with God) is a powerful practice that shifts our Conscious Awareness so that we can accept the good that is already present in Life but seemingly hidden due to our

perspective being corrupted through automated attention elsewhere. Praying in this way is an added and Supreme purifying agent, removing the blinders of human perspective and making the way of Divine Success clear and fulfilled.

Prayer is an art and attitude to master, leading us on an adventure from beginner mind which requires training to the ultimate state of pure silence, abiding in Divine humility, otherworldly gratitude and indescribably Oneness. Attention on the True Self is the Liberation of suffering and the allowing of Grace.

TIP FOR MASTERY

A Course in Miracles tells us that we MUST hear the Truth about ourselves frequently because we've listened to and accepted lies for so long, immersion in the right community is not only recommended but essential. The practice of quantum Prayer must be consistent and persistent, with grit! Life is stolen from most simply because of misperception, you're in a fight for your Life here, it's going to take your fullest participation to allow the Truth to illuminate and animate your Life Divinely. The prize IS the Holy Grail, worth every bit of attention you are prepared to give, because I can assure you, having worked with thousands of clients over my career, you will be motivated to keep up-levelling your desire for Oneness as the reward of Perfect Peace continues to expand in your experience. You begin to win BIG time, immediately, and this just grows exponentially as Truth flourishes in your Conscious Awareness in as much as the dream disappears. Pray without ceasing Beloved!

Self-Transcendence Alchemy Recap

“Rise above perception so you can REALLY start living.”

Dr Sally Gray PhD

This three-phase practice is the revolution your mind requires to Transcend the believed sense of a personal self and allow the Grace of God to be known in experience. It is the guarantee of Divine Success and True Fulfilment.

The purpose is to purify the mind of the belief in separation and there is a great deal of forgiveness to be done until the Light dawns. When it is clear that there are not 2 powers, that the world really is just a mirage of the carnal mind of person- hood and Peace is expanding, devotion to Prayer will organically evolve. Motivation is natural and you will be dedicated effortlessly to resting in Being and Divine communion through Prayer as a way of Life.

Awakening from perception is systematically achieved in the following steps:

1. Expose the false cause – the belief in separation hidden by guilt, fear and the belief in punishment.
2. Forgive, to acknowledge that which you are NOT, to gain clarity of the dream state, dissolve the invisible barriers of conditioning and

open the door to Pure Consciousness. The forgiven mind is the reality because there is no personal mind, just a dream.

3. Pray to AWAKEN the Truth already in Conscious- ness and available only in the present moment in the absence of ego.

Rinse and REPEAT until the 'false' filter of perception is dissolved, purifying Awareness, and Truth is all that is left to pour forth in your experience, the fullest measure of God's good!

We do this recognizing that we're not alone. We have the Supreme Teacher within to guide us all the way. It is time to get acquainted with the real, Divine you. It is like building a fledgling relationship, and it's the MOST important relation- ship of your Life. Self-Transcendence isn't easy even though we've made the way simple. Of course the GRAND prize of Life, exceeding anything the world could ever hope to offer by light years, was never going to be easy. Despite the fact that it's doable and in Reality the only option, most will still choose the dream of human suffering, ending in death. That's not right-mindedness, is it?

"The value of persistent prayer is not that God will hear us, but that we will finally hear God." – William McGill

Peace Is The Portal Of Miracles & Magic

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” The Bible

Having been a master goal setter and teacher, the Mind Revolution process clearly demonstrated that there is only one goal that is relevant for Supreme Fulfilment, that is Peace. Peace not being from ‘around here’ in human terms, is the only goal to speak of to abide in the Peace of Pure Consciousness. The kind of Peace we’re talking about here is not simply a lack of problems, it is immovable, ancient and tangibly real. This Peace is not conditional, it is the Essence of the One Being and thus for every-One.

Sacred teachings tell us that seeking the Kingdom of Heaven first is the ‘game plan’ for Fulfilment and when actioned, cannot fail. The “Peace” that is allowed to simply flow in the absence of perspective is Life affirming, giving and expanding. Life already is a fulfilled, full container of Omnipotence, Omnipresence and Omniscience. It’s time to board that train.

Omni means everything, all, the sum total in the grandest possible way. Peace as the goal is the royal road to a joyous Life. You can begin

to embrace this revolution of Being right now by deciding that Peace is your priority. This doesn't mean making Peace happen human 'doing' style. Instead it guides you to go within, to let go of perspective (EFP) which organically reveals the presence of Peace right where you are in the present moment. Peace already 'Is', perspective was the only thinking appearing to get in the way.

This puts Peace back at the 'right' level of Cause (the origin of decision), ensuring that Peace is the experience at the level of effect. With persistent and disciplined practice, Peace will flood your experience and soon to be followed by the Riches of the Kingdom of Heaven, the knowing of Divine Abundance because that's Reality.

THIS is a Life worth living, the Life I craved to know and chased mercilessly through effort was always nearer than my breath. Peace is not a condition of doing, it is inherent in Being in Pure Consciousness. Peace is the requirement of Divine Supply, the most lofty of goals there could be. What else is worthy of you?

From Peace, all attributes of Fulfilment flow naturally as gifts including creative genius, Happiness, harmony, health, wealth and so much more. These are aspects of Being that are not made, they are allowed. You've never been without anything, you just thought you were and when Peace is the goal, the Purpose and the origin of decision, you've won!

The True Peace of Being is the rock-solid foundation of living, experiencing, giving from and As One; aka The Greater Works. From 'here', the way is "The Higher Mysteries", available ONLY to those restored In True Identity, where "All things are possible In God."

PART 3

True Vision

"Can you dissolve your ego? Can you abandon the idea of self and other? Can you relinquish the notions of male and female, short and long, life and death? Can you let go of all these dualities and embrace the Tao without skepticism or panic? If so, you can reach the heart of the Integral Oneness."

Lao Tzu, 6th Century BCE

Being The Transparency Of Grace

There's a very good reason why stillness and silence are foundation practices in all Spiritual traditions. It is in the stillness and silence that we aren't denying Life, we're not in attack, fight and defend mode which naturally allows for Peace and all other Spiritual attributes to arise into Conscious Awareness. In 'stillness' we are able to recognise What (already) Is the Eternal, invulnerable fact of One/Life/God.

"Stillness is God" shared Paramahansa Yogananda who also said: *"Don't yearn for human love, it will vanish. Behind human love is the spiritual love of God. Seek that. Don't pray for home or for money or for friendship. Don't pray for anything of this world. Enjoy only what the Lord gives to you. All else leads to delusion. Man has come on earth solely to learn to know God; he is here for no other reason."*

"Within you there is a stillness and sanctuary to which you can retreat at any time and be yourself." Hermann Hesse declared.

"Be still and know that I am God", Jesus Christ taught us.

Everything in the phenomenal world represents movement and changefulness (just a mirror of the restless mind), but tranquility is the Nature of God. Man as a soul has within himself that same nature of calmness. When in his Consciousness he can level and still the three mental

*states of upheaval – the waves of sorrow and gladness
and the dips of indifference between them – he perceives
within himself the placid ocean of spiritual soul-calmness
expanding into the boundless sea of tranquility in Spirit.*
(The Gita XVI:12–p.963)

Stillness is clearly the winning move! (Pun definitely intended) The way to Heaven has already been walked and is crystal clear. There is no need trying to recreate the wheel, that's been the problem all along. You already ARE the Light of the World, you just buried that spark of Truth under a whole load of nonsense about what you are not and only you can make the decision that lifts the entire dreamed show to reveal 'Heaven'.

Stillness and silence are Truths of Being, they are with you permanently just seeming to be missing because attention is divested elsewhere in the imagined world. With practice you can abide in these attitudes and attributes, really there is only One state, of Pure Consciousness which is devoid of ego's mind chatter. When you're no longer captivated by the noise of thinking or feeling, the silence and stillness is an invitation for that which is deeper to be heard.

There is an ancient understanding that we must be still for God to catch us and silent enough for us to hear God. It is the human thinking mind that we've valued over Peace, our very own Nature and Essence, which has kept God from experience.

You can tap into the silence and stillness of your own Being right now, why delay the Peace of God a moment longer. It might not be obvious at first, only because you've practiced giving attention to its opposite.

You can realize now that sounds can only be heard because there is a backdrop of silence. Stillness is required for movement to get our attention. Both silence and stillness are the contextual field of

Consciousness and as such are your very own Being, the most Sacred Self. Remember that attention is your free will! Giving attention back to *that* which gives it is how the knowing of Wholeness is restored and the charade of perceived dissatisfaction and disappointment (and death) is over.

You've emptied to be filled by Grace!

"In the temple of silence, in the temple of Peace, I will meet Thee, I will touch Thee, I will Love Thee, And coax Thee to my altar of Peace. In the temple of samadhi, in the temple of bliss, I will meet Thee, I will touch Thee, I will Love Thee, And coax Thee to my altar of bliss." This is from the Cosmic Chants by Paramahansa Yogananda with Love.

You're In The Right Place NOW

You're right where you're meant to be, in the right place right now. This brings such comfort doesn't it, you can never be wrong. It's been ego's (no real thing) voice that's had you believing you should be somewhere else, that things should be different than they are. Or that the world needs protecting or saving or preserving. Now you know why, the sense of being a separate person is programmed only for discontent. 'Here' is never where it wants to be because it is NEVER knowing its own Completeness, it can't because it is a dream of separation! The dream of the world is one giant story of looking for something missing precisely because ego is a belief in separation. Here in the only moment that there is, now, is where you realize Liberation.

Remember, ego's game is distraction, if you remain focused on an imaginary outside, believing your own projections as 'real' and engage them, you'll never pause long enough to question your perspective. The way home to your True Being in Perfect Peace and Fulfilment is to question perspective right where you are. Which means you can never be in the wrong place ever!

We have a saying in our community to keep us present, "what's in the way is the way". Everything is happening for me, because it's from me. This helps us remember that our upsets are happening for us to see where our attention has been, in order that we can choose again. Waking from the sleep of the dreamed personal reality allows clarity of

seeing what we previously couldn't see to evolve. The only Purpose of the world is to Awaken to Love's Reality. All upset and lack of Peace there has ever seemed to be is in the present for us right now. Even if you reflect on something that might have happened a long time ago, any upset that seems to be lingering is here in the present because mind is where phenomena appear, it's the realm of all upsetting ideas that has never left you. The present is where your freedom lies because of this.

The circumstances of our assumed (false) lives are irrelevant in Truth. Wherever we find ourselves, the Truth exists As All unopposed, even if we can't see it. This work is about letting go of all that is masking the Reality of Grace, it can't be anywhere other than right where you are. You didn't make a wrong turn or miss a turn at any point in your Life ever. The world is an unreal dream that is requiring you to wake up so that Perfect Peace and Happiness are 'permanent' and untouchable in tangible experience. What "I" am IS "The Treasure" and point of Life.

Consider a dream as you know it right now, if it's a dream that you don't like, is the remedy to fight or to wake up? As it turns out there is never any other time you can do this, there really is only the Eternal present. You can't wake up in the past or even the future. To wait until some imagined time in the future is the most wicked of ego's tricks, because the future never comes. You've not missed the boat, not one note in Heaven's song has been skipped and you will realize that nothing's been lost as you expand Awareness of Being that which you already are (at the right level) right now.

Right where you are here and now is all that you've been searching for. There's a beautiful understanding in Spiritual Awakening, *the Kingdom can never be given to you and it also cannot be taken away*. This speaks to your power of choice, remember that your only free will is attention – the choice of what you give your attention to will open the doors to 'Heaven' or keep it hidden from view a little longer.

Right now your attention is being given to something, what is it? Moment by moment, the fullest measure of Love is Being revealed as determined by your Awareness; conditioned or unconditioned. Only one of these paths leads anywhere you really want to go. You get to choose again without any consequences other than Peace expanding for all. You're right where you're meant to be because Love (Life) is where You Are and it's not more or less anywhere else or any other time. The Law of Omnipresence is your Divine Guarantee!

I share this idea because so many times over the years I've heard people say "it's too late", "I'm not ready", "I'll wait until..." This is a trick of ego. I'm sure you're already vastly more clear about the habits of separation thinking, and that which is actually True. It's time to return to Perfect Peace.

Recipe Of Success

There are several key attributes I've embraced on my own journey and teach every client I work with to accelerate Awakening, and I want to share them with you. The three that I'm sharing here will give you the rocket fuel for Self-Realization to go beyond your most bodacious imaginings. It would be in fact remiss of me not to share them. I'm referring to:

1. Willingness
2. Radical Curiosity
3. Non-resistance

Spiritual Wisdom speaks of the requirement for willingness. The willingness to let go of perspective as well as to be open to receive Truth, which are flip sides of the same coin. Given that what we see and experience in Life is nothing more than the contents of our own programmed avatar (self-identity), the solution is in putting down the programmed perspective to allow the Truth, which is ever present but hidden behind the appearance of our own dodgy lens, to be revealed.

In addition to willingness, neuroscientist and author of *How God Changes Your Brain*, Mark Waldman, teaches the vital role that curiosity plays in Spiritual Awakening. His work has shown that curiosity is the number one human and animal emotion. Dr. Waldman refers to curiosity as the “*desire to acquire more*” instinct and it is a potent motivator for action. Curiosity, the promise of something new, different,

and/or intriguing, is linked with dopamine release. Dopamine is the feel good chemical which promotes momentum. In Reality it has nothing to do with neurochemistry (there is no body as you'll soon discover – let's leave that for another conversation). Feeling good is your Natural Essence, curiosity opens a portal to the Divine Truth. Let's dive in, I'm all about the direct time saving way!

THE APPLICATION OF WILLINGNESS AND RADICAL CURIOSITY

I want to focus here on how you can practically apply these Transcendent attitudes to get the fastest results, now that we're on the other side of the Alchemy framework, let's getdeup.

“Willingness is the way we open the door to expansive Awareness and curiosity keeps it open!” Dr Sally Gray
Phd

We're talking about no small thing here. This is a Mind Revolution, an entirely NEW way of Life. You've been practicing being a personal separate you with every perspective you've had for decades. I'm sure you're already aware of how very difficult it is to see your own blind spots, almost impossible. Willingness and curiosity make it easier to begin to break down those rigid walls of perspective little by little, held tightly in place because we've made them so very personal and they aren't. If you're ready to know Heaven fast, take these two attitudes, put them in your pocket, and USE them frequently.

As you work with the Self-Transcendence Alchemy framework, you will find these attitudes not only magical in their capacity to expand your vision and provide Miracles, but powerful in that they ultimately give you back your choice, which was stolen by the original decision for

separation. These will also begin opening the way for Truth to shine forth then it's game on for Divine Living.

Here's how it will look, practically speaking. You'll carry this attitude in all experience, "*I am willing to see this differently and I'm curious about what's behind it*", just as we discussed in applying the Self-Transcendence Alchemy framework.

Remember that willingness begins to dissolve the built up river bed of automated, least resistance, so that the river can flow to new ground. Curiosity removes the resistance to exposing, which is inevitable in something new and the process of change, providing the much-needed hit of dopamine to maintain motivation!

Please don't overlook this simple Wisdom. To be willing to see differently is an invitation for the Infinite Wisdom of God to pour forth. Already Transcendent because most will dig their heels into the dream and cannot be budged, they don't even want to be! God helps those who do not help themselves. Suffering is nothing more than an unquestioned "I know" mind which you can put down any time you choose in order for Supreme Fulfilment to be realised NOW!

IT'S NOT PERSONAL

The quickest way home to Love and awake from the dream, is to recognize the impersonal and nothing nature of the dream that is the world. There is an ancient Spiritual teaching that tells us not to take anything personally. Let's be honest, persons are programmed to do the opposite. It's another of the built-in conditions of believing in separation; we're self-centered!

"*Don't take anything personally*" is the second of the agreements in the book, *The Four Agreements* by Don Miguel Ruiz and a concept repeated throughout history among Enlightened Masters. Nothing has any meaning other than what we give it is a core understanding from Spiritual tradition and is now the revelation of quantum science.

The observer and the observed are one in the same. We project the contents of mind onto the screen of Life. Quite literally, the only meaning anything has is the meaning we've given it. Everything, yes everything, unwanted and undesirable as well as the desired (that's an advanced tip for those of you ready to hear it) is pointing directly to the personal sense of self and is running interference and masking the Reality of Love.

The sooner we get our meaning (beliefs and stories) out of the way, because it has been corrupted by the idea of separation, the quicker the real meaning of Life's Oneness is revealed – where Purpose, passion, and of course, Fulfilment are natural. The days of the existential crisis on the bathroom floor are over.

Why would you take anything personally when it has nothing to do with the Eternal Truth of you, doing so keeps out the Reality of Love? You can decide not to pander to a dream any longer, Awakening is the most logical of paths there could be.

If you're anything like me, you've spent a Lifetime filling your intellect. You probably think you know a lot, I did too. Do the math with me here. If a glass is filled, can it be filled more or does it have to be empty to be filled. The Law of the Universe states that Mind is Life and God is already going on without you seeing it. What's got to give? This is why I work almost exclusively with the brightest most educated thought leaders on the planet who are finally at the point that they agree to not knowing the answer. An attitude of "I don't know" leads directly to Supreme Knowledge.

This is the paradox that is as old as time, "*Empty to be filled!*" We need to empty the mind of erroneous beliefs in order to be filled from the other direction of Pure Consciousness, the Cause and source of Life within. If you want to know the Grace of God, you have to make space. The 'I already know' mind is the biggest obstacle and you can start to

apply the remedy that dissolves self-centeredness, which is to declare, “I know nothing.”

Now I’m not talking about running down the street naked yelling this at the top of your lungs. The work of Self-Transcendence can be done silently within, in secret. Ego is flat out threatened with talk of God, it’s done its best to turn the mind against Oneness and you’ll meet with opposition when you decide to walk away from the world of death. With your routine application of EFP, you will feel the spread of Peace begin and flow ceaselessly like the most precious secret you could ever wish to know. This naturally overflows and you will find those you Love impacted quite naturally by your Peace. WHAT a gift to give. By far the most effective and efficient ‘way’ is to walk directly, As Christ, with mentors who have already walked the ‘straight and narrow’. This is our purpose at OneLifeTruthLove.com.

The Supreme act of empowerment is surrendering to Grace. To realize that this Life is not personal, rather to be the vessel for the Divine Presence to animate and work through you, UP levels every experience of Life. We were never meant to go it alone in Life (God’s got this), that’s why it’s never quite worked out as you’d hoped, but it will. In searching the globe for answers, hustling with the best of them, succeeding materially, the ultimate step was letting it all go to Realize Fulfilment and FINALLY experience the permanency of Being.

IMPORTANTLY, Being in Fulfilment is the pinnacle of True Co-Creation. Cause and effect tells us that with 100% predict-ability the effect (experience) matches the Cause (decision). When the decision is Fulfilment, the flow of the riches of the Kingdom of Heaven is ceaseless. Spirit never stops giving.

In doing this work, we are no longer the problem in our own experience but we also get out of every-One else’s business and are no longer a pain in the ass for them either! Win, Win, WIN!

To Know God as the Self is the indescribable Treasure of Being, YOU!

PART 4

Be Truth To Know Truth

“Our thought cannot grasp the One as long as any other image remains active in the soul. To this end, you must set free your soul from all outward things and turn wholly within yourself, with no more leaning to what lies outside, and lay your mind bare of ideal forms, as before of the objects of sense, and forget even yourself, and so come within sight of that One.” Plotinus

You Can NOT Fail To Know Thy Self

Fulfilment is natural, separation is the dream. You already are what you seek!

Are you willing to give up nothing to gain everything?

Peace and Happiness are the Reality and Purpose of Life. You do nothing to attain these, you allow them to pour forth and the mastery of allowing Life to flow is the Mind Revolution. This is the alignment of Being at One with Grace allowing Infinite Wisdom to simply take over, paving the way for the fullest expression of Divinity. This is the Divine Playground!

You cannot fail to wake up to what you already are. You're already the Self, already free entirely. This journey of Awakening is a blossoming of ever-increasing Loveliness with the guarantee of Fulfilment. Life is the proof that it is already happening, you're already in the very midst of Love, without Consciousness you cannot exist. You've already been gifted the Supreme Gift of Grace, it's time to let it shine brightly for your Highest Fulfilment in Awakened Self-Realization.

You're leaving the land of the dreamt dying (humans) to remember the realm and Reality of the Eternally living and there's nothing but decision standing in the way. The decision for Love or the decision for fear in imagined separation.

What we're shining the Light on here is the decision to do Life your way or in Oneness. This has been referred to in Spiritual Wisdom and A

Course in Miracles as the authority problem. Human has no power, it is a dream of dying initiated by the belief in separation. Nothing more than a decision to realize and recognize Truth and stick to it is required to restore authority at Cause with God in order for our natural and inherent 'Fulfilment' to pour forth.

At the point of emptying Consciousness of the personal self to allow the One True Self to rise up into Awareness is Fulfilment. It's yours, it always has been, no conditions. Fulfilment is a permanent experience that is yours to allow, it cannot be made. You already have it all Beloved, let it flow from within. Stand aside and let Life Fulfill It-Self which is your very own Life, the Holy Grail: You!

The Reality of Divine Life can only be realized in the absence of perception paradigm (the personal 'view'), and in Oneness. These are the key principles which comprise this work and the 'way' of Enlightenment:

- » Have desire and Love ONLY for Truth/God, the Source and Cause of Life and guarantee of Fulfilment

- » Love all as One – there is no division in Truth between anyone or anything as revealed by the Law of Omnipresence

- » Nothing is personal, not the world and not God – resist not evil!

- » The world is a mesmerism, a collective unconscious hypnotic suggestion which is illusory and very much more like a hologram

- » God is All for All – the Infinity of Love without conditions and without opposites or opposition

- » The True Self is One with God in unconditioned present moment Consciousness in Perfect Eternal Safety and Protection – Invulnerable Immortality

- » Truth is found in the present moment and is measurable – timeless and changeless

» There is Only Purpose and Function – to Pray on Truth and Glorify God with passion and Supreme Creative expression: to give

» The Laws: Omnipotence; Omniscience; Omnipresence

These principles deserve a book unto themselves and are the focus of conversation in our groups as well as private consulting every single day. Armed with these principles, Life can be navigated all the way to the pinnacle of Supreme Fulfilment. The Fullest Measure of unconditioned Pure Consciousness, Love in the Mind of Love: Oneness!

WHERE TO NOW?

The next step on your journey of a thousand miles...

This is it, my friend. The decision for Supreme Happiness for you and all those you Love rests on the choice you make now. I think you already knew a great deal of what we've covered here, it resonated deeply because the Truth lives within you, nothing is outside you and the portal to God is yours to open. It was much more like hearing a familiar song. You just can't put your finger on where you heard it.

Mind is Life Beloved, you've always had the key. When you let Life pour magnificently forth from within without ego interference you WIN in every direction.

You now have the game changing Truth and science illuminated in your mind. You realize that all you desire to experience has no conditions and no Cause outside the mind. To persist in doing more or working harder at the level of the dream will seem even more insane than ever! This is a call to 'inner right' action, NOT to rest at the level of information consumption where nothing changes. You will NEVER be satisfied hearing about the view from the top, you're here to know it.

The answer lies in making the decision for what you REALLY desire first and there's only One. The winning decision is, OF COURSE, going straight to the top. Who would choose anything other than Heaven if they knew it was on the menu? It IS on the menu, it costs nothing and

saves everything and everyone from the grief stricken story you've been listening to all this imagined time. You lose nothing to gain everything.

American mathematical physicist, Henry Stapp, says holding onto a "*known to be false idea*" of the world in thinking that it exists separately from ourselves is causing not only humans, but also many other species to suffer. "*All this talk about an external world – that's what's theory,*" said Erwin Schrodinger, Nobel-prize-winning, ground breaking physicist behind the cat-in-the-box experiment.

The actuality of the objective world is a hypothesis, scientifically agreed upon as a consensus trance. Consensus is not proof.

"The fact that an opinion has been widely held is no evidence whatever that it is not utterly absurd; indeed in view of the silliness of the majority of mankind, a widespread belief is more likely to be foolish than sensible." – Bertrand Russell

Would you rather experience THE top-shelf (Reality) of Life as written by the Perfect Divine, OR, a pretend lesser pseudo dreamed 'life' as written by a flawed, inherently limited program of lack and un-fulfilment destined to die?

The choice is yours. It always has been and always will be, and your only power is choice. The power to choose will never be denied you as the Child of Life Eternally. Whichever decision you make can't change the Truth of you! Your choice simply determines what you 'see'; Bliss or pain.

The decision must come first, that's the Law of Life. Life is the mirror experience of your state of Consciousness. God Consciousness is the Supreme decision and thus answer. Life begins immediately to reflect this decision and the practical path is now lit and glowing right here.

Expose – Forgive – Pray!

To delay making the decision is the choice for suffering, it's the denial of Truth, just like an ostrich with its head in the sand. I know you don't really want this for your Life, but think about those you Love. Most of my clients are parents who realize the influence they are in their children's lives and want to be the best they can be for them. Most parents are teaching their children to suffer, particularly those who have walked the self-improvement way. To Realize the Truth is the greatest gift we can give the world.

Self-Transcendence is the pinnacle of the best you can be. Human is flawed beyond repair, a game of pretending you're something you're not, and you can't win. The rules of that game SUCK, a spade is a spade my friend.

Remember that the Truth of you right here and now, in this very moment, is Perfectly at Peace, One with the Divine Mind, and able to illuminate and animate your Life and transform it into a masterpiece. You're either denying or allowing Truth, what say you?

We'd Love to hold your hand and be sure you walk in a straight line home to Grace to ensure the riches of the Kingdom of Heaven are known as fast as possible. We've got that all-important ascending community who'll lovingly drag you in the slipstream of Awakening. We'll ensure you avoid the pitfalls that keep most floundering for decades and lifetimes. Reach out to team@onelifetruthlove.com and we'll show you how.

Heaven is within you to experience. Fly liberated in Love my brother, it's what you were born to do!

About The Author

Dr Sally Gray PhD OMC: Mystic – Metaphysical Minister – Oneness Mentor

Sally has become affectionately and globally known as “The Angel With a Sledgehammer” or the “Queen of Purification”. She is the Mystical Mentor illuminating the way to Authentic Self-Realisation and her ruthless caring is legendary. It is this unparalleled world-leading capacity to hold her clients in True Empathy (Divine Truth and Atonement) that leads to permanently Self-Transcendent results.

Sally is the champion of Spirit, a world-leading Divine Mystical mentor, walking WITH her clients until they KNOW the Divine Truth for themselves.

Her work is in a class of its own. This is not the lesser game of material attainment and a comfortable Life, this is the Supreme Knowing of Reality in ‘Heaven’ beyond the dream of the world.

Sally defies reference as a guru, her mission is to rid the mind of labels entirely and illuminate the Great Teacher within (AS) each of us; a position no human could ever hold. Sally has realized that you cannot know the Supreme experience of Life under the spell of person-hood. The human dream of separation is inherently powerless, the little game which defies the glorious Truth of your Magnitude and Greatness.

“I see THROUGH the program that has you blinded as a prisoner to your Pure Essence of Love, & hold you in that Light of Truth as you transcend the human matrix to live guided by your own inner Grace; abiding in Pure Bliss.” –
Dr. Sally Gray Phd OMC

Sally has been a sought-after leader and voice in the field of human potential for over 30 years and over 6,000 clients. With a long history of uncommon success playing at the cutting edge of both functional medicine and transpersonal practices, Sally is devoted to leading from Love and holding the Truth for her clients in her unique, world leading bold manner, having sold out entirely to God. With God leading the way, she lives a Life in aligned Power, expanding in Fulfilment (‘success’) and loves nothing more than guiding her clients to experience the same and beyond.

Her quest to discover the deepest Cause of suffering, both for herself and her clients, to provide excellence beyond measure has been lifelong and has taken her around the world to study with leaders in the fields of health and human potential.

Despite her clinical success having guided thousands of clients to remarkable healing as a chronic health specialist, Sally saw an alarming and obvious pattern occurring. Healing the body, whilst achievable, has nothing to do with Peace and Happiness. In fact, trying to heal the body is a distraction, wasting time, money, and sanity and producing results that leave clients dissatisfied despite an absence of disease.

Perpetually dissatisfied with the superficial and face value, always going deeper and encouraging her clients to ask, “*What’s behind this?*” Sally walked the path so few ever do to find the Supreme answer and live aligned with the Source of Love in FULL co-creative Power. It is her

commitment to take her clients to the deepest level of Cause in order to live the Life of Pure Bliss in Self-Realization; the deepest yearning for all. It's simply impossible any other way because doubt, uncertainty, fear, and guilt remain deeply embedded in the unconscious and these are mere characteristics of ego (the human death wish that is a mere idea of separation). Self-Transcendence is not about information. It's about experience.

Inspired early in Life by her aunt, a renowned clinical psychologist, Sally was introduced to Sufism and took it upon herself to follow the guidance of the famous poet Rumi and simply remove the obstacles to the presence of Love. It wasn't until she faced her own darkest hour that Sally took the final step of surrender, stepping entirely into the unknown zone to open herself to the fullness of God (not the religious dualistic dogmatic kind, but the Primal source of Creation in Love). Here she realised profound stillness, a Peace so deep and undisturbed, unleashing the Power of Omnipresence.

Sally has devoted herself to the Infinite Wisdom and Power that is God. Drawing on timeless Truth and cutting-edge quantum and neuroscience, metaphysical, Divine, and Theo- centric psychology (Consciousness) studies, she earned her qualifications as a metaphysical minister for *A Course in Miracles*, as well as a Doctorate of Theosophy.

Along the way, Sally discovered that the single biggest challenge we all face is the belief in personal identity. What you believe yourself to be defines your Life and there are only two choices with only One Being Real, each having their predictable trajectory – suffering or Joy. Having unwound her own mind from the clutches of ego, she is now devoted to extending this teaching, the path to Authentic Peace and Happiness, with those who are ready to claim their Greatness and Magnitude in Truth. Divine Success and prosperity is on the table for anyone who REALLY wants it!

She is a Mystic. One who desires nothing from the world because Mystics know where the Source of all Happiness, Love, and contentment is found and it is for everyone. A Mystic does not have a goal to change the world, knowing full well that the world is a reflection of an internal condition. Knowing spiritual Reality to be Truth and the world of form to be illusory, Mystics are fully aware of the Eternal nature of our Being.