

UNITY

HOW THE UNIVERSE, THE WORLD
AND **YOU** REALLY WORK...

A journey of awakening and ascension



LIZ WATT

UNITY

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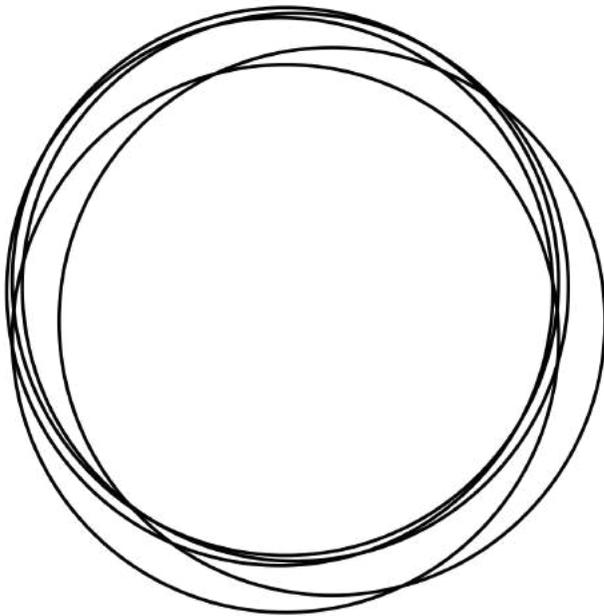
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*For those who helped and continue to help me
wake up and see.*

For those who are now awakening.

For those who have awakened.

For those who are yet to come.

And for those who choose to sleep.

For you.

For everyone.

For us all.

United as Infinite.

United as One.

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Preface

I spent most of my early years trying to do the right thing, to fit in and figure out what my life was supposed to be or where I belonged in this world. I did everything I was told to do and everything right. I got good grades at school and university and was on track to a secure career and a “successful” life. But something always felt a bit off, and I could not get many aspects of my life to work.

I worked hard and partied just as hard for years, attempting to find balance and reprieve. I succeeded in a career and moved quickly up the ranks, constantly waiting for the rewards to come. I changed jobs, cities and countries. I went back to university and studied new professions, but they still did not feel right. I even bought a house with a white picket fence that I moved out of a year later because who wants to spend their life mowing the same lawn every weekend?

I constantly tried to reinvent myself and find what was missing to feel good about the life I was told I must try to live. No matter what I did, it still never felt right. So much about what people and society told me life and the world is and is supposed to be did not make sense and did not make me happy.

In 2009, in my early thirties, in a search for a different answer, I was somehow drawn to a weekend event with hundreds of people and discovered the world of personal development. The possibility that we have a choice to think differently than how we are taught and told to believe, and we can train our brains to do so blew my mind. I discovered there are different ways you can choose to live. The answer for a good life was supposed to start by freeing yourself from the entrapment of working for other people through the generation of more money and financial freedom.

I immersed myself in the world of wealth creation. I took on the challenge of holding down a stressful full-time corporate job while coming home at night to build a “side-hustle” that would eventually set me free.

Fast forward another 6-7 years of failed network and affiliate marketing businesses, a semi-successful but not-so-exciting eBay business, half-arsed online businesses with no apparent purpose, stressful property investments and stock market trading at 1am. I finally realised this was not the answer. In the process of trying to escape the rat race and find freedom through wealth creation, I had handed over the equivalent of half a mortgage to a bunch of “gurus.” They promised the world and delivered little or nothing in the process of making themselves rich. I learned a lot, but not necessarily what I intended or paid for and I would not change it. It got me to where I am today.

At the end of 2014, I burned out big-time and stopped looking outward to go inward. I quit my job, sold my house and two investment properties and slept, for months. I got rid of the things, people and stuff that did not serve me and made me feel bad, and got to know myself. I went to some dark places, and healed wounds and traumas and shed light on the parts of me I had hidden for so long. I gradually felt better as I came back to light and life.

Over the next few years, I reconnected back to some of the creative parts of myself that brought me joy. I downsized my life and my financial needs and started teaching architecture and design in a way that worked for me. I worked part-time, choosing subjects I enjoyed, making time for learning, writing, creativity, meditation, yoga, walks on the beach and self-care. I avoided the life-sucking, soul-destroying obligations and exploitations of bureaucracy and big business.

I opened up to see the good and bad of what the world is. I regained much of my life energy. I was ready to start to teach in a new way and share what I had discovered to help other people avoid my mistakes and awaken to the world’s reality for what it truly is. I had many answers to my questions and many pieces of the puzzle of reality, spirituality and life. I intuitively sensed many of the connections between them but could not fully grasp the whole picture.

I started writing this book.

I attended a weekend writing retreat in June 2019, where I wrote a whole 26,000 words in three days. Fast forward six months, and I thought I was significantly complete except for some rather large gaps in the final few chapters. I was not sure what was still needed, or where the story ended but I knew it was not yet finished. I was ready to step out into the world and expand and express my creative and authentic self and what I had learned about the world.

Then 2020 hit...

I was in Melbourne, Australia, a city impacted by some of the harshest lockdowns and restrictions in the world. Everything went online from March 2020 onwards, my workload doubled, and life changed. The inevitable global changes I had intellectually and intuitively known were coming but desperately had hoped would not... did. I put aside the plan for broader teachings and creative expression as survival mode kicked in... yet again!

I realised how much I still had to learn as my spiritual journey and awakening and humanity continued on an unexpected but necessary path. The world of lockdowns, masks, separation, isolation, social distancing, mandates, conformity and authoritarian control provided many challenges and opportunities. I was able to observe, experience and understand at a deeper level my individuality, humanity, spirituality and the collective reality we have all created.

It was frustrating, challenging, unexpectedly exciting and at times even exhilarating to be alive at this time.

For the first time, I truly experienced the absolute polarity between the illusion of the world and the reality of truth. I suddenly saw the world for what it is at a deep, knowing level. What had previously been an intellectual understanding became a real, lived, embodied experience. External evidence, personal observation and experience combined with intuition and a deep sense of knowing to confirm everything I had suspected but previously could not fully comprehend, communicate or accept. For many months I oscillated between the two parallel realities of the world we are told exists and the world that does exist. The whole picture became clear.

Once you see the truth of reality, you can never go back.

I continued to write, edit and evolve this book through 2020 and 2021 as inspiration and information came to me, with new understanding, until it felt correct and complete and no more gaps remained.

This book started as a project to collate over a decade of research, observation, experience, curiosity and questioning. It attempted to make sense of why the world was the way it was, why so many things did not make sense, and why I and many others could not get my life to work the way I was "supposed to." It is an attempt to find answers to the big questions such as what am I, who am I, why am I here, why are we here, what are we, what is reality, what the heck we are doing, and what is this game called "life" that we are all sharing. It is not the answer, but a starting point to understand the whole picture and provoke curiosity and questioning by the reader to know more.

The purpose of this book was to understand how the workings of the universe, the world, life, and myself connected. It tries to put the pieces together in a way that makes sense. What resulted was personal confirmation...

Nothing is what they told us. Everything is connected, and we are collectively experiencing an incredible point in human history.

The challenge in writing a book like this is creating a linear narrative. All pieces interconnect like a networked web and rely on one another to be understood. To understand the first piece of information, you need to understand the last. To understand how the individual works, you need to know how the universe and the world work. To understand the universe and the world, you need to understand the individual. No one person or piece of information or content can be the answer, but only a part of the answer.

Writing much of this book felt like it flowed through me rather than from me. Other parts were hard to birth. I re-read many aspects of this and consider the words quite wise, from wherever they came. Some aspects came naturally, from an older, more powerful, more knowing ethereal mind. Other details about the three-dimensional reality were researched, explored, considered, understood and learned by my human, worldly mind. The tone may change at times as a result. I discarded little. Much was reworked and refined and moved and reconnected to other parts. But each piece clearly identified itself as needing to be included in some form.

Perhaps read this book once, then reference and re-read parts as required over time. Or whatever works for you.

For me, this is a book that brings many pieces of the puzzle together in one place. It is layered with levels of understanding. It identifies individual components and tries to connect them as a whole in a linear format. It is a book I wish I had a decade ago, or at least when I had been ready to read it. Which maybe is only now, and is perhaps why it now appears. It is a book that has been created through me to hopefully help you understand spirituality, reality, humanity and your individuality a little bit better in a practical way.

It is a book that captures my perspective, experience, observation, understanding and knowing of how the universe, the world and you really work which will continue to evolve. Please read it as such. It is a book that delves into both the darkness and the light and yet still yields hope. It is a book with information and ideas needed in current

PREFACE

human and world history. It is a book that hopefully helps connect you a little bit closer to you and You.

Be open, read it, test it, and continue questioning and researching for yourself. Some of it you may know, some of it may be new, or connections may arise that you had not considered before. Take what works, the pieces that fit your puzzle, understanding of the universe, the world, and your place in it. Leave the rest for now, and continue on the path to objective truth. Come back to it if and when you require.

The choice is yours...

A handwritten signature in black ink that reads "Sig Watt". The signature is written in a cursive style with a long horizontal flourish extending to the right from the end of the word "Watt".

Introduction

You have spent your life following the rules, studying hard, getting good grades, getting a good job, buying a car, a house, and paying the rent or the mortgage. Perhaps you got married and had a couple of kids. Maybe your life is at the point where everyone told you it is supposed to be. You are officially wealthy and successful, or well on the way to being so. But something does not feel right, and if you are honest, perhaps it never did.

Maybe you tried to follow the rules and do what everyone said you were supposed to. You tried to study hard and choose a promising career, but deep down, none of it made any sense. You always sat on the edge, never quite fitting in, never quite knowing where you belonged. Looking and searching for something that felt right and told you who you are and where you need to be.

Maybe you never followed the rules. Perhaps you always knew there was something not quite right about the world and how things were supposed to be. Perhaps you constantly challenged authority, questioned things, are still asking, did things your way and never even tried to conform.

Maybe, until now, life worked out pretty great for you, but suddenly the shifting state of the world has raised some big questions. You sense that something in the world is not quite right, and you want to know more.

Regardless of how and why you got here, you are in the right place.

In this book, you will get some answers to your questions and start to learn why something feels off about the world, your life, and where you fit in. This book is an opportunity to start to see how the universe, the world, and you work. You can begin to empower yourself with information and ideas. You can start to take control of your life and create what you truly desire and what you came here to experience.

This Book

This book is not a magic pill, nor does it hold the answers to everything. It attempts to connect some of the answers to some of the big questions about how the universe, the world, and you work. It is an attempt to uncover objective truth and fit things together as a whole. It is an attempt to prompt you to continue asking the bigger questions.

The information in this book can be sorted and presented in many different ways. It may repeat similar ideas from different perspectives because everything is connected to everything.

It lays the foundations with concepts that can be pieced together in different ways and referenced as required. It has four distinct parts, each with chapters. Each part or chapter could be a book or a lifetime of work in itself. Each theme or sub-heading within each chapter could be a book in itself. Consider this merely a point in a journey towards truth.

Part 01 | MEGA The Natural Authentic Realm sets the scene for the big picture. It considers how the universe, the world and reality work through universal and natural law, why we are here as human beings and why we forgot who we are.

Part 02 | MICRO The Human Being moves to the small scale and provides an understanding of the different aspects of the human being. It considers the worldly and physical self that is the human being you call yourself. It considers the ethereal self beyond Earth and the relative self that helps us connect to and understand the external world.

It considers how the human being functions as a vehicle to help you create, perceive and experience life on Earth. It explores why humans behave the way they do, even when destructive.

Part 03 | MACRO The Unnatural Artificial Realm jumps to a scale between parts 01 and 02. It considers how the human being has used natural and universal laws to create the different realities that co-exist on Earth. It explores the artificial and unnatural human-made systems that influence every aspect of our lives. You will see which systems are working and are not working, and why, in terms of how reality works and humans are designed to create.

Part 04 | COSMOS The All revisits the mega, macro and micro and brings them back together. It explains the process of awakening and ascension. It considers what we are experiencing on Earth and where

we are potentially going, at all levels, as an individual human being, a member of collective humanity, and as Source Consciousness.

Within these sections, you will also see repeating themes of 3 aspects of the human, which encompass the seven areas of human life and include:

- **Worldly** | The physical body, the emotional heart and the mind.
- **Relational** | The comparative perspective that connects the worldly and the ethereal.
- **Ethereal** | The soul, higher self and Source Consciousness.

You will see we are all in the midst of a process of awakening and ascension. We individually and collectively will or will not become aware of the actual, objective reality compared to the illusion sold to us. This story concludes with where we currently are, where we need to go, and how we might get there. It questions the role you are personally here to play, the world you want to create on Earth, and how you can contribute to making it today.

The Past

The past has brought humanity to where it is today. There is no point in dwelling on it and throwing accusations and blame. We are where we are now.

Instead, we must look to what we can learn from the past to move forward. Only none of us can know for sure what the truth of our past and history is because none of us was there. To think we definitively know what our past is becomes a dangerous trap. We must remain open to possibilities and continue to question and learn.

The Present

2020 was the beginning of big global upheaval that cannot go unnoticed. Your response to global and local events is merely a magnification of your “stuff.” Those who have been on some spiritual path or journey of awakening already have most likely started to work on traumas, wounds, and hidden parts of the self. You may already have answers to many questions and pieces of your puzzle of life. You might already be able to see much of the whole picture, the illusion and the truth.

For those who choose to see, global events raise many issues and questions, bring darkness into the light and force people to look at it. We can see what many of us have suspected for a long time: that the world is not working and something has to change. A plethora of lies,

corruption, fear, greed, manipulation, coercion and control are being exposed by the light during this time.

Individually and collectively, many people are waking up, seeing the world and themselves differently and starting to question reality. It highlights polarities of perspectives and division at global, national, community and family levels. It raises so many unanswered questions. It forces people to choose a position and perspective and take a stand for what they believe in. But the present and the moment of now is just a temporary transition.

The Future

For those who still choose not to see the objective truth of reality, the universe, the world and themselves, the experience of waking up is yet to come. We must see both the illusion, unnatural and artificial nature of human reality as well as the magnificence and wisdom of nature to awaken. As we move into a world that will not return to what it was, people will be forced to see the truth and respond. Or not.

Those that have awareness and embrace sovereignty, freedom, flexibility and love will thrive and move forward. Those that hold onto fear, the illusion of what was and no longer and never really worked or deny new perspectives, objective truth and change, may struggle to survive.

Humanity is currently experiencing one of the most exciting or terrifying times in the history of society and the world, depending on your choice of perspective. The world as we know it is changing forever. You can resist, fight, and let things happen to you, or you can get on board, take control and enjoy the journey.

Where we will end and how we get there is unknown to the individual human being. The possibilities are endless and can change every day, depending on what we choose. But once you see how reality, the universe and the world work, the way things are and realise the power every one of us holds, your reality will never be the same.

Once you decide to open up and know the world for what it is, you can never go back to un-know.

Hopefully, this book will help you see both sides of artificial, unnatural illusion and natural reality and the perfection of what is. It will help you choose to move forward and thrive.

As One.

PART 01 MEGA | The Natural Authentic Realm

Chapter 01 | Consciousness

In The Beginning

Before anything, there was an ocean of nothing and potential for everything. Energy. A field. A field of energy. Sea of energy. Ocean of energy. A force. Life force. A Consciousness. Higher Consciousness. Spirit. Source. Source energy. Prana. God. The Mind of God. All that is and was and ever will be.

Let us call it Source, Source Consciousness or Consciousness with a capital C.

Source is the point of origin from which something comes into being or is derived or obtained.

Consciousness is awareness of or perception of something.

Source Consciousness is the point of origin of awareness and consciousness.

Source Consciousness is the origin of all life. It is the origin from which everything arises. It is like an infinite ocean. It was there before the beginning of space and time as we know it. It exists far beyond space and time because space and time are thoughts, ideas, and constructs that evolved at a point within this ocean of Consciousness. We do not know how and why it came to be because no human saw it, but we were all there in some energetic form.

Source is an infinite and eternal field of energy that vibrates and includes nothing and everything that ever is, ever was and ever will be.

Infinite is limitless or endless in space, extent or size and impossible to measure or calculate.

Eternal is to have infinite duration, lasting forever and without beginning or end.

Temporal or **temporary** exists for a limited time rather than the forever of eternity.

When something is everything, nothing is new or old. It already exists. It is already everything. It is light and dark, up and down, positive and negative, good and bad. It is polarity, contrast, and everything else along the spectrums between the differences. Because it is everything, it has a knowing and understanding of everything.

Consciousness is everything. Everything is it. To know itself, it needed to un-know itself. Un-knowing would allow it the experience of not remembering and learning to know, understand and remember itself for the first time from many different perspectives. It wanted to know itself in ways it had never known itself before. To un-know itself, it divided and separated into parts, so it could forget and know, understand and experience itself anew as each of these parts, and find new perspectives.

The first thought came of light as a separate and opposite something that came from the endless darkness of nothing and everything. From the idea of light came larger thought-forms and actual separation into the light. Light is a form of electromagnetic radiation with wave-like properties, particle-light properties, vibration and frequency. The light allowed energy to travel through space via waves of vibration.

The light was the first division that created something separate from everything. The creation of light allowed Source to experience the light as one aspect of itself different from the dark. The light allowed energy to move, change, transform and transmute.

After the light came another independent thought with different energy, vibration, frequency and waves. When enough energy and focus were placed upon it, the vibration of a thought-form arose from the ocean of energy. Something derived from thought with a power and a desire behind it, which started to give the thought reality of its own. It may be hard to comprehend. It may be hard to accept. Humans do not yet fully understand this process.

With enough desire and focus, from thought-form finally came a physical or material form, a something, and then another something and another something. Space was created as an idea for the three-dimensional arena for all of this to occur.

Time manifested as a linear construct. Time allowed Consciousness to pull itself apart and experience aspects of itself separate from another and enable full appreciation, rather than experience everything all at once.

At some point in time, our universe was created. With this came the sun, stars, planets and celestial bodies. Within that universe came the thought of Earth as an idea. Multiple aspects of Source agreed Earth

could be a playing field for Source to start to know itself in a new way. So physical Earth began.

Creating Life On Earth

To **exist** is to have life.

Life distinguishes the phenomena of organisms from inorganic objects or dead organisms. It is characterised by the wisdom of natural processes such as growth, metabolism, reproduction, perception and response to stimuli or adaption to the environment originating from within the organism.

Life is generated by a connection to the energy and life force of Source Consciousness. In humans, life is maintained by the presence of the soul connecting to Source.

Life source is the origin of life. It is the infinite field of energy and power that comes from Source.

From Source came collective waves of vibrations, frequencies, densities, thoughts, ideas, and imagined details of Earth. Land, water, sky, oceans, mountains, valleys, and purely fantastic beauty of imagination and infinite potential evolved upon the Earth. It provides the natural, physical environment for the collective experience of all the species that came to exist upon it.

Earth was a blank canvas of physical experimentation for Source. It included anything along a spectrum that can be created and experienced within agreed rules and laws. This spectrum of possibility ultimately helps Source compare, contrast and know itself in new and unique ways and expand.

The physical manifestations of Source include wondrous species of life in the form of plants and animals. Each seems physically separate and individual but connects as an integrated living ecosystem through the energetic ocean of Consciousness.

Finally came the thought of something that could become human or humans themselves. Then, upon the Earth appeared the three-dimensional form of humans. All evolve from the energy, vibrations, frequencies, and waves of thoughts and thought-forms of Source.

The Thought Of You

Consciousness, or the field or ocean of energy, has infinite vibrations, frequencies, and waves like the many states of the ocean. Because we are all part of Consciousness, we are that Consciousness.

We are that energy. Source. Spirit. Consciousness. All.

You are that energy. Source. Spirit. Consciousness. All.

As a drop in the ocean of Consciousness, your higher self, or You, with a capital Y, as an aspect of Consciousness, first thought of you, with a small y, as the human you are. Of who you could be, might be, of what you could do, be, think, have, and experience if you came to be as a physical being on Earth.

You decided, and You chose to create you as an aspect of Consciousness from that point. You made a physical body and a worldly form to experience the life potentials of one particular human in this physical place we know as Earth.

Before your time on this Earth, You, as an aspect of Consciousness, first had to think of yourself and what you might be. Then You had to develop a genuine desire within Yourself to give enough energy to evolve that thought into a thought-form and finally manifest into the physical reality of human form. So you came to be.

The Ocean Of Consciousness

Because everything is energy, everything is like one big ocean with infinite drops of water. The ocean is a significant and powerful force in some places, with huge rolling waves that smash and crash with intense power. It is still and silent in other areas, with a smooth, shimmering and unbroken surface. It flows and moves with momentum and intensity or breaks off into rivers, rapids, waterfalls and streams.

At points, the water flows towards the open ocean, and at points, the water flows away. The calm, still, and silent bay becomes an angry and violent storm at different times. The fast, flowing creek sometimes dries up or fills with rubbish, mud, and sludge. At times a part of the ocean, as a volume of water, can be diverted, removed or contained.

One drop in the ocean never stays in the same place. Even separated as a drop, it is still part of the ocean. It is a drop with unique characteristics and part of a bigger, more significant thing. Every drop is part of everything.

Source is the ocean of everything, the sea of energy that connects everything in and within this universe, including you. You and I are individual drops in this ocean with diverse and unique qualities and characteristics. We are always part of the ocean. We are always different but the same.

Each drop holds the potential power of the ocean, the ferocity of an enormous storm, the stillness of the calmest bay, or the momentum and flow of a running stream. Each drop holds the potential possibility of everything the ocean can be in one drop at one time and place. Each drop has the potential power of Source, Consciousness, everything.

Every one of us has that and is that. Source energy is the essence of us because we each hold within us the energy, strength and power of Source and everything. We are each a part of and carry the force of Source that created us.

Purpose Of Source Consciousness

A **purpose** is a reason for which something exists or is done, made or used.

The purpose of Source Consciousness is expansion and ascension through learning and growth to know and understand itself from different perspectives.

That is why the world exists. That is why you exist. That is why everything exists.

The purpose for you being who you are, the way you are, and where you are in this particular three-dimensional reality of time and space is expansion through learning and growth. You chose a specific reason, purpose, meaning, and experience when You decided to create yourself at this time. There is something for you to learn here on Earth, as a human being, so You, as Source, can learn, know and understand Yourself better from a unique perspective and expand.

As part of the way You designed this world, the problem is that you forget once you arrive here. As a human, you forget why you are here so that as Source, You can un-know and re-know Yourself as you in this reality of Earth. Your existence is so you, and You can know and understand yourself as a drop in the ocean, as the human being you are, and the whole of Source You always have been.

That is the game. That is the point of this crazy world You chose to create, and You decided to live in as you. To forget the glorious truth of who and what you are. Then through the process of life, perception, experience and living, to remember. In that process, you continue to expand the consciousness of everything. Of all that is, was, and ever will be.

That is the reason you came here. That is the reason we all came here. One by one, we were chosen like drops in the ocean, to be

created and come here together to Earth. We live our unique individual and collective experiences of human life in this particular time, space, and reality to expand consciousness. Ultimately, we will ascend the physical into a higher vibrational frequency, return to Source, and remember all from where we came.

We each came here as an aspect of Source Consciousness to expand you, You and the Source Consciousness. You did. I did. We did. Individually. Separately. Together. United.

Expansion of the soul and, ultimately Source occurs by moving into the unknown and experiencing things from a new perspective and in a new way, learning, knowing, and understanding yourself more and more as a drop in an infinite ocean. For the human, it involves levelling up and exposing yourself to new information, situations, conditions and experiences to know and understand yourself at a deeper level.

When you choose connection, knowing yourself, and who and what you are, you choose a path of expansion, a return to Source, your essence and You.

Human Consciousness and Awareness

Awareness is the state or ability to perceive, feel, or be conscious or cognisant of events, objects, or sensory patterns.

Unconsciousness is when one loses the ability to be aware of something.

Human consciousness is sentience or awareness of the internal or external existence of the self. It is being alert, awake and able to perceive and recognise patterns in the external environment, conditions, situations and stimuli, and internal sensations, emotions and thoughts. Human consciousness is one way Source explores itself through the perception and experience of the individual human being.

To say a person is conscious means they have a high level of awareness of the objective truth of their reality and internal, external and ethereal worlds. To say a person is unconscious means they have a poor awareness and understanding of the objective truth of their existence, internal, external and ethereal worlds. They are asleep to reality and objective truth.

Collective consciousness is the shared, predominant level of awareness humanity has about actual reality versus the unnatural and artificial illusion of reality.

Every human being exists to expand their consciousness and awareness by perceiving, experiencing, and responding to the world. Through this process, humans begin to know more about themselves and the truth of who they are as eternal beings. This knowing expands their consciousness and Source Consciousness. When they choose not to see and know the world for what it truly is, they stay in contraction or stagnation until they are ready to expand.

Expand, Learn, Grow

The point of Source is to expand in energy by creating new experiences and different perspectives from which to perceive, learn, know, experience and understand itself in a new way. That is why it chose to divide and duplicate itself in the first place.

To **learn** is to obtain knowledge or skill in a new subject or activity.

We obtain information to expand, learn and grow in three ways.

- **Worldly or internal learning** | Through personal physical perception, experience, observation, emotion and critical thinking in the three-dimensional realm.
- **Relative or external learning** | We accept or question information provided by an external source.
- **Ethereal learning** | Through energetic intuition, instinct, gut feeling and a sense of inexplicable knowing and wisdom.

Humans are primarily programmed to take the information given to us by an external third party of authority as truth and accept and follow blindly. When we do this, regardless of what our own experience, observation, intuition, and gut feeling tell us, we welcome one subjective view. Every individual must use all three learning methods to assess, test and understand information and reality.

The individual must choose to open your mind to potential and possibility and take in as much information as possible from many different sources to find objective truth. It is best to determine facts, truth and the most accurate and objective perspective based on reviewing and questioning external information, personal observation, experience, and intuition. Explore various perspectives, regardless of what you want it to be or think it should be.

Question everything, and do not be afraid to re-assess and change your mind when new information and perspectives arise.

Perspective And Truth

A **perspective** is a mental position or attitude from which a person views and judges things. We perceive something in the external world through our senses which are interpreted and given meaning. What humans perceive internally is not always the truth of what exists or occurs. It is just one particular view or perspective seen by the observer that is affected by the human mind and body filters.

Truth is a verified or indisputable fact, state or condition.

Personal truth is an individual's thought or belief as truth rather than always actual truth. The problem with the concept of personal truth is that what you choose to hold as a true, indisputable fact may not be. It may just be a subjective perspective or point of view created or selected from a narrow spectrum of information.

A **filter** is a mental process that removes certain information. When we perceive external data, our mind will delete, distort and generalise to create a unique perception. What human beings can perceive is only a narrow sample of what exists. What our mind leaves out is a large part of what exists. Internally, we place meaning on what we perceive through our thoughts, values, beliefs, memories, decisions and a lifetime of programming to create our perspective.

Truth does not change. Perspective does.

The absolute truth is objective, drawn from a broad range of information, including and beyond what individual humans perceive at any point in time. Truth does not change. Perspective is subjective and extracted from a narrow range of information and can change as the view changes. We must overcome the filters of our minds to find objective truth.

Perspective is not the truth or personal truth. It is one subjective view of the truth. Finding the truth requires breaking down mental beliefs and thoughts and emotional and behavioural patterns. It requires us to set aside our thoughts, beliefs, memories, interpretations, values and attitudes. It requires the observer to remove these mental filters the brain places upon their perspective and search all the perspectives outside of themselves to reveal the ultimate truth that lies somewhere between.

Subjective, Objective And Intersubjective

Objective exists whether humans exist and is independent of human beliefs or perspectives. The objective is unbiased and sticks to the

facts of what is. To be objective means you have no filters, thoughts, beliefs, memories, personal feelings or emotional responses to distort perspective. You can consider all the different subjective points of view and available information to uncover the objective and unchanging truth within. There is no judgement of good or bad, or right or wrong, but purely a neutral and informed observation to discover what is, not what you think it should be or want it to be.

Subjective depends on a single individual's level of awareness, beliefs, and experiences. It is based on feelings or emotions and is open to a personal interpretation, individual perspective or point of view seen through filters. To be subjective is unable or unwilling to see any other aspect or point of view and not consider the facts on their merits. Subjectivity is a judgement of what is right or wrong, or good or bad, based purely on a single perspective or opinion and limited information.

Intersubjective is a subjective perspective agreed upon and shared by a collective or group. It is the accepted mental relationship between people and things within a group or network. If a single individual changes their beliefs and point of view, it has little impact. If the collective agrees to change their beliefs or point of view, it changes the accepted perspective.

The objective is open and expanded, and includes consideration of all perspectives and information as part of a broader view, and therefore takes you closer to the truth, Source and interconnectedness of everything.

Subjective and intersubjective move in the opposite direction away from Source, towards contraction, separation, isolation and narrowness of perspectives and views.

It is essential to understand the subjective perspective of your internal realm and the intersubjectivity of the co-created external human-made realm. Subjectivity and intersubjectivity both exist within higher, objective truth.

Source is ultimately objective, as Source is everything, so it encompasses all the individual subjective and intersubjective perspectives of everything. It can determine objective truth from the process of experiencing and knowing everything.

To be truly objective, one must draw a logical conclusion from all the collective information and subjective perspectives to determine objective truth. As human beings, this is challenging, as we cannot physically experience every different view. Nor can we remove the

filters of our human mind and body. Even when we connect to the objective truth of Source it is filtered through our human form. We can only start to imagine alternative points of view to determine objective truth amongst them. We use experience, intuition and critical thinking to help get us closer to and uncover objective truth.

Critical And Absolute Thinking

Critical thinking uses logic, rationale, analysis and reasoning to make sense of things, establish and verify facts, and adjust beliefs and ideations based on new information. Critical thinking is the process of reasoning to observe and analyse phenomena, data, reactions and feedback and then conclude from the data.

Everything written here attempts to use a combination of critical thinking and personal experience, external sources and intuitive knowing to uncover objective truth. This book is a single human perspective, so it is still subjective. It is up to each individual to use a combination of critical thinking and personal experience, external sources and intuitive knowing. We must each seek out and assess all available information to uncover the objective truth about Source and Consciousness, the universe, the world you live in and yourself. Every individual must choose curiosity and continually question the world around them, expanding Source Consciousness.

Absolute thinking tends to think in black and white, and concrete terms indicate totality. It includes reference to such terms as always, is, never, none, totally, absolutely, everything, must, or all. Absolute thinking implies an objective truth. However, we may never know all objective truth as subjective human beings. More subjective words could include could, might, maybe and some.

This book is mainly written in absolute terms for the flow of words and understanding. To write in absolutes might sound like “you are, it is, they will” rather than “you could, it might be, or they might.” It just sounds better and is generally more straightforward. As humans, we can never fully know objective truth in our current physical form. Again, it is essential to note that everything in this book is doing its best to consider as much information as possible on a quest for objective truth through the filters of a subjective human perspective.

Occult Knowledge

Spiritual is that which relates to regions beyond the three-dimensional aspects of Earth. It can also be referred to as metaphysical, mystical, supernatural, unearthly or celestial.

The objective truths that govern our universe and current reality have been the subject of a human quest for understanding for thousands of years. These truths or ideas are not taught in schools or discussed openly in politics, religion, or financial circles. They are not easily accessible in mainstream media or in daily life. Much of this information has been hidden as secret, esoteric or occult knowledge.

Esoteric information is reserved for the elite and the few to create and maintain a power differential, authority and control.

Exoteric is pertinent information communicated to the masses or those outside the inner, elite circle.

There is a desire for those who control the esoteric, occult information to keep it from the general public to use it to their advantage and retain control. Those in control understand that allowing equal access to information will create a level playing field and place their authority, power and control at risk.

Occult comes from the Latin word *occultus*, meaning clandestine, hidden, or secret. Occult does not mean it is bad, wrong, dark or evil, which is a fear that has emerged over time in response to this information. Instead, history has held it in very high regard. It has been well guarded and hidden from the general public.

Occult, esoteric or hidden knowledge has come to include information not explainable by the current science, religion or three-dimensional realm. It is not considered desirable by those in authority or power to release to the general population. Science and religion often cannot or do not want to publicise or explain objective truths because they likely contradict the subjective and intersubjective perspectives of the time of the different disciplines of science, politics, economics or religion.

Occult or hidden knowledge includes truths about the workings of reality, our world, the universe and the natural laws that govern them. Over time the study of this information has occurred through astrology, alchemy, spirituality and other similar disciplines.

Nescience is where information is absent, not present or not available to be known. Nescience occurs when information is withheld, hidden or manipulated by organised religion, politics, government, authority, scientism, media, education systems, financial systems or other groups or institutions.

Ignorance is not knowing because the information is present and is being ignored. Ignorance is to refuse to see or accept what is available and true and is a choice.

Humans are blind to the truth and fooled into a different perspective or perception through imposed nescience or chosen ignorance.

To date, occult knowledge has essentially remained hidden from the general population as a way for a small group of individuals and organisations to control information about reality and, ultimately, society and humanity.

We now have easier access to this previously undisclosed information with technology and the internet. More and more people are questioning, uncovering and sharing occult and other related and relevant information. More and more people are starting to see the truth of reality. They see who and what we are and how the world and the universe work. There is no real excuse for people not to gain access to this information and keep themselves oblivious to the truths of the universe and the natural world.

It is ignorance if one person in your life has spoken, written or posted about things in this book, and you have chosen to ignore, block, censor, or remove this without further consideration.

You cannot say you did have the opportunity to consider an alternative perspective and know the truths of reality when they eventually come to be revealed.

We can all know and understand our universe and current reality.

Occult information is now turning from the esoteric to the exoteric. It is becoming more available and exposed to those who wake up and ask hard questions such as: Who am I? What are we? Where do we come from? What is the point of all of this? Why is the world the way it is? How does the world work?

The universe's workings are becoming more commonly known to those outside elite circles. When applied en masse, this can affect significant change. Power and control are being transferred from the ruling elite to the individual and the general population as people wake up to objective truth.

So What?

All consciousness aims to expand Source Consciousness through learning, growth, and ascension. The point of you, humanity, reality, Earth and the universe is to raise your consciousness and awareness

UNITY

through learning, growth and ascension. Individually and collectively, everything is moving through a process of expansion and ascension. The universe, energy, expansion and contraction and everything that governs life on Earth are part of an experiment by Source Consciousness to un-know and then know itself. This includes humanity and you.

The question is, how do you start to remember the truth of who you are and help consciousness expand?

The answer lies in a more detailed understanding of how consciousness and energy work in the universal and global realms.

Chapter 02 | Realms

Realms

A **realm** is a region, sphere or domain in which something prevails and can refer to any area of activity, interest or thought. Realms can describe parameters of universes or dimensions and the worldly, as well as physical, mental, emotional, relational, spiritual and ethereal realms and aspects of the self. A realm is like a cloud of consciousness taking a particular form within the overall ocean of Source.

Worldly relates to the three-dimensional world and its pursuits rather than spiritual or ethereal affairs.

Ethereal relates to the regions beyond the three-dimensional experience of Earth. It can also be referred to as metaphysical, spiritual, mystical, supernatural, unearthly or celestial.

Multiverse And Universes

A **universe** is a system of energy or consciousness operating together. It is a realm of reality of a particular activity or experience based on how energy behaves in that realm.

A **multiverse** is a hypothetical group of multiple identical or diverse universes. Together these universes comprise all that exists. Earth exists within one of these universes.

Source Consciousness divided itself into clouds of consciousness that became creators of universes. Together, these universes imagine and create the multiverse or the whole of Source. The aspects of Source within each universe decide how that universe functions.

Each universe has a unique set of phenomena, rules and laws that determine how energy operates and functions in that realm and the resultant conditions. Each universe's unique qualities and characteristics allow for different experiences and ways for Source to

know itself. Earth and humanity are a part of one universe which is a realm of unique physical activity or experience.

Universal laws are created to define how energy functions within a universe. All consciousness or beings within that universe agree and adhere to these laws. These laws can be changed when the participants agree.

When a new evolution occurs in a universe, it expands to accommodate that evolution. Instead of increasing size, it divides and duplicates, like how your body's cells divide and replicate. Every division and duplication is not split, reduced and halved but expanded in energy. The new reproduction carries all the qualities and characteristics of the original, plus something new expressed differently. Each further duplication within a universe is called a dimension.

Dimensions

A **dimension** is a concept that organises different planes or realms of existence according to energetic vibration. Each dimension holds a particular state of consciousness or awareness or one way of perceiving reality. It is essential to understand dimensions are ways of perceiving, not places. They co-exist on top of and within, and around one another within a realm of consciousness, like interconnected and overlapping layers of awareness.

Dimensions also include notions from physics and science, like space and time. Dimensions are like a realm with a particular level of consciousness, qualities and conditions for a specific type of perception, awareness, experience and understanding.

Dimensions divide in terms of vibration and frequency. Each new dimension has a higher energetic vibration than the last. As vibrations increase, they move further away from the three-dimensional physical state we know and become more like energy. In reality, these dimensions exist on top of one another in the same space and time. You exist in all dimensions at all times.

In our physical human form, we perceive and interpret vibrations in a linear form of space and time. This is what is required for our brain to perceive information.

A **plane** is a flat, two-dimensional surface that extends infinitely.

A **form** is a particular way a thing exists or appears in the worldly or physical realm. It can include physical, mental, emotional or spiritual forms.

Dimensions are challenging to understand because the way energy and vibrations can behave in each dimension is different from the energetic behaviour of the third dimension. Each dimension within our universe has various laws and principles, starting with perceiving space and time. Each dimension contains all the properties preceding it, plus more. The following is one model of understanding that broadly describes them.

A **single point** is where the entirety of Source Consciousness and everything began and then expanded as energy and dimensions.

The **first dimension (length)** is a point extruded into a line to connect two points by the points between them. There is no depth or height, only width. We call this the X-axis.

The **second dimension (height)** is a one-dimensional line extruded to create a plane or flat shape like a triangle or square. It connects two lines and all the lines between them. It now contains width or the X-axis, plus height, or the Y-axis.

The **third dimension (depth and volume)** is a two-dimensional plane extruded to create depth and the Z-axis, and three-dimensional space, form and volume. It connects two planes and all the planes between them. The third dimension is form and space without time. It exists moment to moment, and time is experienced only as the moment of now in the physical. We experience physical form and space in three dimensions: width, or X-axis, height, or Y-axis, and depth or Z-axis. It is a moment-to-moment reality, and all that exists is the now.

The **fourth dimension (time)** includes the three dimensions of space and form: width, height, and depth. It now adds the position in time occupied by a three-dimensional object from a starting point. This creates a space-time relationship as the space or form exists in space over time.

Life on Earth perceives the third and fourth dimensions of width, height and depth of form and space, and time. Beyond this, much more information exists. As we move into higher dimensions, we cannot necessarily prove our experience as humans do not knowingly exist beyond the fourth dimension. These models are possibilities of what could exist.

Each dimension has a higher energetic frequency and expands from the previous to include the information of the earlier dimensions plus something new. It is theoretically possible to access this information as you raise your energetic vibration or frequency to the level at which the data exists.

The **fifth dimension** includes the fourth dimension and every possible timeline or path that could have existed since the same starting point. Time is fluid rather than linear. It consists of every possibility from every point along every timeline and branches off infinitely. There is so much information here the human brain could not possibly comprehend all these possibilities simultaneously.

- Collectively, it is every possibility and timeline that could occur from all points since the start of the universe.
- Individually, it is any and every possibility you could have chosen from any and all points of your third-dimensional life and alternative timelines since the time of your creation.

The **sixth dimension** has no timeline. You can instantly experience all possibilities from any starting point of an object from the fifth dimension in a single point.

- Collectively, it is every thought and all possible timelines that could have or have occurred from a point in any possible universe's timeline experienced at one point.
- Individually, it is every possible life path you could have experienced since the time of your creation experienced at one point.

From the seventh dimension, we now have the possibility of new universes with different forces of nature and universal laws that govern their operation. We start to connect to new universes that have alternative beginnings to ours. The following describes these dimensions.

The **seventh dimension** is access to the possibilities of all potentials or universes that could exist with different starting conditions. This dimension allows for the connection of one universe to another.

- Collectively, other universes are governed by different conditions and laws than our universe. For example, the law of gravity exists in our universe. However, it may not exist in other universes because the original conditions creating those universes were not the same as ours.

The **eighth dimension** is access to the plane of all possible pasts and futures for each universe, stretching infinitely.

The **ninth dimension** is access to experience any probability path from any timeline in any universe instantaneously.

The **tenth dimension** is where anything is possible. Access to all probabilities of all universes in the ninth dimension exists as a single point of Oneness.

What is important to note is this model helps the human brain understand the physical reality we exist in. On Earth, we are perceiving and experiencing a three-dimensional physical reality of space, volume and form, including height, width and depth. We also perceive and share the fourth dimension of time. Beyond the third and fourth dimensions, many other dimensions co-exist simultaneously in this universe and Earth realm.

The current human form cannot perceive these dimensions. It is too much information for our brains to process. Multiple dimensions theoretically allow many versions of you and You as Source to co-exist, experience, understand, and know who and what it is from a vast range of perspectives. This aids the expansion of Consciousness.

No human has physically experienced beyond the fourth dimension to tell us whether this is true. It should be considered a subjective view to help you start thinking about what exists beyond the physical, third and fourth-dimensional realms we are familiar with.

Timelines

Time is a measured or measured period during which an action, process or condition exists or is continued.

Time in the fourth dimension exists in linear form like an imaginary line connecting the start point of the existence of an object to the endpoint where that object ceases to exist or dies. It connects two points in time plus the points between them. This is a timeline.

A **timeline** is a concept of a linear representation of significant events in the order in which they occurred as one version of reality.

Time is designed as a concept to help us perceive, understand and experience events and information as a linear process of past, present and future. In this linear form, our physical human brains can interpret data to create understanding and meaning.

Humans can only ever experience the present or now of the third and fourth dimensions. We cannot move freely back and forth along the timeline in our physical form. The past and the future are represented as thoughts, ideas, memories, beliefs or emotions. They do not exist in the physical present, but we can revisit them energetically in our hearts and minds.

- Collectively, our timeline includes everything that ever existed for all humans and beings and forms since the universe started.

- Individually in your lifetime, time helps plot your location as a physical object in space from your creation to death. It includes every thought, emotion, and experience that ever existed relative to your single current lifetime and your human form.

Each human life can be considered a single timeline. There are multiple potential future timelines that a human could experience that co-exist at any point in time. These options depend on the energetic frequencies an individual holds at a point and the choices made from that point onwards. Branching out from a single point like the branches of a tree, we start at the trunk, choose one branch, then another and another.

At any point in time parallel dimensions and timelines of alternate possibilities co-exist simultaneously.

Co-Existing Possibilities

Co-existing dimensions and timelines can be likened to computer games. A computer game begins as an idea of a realm with unique qualities and characteristics. It exists in mind and thought, not in physical form.

The programmer uses digital code to develop the environment, conditions and how reality functions within the game. These conditions and constraints are like the laws of a universe or how the reality within a universe or realm will function. Avatars or characters, objects and things are imagined and created in code. Everything within the game is energetic in nature, waiting to take form.

The game has a purpose, a mission, or a goal to aim for. The entire game context, journey, and experience throughout the game are designed to move toward this outcome. The game is programmed with every possibility, path and outcome that could result from any one particular decision or choice at any time.

All possible timelines of journeys and experiences co-exist all at once, at all times as a program.

The game does not exist physically. The possibilities of experiences and outcomes are not tangible. Nothing exists until the human game player enters the game as an avatar. This is like the soul entering the human form on Earth.

The player is not the avatar, just as the soul is not the human form. The player perceives and experiences the external environment of

the game through the avatar, as the soul does through the human form.

Time and space are created through the filters and perception of the human form. All programmed possibilities that co-existed in the program are now stretched out. They can be perceived and experienced one at a time.

Each choice will determine the individual experience of the timeline in any one game. No two games will be the same for any player, even when they replay the game repeatedly. Each possible timeline is experienced once from a unique perspective.

The same exists in our universe. All possibilities for our universe as one computer game co-exist in the fifth and sixth dimensions. We each choose to experience one possible timeline within the game of the fourth dimension when we step into the avatar of our human form.

All possibilities for every universe and reality co-exist in the eighth, ninth and tenth dimensions. This is like the collective programming of every computer game that ever has, does and will exist in every universe, ever.

Akashic Records

Humans have created many models to help us understand the complexities of universes and dimensions. We represent our universe's comprehensive knowledge, information, and understanding in what we collectively choose to call the Akashic Records.

Akasha is a Sanskrit word that refers to the ether, primary or primordial substance otherwise called Source or Consciousness, which forms everything.

The **Akashic Records** are a concept that is a collective, symbolic representation of every possible thought, emotion, action, condition, situation or event ever. The Akashic Records include all Consciousness or the Mind of God or Source. They contain every thought ever to have been thought in all universes since the first division and duplication from Oneness. They include the past, the present and the future, and all potential events, possibilities and timelines based on the vibrational frequency at any possible point in time.

Akashic Records are organised like a library. Each dimension is like a level within the library that stores information in the corresponding dimension or library level. Each successive "floor" is more expansive

than the floor below it. Each floor contains access to all the information of the lower dimensions or floors, plus new information about the new floor or dimension. At higher levels, dimensions expand beyond our universe into multiple universes.

Density Consciousness | Levels Of Awareness

Dimensions exist in and across universes and the multiverse. Each dimension exists as a realm, context, arena or stage that provides the opportunity to expand consciousness through perception and experience so Source can understand itself in a new way. The concept of levels of density consciousness explains the evolution and expansion of consciousness within realities, realms, universes and dimensions.

Density refers to how much mass or energy is in an amount of space. The mass is information, and space is the measure of the connectedness of information.

In low-density form, energy is contracted, heavy and closer together and more like matter. In high-level density consciousness, energy is expanded, light, further apart and more like energy.

Density consciousness is a concept that identifies the density of energy of the level of consciousness of a particular being, form or realm.

As a concept or model, each universe contains dimensions that each have density consciousness. This density consciousness divides into seven levels within our fourth dimension on Earth. Each density level divides into seven sub-levels, each divided into seven more levels.

Other models divide consciousness into eight, ten or twelve levels. There are no precise levels or boundaries between densities as everything exists on a spectrum. The way it divides is not relevant. What is important to understand is the concept of increasing consciousness and awareness on a spectrum within each dimension and universe.

In low-density consciousness, energy is contracted, heavy and closer together and has a low vibration, frequency and awareness. In high-level density consciousness, energy is expanded, light and further apart and has a high vibration, frequency and awareness. It is essential to note the levels of density consciousness are numbered in reverse. Higher numbers of density consciousness are associated with higher vibrations and frequencies and lower energetic density, not higher density.

Beings, forms and realms of existence have a certain density consciousness on a spectrum. The density consciousness reflects the predominant level of awareness or energetic frequency they hold.

Pure Source has the highest level of density consciousness of all. The higher self and the soul hold a level of density consciousness. Their density consciousness is higher than the physical and heavier forms of the Earth realm.

All physical and other forms carry a density consciousness on Earth. The planet itself has an overall level of consciousness, as do different elements such as people, animals, species, objects, places, natural phenomena, or cities. Density consciousness is held both individually and collectively by individuals and groups. These energies, densities, vibrations and frequencies are constantly intercepting and overlapping in one broad, infinite field as we move about the world.

Each density level has different lessons related to the frequency and awareness of that consciousness. Once a lesson is learned, the density consciousness lightens and is pulled by the lighter level above to ascend. This shift occurs through a desire to create something different and new and expand.

Ascension And Descension

Ascension is the act of rising to a higher density consciousness or level of awareness. It is a process of expansion.

Descension is the act of moving downwards, dropping or falling to a lower density consciousness or awareness. It is a process of contraction.

In the Earth realm, ascension and descension occur along a spectrum, and consciousness or awareness will move in one direction or another. The ability for consciousness or form to ascend or descend will be determined by its ability to process and hold or release energy. Low-vibration is holding onto energy to create heaviness, denseness and be more like physical matter and will prompt descension. High vibration releases energy to create lightness, be more like energy, and prompt ascension.

When you ascend into a higher density consciousness, you become aware of all that exists. When you descend into a lower density consciousness, you lose awareness of what exists at a higher level.

Ascension and descension are often widely misunderstood. It is not about going “somewhere else.” It is about attaining higher or lower

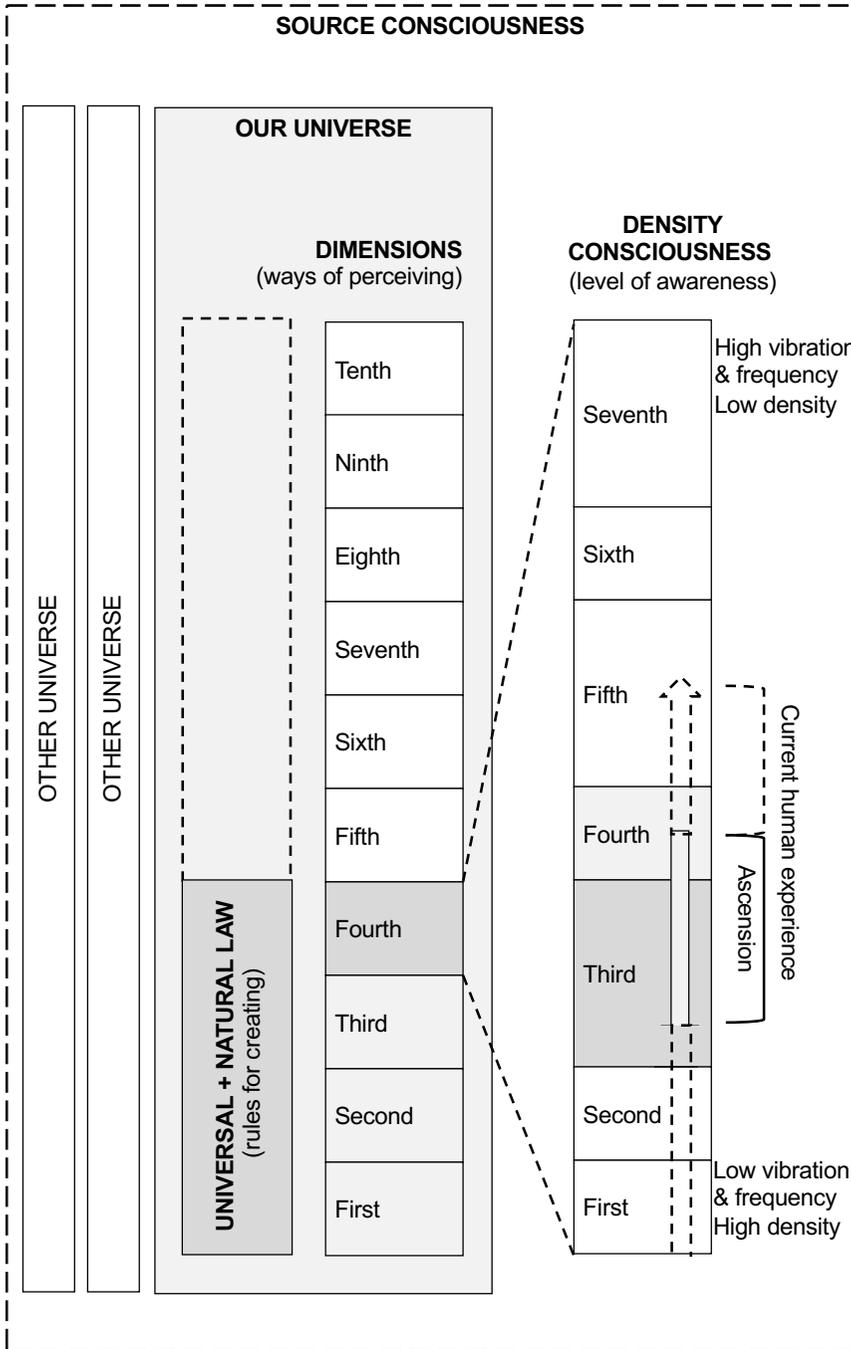


Figure 1 | Dimensions, densities, universal and natural law

states of consciousness and awareness in whichever dimension, realm, form or reality you happen to be.

On Earth, it is the physical form that ascends or descends and the ethereal soul or consciousness inhabiting the form experiences this process.

As the physical form or body ascends into higher levels of density consciousness, the soul experiencing the physical form becomes aware of more.

Humans can only theorise what happens after third, fourth and fifth-density consciousness as this is all that we are aware of in the physical. This is one possibility and perspective, so it is crucial to undertake independent research and think about this model.

Throughout our life, we have the opportunity to ascend through levels of density consciousness through learning and growth. Once the existence or lifespan of a physical being or object ends, it leaves the fifth dimension. The soul consciousness transforms or transmutes energy and returns to the higher self and field of Source Consciousness.

Let us consider the levels of density consciousness observed and experienced by humans within our third and fourth-dimension realms on Earth.

First-Density Consciousness / Physical And Sensation

First-density consciousness is the lowest density consciousness and is about simple existence and awareness of being. It is about Consciousness exploring itself but not yet being self-reflective. It is elemental and focuses on the energies between protons, electrons and molecules. It is dense and corresponds to physical matter, including rocks, water, and wind elements.

The purpose of the first-density is to experience simple existence and raise a desire for growth, movement and independence. After a few billion years of existing as elements, rock, magma and lava on Earth, this awareness created enough desire for aspects to ascend and shift to the second density.

Second-Density Consciousness / Heart And Emotion

Second-density consciousness is about growth and movement and includes all biological or organic matter with autonomous movement.

It contains entities that can move, grow, and explore themselves, such as trees, plants, minerals, and animals.

Consciousness has a greater awareness of being and existing by relating itself to the environment and others and developing a sense of space and time. However, it has no real sense of self, and instinct runs most of its choices and actions rather than rationale or logic.

In the later stages of this density, a relationship becomes essential but is instinctual and generally operates as a shared group identity with minimal individual separation, except for animals. The ego emerges as an element of consciousness that is aware of separateness and exists to keep the individual safe in the world as it begins to explore this separation.

The purpose of second-density consciousness is to experience growth and movement and raises a desire for independence from the group.

Third-Density Consciousness / Mental And Thought

Third-density consciousness is about self-awareness, free will and choice as an independent and separate being. Beings can make conscious choices and use logic, rationale and critical thinking to create concepts, ideas, meaning and beliefs.

In third-density, a veil is placed over awareness, and we forget who and what we are as infinite beings. This veil creates an illusion of separation, which allows each entity to make completely authentic choices for evolution and expansion.

The ego develops ideas of me, mine and I and separation from shared identity. It creates separation between itself, others and the world, conducive to learning. It allows one to think for itself and see itself as a separate, individual self from the whole. Independent sensations, emotions and thoughts not shared by the whole can be perceived and experienced.

This sense of being separated from everyone and everything created barbaric and hostile behaviour in human history at the beginning of third-density consciousness. Humanity connected totally with the separation of the individual and completely forgot they are part of a whole. Over time, we are separately starting to come back to the whole collectively.

The perception of duality or polarity brings contrast, challenges, perspectives and difficulties in exploration, learning and remembering. Much conflict and confusion exist in third-density due

to the illusion of being either separate or whole versus the truth of being separate AND whole.

The polarity of third-density consciousness presents beings with the choice and conflict of which direction to invest their energy. The individual must choose one polarity of experience on the spectrum. If one polarity is selected, it begins with separation and the journey of service to self, often at the expense of others.

If the other polarity is chosen, it starts the journey of the whole, the group and service to others, often at the cost of the self. Both are allowed, and the individual has a choice. The remainder of the journey for the individual depends on this choice. Other densities will continue to be explored in the ascension process from this selected perspective.

Third-density consciousness exists to allow us to choose the polarity of separate from the group or entangled with and defined by the whole. As the pain and suffering of the polarity and conflict between separation and whole become too great, humanity is starting to make different choices. When we make this choice, we begin to move into fourth-density consciousness.

Density 1 sleeps in rock, density 2 dreams in animals, and density 3 awakens in humans. Density 3 is the level of density consciousness that most of humanity currently exists in. As humanity awakens, individuals are shifting to fourth and fifth-density consciousness.

Fourth-Density Consciousness / Relational, Action And Behaviour

Fourth-density has many characteristics of the third-density, except beings have chosen to polarise to one of two modes. Either to separation, the individual and service to self. Or to the whole, the group, common good and service to others. The choice of one of these two polarities moves you to fourth-density consciousness.

To **serve** is to perform duties, actions or behaviours for one considered a master, more important or higher authority.

Service to self is to perform duties, actions or behaviours for yourself as a more important or higher authority than others.

Service to others is to perform duties, actions or behaviours to others as a more important or higher authority than the individual self.

Regardless of their choice, those in fourth-density consciousness have a precise orientation that guides their life choices and path. More and more people start to experience a shift in awareness and

awakening to the truth of who and what they are. In this density, people begin to stand up and speak out, reveal themselves and do not hide from themselves, regardless of which path they take.

Those who choose the whole, the group and service to others invest time and effort into helping and acting in service and best interests of the whole, the herd and the common good at the expense of themselves. The risk is that selflessness can become overwhelming and turn into overzealousness, martyrdom or burnout of the individual who serves while others benefit.

Much of the experience of this choice comes from a state of idealism, love and joy. It focuses on the "positive and good" attributes of others and the world. It believes everyone is sacrificing, compromising and looking after one another at the expense of the self. It often fails to see the reality of the polarity of the harmful and destructive attributes that exist in separation and service to self.

Those who choose separation and service to self channel their energy into attaining power, wealth, status and influence. They are willing to manipulate others and destroy anyone or anything that gets in their way if it serves their needs. They often use the group and the common good as a mask to suit their own needs and experience and express extreme greed, narcissism, hatred and selfishness.

Much of the experience of this choice comes from a state of separation, anger, greed and fear. It focuses on the "negative and bad" attributes of others and the world. It believes everyone is working in their best interests at the expense of all others, and they must do the same. It often fails to see the reality of the polarity of the positive and good attributes that act in service to others, the group and the connected whole.

Service to self focuses on the individual's best interests at the expense of the whole. Service to others focuses on the best interests of the whole at the expense of the individual.

In both these scenarios, one party may feel they win, and the other loses. In reality, both parties lose. When we help another at the expense of ourselves, we hurt ourselves. When we help ourselves at the expense of another, we hurt another. When we hurt another, we hurt ourselves. When we hurt ourselves, we hurt another.

In service to only self or others, someone is always hurting, which means we are all hurting because we are all a part of Source Consciousness.

As more and more humans choose between separation and self or the whole, the group and other, the polarities become further apart and more extreme. Either choice is a polarity that creates suffering and cannot be sustained - because it is a polarity, and the opposite aspect is missing.

Both polarities must exist in the worldly realm in equal proportion. As a result, the extent of suffering within humanity is great as we move more and more towards either service to self or others. The catalyst for change and evolution is psychological suffering. This forces consciousness to gain freedom from the ego and polarity constraints and develop free will and autonomy to make a different choice.

The purpose of fourth-density consciousness is to experience one extreme of polarity and raise a desire for less polarity and more balance. We see how we cannot exist with just one polarity and must find a way to have both. This desire takes us into fifth-density consciousness.

Fifth-Density Consciousness / Soul And Energy

The polarities of separation and service to self versus the group and service to others reach the extreme ends of the spectrum. When humanity has endured enough suffering, people start to choose something different. The extremes begin to move back towards one another like a pendulum.

Those who choose the whole and service to others decide to move away from the group. This shift relieves loss of independence and self. Those who have chosen separation desire to move towards the whole group and others to alleviate the suffering of isolation and disconnection.

In fifth-density consciousness, we experience the journey to unity and learn how to be both a separate, sovereign and independent being AND part of a group and a whole.

Fifth-density consciousness is about light, wisdom and balance. At the start of this level, beings still have a polarised orientation to separation and service to self or the whole and service to others. However, they know they must find a better balance between the two by expressing and experiencing more of the opposite polarity. They understand they must give to receive and receive to give. They must shift from either/or to both/and.

Service to others beings realise they must be open to giving to themselves and receiving from all willing to give to them to sustain

their service and energy. Service to self beings realise they must give to others to receive.

The polarity and separation diminish as all beings move to a more central place on the spectrum and understand everything is perfect. It has a place. Nothing is right or wrong, or good or bad, and all aspects of the spectrum are required.

In this density, consciousness retreats within itself and learns wisdom. Balance is created between the selfishness and selflessness of fourth-density with wisdom and self-sufficiency of the fifth.

At fifth density consciousness the soul exists predominantly as a body of light with a recognisable physical form, but much more transparent and crystalline than the human form in third or fourth-density. It is lighter and less dense.

Fifth-density teaches us separation between self, others, and the whole is an illusion, and in truth, we are all and both. It raises a desire to eliminate polarity and unify separate and the whole.

Sixth-Density Consciousness / Intuition And Higher Self

Sixth-density consciousness is the level where polarity and service to self or others disappear. Sixth-density beings have fully remembered and know they are both separate and one infinite being or field. They know that all is one and nothing is positive or negative or good or bad, and everything is positive and negative, and good and bad.

They know that what happens to one happens to the whole, and what happens to the whole happens to one. Sixth-density beings understand the true meaning of life and the nature of reality, at least in this dimension and universe.

Sixth-density beings understand they are the creator of their reality, and reality is created from the mind. They focus on expressing their true self to pursue peace, calm, balance and neutrality in every decision. They can now play the game of the illusion of separation of physical form with more profound knowledge and understanding of truth. It allows for the experience of sharing, love, kindness, giving, and service to others while maintaining the self.

At sixth-density consciousness the soul exists as a body of pure light without physical form.

The pain and suffering of loss of self or the whole are gone because both simultaneously co-exist. The higher self exists as a sixth-density

Density Consciousness	Equivalent Dimension	Description	Level of Awareness	Conscious Experience	Beings/ Examples	Lesson
Seventh	Tenth Ninth	The completion of all possible universal expressions as one universe.	Pure consciousness	Completion of all experience within a universal expansion	Formless	Completion
Sixth	Eighth	Polarity/ duality is replaced by connection, oneness, collective expression. Last density of physical separation.	Insight (aware of all perspectives beyond polarity/ duality)	Joy in knowing separation is an illusion, and all is One	Light	Unity as a collective consciousness
Fifth	Seventh Sixth	Polarity/ duality is balanced. Understanding that both poles must exist in harmony, not one or the other.	Light, wisdom, independence, self-individuality, self-expression	Balancing polarity by understanding one must give to receive and receive to give	Light beings/ more conscious humans	Light, wisdom, balance. Unity Separate AND whole
Fourth	Fifth	Similar to the third-density. Polarity/ duality is experienced as a separate, sovereign being.	Love, empathy, compassion (Choice in polarity/ duality to serve self or others)	Experience a polarised choice of either separate/ service to self or whole/ service to others	Similar to humans	Sovereignty Love
Third	Fourth Third	Polarity introduced. The ego develops to experience self-awareness, free will and choice to make decisions as a separate, individual being.	Self-consciousness or self-awareness, free will and choice (aware of polarity/ duality)	Self-awareness, free will, choice within a range of polarities	Humans	Choice
Second	Second	Self-awareness through growth and movement of biological or organic matter.	Growth/ movement, organic/ animal consciousness	Growing into a personality through form and movement	Plants, animals, fungi, trees, fruits and vegetables, etc.	Growth
First	First	Light weaves into physical matter through the density of atoms and molecules.	Being, awareness, simple existence	Expression, resonance, and crystallization	Crystals, rocks, fire, wind, electricity, water (the elements)	Simple existence

Table 1 | Density consciousness and levels of ascension

being to impart the wisdom of balance and lessons learned to other versions of the self in lower density consciousness.

The purpose of the sixth-density is to experience without polarity and raise a desire to return to infinite oneness.

Seventh-Density Consciousness / Spiritual And Source Consciousness

Seventh-density consciousness is formless and beyond the experience of physical reality. Beings return to be a part of the infinite energy field of Source Consciousness. All individual and personal memory, experience and wisdom are absorbed and shared back into the field.

At seventh density consciousness the individual soul is not definable as it is absorbed back into Source consciousness and pure light.

Beings at this level do not grow or evolve as they are already everything. They complete their journey from Source back to Source and exist as an aspect of Source to keep the structure of reality and densities in place.

Being aware of and knowing that oneself is everything raises a desire to un-know oneself. This desire takes us back to the beginning of the cycle. We return to a similar state of first-density consciousness but at a higher level of awareness.

Eighth-Density Consciousness

Eighth-density is the first density of the next dimension or universe with brand new laws, levels of awareness and consciousness and possible experiences and opportunities for growth.

What exists here is unknown. It could be considered the start of another phase or cycle of the ascension of consciousness where Source has the opportunity to un-know and re-know itself again in totally new ways.

Densities And Dimensions

Within each dimension is a process of ascension through the densities of consciousness. The eighth density within each dimension is possibly the first density of the next dimension.

Dimensions relate to states of matter and consciousness and notions from physics and science, like space and time.

Densities focus on a level of awareness or consciousness within the dimension.

Based on this model, when you say you exist in 3D, 4D or 5D, you are saying you live in a third and fourth-dimensional reality where the predominant level of awareness is third, fourth or fifth-density consciousness. It is not a shift to a different physical location or dimension. You could say that a different spectrum and levels of density consciousness and awareness exist within each dimension. The density consciousness and awareness in each dimension is a spectrum of higher awareness than the previous dimension.

The Earth Experiment

To **simulate** is to imitate or take on the look of something.

Everything is a simulation in the sense that it is consciousness taking on another form.

Aspects of Source within our universe chose to come together like clouds of consciousness. They created different realms through thought and mind. Many forms or lights we can see in the sky, such as planets, stars, and constellations, are groups or clouds of density consciousness within the Earth experiment. The higher the vibration of the human form, the more awareness we have of this.

One cloud of consciousness created the Earth realm as a blank canvas, a playground or a physical experiment. Within the Earth realm is the Earth plane, or planet Earth.

Earth is a physical simulation, an experiment, a game in which aspects of Source Consciousness create the rules.

Rules were created about how energy would behave in the experiment of the Earth realm so certain energetic conditions of a physical environment could be experienced. Some of these rules or conditions are universal. Others are specific to Earth. They include the concepts discussed in Part 01 of this book.

The consciousness that creates the physical on Earth exists in the realm of our universe. It uses thought to create the physical form in a lower consciousness than itself. An aspect of it then drops down as a soul into the physical form to experience the physical.

The core purpose of the Earth experiment is that a higher density consciousness drops into the physical planet Earth to experience a physical shift from fifth-density consciousness of physical form to sixth-density consciousness of ethereal form.

The ethereal aspect or soul that is experiencing the physical does not shift. It is already a higher density consciousness. Only the consciousness of the physical form shifts.

The nature of energy and consciousness means the physical form of Earth can theoretically ascend and descend when its physical, energetic frequency increases or decreases along a spectrum from first to fifth-density consciousness. Outside of the Earth experiment, consciousnesses can shift by choice depending on what it wants to experience. Beings and aspects are more energetic and exist in higher dimensions and density consciousness with different rules.

In first and second-density consciousness, the physical experience of Earth is one of existence evolving into growth, movement and a desire to be separate. At third-density consciousness, a desire for separation arises, and the human form manifests. Fourth and fifth-density consciousness are higher levels of awareness. At sixth-density consciousness, physical form is not distinguishable as it becomes ethereal in nature and returns to the light.

Source is the purest form of energy and density consciousness. All energy begins in this form but over time becomes recycled and transmuted. When energy transmutes, it can be raised or lowered in density consciousness. It becomes further away from the pure life force energy of Source.

Everything Source created was of a lower-density consciousness than itself. Everything the creations of Source made was of a lower density consciousness than themselves. Everything that is created is a lower density consciousness than that which created it. Consciousness cannot create higher than the density it holds. It can ascend or descend in consciousness to then create a different consciousness.

The consciousness that created planet Earth must be sixth-density consciousness or higher to experience the physical shift from fifth to sixth-density consciousness.

Electricity, Magnetism, Electromagnetism

To understand the extent of the Earth experiment, we must understand the concepts of electricity, magnetism and electromagnetism. This is an entire field of study but can be explained as follows.

Electricity is energy resulting from charged particles. Electricity is produced naturally through phenomena such as lightning and thunder, electric fish and solar storms and telluric currents. Naturally-made electricity can be harnessed as an energy source. It is created as a secondary energy source by taking one resource such as coal, natural gas, oil, nuclear power or water and converting it into a different form.

Electricity is a secondary source of energy created by atoms. Electricity is the movement of electrons between atoms.

An **atom** is the smallest unit of matter that forms a chemical element. It is the smallest unit into which matter can be divided without the release of electrically charged particles.

A **proton** is a subatomic or smaller part of an atom whose electric charge is positive.

An **electron** is a subatomic or smaller part of an atom whose electric charge is negative.

A **neutron** is a subatomic or smaller part of an atom whose electric charge is neutral.

An **atomic nucleus** is the small, dense region at the centre of an atom that consists of protons and neutrons.

At the centre of the atom is an atomic nucleus. The nucleus is made of protons and neutrons. Electrons revolve around the neutron.

Protons and electrons both carry an electric charge. Protons have a positive charge, and electrons have a negative charge. The charges are equal and opposite, creating balance within the atom when the number of protons and electrons are equal.

The electrons closest to the nucleus have a strong attraction to protons. If the electrons are not attracted to the protons or a force is applied to the atom, they will be pushed out of one atom to another. This flow of charge is electricity. This electricity is energy or movement.

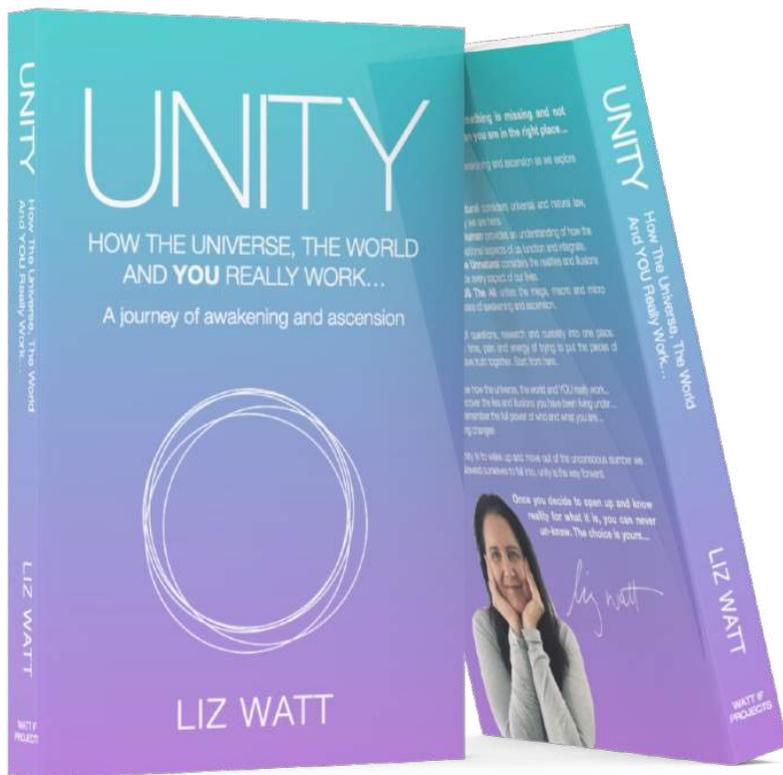
Magnetism is a phenomenon produced by an electric charge. It results in attraction or repulsion between objects.

A **magnetic field** influences electric charges, electric currents, and magnetic materials.

Electromagnetism is a branch of physics studying the magnetic force or interaction between electrically charged particles.

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*When you know how the universe, the world and YOU really work...
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When you remember the full power of who and what you are...
...everything changes*

If humanity is to wake up and move out of the unconscious slumber we have allowed ourselves to fall into, unity is the way forward.

Once you decide to open up and know reality for what it is, you can never un-know. The choice is yours...

Liz Watt

