

THE CHILDREN OF THE LAW OF ONE
&
THE LOST TEACHINGS OF ATLANTIS

Published by
Network
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2431 Main St. #C-410
Alamosa, CO 81101
Fifth Printing
Revised Edition

ISBN 0-9660015-3-2

A presentation of
The Children of the Law of One™

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FOREWORD

Reality?

This book chronicles the author's personal experiences, and presents ancient spiritual teachings and philosophy. In order to make it as interesting and as readable as possible, much of it is presented in a story and "dialogue" style, based upon the author's experiences. Conversations with monks, teachers and students were reconstructed from records and the author's memories. Thus, while not perfect transcriptions, the dialogue does accurately reflect actual conversations.

Hopefully, the book will be more than just interesting. For those with an open mind & heart, it will also give reason to ponder the nature of life, the Universe, your beliefs, and the potentials that exist within your own personal life.

This book isn't *about* Atlantis or proving its existence. Besides the fact that many things about the nature of the Universe, creation, God, and ancient history, are impossible (or nearly impossible) to *prove* at this time in human development, the *sole purpose* of this book is to convey something far more important - ancient spiritual teachings that can change your life, and indirectly, improve the world.

We believe that it's best for *everyone* to attain *direct* personal experience of God, and discover the true nature of the Universe and creation for themselves, rather than taking anyone's word for it, or believing what they are told or read - including this book and our teachings. Thus, even though we do necessarily discuss some unprovable "ancient history" concepts, the teachings provide the means for achieving that direct experience and direct "knowing" yourself. By reading the conversations and thoughts of the author as he is learning this himself, you too can discover a return path to the Universal Spirit/God, and inner peace.

We aren't trying to convince anyone of *anything*, or asking anyone to accept anything in this book on faith - we are simply presenting ideas. We leave it up to you to think about the principles and the teachings presented, and decide for yourself whether or not they are a good thing for you, for others, and for the world.

Within all of us is a "lie detector", a silent "inner voice", that offers us the greatest potential to discern truth and reality. People have "fooled" experts with so-called "physical proof", but the inner voice is never fooled. [The "inner voice" could also sometimes be termed as a "gut feeling", "intuition" or "women's intuition"- but it can also be much more than that.] You may not be very "in touch" with it at this time, but you can be if you want to. This inner voice is a part of God within you that *knows* what is true and what isn't - if you will just "hear" it. It doesn't "talk", it is just a "knowingness". The only reasons behind people not "hearing" their inner voice are fear, desires, and selfishness. If you can transcend those things even for a moment, you will have the most reliable source of discernment that exists. Even when all "external appearances" of truth say one thing, and your inner voice says another, you can bet that your inner voice is right.

[*Note: Earlier editions of this book referred to an elder monk named Ra. This was not the person connected with the channeled "Ra material". Our order (the Children of the Law of One), the author, and this book are not in any way connected to, or related to, the Ra material (which is now also being called the "Law of One" material) or a person using the name Ra who says he is a Law*

of One teacher. We don't wish to imply anything bad about this person or the material, but we needed to clarify the situation because some people have thought we were associated.]

Humor, Seriously.

Humor is a very "esoteric" thing in a way, and most people don't really understand it. Ancient teachings refer to it as "the great neutralizer". Most never stop to think why human beings laugh. For one thing, they *need* to laugh. In our lives, laughing can neutralize or minimize the devastating effects of pain and suffering (both our own, or that of others). If you stop and think about it the next time you see a comedy show, you'll find that most comedy is based on other people's misfortunes, from minor mishaps, embarrassments & humiliations, to major "screw-ups" in life, and sometimes even physical injuries like someone falling down a flight of stairs or off a roof.

All human beings, whether they are "sinners" or "saints", need to laugh to maintain their sanity, and health (laughing can even heal). Thus, truly spiritual people, (as opposed to those who put on an air of seriousness in order to give the appearance of being spiritual), have a great sense of humor. They certainly take their work very seriously, but they don't take *themselves* too seriously. Also, because of their work, they need to laugh and be humorous even more than most of us, because they are dealing with more pain and suffering than most of us. The author of this book is no exception, and the book reflects this.

Unfortunately, most "seekers" are *very* serious. It's only natural. The ancient teachings presented here *are* very serious also, but that doesn't mean you can't have a little fun. And if you don't take *your* self too seriously, you'll be able to enjoy humor where you may find it, and perhaps lighten your own load just a bit.

'RULES' of Writing

The author knew an English professor who taught English and vocabulary at a university in California. The professor once told him that he taught his students to feel free to invent new words, if there wasn't something already "just right" for what they wanted to communicate. That's how language expands, and gives people the ability to more accurately convey their message to others. Subtleties of meaning also often require new words to communicate them properly.

The author believes the same concept applies to the use of grammar and spelling. Rules of any kind shouldn't hamper the style or content of any communication, and if they do, we must make up new rules. While writing has certain grammatical rules that are meant to govern it, it is also an art, and if the impact or message can be enhanced by *breaking* these rules, they *should* be broken. Using fine art as an example, Van Gogh was criticized and rejected, because he didn't follow the "proper" rules or styles of painting. Yet most people now recognize that he conveyed feelings, and sometimes a message, that could have only been done by ignoring the rules, and expressing himself freely. The author of this book has approached its writing in a similar manner. He has deliberately ignored convention, in favor of communicating with the reader in a way he feels is most effective. Much of this is because he wanted the writing to reflect "speaking" to you. This creates a more intimate communication, and also more accurately represents the thought-

ful deliberateness of speech that is characteristic of many teachers.

Thus in this book you **will** find “odd” words/phrases/sentences, “odd” grammar and punctuation, and “odd” usage of all the above. It’s not because the author is illiterate or due to lack of professional editing. Some of the differences include (but are not limited to), extra commas (for instance, they may have been deliberately inserted to reflect an “enhanced” pause), hyphenated or strangely spelled words (to make something stand out, get you to think, or make a connection to another thought), and chronology that doesn’t follow a linear time-line (in order to properly present the teachings). These aren’t extreme differences, and the author believes it actually helps some readers transcend the limitations of left-brain thinking just a bit, and makes the book even easier and more enjoyable to read.

Introduction

SURVIVORS OF ATLANTIS

Stories of Atlantis. Why do they exist and where do they come from? Why are they so persistent? And why is the subject of Atlantis so fascinating to so many people? Many scholars now cite archeological evidence of ancient civilizations that were destroyed by a great catastrophe, which they believe could be the source of the stories. But that raises even more intriguing questions, if Atlantis was once a great civilization, who were the Atlantean people, and what were they like?

Within the recorded history of many cultures, there are references to the great island continent of Atlantis, and its highly sophisticated civilization. Some people dismiss this as myth. Many of these cultures had no known contact or knowledge of each other's civilizations, so why would such diverse ancient peoples, such as the Maya, the Egyptians, the Hopis, or the Greeks, have the same legends?

Plato, a highly respected Greek philosopher and teacher, gives a detailed, non-fiction account of Atlantis. Due to that and other factors, many scientists no longer argue about the *existence* of Atlantis - just the whereabouts. Even marine scientist and explorer, Jacques Cousteau, searched for underwater archeological evidence of Atlantis. It ended with his son believing Atlantis was probably in the Caribbean or Atlantic, and Jacques believing it was in the Mediterranean. Even though they both found what they believed to be evidence of an ancient sunken civilization, neither had definitive proof that they'd discovered the remains of Atlantis. However, little absolute archeological proof is likely to even remain from *any* civilization destroyed by a cataclysmic disaster, let alone tens of thousands of years ago, let alone one sunken beneath the sea in a totally unknown area. Even the great "Titanic" was only recently found, and only after extensive searches, even though scientists knew approximately where it sank. Furthermore, it went down *only decades* ago, and it sunk from "merely" hitting an iceberg, whereas Atlantis allegedly sunk long, long ago, in an unknown location, and was totally devastated by unimaginable natural catastrophe. A disaster so great, that it may have had a "ripple" effect around the world, which brings us to the legends of "the great flood".

Cultures the world over, who don't have a specific legend of Atlantis, still have stories of a great flood that destroyed most life, (which happen to be very similar to the story of the sinking, and flooding of Atlantis). Descriptions of the destruction of Atlantis, say it involved great earthquakes and volcanic upheavals, and the actual sinking of the entire land mass. So perhaps some legends of a great flood could have come from secondary flooding, that resulted from unimaginably gigantic tsunami waves generated by an event that was the greatest geological disaster in history (like the one most scientists say caused the extinction of the dinosaurs). Such waves could have swept the globe, flooding many, if not most, parts of the world, and eruptions could have darkened the sky, and created other disastrous ecological consequences.

The various cultural stories of the "great flood" often tell a tale of refugees who managed to escape the great disaster. Some legends, like those of the Hopi tribe, describe the Hopi as such refugees. They depict the Hopi escaping the calamity, and coming to their new land on "Giant flying tortoise shells". It is said that once

they arrived, they were led to safety from an environment gone mad, by a bird headed “Kachina” who guided them to underground passages.

To the open mind who researches this subject, the evidence that Atlantis did indeed exist, is overwhelming. But if Atlantis, as Plato described it, was a highly advanced, sophisticated civilization, with technology that even surpasses that which we have now, shouldn't there be some other remnant of their society? Not necessarily. But just perhaps...

According to the legends, Atlantis was so thoroughly destroyed by natural catastrophe, that there was nothing left. Yet, couldn't there have been some Atlanteans with enough foresight to leave beforehand, and escape the disaster? Or some that were traveling in other parts of the world at the time? It seems quite possible that, given the stories of how advanced and sophisticated a civilization it was, that at least *some* traders or travelers were elsewhere in the world at the time. Some theories say the mythological inhabitants of Mt. Olympus, the gods of Greek and Roman mythology, were actually Atlanteans that survived.

Now just consider this amazing possibility - what if groups of Atlanteans, not only survived, but established communities in various places. What if they continued to pass on their heritage, their history, philosophy, and religion, even to this day? Such people could teach us so much, and fill us in on this great missing piece of human history.

That is where this book comes in. It was written by a priest who's order traces their lineage from Atlantis, to Egypt in the days of the construction of the Sphinx and Great Pyramid.

Oddly enough, this book isn't about Atlantis. It covers some little known “ancient history”, but only as necessary background. Instead, the book focuses on the philosophy and spiritual practices that *originated* there. Atlantis *is* just ancient history now, but the teachings of their spiritual tradition are all still invaluable in the present. Most importantly though, the author brings an urgent message. And rather than a “new age” philosophy about life, he presents “age old” ways to live by, that can really change your life, and world.

Fortunately, it's all presented in a fascinating format in which the reader gets to discover everything themselves, through the eyes (and experiences) of a young North American. We get to be with him during his three years at a monastery, share his personal trials, and see his changes. We also get to experience some of his amazing encounters after returning to the “real world” as an enlightened teacher, and head of the order.

Besides presenting the author's experiences, and simple teachings about how to find your own enlightenment, the book has another message for the world. He points out similarities between the present state of affairs in the world, and the last days of Atlantis. What if we have come full circle in a historical cycle? You may have heard the saying - “Those who don't learn from history are doomed to repeat it”. The author tells us that our future depends on the choices we make, and on what we have learned from our past. If that is true, the story of Atlantis may well be the most important history lesson of all time. But other than “filling in” a possibly vital part of human history, the book gives us something perhaps even more important. It presents us with a beautiful spiritual philosophy that guides us toward a better life, through personal growth. The wisdom and teachings it imparts, are wonderful, fascinating, and also very useful when applied to our everyday lives.

Chapter Two

My Journey and Arrival

This book is an account of my personal journey of discovery, and more importantly, what it led me to, and can lead you to also.

If you find some of the teachings or stories hard to believe, I understand perfectly. Some of my experiences were so incredible that, even though I was *personally* experiencing them at the time, they were still almost hard for *me* to accept. But I had no choice but to ultimately accept them, whereas you do. However, those who really want the truth, and are ready for it, will recognize it. An intuition that's unfettered by ego and selfishness will always sense truth and reality.

In any case, the point and purpose of this book is not about my story, the alternative history or the strange tales presented here. Frankly, they just don't matter, so read it all with a "believe it or not" approach, keeping in mind that it's absolutely fine with us if you *don't* believe *any* of the story or "theory-like" aspects of the book. Regardless of whether or not the story is too incredible for your own sensibilities, this book is really about identifying the real "disease" behind our personal and world problems, and the cure for it all - Unselfish Love. That's what we sincerely hope you get out of the book, and find useful on your own incredible personal journey through life. Other than that, we are not interested in convincing anyone of anything. Every individual needs to have his/her own realizations.

Foundations of Understanding

In school, people are often required to take "prerequisite" classes, before they can take certain other classes. That's because sometimes you need to understand certain fundamental concepts first, before another class will really make as much sense as possible, or allow you get the most out of it. The teachings presented in this book are similar - some of them require "prerequisites" to understand. Thus, it was necessary to present the teachings in a specific "understanding order". But because of this, the *chronological order*, or "time frame" of my personal experiences at the monastery, had to take "a back seat" to the order in which the teachings are presented. For instance, in some earlier chapters, a discussion may be taking place when I was an elder monk, while in later chapters, a discussion that is taking place may have been one from my first days at the monastery as a novice monk (and a rather egotistical novice). Some stories will even be after my time and training at the monastery was over, and I was traveling the world. Many chapters include more than one discussion or experience I had, from *more than one time frame*. If you pay close attention to the subtleties of conversations, you will understand basically what time frame it is taking place in. Taking the same mental approach to reading the book that you would with a "chronology jumbled" mystery novel should make it more interesting and fun to read, rather than confusing.

My First Steps - A Strange Child in a Strange Land

My final "voyage" began decades ago, when I was 17 years old. But what led up to it began years prior. Like the Dalai Lama, I was destined to return to my previous position with our spiritual order. Unlike the Dalai Lama, I was not told of it

in early childhood, nor was I aware of it. While I didn't have the kind of direct contact with elder monks like the Dalai Lama did, I had special caretakers "on high". Unbeknownst to me, events outside my control, were preparing me, and compelling me, to embark on a great adventure that would change my life beyond my wildest dreams. To simplify it, I guess you could say angels & saints were secretly guiding my young life.

This book covers the period of my life at the monastery in more detail than what I offer about my childhood. That's because that monastic period is the most important, as it is used to present the teachings. I only touch upon my childhood briefly in order to give you a sense of what I was like, and what I experienced, prior to returning to the monastery and rejoining my brothers and sisters. Some readers have commented about how they relate to my childhood experiences, and have had similar experiences themselves. Thus it helps them understand the entire process of spiritual change.

I was a very strange and sensitive child (considered "over-sensitive"), with unusual abilities. But when I was very young, I had no concept of being that way, what that meant, or why I was that way - it was just the "norm" for me. I had no idea that the reason for it was my latent consciousness, and my pre-destiny to return to the same state of being as when I left my previous life. Even so, many of the things I experienced were not just due to that - many of you gentle and kind souls have experienced the same things as I during your childhood.

Abnormally bright, I was reading the newspaper at age three, and self-learning to play music by five. I couldn't relate to adults, or other children for that matter. Nor could I fathom why they were so mean, self-centered, and selfish. And their idea of fun - many of the things they did - seemed either meaningless to me or worse - cruel. So my childhood was very painful and lonely (sound familiar?).

As I approached my teenage years, I was further alienated when I was "let down" by my religion. It was a major religion which I will refrain from naming, but I would eventually have had the same crisis of faith with many other religions. As with most people, I was raised by my family to believe in their religion, and thus to believe in their concept of God. Just as when I was very young and time/experiences "pierced my illusion" about the existence of Santa Claus, the same thing began happening with my belief in the existence of God. The dogma and behavior of the leaders and practitioners of my religion, was "shooting down" my faith. Certain personal experiences, and "holes" in the teachings and practices, ultimately let me down, and left me feeling "empty" and even more alone. At first, only "doubt" about my faith set in, but finally, I was left with total disbelief. It was a horrible, dark time. The worst part was I didn't just lose faith in my religion. I lost faith in the existence of God. By the time I was 13, I had become an atheist. But it turned out that I had only lost faith in the "concept" of God that I had been taught. I didn't know it yet, but it was really the beginning of developing my own understanding of God.

Trying to Connect Pieces of an Ancient Puzzle

Looking out at the stars, and observing the wonders of nature and life, I felt there *must* be something. There was order, constant new creation, symmetry and beauty to it all. Even if it were not what I had previously thought God was, there must be something to it, or behind it, that might be considered "God". Or maybe it all was "God". So before I was 14, I became an agnostic (one who doesn't believe

in God, but doesn't necessarily disbelieve in God either).

Caught in a paradox, I knew there must be some force behind everything, but at the same time, I couldn't find ANY religion that really made total sense. And the tunnel-vision theories of creation offered by most evolutionary "scientists" also left far too many unanswered questions, and were full of "holes". Nothing truly answered the questions about life that constantly tormented me, nor eased my loneliness. It's not that I had a bad family life - it was better than most. Yet I still felt like an abandoned baby, left in a basket on the doorstep of a strange world.

I had to find *some* kind of answers that made *sense* to *me*. I became obsessed. My thirst was insatiable - I HAD to find truthful answers that made sense about the origins and purpose of life. I read every book I could get my hands on about science, religion, philosophy, spirituality and metaphysics. I "tried" different religions, including various "Eastern" philosophies. But at some point, I was always ultimately disappointed with what I would find. I found "bits and pieces" of truth here, and "bits and pieces" of truth there, but something was always wrong with the entirety of the religion or philosophy. Either something was missing in the teachings, or some aspect of the teachings didn't make sense, or the religion made the teachings more important than the purpose behind them, or it was too dogmatic. Yet I could not stop searching. I was always seeking to find a source for pure, consistent truth, and real answers to every one of my questions.

At age 10, I had tested with a very high I.Q., yet at age 16, I had flunked out of high school (for various reasons). Around the same time, I had a terrible argument with my mother over religion and relationships (she didn't like my girlfriend or my rejection of the family religion). So I moved out of my parent's house, started college, got a job, and my own apartment.

All of a sudden, I was thrust into having to face the facts of living in the "real world". I didn't like what I saw and experienced. It was a "dog eat dog" world, and as far as I could see, there were only two kinds of dogs - those who were eaten by other dogs, and the dogs who did the eating. "For all practical purposes", those were the only two basic ways of dealing with "making a living" and living your life. In other words, I realized that the world was basically populated by two kinds of people, the users and the used. The "powerful" and "successful" people of the world got that way, and stayed that way, by "stepping on" other people - whoever they needed to step on in order to get ahead. Thus the majority of people were usually always getting stepped on. It hit me like a ton of bricks - we had a whole world based on this, and the results were starvation, suffering, and servitude for most, while a few elite individuals had tremendous power and lived in incredible opulence and luxury. I also knew there were no good political solutions to these problems either, including such things as communism or socialism - because the problems were in basic human nature, and corruption always seems to get a big foothold, regardless of the political system. Even then, I realized the answer to this problem could only come from a change that took place inside every person on Earth. And I knew the chances for that were absurd. As I matured it became even more clear, and more unbearable. Eventually, my pain over this became overwhelming. I no longer wanted to live in the "dog eat dog" world - I couldn't tolerate the idea of living life as one of the "eaters", or one of the "eaten". I gradually began entertaining thoughts of suicide.

New Hope Arises from an Odd Place

One day someone recommended I read Robert Heinlein's book "Stranger in a Strange Land". Obviously, I could relate to the title alone. But there was far more to it. I couldn't put it down. Even though it was fiction, it stirred something deep inside me that was very real indeed - something that haunted me from then on. An idea was planted in my mind that I couldn't stop thinking about. It was no more than a mere concept, yet it *was* more. It presented a wonderful and great *ideal*. It was the simple concept of human beings living together in a community, in harmony, as one big family who shared everything and unselfishly loved and cared for each other - and all others. "What a great idea!" I thought to myself. "That's it. That's the answer." *That's* what I was looking for. To me, what was represented in that sci-fi fiction book seemed more like real spirituality, or how truly spiritual people would live, than most of the so-called spiritual or religious books I'd read. I was sad that it *was* fiction, and the people weren't real. But I didn't see why there couldn't really be people like that somewhere. It seemed like if something could even be conceived of, it could also be real, or eventually become real. So fiction or not, it gave me hope, and spurred me on to continue my spiritual search even harder. But after a while it appeared that my search was futile. I simply wasn't able to find a religion, spiritual path, community, cult, or even one person, that fit my ideal. My frustration over this eventually turned to deep despair.

I grew increasingly despondent, and by 17, I finally gave up on finding anything or anyone who really had all the pieces of this grand puzzle, or people who fully lived a life of truth, peace, harmony, and love. And with my hope lost, there was nothing left for me here. I decided to end my life. But right before I was about to do it, I had a very odd experience. One that not only resulted in my not killing myself, but in finding a new way of thinking, and of living. I was about to realize that there was a "third way" of living in this dog-eat-dog world (not just the two choices of being a "dog eater" or "dog meat"). The strange experience I was about to have, would forever change things for me, in ways I couldn't even imagine at the time.

It must be the Age of TV

What happened next was *very* bizarre. You might say it was a significant example of Jung's concept of "synchronicity", but it was even more than that. For those who aren't familiar with the concept, synchronicity is like "coincidence" but it is not just "chance". It's actually meaningfully connected to other events, possibly even connected to the entirety of all things in the Universe - God. But you could also call it "Universal Flow", or a "modern miracle". A simple example of this might be talking with someone about a certain topic, and then a song comes on the radio that fits the conversation perfectly, and perhaps has a significant message regarding it.

Just before I was about to take an overdose of sleeping pills to "do myself in", I started old fashioned "channel surfing" - turning the knob on my old black and white TV. I know it may sound strange to do that when you are in the process of killing yourself, and I didn't even know why I was doing it at the time. I thought, maybe it was out of habit, maybe out of desperation, maybe for entertainment, distraction, or comfort in my last minutes of life. But as it turned out, my channel surfing wasn't for any of those reasons. It was an "urge" I was following, from some kind of divine guidance or protection, that was compelling me to do it from within myself. Anyway, to my surprise, as I turned the channel changing knob, I noticed

a picture on the “U” channel setting. That was very strange indeed. There was never a station broadcasting on that channel before. In fact, at the time, there were no “UHF” stations at all. To make a long technical story short for those of you too young to remember TV’s back then, there was a broadcast on a channel that virtually couldn’t have had a broadcast on it in those years. There was never anything but static on these channels previously, and it would be years into the future before any television shows would ever be broadcast on them. The odds against the entire complicated incident, were beyond any odds. It could have only been some kind of “higher force”, a television test, or some television genius kids messing around with the airwaves. The latter possibilities quickly faded as I viewed the “show”.

On my TV screen was a man who looked much like the stereotype image of “God”. It was sort of an interview, but a bit more like a lecture. As fate would have it (definitely), the subject matter of the lecture was all about spirituality, God, the universe, creation, and of a history that went way beyond any I’d even known. His energy and intensity was striking. His eyes seemed to look right through me, yet right at me, like he was actually speaking TO ME in person. It was as if Zeus, Merlin, and Moses had merged into one being, and stepped out of history into my living room. He was dressed in a white robe, and from my studies, I recognized that he was wearing the type of ancient headdress worn by the Essenes, and purportedly worn by a legendary ancient spiritual tradition called the Great White Brotherhood that I’d read about in books from the 1920’s (not to be confused with modern groups that call themselves that). He spoke perfect English, but with a subtle hint of an accent that was un-identifiable, and he pronounced certain words using British style pronunciation rather than American.

As I listened to him speak, the man’s every word struck a chord in me - they “rang” my “inner bell of truth”. Here was someone who obviously knew many of the scattered little bits of truth I’d found - but they were all consolidated into one teaching! As I listened in awe, his strange TV “lecture” answered my many unspoken questions. It was almost as if he were reading my mind. Even when he spoke of knowledge or concepts I had never heard before - I seemed to already know them somehow. [author’s note - this book could have a similar effect on you, depending on who you are and what stage of your path you’re on.]

Next, he spoke of his origins. No, it wasn’t outer space, or the heavens. While it was not nearly so far-fetched as that, it was still amazing. He said he was a monk of an ancient spiritual order who’s name in English was, “The Children of The Law of One”, but that they were known by many names throughout the centuries. That name rang a bell, both internally, and because I’d read something about it in the Edgar Cayce material. As I listened, I was caught between feelings of total awe, and wondering if this was really happening (like maybe I was on Candid Camera or the butt of a practical joke).

The man went on to say that their spiritual lineage, their teachings and practices, stretched back to ancient Egypt, and before that, Atlantis. He said their order was not devoted to any one religion, dogma, or *worshipping* any leaders, past or present, but rather, it was dedicated to serving and experiencing God directly, via the development and use of Unselfish Love. They were also dedicated to helping others achieve that (if they wanted to and were ready for the task). While true total freedom, has never been a condition of life on Earth, they taught how to develop real freedom of thought, and considered free will choices to be a sacred right. But

most importantly to me, they were devoted to *living* a life of giving, caring, kindness, sharing, compassion, and harmlessness. It was what I had been looking for my whole life.

His descriptions of their life evoked images that seemed like memories. It was like experiencing Deja Vu, *before* even getting to the place/situation you have the Deja Vu experience at! I felt as if I had been there before. I was so excited I literally almost passed out. I had discovered that there were actually people out there who were living by all the same values and ideas I'd come to believe were true. And here I'd just totally given up on the possibility that other people who believed and felt as I did, even existed in real life! Could it be I had finally found what I was searching for my whole life - just as I was *permanently* giving up?

As my mind raced with excitement and questions, the man gave directions and instructions for getting to one of their monasteries - in Tibet no less! Then the screen went back to static, and there was never another show on that channel (I later found out this was not a broadcast for the public, which will be explained in another chapter). I didn't understand how this could have happened, but nevertheless, it changed the direction of my life. I intuitively at least knew this much - it wasn't a joke, hoax, or a hallucination. My course was set. While I was still only 17 years old, I was determined to change my life no matter what it took or where I had to go. In fact, I was *compelled* to do so as a moth is drawn to a light.

[Author's note: Many of my experiences, such as those above, and those you will soon read, are very unusual. This is because, even though I didn't know it at the time, I was a high-ranking "teacher", "priest" or "initiate monk" of our monastic order. It is who and what I was in my previous life, it just hadn't come to fruition in this life yet. I was unaware of it at the time because I was in an a sort of "embryonic stage". Now I was being "called" home to fulfill my destiny. This is similar to how Tibetan Buddhists seek out the new reincarnations of their head monks, yet obviously different in this case.

Since the first printing of this book, people have contacted us wanting to enter one of our monasteries. But our monasteries have always been private, designated for those already of the order who have reincarnated. Although a few newcomers are accepted by "head monks", the occasions are rare, and new monks are only accepted after long periods of demonstrating readiness.

However, people wanting spiritual growth and fellowship also have another alternative to the traditional monastery - they can now start or join various local Golden Rule programs with the help of the new Golden Rule Organization (GRO). These programs provide some of the benefits of a monastery, without the need for moving, changing jobs, or having a teacher. Information on GRO and the Golden Rule Workbook are at the end of the book.

*A few people have been irrationally obsessed with details about Atlantis, my journey, my personal life, or the locations of our monasteries. Most people are understandably curious, but not obsessed. However, because of the nature and purpose of this book, there's really no reason to elaborate on those topics, while there **are** reasons not to. The sole purpose of this book is to present detailed spiritual teachings and demonstrate making personal spiritual changes, using my experiences as an example. While we tried to make it very*

interesting, this isn't a novel or "story" book, and it is a waste of effort, time and money, to fill it with stories that don't teach a spiritual lesson of some kind. It is also not the book's purpose to be a biography of my (or my family's) personal private life, nor to present evidence of ancient historical or archeological discoveries. There are many interesting books that focus on ancient history, lost civilizations, free power systems, etc. (Like the David Childress books). But this really isn't the book for you if that's what you're primarily interested in. This book was written only for those who are primarily interested in spiritual truths and spiritual growth, not for those interested in irrelevant details and empty, useless knowledge. Thus, the only parts of "my story" it contains, are those that others might spiritually benefit from reading about.

Also please keep in mind that this book isn't about the story, it's about the teachings. So it also doesn't matter to us if you don't believe any of the story you are about to read. But you can only benefit from all that life offers you if you keep an open mind, and judge everything independently. We believe that everyone should question the validity of ALL teachings or beliefs, but only in light of whether the effects of them are good or bad. The wise examine the value of any teaching or philosophy independently, judging it by the outcome of living by it. Everything in life should be contemplated and examined regarding it's benefits, lack of benefits, or potential harm. An alcoholic may tell you it's bad to drink. A fool may speak a wisdom. A liar may be speaking the truth. A three year old child may speak the most precious wisdom ever known to humankind, for the first time in history. Should they be disregarded?

So please consider the teachings separately from the story. Read them with an open mind, then ask yourself - Do they stand the test of rationality? Of goodness? What would happen if I lived by these teachings? What would happen if everyone in the world lived by them? What does my intuition tell me? After that, THEN you should judge.

Privacy & The "Please Do Not Disturb" Sign

As mentioned earlier, this book is not about the monastery either. The monastery is but a place, and within the context of this book, it is used as a backdrop for the story and discussions that present the spiritual teachings.

Those of our order wish to remain undisturbed and anonymous, as do I. Our order is not alone in this. Regardless of religion, those who decide to become a cloistered nun or monk, do so to devote themselves to a spiritual life, and chose the monastic path because they want solitude and to be in an isolated environment, away from the "outside world", so they can live and practice their religion, unmolested and without distraction. That is part of what every monastery/convent is for, and provides. Thus, no monastery would want the kind of attention a book like this would bring to it - even more so in our case. As mentioned earlier in the book, we have legitimate reasons for maintaining the secrecy we have cherished for thousands of years. But later you will read about some new reasons that further substantiate that need. Also, those of us who travel and work in the outside world, also need our privacy and anonymity in order to do our work and live in relative peace. In summary, since our order wishes to live quietly, in solitude, undisturbed and unmolested, this book has been deliberately written to avoid any references that might jeopardize our solitude and privacy, including the location of monasteries.]

The Fool takes his First Steps

As wild as this may sound to some people, there really are “forces” of what you might call “light and darkness” (or good and evil) that work behind the scenes of this limited physical world we seem to live in. I didn’t understand it at the time, other than having an “intellectual” grasp of the concept, which was far from being in touch with the realities of what that meant. Unbeknownst to me, “they” knew my every move. While I was being guided and somewhat protected by the forces of Light, the other side was trying to throw me off track, or destroy me. The outcome would ultimately depend on the choices I would make.

My first “test” and struggle was to be with the major resistance I encountered from my family and friends. They didn’t like the whole idea. They didn’t want me to leave, and they didn’t like the idea of me joining others of like-mind. *Generally*, people would rather keep you with them in the hole they’re in, rather than let you get out and offer a helping hand to help them out of the hole. So those of us who want to get out of the hole ourselves, often not only don’t get support, we get just the opposite. We get people (and sometimes “events”) doing everything they can to prevent it and keep us in the hole.

Even though I hadn’t lived at home since I was 16, my mother initially attempted to keep me from going by using her “parental authority” - refusing to let me go and threatening me with the police, or putting me in an institution, because I was underage. Then when she realized that wouldn’t work, she pulled one of the oldest “mother tricks” in the book - the famous “I’m sick, you can’t leave me now” routine. Most people are capable of making themselves sick, psychosomatically, or accidentally, but she was beyond that. She had been studying hypnosis, the power of the mind and such, for as long as I could remember. So she *made* herself sick. And while it was nothing serious at all, it was a somewhat painful temporary illness (an outbreak of sores that was more painful if she didn’t stay in bed). So she was using that, along with saying I was being selfish for leaving, as a “guilt-trip” in an attempt to manipulate my life and free will choices. But she had already kicked me out of the house a year prior, because of her jealousy towards my girlfriend. So I wasn’t living with her anyway, and there were dozens of other relatives looking after her. But even if it were more serious, I would have still had to leave (I found out why later). I was internally compelled to go, regardless of *any* obstacles, let alone ones she was deliberately creating to manipulate me and keep me there. My internal drive and feelings were so strong, I felt like I would die if I didn’t change my life (which was probably true). There was truly no choice. [For those of you who might feel sorry for my mother, ask yourself if she was serving the light, or just her self, and subsequently the dark.]

Then there were my so-called friends, who turned out to be “fair weather friends” as most turn out to be one day when the “chips are down”. Most of them never liked my spiritual pursuits, and my new goal was “the worst” as far as they were concerned. All but one tried to talk me out of it. They told me I was crazy to go, crazy to give up “everything”, and like my mother, they tried to make me feel guilty about “abandoning” them. They didn’t want to get out of the hole they were in, and I did. And they wanted me to stay in mine. I didn’t know it at the time, but my old friends, without knowing it, were also being unconscious pawns of the dark side. But considering my momentum and strong desire, they could not avert me from my goal either. The urge to go felt almost biological - like a salmon needing

to swim upstream to return to its spawning ground.

My friend John was the only person I knew who didn't try to talk me out of going. While he wasn't really supportive, he wasn't resistive either. He said, "You gotta do what you gotta do." We actually had a lot in common at the time. He and I were always able to have spiritual conversations, and agreed on many things, unless they threatened his life choices. As we said our goodbyes and talked about life, he felt more and more like joining me. All of a sudden, he decided to "go for it". But when he called his girlfriend and told her about his decision, she gave him some news that stopped him dead in his tracks - she *said* she was pregnant. And it wasn't the usual "accidental" story. She admitted she had deliberately stopped using birth control (which John had assumed she was still using), "Because she loved him so much and wanted to have his baby". Whether it was true at the time, or not, she deliberately got pregnant in a scheme to entrap him. She knew he was the kind of guy who would do "the honorable thing" and marry her. And he did. But what is "the honorable thing" when you have been deliberately entrapped so dishonorably? It's one thing to take responsibility for an unexpected, but legitimate event, but quite another to play victim to such a treacherous scheme. A family that starts with that kind of severe and serious deception, can only end badly (which it did). The dark side at work again, only against him this time. I advised him against it, but he insisted on doing the "right thing" anyway. I saw John again many years later. He and his wife had an ugly divorce after having two children. He was miserable, and had become an alcoholic with numerous D.U.I.'s. John had irrevocably missed a significant fork in his path that I now know would have changed his life, and those of others, for the good. For me, it was back to the road, alone, and with a new sadness.

[Author's Note: Everyone who starts on a true spiritual path encounters multiple obstacles and attempts to "derail" them. It just happens in different ways for each individual. Keep this in mind if you are taking your first steps. It can happen in so many ways - a great new job offer, an old lover you'd never gotten over finally calls to say they want to get back together, your car breaks down - you name it, it can happen. People may also "twist" things. You may be told you are being "selfish" by making your spiritual pursuits a priority, when the fact is, you are actually starting a path towards becoming unselfish for the first time in your life. Anything that can possibly deter you from what you really want to do, and the goals you've set for yourself, may come up.]

Home at Last

To make a very long story very short, I headed to Tibet using any means that would get me there, from hitch-hiking, to freighters, to camels, (a story in and of itself). When I got to the outskirts of Tibet, guides associated with our order, snuck me across the border and led me to the monastery. Communist China had already invaded, and troops had to be avoided at all costs.

The monastery was in an isolated area of the Himalayas that was considered "forbidden", even to Tibetans. Other than those of our order, no human had ever even stepped foot there, until recently when some daring and hardy explorers finally "discovered" the area.

As we got closer to our destination, I was shocked to find that we were entering a warmer, wetter area. Most of the Himalayas are stark, frigid, and barren. And

here I was in the midst of these great frozen giants, surrounded by thriving “warm region” plant life! And how beautiful it was.

Finally, the day arrived when my quest would come to an end. All of a sudden there it was - the place my heart and soul had dreamed of. It was beautiful, and strikingly unique. The pyramids, domes, and cubic structures created such unique artistic and other-worldly symmetry. I’d never seen anything like it. Seeing it from a distance, I was stunned, thrilled, scared, awe-inspired - hundreds of feelings rushed through me like the waters of the powerful falls nearby.

As I approached the monastery, I noticed many small buildings all around the outside of its walls. I found it interesting that the people inhabiting them, and working around them, were not all dressed in Tibetan fashion, but rather they wore the garb of various cultures. Most noticeably, they were all very warm and friendly, welcoming me with their smiles.

Immediately upon reaching the entrance to the monastery, I was greeted by a bright, friendly female monk. I discovered she was to be my liaison, and initially, a kind of “orientation tour guide”.

“Come in,” she said. “My name is [something unintelligible to me].” She saw the perplexed look in my eyes, and grinned. “That means ‘Eastern Star...’ in English”. I must have looked how I felt - which was “that’s one heck of a handle to call someone by”. She looked at my eyes kindly, and said, “Just call me Anastasia. That’s my old name. My parents were from Russia.”

I was in such a state of awe about finally finding what I had hoped for all my life, that I was speechless. So while I thought to answer her, I remained silent.

“As you know, we have been expecting you,” she said. “I’ll show you around, and initially answer any questions you might have.”

“Questions,” I thought to myself. “I have more questions than I can probably even ask in my lifetime.”

She took me by the hand, and began to show me the “grounds”.

“Thank you...,” I finally managed to find part of my tongue.

Like she said, they were expecting me. And it was obvious from the guides and others who met me along the way that they also knew the timing and path of my journey. I didn’t understand exactly how they knew it all, but I figured I’d find out later. For now though, I was more interested in the reactions I was getting, or not getting, from the other monks on the grounds. Some were obviously working, some doing yoga-like techniques, and others appeared to be just sitting and “hanging out”. Many of them stopped and stared, while others seemed to be ignoring me. It just seemed sort of odd to me at the time, so I asked her about it - and about the people who were living just outside the monastery.

“You’ll find out later about the people who live near the monastery, but to answer your question about the monks here *in* the monastery, it’s just the timing of your arrival [author’s note - I later found out there was more to it than that]. We are all very busy, and those you see here (pointing to the group who seemed to be ignoring me), are doing special long meditation exercises that require deep concentration, and they would have to start over again if they stopped, or even lost their concentration.” She smiled, and said, “Although, I noticed some of them lost their concentration anyway.”

“Then I caused more of a stir than I thought?” I said.

“You’d be surprised... You’ll get a chance to meet everyone later. But why

don't I just show you the grounds for now?"

"Sure - on with the tour. But I've got to tell you I've come farther to get here than Disneyland, so I hope it's worth it."

"Disneeland?" She spoke perfect English with an American accent, so I'd assumed she was familiar with Disneyland.

"...Well... I'll tell you about it later. You probably won't believe me anyway."

"Oh yes, I will," she said with a cute, innocent enthusiasm.

I could tell I could have some big fun pulling her leg.

"Anastasia, you speak English perfectly."

"Those of us who were raised here are multi-lingual, but even the monks who weren't raised here, learn at least English or Spanish, in addition to their native language (if it is something other than that). Monks have come here from all over the world. Some are also fluent in many of the various languages spoken in most parts of the world, even ancient languages. You can learn any language here that you wish."

"I'm having a hard enough time with English at this moment. How many languages do you speak?"

"Only seven modern languages..."

"Oh... *only* seven... that's too bad," I said jokingly. She didn't get my sarcasm, and just nodded in agreement.

As Anastasia was taking me to her first stop on my tour, I began asking many questions about the architecture.

"Be patient, you can't learn everything in one day anyway. You *will* find out everything you want to know later."

"When?"

"I don't know - tomorrow, next year, a decade. Whenever you do, you will have."

Her unrevealing, complex, perplexing answer, reminded me a bit of the short time I'd spent earlier at a Zen monastery. Those Zen monks certainly love their paradoxical questions and answers. I didn't know it at the time, but I would discover far more paradoxes here - and eventually come to understand them.

Finally, the radiant young woman showed me to a room where a monk was speaking to a group of other monks.

"There are many Adepts who can help you grow here. Of course, I know everyone can teach you something - even life itself is a teacher." She pointed at the man who was speaking to the others, "He is my special personal true teacher, and has also been like a father to me, especially since my parents are no longer with us on this plane. He helps me change and grow."

"How does he help you change?"

"He helps me see and understand myself clearly, and thus I can change things about myself that I wouldn't ordinarily even see."

"How does he do that? And what does 'true teacher' mean?"

"You love asking more than one question at a time, don't you?"

"There's just so much I want to learn..."

"I understand, I was just teasing you. I should probably answer your second question first. The Adept, or Initiate monks, like him, are also what we call true teachers. That's because they have transcended their own selfishness and self-centeredness, and achieved what we call Universal Consciousness. Many different spiritual traditions have their own name for achieving that. Some call it achieving

“Satori”, some “Nirvana”, some “Illumination”, and some like us, refer to it as “Enlightenment” or “Initiation”. But whatever you call it, it is a transformation that creates a total change in their viewpoint and way of life. That brings us to your first question. Because of their broad Universal Consciousness perspective, their Unselfish Love, and lack of selfishness, they thus ‘see’ everything (including people), very objectively, purely, and clearly. So they see things about yourself that you don’t see yourself - or even things you ‘block’ or hide inside yourself, and bring them up to you. Thus you can use them as a sort of ‘tool’ to see yourself clearly, see things you want to change, and then change, if you want to.”

“Only the Adept monks are what you call ‘true teachers’ then?”

“Yes. There are basically three kinds of monks in our order. Novices and elders are still essentially students. The Adept or Initiate monks are more like personal growth facilitators, or ‘therapists’.”

“Why do you use the term ‘true teacher’, instead of just master, or teacher, or Guru, or something like that?”

“Because it’s accurate. It also avoids labels that are sometimes associated with ego, or lack of humility, and the same time separates them from just an ordinary teacher. Many people and things can teach you. But a true teacher is a specific type of teacher. They’re ‘true’ in the sense of accuracy or lack of distortion. Like a ‘true’ arrow. In that sense, it’s just like a ‘true’ mirror is best for seeing your body or face, rather than an ‘untrue’ mirror with imperfections that would distort your reflection. Like I said, their teaching, or telling you about yourself is pure and true, because of the objectivity they have achieved from not being contaminated by, or subject to, their own selfishness anymore. So rather than thinking about themselves all the time as most people do, they aren’t self-centered, or defensive. Because of their unselfish consciousness, they don’t have anything to personally gain or lose in dealing with you, or to get in the way of their objectivity about you, so they just think and care about *you, your best interests, and the best interests of all others*. And they can tell you what they see from that great ‘higher’, ‘broader’, more loving perspective - *if you ask* for their help or opinion.”

The room where this “true teacher” monk was giving a talk, was lit only by candlelight, so I couldn’t see his face very well. But when everyone went outside to do an energy exercise, I saw it clearly. *It was the man I saw on TV*. I didn’t know it at the time, but he would soon be the most important person in my life. While some part of me rejoiced, some part of me cringed. I didn’t know why at the time, I just knew he was somehow frightening to me, like staring death in the face. Later, I would realize it was because of his ability to confront me and show me myself (which my selfish, self-centered ego strongly wanted to avoid). Because of that, I would do everything I could to avoid him for awhile. But there was an even stronger draw I had towards something about this man, that would eventually lead me to ask him to be my special mentor also - my personal teacher.

I didn’t know his name yet. But soon I heard one of the other monks there call him Zain. My head was reeling. I had to remind *myself* that this wasn’t a dream, it was “another world”, one that I thought only existed in my imagination just one long year ago.

Outside in a courtyard, Zain, and over a hundred people formed a circle, holding hands with arms outstretched between them. They were about to do an energy technique called the Star exercise. I had read about this years ago, in a very old

book I read by an author whose last name was Leadbetter, Ledbeter, or something similar. The book was about what he called the Great White Brotherhood in Tibet, and it described them doing something called the Star Exercise during a festival called “Wesak”. But many of the particulars were never mentioned in the book. And the author’s stories also indicated that the people were as inaccessible as any myth. So while the book fascinated and attracted me in many ways, and his description of the people sounded like home, it left me with nothing I could further pursue. Now I found myself living it - the real thing.

Anastasia ushered me into position in this giant human chain that formed the circle, and gave me quick instructions. And then it began. I closed my eyes, as a feeling of light-headedness came over me. My head and body were buzzing with energy. I thought I was perhaps starting to “black out”, yet all I saw was fluctuating white light. It seemed as if I was experiencing a million thoughts and pictures all in a moment’s time. As I opened my eyes I saw energy vibrating in all things, and all the people there. Everything was flashing with white light superimposed over it.

Apparently, I wasn’t the only one experiencing some dramatic effects from this “Star exercise”. A novice monk had come to join in the exercise a little late, and stood alone outside the circle. He collapsed, and lay there as if lifeless. I heard Zain muttering some kind of admonishment about it being dangerous to stand outside the circle, then he said loudly, “One has left the body, he has become lost, I must retrieve him”, and in a few moments the body of the collapsed novice twitched, and he returned to consciousness.

Afterwards, Zain sat in the side courtyard garden for a sort of “question/answer” session. I was still vibrating with energy, and seeing it everywhere. I wanted to tell him about my experience, but was simultaneously afraid to say anything to him, or bring attention to myself. But I did. And that is a story we’ll save for a chapter later in the book.

Anastasia then started walking me over to the monastery’s “residential area”. I didn’t know what to expect. I had studied other monasteries, and had even visited and spent time in some. In monasteries that teach or utilize constant “asceticism” as a *primary* spiritual growth tool, the monk’s quarters are often called “monk’s cells”, because that’s pretty much what they were - tiny “jail-like cells” like what you might find in a prison. Of course, to the monks who chose that kind of path, their cells were a voluntary part of their training, *not* a means of imprisonment and punishment by a government. But in any case, I didn’t even like the idea of dormitories let alone cells. I would later learn to drop such personal preferences, in favor of adapting and flowing, but I wasn’t there yet. On our way over, I asked Anastasia about the living situation, with nervous, introverted concern.

“So what do you have here, monk’s cells, or dormitories?”

“Except for temporary aspects of a monk’s training, learning self-discipline, and special transcension training (which I was about to come face to face with), our way of life is quite moderate, and even luxurious by many standards - especially by other monastic standards... at least as a general rule.”

“That’s nice to hear, but you didn’t exactly answer my question - I especially don’t like dormitories.”

“Well, they are, and they aren’t. You’ll see.”

When we finally arrived at the monks’ residential area, I was quite relieved by what I saw, although it was naturally, “odd”, like most everything else around here.

“These are the private sleeping, living, and meditation areas,” she said.

I expressed my relief to Anastasia. “I have to admit this is far nicer than what I was expecting. Yet it is rather bizarre.”

I was surprised to find an odd honeycomb of private rooms. And while the quarters Anastasia was showing me, were far smaller than the monks’ quarters of many other orders, oddly enough they were very cozy and comfortable - in fact, there was no comparison to the dark, dank, cold harshness of the traditional “monk cell”. They were beautifully decorated, had curtains, pillows and mats, sheets and quilts, little combination shelf/altar/storage areas, incense burners, candles, even lights! But they *were* tiny.

“They’re pretty tiny rooms Anastasia.”

“That’s true. But they’re tall enough to sit up, read, and meditate in, and long and wide enough to lay down in. They serve as both our personal quarters, and places for our solitary meditations.”

“Even for someone my size?”

“Sure, and actually they are quite comfortable and cozy. In fact, we call them ‘wombs’, instead of ‘rooms’, because they’re so cozy, they’re kind of like a womb.”

“Cute.”

The wombs were an ingenious architectural design and concept. They were much like “honeycombs” - their efficient design would allow many of them to fit into what would be a normal sized bedroom for someone in the U.S. But more importantly, they were modularly designed - so if you had a mate or family, wombs could be instantly connected and expanded as needed. And as it turned out, they *were* extremely cozy, and comfortable, and I never found them lacking as either living quarters, or meditation chambers. But I was in for another surprise.

“So which one of these is mine?” I asked.

“Novices don’t get one right away.”

I later found out that was just to put novices through tests and changes that created personal growth.

“Then where do I sleep?” I said with a bit of surprise and stress.

“See that pile of mats over there? When you are through for the day, just go get one, and find any place you can, to lay it down.”

My stress just jumped up a notch. But, I immediately got a grip on myself. What the heck, after what *I’d* lived through, even *that* would be a luxury. What I didn’t know at the time, is there was a deliberate shortage of mats, and it was first come first serve. I made that surprise discovery that night, when I couldn’t find any more mats. OK, *now* I was an unhappy camper. But in time, I learned it was all part of a series of tests and growth techniques that everyone like myself went through on this path, and the rewards were far greater than the sacrifices. (Note: I eventually got a 5 unit “womb with a view”).

After the wombs, she brought me to the library. I was astonished. It was vast - the largest building I had yet seen.

“This is our library.”

“Where do I get a card?” I asked. She looked at me quizzically.

“I don’t think we have any cards, but we have many, many other things to read.”

She wasn’t kidding. And she also wasn’t kidding about many other things to read. Texts, scrolls, tablets of every description were in here. The “important”

literature, philosophy, and religious teachings from cultures all over the world were at my fingertips, including various ancient and modern translations in most languages. There were even texts *about* cultures that *had no* written language. I felt I could spend the rest of my life just in here - no, I could spend lifetimes.

“Where did all this come from??”

“It was collected over time. We also have original texts from most religious teachings, including the biblical, in their original handwriting.” I was in heaven. She had to drag me out of there to continue our tour.

Anastasia eventually took me to a relatively small meditation room (compared to the hall I had seen earlier).

“This is where elder monks teach classes for novice monks.”

Elder monks were ones who had learned and grown a great deal, but still had not achieved total unselfishness or total “enlightenment”. But even so, they had a lot to offer, and were far nicer people than I had ever met. They were as good as “saints” from my perspective and consciousness at the time.

“What kind of courses do they give?”

“Elders teach courses in meditation techniques, basic spiritual principles and their application, history, and conduct some limited “personal growth” sessions.” I would be spending most of my time learning and getting “counselling” from elder monks, during my first few months at the monastery.

The entrance to this meditation room had a very short door, and I had to bend over in order to get in.

“Why is the door so short?” I asked. It obviously had been custom built, and the room itself was as big as a large living room.

“By building the door so it physically requires those who enter the room to bow, it is meant to symbolically remind both elders and novices to be humble, and have respect and compassion for all.”

A class was about to begin, so she advised me to stay there and begin my first course.

“Am I a monk now?” I asked.

“That’s up to you. This is a monastery, and only monks stay here. I assumed that is why you came. I hope I didn’t overstep my bounds with my assumption.”

“No. I do wish to stay, learn, and grow. I guess I’m just accustomed to people not being so sensitive, and having to sign up for everything - even getting your car lubed.”

“Well, I don’t know about you getting ‘lubed’, but you will need to ask the head monk if you can stay. However, we’ve already discussed you, and he also assumed you would be asking to stay considering...,” She briefly paused mid-sentence, as if she almost slipped up and told me something she wasn’t supposed to, but she immediately spoke on “and has already indicated your acceptance.”

“So what kind of monk am I then, a student, novice, elder, frat brother, or what?” I joked.

“Novice. You need a teacher to be a student. And you need to be a student to be a teacher.”

I wasn’t quite sure what she meant by that. She was going Zen on me again.

“Will I see you later?” I said.

“Of course dear. We live together now.”

I didn’t know exactly what she meant by that either, but I figured it wasn’t the

same thing it meant in the “outside world”.

“When will I see you again? And please don’t say ‘maybe tomorrow, maybe a year...’.”

She touched my shoulder lovingly, and said, “I’ll be by as soon as the class is over, OK?”

“OK.”

There were about a half dozen other English speaking novices there in the room, new and relatively new students of various stages. And I got my first taste of what would be many courses.

Even though these courses were not given by the teachers who were “enlightened masters”, I was totally impressed by the wisdom, kindness, and compassion of the elder monks who conducted them. I learned all kinds of things in various courses, including ancient teachings, the religions of the world, meditation and energy techniques, yoga, etc.. But sometimes the elders just spoke spontaneously, about things other than what the course was about. And when they did that, I was “flooded” by what I thought were their psychic abilities. It was as if they were reading my mind, picking up on my every thought, answering my un-asked questions, and finding my hidden secrets - then discussing them all out in the open to free me of my inner burdens. It was kind of like getting indirect therapy. It seemed like every word was just for me. But I couldn’t understand how this could be happening just for me, when there were other novices in the room at the same time. I wondered if they were having the same experiences. I later found out that it was not a “psychic” thing that was happening, at least as we know it. It’s not simple to explain (it’s covered in later chapters though), but the elders who were giving these courses, were doing a meditation technique to sort of “get out of their own way” so to speak, in order to really be in touch with us, and to be ‘conduits’ for what we needed to hear. They didn’t really even consciously know *themselves* what we were thinking, or why they were saying what they were saying, but the effect was the same.

By the time the session was over, I was so exhausted I was about to drop. Anastasia met me as I came out the door, but I was too tired, even for her. So I bid her goodnight. But instead of reciprocating, she was silent. When she finally left though, instead of saying “goodnight”, she said “get a good rest”. (Later I found out that the reason she didn’t say “goodnight” wasn’t because “get a good rest” was the local customary phrase, but because “goodnight” was just a “subconscious habit phrase” of mine, that had thus become only a meaningless “parroted phrase”, rather than a meaningful statement, or statement of caring. In other words, saying “goodnight” probably originally came about from wishing someone to have a *good night*, and actually consciously “meaning” what you were saying. Now, however, it had just degenerated into the pre-conditioned, subconsciously programmed “appropriate phrase” to say when someone went to bed. The same went for other common phrases like “good morning”, “good bye”, “God bless you” and many more. So in order to learn all about my own consciousness and subconsciousness, I needed to stop and think about these things, and take opportunities like not saying a simple “goodnight”, to help break the patterns and increase my awareness. I had a lot to learn about the mind still).

I looked for a mat, and couldn’t find one. I was way too tired to panic, or even ask anyone about it, so I found the nearest corner that was out of the way, and just

“hit the floor”. I was immediately out like a light.

The next morning, I was awakened by Anastasia with a cheery smile and a cup of tea. I was still wiped out, and groggily sat up. It seemed like I had just closed my eyes and lied down.

“Drink this,” she said.

“What is it?”

“It’s tea, silly. It will make you feel better.”

I sipped some. It was terrible.

“What kind of tea is this!?”

“It’s called Mate. It’s from Brazil, and difficult to get, so don’t turn your nose up at it so quickly.”

“It tastes like old socks.”

“It grows on you.”

“So can the things on old socks, but that doesn’t mean I want to drink them.” She laughed.

“You’ll appreciate it soon. It’s the only drink we have right now that has caffeine in it, and it also seems to help adjust to the altitude.”

“You allow caffeine here?” One of her eyebrows raised in surprise.

“This isn’t a rigid order, in fact, moderation in all things is a cornerstone of the order.”

“Ahhhh, caffeine. It tastes a little better, now that I know that. I’m just exhausted. And I didn’t sleep very well. I couldn’t find a mat.”

“Oh, you poor thing,” she said truly sympathetically.

I didn’t want to appear whiney or a wimp, so I responded with proper machismo.

“It’s not the lack of the mat that was a problem.”

“I understand,” she said patting me on the knee. “I still remember a trip I took with my parents from here to India, when I was a little girl. You’re going to need a few days to recover at least. That’s why I let you sleep so long and brought you some tea.”

“Sleep so *long*? It looks like the Sun just came up.”

“Yes. That’s what I mean. We usually rise before the Sun.”

“Is that one of the rules here?”

“Most of us do that, but not all.”

“Are there any basic rules here?”

“Yes. Be kind. Don’t hurt anyone.”

“That’s it? Surely there must be more?”

“Well, yes. Of course. You have a lot to learn.”

“So what are the other rules?”

“Well you are supposed to get me tea every morning,” she joked.

“Seriously?”

“No. Only if you want to.”

“I don’t mind. I’d be happy to.”

“I was just teasing. I already get tea for myself and someone else every morning. But thanks for the offer. You’ll eventually get into the swing of things, and get a schedule. Unless you have something to do otherwise, we get up with the rising energies of the Earth, before the Sun, do a few private morning meditation techniques and yoga, then have a morning meeting and group meditation. One of the Adept monks speaks afterwards. All monks have some kind of work to do around

the monastery. And you'll have various meditations to learn and master, that you'll be practicing at different times during the day. You'll probably spend some time everyday reading the ancient teachings in the library. But your routine might be different, I don't know. It mainly depends on what your personal teacher thinks you need. Everyone is different, so they all need different things in order to learn and change. So your routine may be very different from mine."

"I hope not." She smiled again.

"So what is my routine right now?"

"I don't know."

"What do you mean, I thought you were going to get me in the groove of things here?"

"Only to an extent. The rest, like I said, will be up to your personal teacher."

"OK, so who's my teacher?"

"I don't know."

"You don't know?" She nodded affirmatively.

This was getting a little ridiculous. It was starting to remind me of trying to get a straight answer out of a Zen master I had back home. So I tried to come at it from a different angle.

But before I could, she spoke again.

"Only you can decide who your personal teacher will be, and ask them to be your teacher, if you want to."

"Well, will you be?"

She laughed and said, "I'm hardly qualified to be your teacher. But thank you anyway, I am honored, that was real sweet of you to ask. I already told you who my personal teacher is, and I can tell you what my basic schedule is, would that help?" She smiled.

"*Anything* would be welcomed Anastasia. Are you a nun elder?"

"A nun?... well, we are all the same here, so whether male or female, you could call us all monks or all nuns or all whatever. They're just words. Titles and 'ranks' for a 'position', don't matter. It doesn't really matter *what you call anyone*, it's what you *are* that counts - don't you think? Sometimes the 'labels' help keep some things more organized in our silly little brains, but sometimes it can create false or unfair divisions, and false worship where none is warranted. I guess I might be called a nun in certain orders, except I'm not fully celibate, which sometimes being a 'nun' requires. So generally, we all consider ourselves just monks, or students, or teachers, depending on our capabilities and consciousness."

"Wait - back up a second... *Fully* celibate? It seems like you either are or you aren't."

"I'll explain some other time. Anyway, some of us do call the Adept female monks 'Mothers', however. But it's because they kind of become like 'Universal Mothers' when they are enlightened. It's more of a term of endearment than a title. Like I said, titles are really unimportant. You could call them sister, or 'chum' for all they care."

In the next few weeks I developed quite a "crush" on Anastasia. I had never had a woman feel so loving toward me, and because of what I was accustomed to (as far as male/female relationships go), I thought that her affection meant that she "liked me" in a romantic sense also. I wasn't used to being loved so dearly, without it meaning that she wanted to "be with me". I didn't understand pure real Love

yet. And I didn't have the consciousness to respond to her without selfish possessiveness. So it came as quite a shock and disappointment to me when I found out that she was not interested in me in "that way". It turned out that she actually already had a mate that she had a very good and close relationship with. She was just a loving, caring person ("Just" a loving caring person. I said it as if it were common!).

Women who are truly spiritual, kind and caring, typically have quite a problem with men thinking about them the way I did with Anastasia. Actually, lusting after them, would be a more accurate way to put it. Not just in a sexual sense (although that's certainly involved), but in a "wanting their attention and affections" way.

So you might want to learn from my mistake, and take some helpful advice. If you ever meet such a special, truly spiritual woman, don't make the same mistake. Just because a woman is warm, kind, and caring towards you, doesn't mean she wants to be your possession, or have "romance" or sex with you. This goes for all women, but it is especially true for women of advanced spiritual development. Just take the Love you get - it's wonderful to even ever receive such Love - and don't try to possess it for yourself alone, or make that woman the center of your life. That's a role only God can fulfill.

Bringing my Story up to Date, in summary.

As the days went by, I slowly adjusted to my new surroundings, and began to absorb what I could. Years later, I finally "graduated". Now, as was prophesied within our order centuries ago, this book was written to present the essential ancient teachings to the public, in an unadulterated, clear, easily understandable fashion. Along with this, I will include some of my personal experiences, both ones that I had while I was a young novice student on my road to change, and a few of those that I had later in life, after I became an Initiate. That way you can get a little glimpse of things from "both sides" - the teacher's and the student's.

Chapter Three

Sources & Descendants of the Teachings

Including definitions of God, Basics and Prerequisites

THE TEACHINGS 11

To you they may be
Lost, found, or misplaced.
Earth-shaking, new, or fancy.
Basic, old, and simple.
It matters not.

They ARE Timeless, Useful and Invaluable

This book tells several stories other than my personal one. It tells a story of creation, a story of a long forgotten history, and a story of a spiritual tradition that gave birth to many legends. But primarily, the book accurately reveals the teachings that, without which, none of these stories would exist, or matter. Like some of the stories, while these teachings are *part* of ancient history, they can also be keys to a promising future.

Some of the teachings of the Children of the Law of One presented here, have been around a very long time (as far back as Atlantis), and some not so long. The unadulterated teachings of the Children of the Law of One, have never been directly made public before. But some of them are the source of many other teachings, that *have* been made public. So you may already know certain things you're going to read in this book - yet, some of it will still be new information. Other readers may find that much, or all of it will be "new" to them. Obviously, if you are already "enlightened", reading this book would just be a waste of your time, because it's purpose is to help those who aren't enlightened, become enlightened. Since the word enlightenment has many meanings though, I should probably define what we mean by it. We call someone "enlightened" who: 1) Has had a final "death experience" (of the selfish separate self), thus bursting the illusion of separation from everything/God; [*this is similar to a "near death experience", but is deliberately cultivated through spiritual training/ego busting. It is also fully experienced rather than "near", and doesn't require nearly dying physically*] 2) Has realized and permanently returned to a state of absolute Oneness with the Universal Spirit/God; 3) Is always living in harmony with the Universe and doing the will of God, as a servant of God; 4) Always lives in a state of Unselfish Love. All of the above are one and the same thing, and the change takes place at the same time. If you haven't achieved that yet, then even if you think you know it all, this book could

still help you if you will just “check your ego at the door” and actually *apply* the teachings rather than just letting them be more “knowledge” you scan into your brain. But generally, regardless of your familiarity with the teachings presented here, the book can offer a sort of “oasis” of fellowship and inspiration, to *anyone* who *feels inside* that kindness, compassion, and “harmlessness” (not hurting anyone or anything), are more important than any “belief” of *any* kind.

Descendants

One of the first questions I asked an elder monk was about Buddhism.

“Raga, why is this monastery located here, in a country so full of Buddhists and Buddhist monasteries?”

“Several reasons, which we’ll discuss soon.”

“Are we related to Buddhism in some way?”

“Buddhism is a beloved relative of ours, and thus some of the teachings are the same. But this is not *just* the case with Buddhism. We are also related to the Christian, Jewish, Islamic, and many, many other religions. Although some religions are almost unrecognizable from their origins now, almost any religion that speaks of One God (regardless of the name they call God), is somehow related.”

“Why is that? Most people consider such religions conflicting, not ‘relatives’, and especially Buddhism - a ‘beloved relative’?”

“The teachings and heritage of the Children of the Law of One pre-date Buddhism, and *all* other religions. They all originally came from teachers or teachings of the Children of the Law of One, or those who somehow became one with the Universal Spirit - the One God, in some other fashion. But keep in mind, that while you may find bits of the Children’s teachings here and there in *many* other spiritual traditions and religions, they are also unique unto themselves. Our teachings are the source, the roots of the many branches of the tree. And unlike some of the branches, the roots are still alive, still totally pure and uncorrupted. They are like the original roots of the grape vine from which all the different varieties of wine grapes eventually developed from. The teachings you are going to hear about and read here in the monastery’s library, are the original, and presented from the pure, direct lineage. Although, keep in mind that *any* teachings, *including* these, aren’t as important as simply applying Unselfish Love, kindness, and compassion in your life, regardless of the source. This is where many have gone wrong - making the teachings, or the leaders, or the religions, more important than the point of what they were really for in the first place.”

“So will we learn only the pure original teachings?”

“No. Our knowledge has been accumulating for ages, and you will learn these too. In fact, some of the knowledge is about our existence *before* our time on Earth. And these too you will learn in time. But we don’t just present the Children’s teachings here. You will also learn the ways and beliefs of all the world’s religions.”

“Why do that if we have the pure and original source of all other teachings here?”

“Other religious teachings, and cultures, are taught for the purpose of revealing the common threads of unity and truth that could be found woven through diverse religions, and to give teachers of the Children of the Law of One more of an ability to understand and communicate with anyone they might need to - regard-

less of their culture or religion. Also because of that, there have been other monasteries of the Children, in various parts of the world.”

Another time, I also asked Gabriel some questions about our monasteries and their relationship to Buddhism.

“The Children’s monasteries, though few in number, were the oldest in many regions of the world, including Tibet. Buddhism as a separate path, didn’t appear until thousands of years after the Children had established monasteries in the ‘East’. Buddhism, like most religions, was in fact, originally one of the offspring or ‘branches’ of the Children. It developed from the effects and teachings of Adept monks of the Children of the Law of One. These monks wandered the regions throughout the area, and taught the local people there, and throughout much of what is now called Asia, and the Orient. Various teachers of the Children, who often remained anonymous and never spoke of the secret source of their true lineage or home, became known as ‘Buddhas’. Did you know there was more than one ‘Buddha’?”

“No. I thought Buddha was Buddha, just like Jesus was Jesus.”

“That is not so, there were more than one, just as there were many Zoroasters, and many St. Germaines, and...”

“Why?”

“Various reasons. I will explain some other time, but that is not the important subject of our conversation right now.”

“Is that why there are different Buddhist traditions, and even variations in their teachings?” I asked.

“Partly. After the various Adepts left, Buddhist religions, of many varieties, sprung up all over Asia as a result, and modified in different ways.”

“What about Zen?”

“Zen is often considered an offshoot of Buddhism, and also considered to be a ‘short-cut’ to enlightenment. But there are no *real* shortcuts, in the sense that the same things must be experienced, and the death of the selfish separate self ultimately faced and transcended. And while it has become intertwined with Buddhism, the roots of Zen were from one of our Initiates by the name of Zend, which you will undoubtedly read about here when it is time, because you have a connection to Zend, that you will find most interesting and enlightening.” *[Author’s note: that statement related to an incarnation of the being also known as Jesus.]*

“Zen is our offspring, as is Buddhism, Christianity, and Judaism, and Islam.”

“So you could say Buddha was Christian, and Jesus was Buddhist.”

“Yes, but only in a way. You aren’t getting it are you? Think about what you know of (which is quite limited at this time) of the lives of Buddha and Jesus. Do you see anything that conflicts? Or do you see examples of love and compassion - indications of similarity? So what do you think the source of these paths that they spawned, the source of their teachings, the source of their examples, if not the same understanding or the same God?”

“You’re saying these all have the same source?”

“Of course. And notice, they all teach of a Oneness, or a Oneness God, yet they may disagree over names or particulars. And most importantly, they believe in God-ness, good-ness, compassion, Unselfish Love as THE way of life.”

“So they all came from the Children of the Law of One. That makes so much

sense of so many things that I couldn't understand before.”

“And this particular monastery, housed the roots of other beliefs and teachings, for several reasons.

Even though well hidden, from those few who *had* seen it (that were not of the order), legends were born. Even amongst the offspring traditions and religions. They told of a paradise - a beautiful, heavenly community that existed amongst the great mountains....but it is prophesied that the ‘land of the teachers’ is to be desecrated and destroyed. It has begun. We only have so long. It is just a matter of *when* now, not *if*. But it matters not. Which is more important, a container, or *that which the container contains?*”

Nature, secrecy, and other methods, did protect the monastery - for quite a while longer at least. While countless Buddhist monasteries were destroyed, our monastery remained undiscovered for a while longer. For as long as was necessary in the great scheme of things.

An Infinite Lineage

As I assume you've already gathered, when I first began to learn the history of the order, I was just amazed. I had never heard of any religion, spiritual tradition, or culture, with such an extensive lineage, pure lineage, or broad influence. The pre-history and history of many religions can be obscure and have a great deal of “unknowns” about their past and true origins. But the Children record a history that stretches all the way from the creation of life in the Universe, to the present. And while some religions developed from a primitive, ignorant society, and have a lineage of bloody and barbaric intolerance, even the Children's earliest history on Earth records them as compassionate, tolerant, highly evolved beings living in a sophisticated civilization.

“Where and when did it all start?”

“Did what start?”

“I guess I mean when did the Children of the Law of One begin.”

“On Earth?”

“...Yes.”

“The Earthly lineage actually begins with the time of Atlantis. The Children of the Law of One was the ‘spiritual order’ of those in Atlantis who lived a spiritual life - those who were compassionate, kind, harmless, and wanted to maintain Oneness with God.”

“So where does this monastery in Tibet come into the picture?”

“When Atlantis was on the verge of final destruction from the great upheavals, branches of the Children, having ‘read the signs’, went to various places on Earth. The main group went with the Children's grand master Thoth, to Egypt, to continue the ‘great work’ [*Author's note: the ‘great work’ he was referring to will be explained later*]. After many years in Egypt, that particular branch of the Children went to Tibet. These Atlantean Children of the Law of One, including the grand master, were the ancestral founders of our monastery in Tibet.”

“So, if everyone mainly hibernated here at this monastery for so many years, how did they influence or start other religions?”

“All through ‘commonly known’ human history, the Children of the Law of One continued to maintain their center in Tibet. But some of its teachers made the great sacrifice of leaving their brothers and sisters in the monastery, to help people

in the outside world. They humbly and lovingly traveled throughout the world bringing light into the darkness of the ages. The teachings and influence of these Children, have become the foundations of many other paths, religions, and legends.”

It all made sense of so many things about religions, philosophies, history, and spiritual teachings, that never quite made sense to me before.

You probably wouldn't even believe it if I told you of *all* the religions, cultures, arts, and science that have been created based on these “outside world” teachers who lived “disguised” lives. So I won't. But you can think about it, and draw your own conclusions.

REDEFINING “GOD” AND “LOVE”

First, let me cover some important ground - things that I learned in my earliest days at the monastery, that will give you a frame of reference. So before we delve deeper into the teachings, let's clarify the meanings of a couple of words/concepts that will be used a great deal in this book - God and Love, and in a different way than you may have heard them used before. Both terms and concepts, can mean many different things to many different people.

LOVE

In my first days and months at the monastery, I attended courses given by elder monks. In one of my *world human concept and terminology* courses, which was given by the elder monk, “Raga”, we began covering the teachings on the various types of emotions that people often lump together, and call “love”.

“Love can mean sex (‘We made love’). Love can mean you really like something (‘I love my new car’). Love can mean the pleasure or ‘thrill’ you get from someone you have a romantic relationship with (‘I love Nadia’). Or love can mean compassion, kindness, caring, giving, sharing - that's the kind of love that brings true happiness, inner peace. It's the kind of love we all really need, and need to give - it's also the kind of love that would make the world a far better place. So if we wish to focus on developing this kind of love, we must clearly delineate it, and give it a name. Thus, we call it ‘Unselfish Love’, because that is what it is.”

GOD

Raga went on to define the various ways the people of the world see and understand God.

“God is a very abstract and difficult thing for the human mind to fathom. To paraphrase the ancient teaching - ‘The God I am talking about, cannot be talked about’. It means that God is really impossible to explain, or *truly* understand *intellectually*. But with that in mind, I will endeavor to explain the unexplainable.

“THE BIG GUY IN THE SKY” CONCEPT OF GOD -

People have often ‘*person*’-alized, or *human*-ized the concept of God. Whether consciously or subconsciously, many people think of God as having a human-like appearance - a great big man with long silver hair and beard that lives ‘somewhere out there’ beyond the sky in Heaven.”

“That has always bothered me. Why do people think of God that way?” I said.

“There are several reasons people think of God in this way. Partly, it is due to how hard it is to grasp such an infinite and abstract concept as God. But unfortunately, sometimes this human-like idea of God was deliberately fostered as: 1) A means to gain wealth and power over the masses; 2) A means to justify cruel or

horrible things some men wanted to do (like war); 3) A means of propagating sexism; Or, 4) All of the above.

Unfortunately, with that kind of human-like conceptualization of God, also comes assigning human-like personality traits to God - and some of them are the very human-like “negative” personality traits, such as anger, jealousy, and vengefulness. The followers of many different religions have their own personalized versions of a humanized God. Some versions of God have similar personality traits, but there are various differences. Subsequently, the rules that people believe “He” has given for us to obey, are sometimes similar, and sometimes very different.”

“Is that a problem though? Why can’t people all have their own ideas of God if it makes them happy or fits into their culture?” I asked.

“They can. They are welcome to it. We don’t care about what name of God, or idea of God they believe in. If it helps them become better, kinder people, that’s our only concern. But think about it. People will even go to war, because their personalized version of God is different than someone else’s, and of course, each side in the war always believes ‘God’ is on their side. Understanding the universality, and oneness of God eliminates this, and many other tragic acts. You, who will be teachers in various parts of the world will be confronted with this constantly, and you need to understand the various concepts of personalized Gods, in order for you to reveal that there is more to God that goes beyond what they think.

Many things about various personalized Gods, just don’t make sense. This includes both the things God does, and the things God doesn’t do (allows). For instance, animals and innocent children are suffering on this planet. Why? If you accept a human-like version of God, why doesn’t He put a stop to this? Many people who have limited views of God, can understand this when you explain it to them, as long as they have the slightest open mind, and the Spirit of God is present in you when you explain it to them.

Now let’s consider God in a different, un-humanized way.

GOOD GOD

The Children of the Law of One teach that God is ALL, and includes ALL. It is the One, that includes the many. It is within us, without us, and we are individual parts of the whole of it. While many religions have similar to identical concepts of the One God in their scriptures, they may still use the idea that *their* God is different from the others’, as a reason for war or killing. One of the problems is that while many religions do teach that God is One, is all things, is everywhere, etc., they still propagate the concept of the human-like God in the Sky, and thus the religion’s followers still seem to think of God that way. They also sometimes teach that it is only their religion that has the One God, rather than that God IS the One, the Oneness of All.”

“But some religions don’t teach that do they?”

“Even if the religion isn’t propagating the humanized God concept, people still usually think that way. I will explain why in a moment, but first let’s look at the consequences of thinking of God in a humanized fashion, regardless as to why they do. Unfortunately, the humanized God idea naturally leads to thinking of God as an *individual* of sorts. Then a person’s, or a religion’s God can be given all kinds of personal traits, that either the individual, or the religion wants God to have, in order to justify their human behavior. But that whole idea goes against the ‘God is everywhere and everything’ concept, because if God is thought of as an individual, it also

leaves us with the impression that He is *separate from us, and the Universe*. But if there is One God, which is *all*, and is *everywhere* at all times, etc., it *can't be separate from us, or the Universe*. So it can't be an individual in any normal interpretation of the word (other than if you consider everything in the Universe, the entirety of the Universe itself, as One Universe, and in some sense then, as an individual)."

"So God is an individual also?"

"In some sense. Let's contemplate that for a moment. We know the Universe is One huge, probably infinite, 'something' that is everywhere and everything - all existence as we know it, etc.. Even our bodies are comprised of 'stardust' - 'the stuff of the Universe'. Doesn't it stand to reason then, that the One God must *also* be the very Universe itself? And if that is so, and there is some sort of design, consciousness, and energy that pervades the entire Universe - all of creation - wouldn't that be 'God's Spirit and Consciousness'? Thus the consciousness of God IS the consciousness of the Universe. 'Universal Consciousness' then, is a consciousness that is one and the same as 'God's'. And thus the 'Spirit' of God, the life force that is all of creation, IS the Spirit of the Universe - 'The Universal Spirit'. Once, all humans had the consciousness of their Oneness with The Universal Spirit, and that is why you are here - to regain that Universal Consciousness, and Oneness with God. Then you will be the lamps to help others regain their lost way also."

So for clarity, in the majority of this book, "God" will often be referred to as "The Universal Spirit" (and sometimes as "the One"). It helps clarify that when we are speaking of God, we are *not* referring to "The Big Guy in the Sky" concept of God. But even though using the words "Universal Spirit" helps prevent the confusion with the humanized God concept, the term God will still be used from time to time throughout the book. When it is, just keep in mind what that means to us. Back to my course with Raga...

"To summarize, The Children of the Law of One teach that The Universal Spirit, rather than being an 'individual' as we know it - is a 'multiplicity' that is 'One'. It comprises, and is, *all* things in the entire Universe, together as One. It is the 'beingness', energy, essence, and life force that is everywhere and everything in the Universe, including us, including nature - and including the Universe itself. And it has a consciousness.

Also included as part of the One Universal Spirit (and the Oneness that is the Universal Spirit), is a 'hierarchy' of spiritual beings who exist on many different levels. You might think of them as angels, guardian angels, ascended masters, adepts or saints who have 'passed on', etc.. Being free from the limitations of physical life, they exist in spiritual form, and share the same consciousness as the Universal Spirit ('Universal Consciousness'). They are consciously part of, One with, and an aspect of, the Universal Spirit. Hierarchical beings thus act in harmony with the Will of the Universal Spirit, as if they were 'arms' or extensions of it. Yet, they are somewhat related to us, and thus close to us also, so they are 'links to' the entirety of the Universal Spirit, who can help guide us, and have certain influences in our lives."

"Is that like what some people call 'guardian angels'?"

"Yes. But it is just one of the many beings that form the link of the hierarchy. And the Universal Spirit is also comprised of this great link of Oneness.

As you study the ancient biblical texts in the library, you will find that an early name for God in some of them, or perhaps I should say God was referred to in some of them, as 'Elohim'. The word Elohim, is *plural*, and both masculine and feminine. Thus it includes the concept of a hierarchy of spiritual beings that also comprise God, and insinuates that God is neither an individual person, nor a 'He'. This also leaves room to include all creation, all beings, including humans, as being part of God. Thus the Elohim concept of God, is similar to what the Atlantean Children of the Law of One teach about The Universal Spirit, and you may find this helpful in your work someday."

THE SOURCE AND PURPOSE OF THE TEACHINGS

The teachings in this book weren't created for the purpose of being "enshrined" or "worshiped", nor to influence the reader to worship any religion, book, or religious leader. These ancient teachings are thus "non-denominational", and/or "omni-denominational". They are not from, or by, any religion - and they are not "religious" teachings. Yet they do teach about the Universal Spirit, our relationship to it, and our place in the Universe.

It is our hope that publishing this book will help people in several ways: to regain their connection with The Universal Spirit; to regain their place in the "order of things" in the Universe; to become free from that which creates suffering (for themselves and others); and to become Unselfishly Loving, compassionate, kind, and harmless.

The teachings of the Atlantean Children of the Law of One, were developed by beings who were "One with God & The Universe", so to speak. You could call them angels incarnate, enlightened people, fools, masters, Children, true teachers, saints, whatever, - it doesn't matter. Regardless of what you choose to call them, they had "Universal Consciousness", and thus an awareness that included the "spiritual" realms (which permeate, and are the foundation of all physical things in the Universe). This "high" or "spiritual" consciousness gave them a great understanding of everything in life, including us, God, and Universal Laws & Truths (we will also refer to these Laws & Truths, as "Universal Principles"). The teachings are thus "reflections" of these greater understandings of "the Big picture", and present Universal Principles within them. They are a kind of "the facts of life" in the Universe, that most people have lost touch with, and are thus living out of harmony with. These Universal Principles are also *aspects* of The Universal Spirit. They are all things we once knew, and were aware of - because *we also*, were once higher consciousness beings. But that was in a time when our spiritual natures were dominant, and we were still in a state of Oneness with The Universal Spirit (this will be explained in depth in a later chapter). But now, the spiritual nature within most people is so suppressed, that their awareness of these things is "blocked" to one degree or another. Most people have lost *so much* awareness, that they *aren't even aware of the fact that they aren't aware* that they are part of this One Universe. But *all* people still have some awareness of their lost heritage deeply "buried" within them - it is just "asleep" or "suppressed". This is one area where the ancient teachings *are* important - because of what they can do to help put us "back in touch".

The words, teachings, and beliefs expressed in this book can be a catalyst for positive change, and stimulate spiritual inspiration and awareness. They can also

help you gain an awareness of the Universal Principles that are the fundamental guiding forces of all creation, including human life.

Being exposed to the Universal Principles *within* the teachings, may “resonate” and stir “lost” buried feelings and memories from your suppressed spiritual nature. These feelings and memories are often first perceived as a sort of vague “knowingness” or “awareness” within you (at least those of you who are more receptive to “awakening” to their true nature, and the reality of life). It’s kind of like a person with amnesia, regaining their memory as they hear and see familiar people and sights (although it’s not so dramatic and obvious). And you don’t need to fully understand the teachings *intellectually* in order to recover from your “spiritual amnesia” - just reading them and grasping the spirit of them, can still have an effect.

The teachings may also act as a partial catalyst for your “Inner Voice” (the still silent “voice” of the The Universal Spirit within you). Even though blocked, your Inner Voice will still react when exposed to the right catalyst - such as being presented with the spiritual truths of the Universe. Thus the teachings will stimulate it, and get a positive response from it. However, the awakening or “unblocking” of the Inner Voice may not get a positive response from *you in general*. It all depends on the kind of person you are and have made yourself into, and whether or not you *want it to remain blocked*. So the subsequent reaction may be positive, and one of “joyfully quenching of a desperate thirst” (which brings “awakening”), or the reaction could be negative, and one of repulsion, anger, and deeper blocking. But one thing is certain - all people *will* react.

Thus the book has the *potential* to inspire, awaken, and nurture in those who read it, their “higher” consciousness, or “Universal Consciousness”, and thus their *own* inner sense of spirituality. [Some people might refer to Universal Consciousness as “God Consciousness”, “Christ Consciousness” or “Enlightenment”, etc..]

Having Universal Consciousness means many things other than being consciously One with, and aware of, all things in the Universe, including The Universal Spirit. Most readers won’t understand such abstract concepts at this time (and you can’t ever *really* understand it until you achieve it). Universal Consciousness will be explained more in depth later in the book, but fortunately, there is a very simple, easy way to understand what Universal Consciousness means to us, and the world - indirectly. You can understand it, recognize it, and appreciate how valuable and important it is - by observing *its effects*. There are very real, tangible, and clearly identifiable changes that can be seen in the life of a person whose higher consciousness is awakening, or who has fully achieved Universal Consciousness. They are “real world” changes that every decent person can relate to, and agree are “good”. What are these changes, and how do they come about? Having an awakening of consciousness like we’ve just talked about, *results in TRULY becoming* more “spiritual”.

Let me pass on to you, what my personal teacher, the Adept monk Zain (who I eventually, affectionately, called “Father” as we grew closer), said to me about spirituality one day.

“As you begin to expand your consciousness beyond your self, you start *realizing* (not just believing or “having faith”) that there is more to life and the Universe than meets the eye. Creation isn’t just haphazard. There is One Great Something

behind it all. And it pervades everything, including you, including all other people, animals, life, even the Earth and the Universe. As your Universal/Spiritual consciousness continues to grow, you start understanding the underlying connection of everything more and more, until you eventually have the *realization* that others are *actually* part of you, and you a part of them, and you are ALL one. Brothers and Sisters - all Children of One Universal God. As your spiritual consciousness grows you also feel, and manifest, **Unselfish Love**, and the 'real world' *spiritual virtues* that are *reflections* of Unselfishly Loving - **Caring, Kindness, Compassion, Giving, and Harmlessness**. THESE are the things that ARE truly important, and the earmarks of TRUE SPIRITUALITY."

Oddly enough, it works in both directions. Even though developing spiritual consciousness brings forth Unselfish Love, Unselfish Love also brings forth spiritual consciousness. In fact, one of the *main* things that *develops* spiritual consciousness, is *developing* your Unselfish Love for others, *feeling* Unselfish Love, and *practicing* kindness, caring, giving and harmlessness. So *most* importantly, the teachings have the potential to stimulate and inspire the reader to do what it takes to actually *manifest in their lives*, these true spiritual qualities.

If such a spiritual change takes place within you, then all the people you come into contact with as you walk through your life, will be better off from having known you, and then they too will have the opportunity to change, and spread the beauty of Unselfish Love to others still - and on and on. Like multiple ripples in a pond that go on and on from throwing just one rock, your Unselfish Love can make you a part of, and a vehicle for, the Universal Spirit, as it moves through you, us, and thus throughout the world.

SPIRITUAL KNOWLEDGE VS. GOODNESS

I'd attained a good deal of spiritual knowledge from all the reading I did as a teenager. But I was finding out that most of it was more of an impediment to my growth than an aid. An early course by the elder monk Enoch burst the bubble of my intellectual wisdom. Just as I was thinking to myself about how much I already knew, and how I could really probably skip many of these courses, Enoch started his lecture like this:

"Many people place too much importance on spiritual knowledge itself, and don't *concentrate first* on the basics of simple goodness, such as the virtues of Unselfish Love. Knowledge is meaningless without this. Using imagination and visualization, we can make a 'mental illustration' that clearly demonstrates this.

There is an ancient technique that can help you perceive, understand, and contemplate the value and impact of a person's character. We'll use this technique to compare the value of knowledge, as opposed to goodness. Here's how it works: Think about a person's qualities and traits, and then imagine what the world would be like if it were entirely populated by, and run by, billions of identical duplicates of that one person. Keep in mind that if the entire world is populated by 'so and so's' duplicates, some of them will also be in powerful political positions. There is an old saying, 'Power corrupts, and absolute power corrupts absolutely'. Having power tends to nurture the darkness within people. Even a little separateness and selfishness is like a dormant cancer that can grow unchecked when fed by power. Some people behave well when they're 'held in check' by lack of wealth, lack of a position of power, and constrained by society's moral standards and laws. So when you

imagine a world full of 'so and so's', you need to consider what they *might become* if they were also in all the various positions of power - police, judges, head officers of giant corporations, presidents, kings and queens? You get the idea. The overall feeling and image you get of an imaginary world populated by any given individual, will give you invaluable insight about them.

So for our knowledge vs. goodness contemplation, let's think about what it would be like in two different imaginary worlds. In this case, we don't actually know the people involved, but we can still use the technique to help us understand the comparison. Let's say the first world is entirely populated by duplicates of the one person with the most, and greatest spiritual *knowledge* on Earth. Keep in mind that this person, is still basically selfish (as most people are). Thus they may be nice and friendly when things are 'going *their way*', and when nothing is required or asked of them. But these 'clones' aren't Unselfishly Loving, and have spent their time and energy more on acquiring spiritual knowledge, instead of focusing on developing, and practicing, kindness and harmlessness above all else. Thus *their* world is full of people that aren't particularly kind, are definitely *not* harmless, happy, etc., and likewise, the population is definitely not self-sacrificing when another person is in need. Yet they are all 'egoed out', each person thinking they are very wise and 'know it all'. So world #1 is still full of inequities and injustices of all kinds, still has children starving to death needlessly, still has torture, wars, and all the other evils, problems and destruction, that go along with a 'look out for #1', 'dog-eat-dog' world. I know those of you here don't want to live in that world, and many other people don't either (yet isn't it virtually the same as the outside world is that we have now). So how useful is great spiritual knowledge alone?

For our second imaginary world, let's think about what the world would be like if it were entirely populated by duplicates of one REALLY 'good' person. Someone with little knowledge, but with a 'good heart'. Someone who is compassionate, kind and harmless, and really cares about others. And they also have an attitude of 'live and let live', regardless of what others believe, think, and do (as long as they don't hurt someone else). That's not too much to ask is it? Now, wouldn't this world be an *incredibly* better world than the one that people live in now? It would obviously be a beautiful, happy place - no starvation, no hurt, no war, no economic or physical enslavement, and no infringement on freedom.

So even in regard to the practical aspects of day to day life (and the condition of the world in general), isn't it obvious that the virtues of kindness and giving, are far better (and truly 'spiritual') than *any* spiritual knowledge? And just imagine an entire world populated by Unselfishly Loving 'enlightened' beings - it would be paradise, Heaven on Earth.

SPIRITUALITY REQUIRES MORE THAN SPIRITUAL KNOWLEDGE

All people have some *knowledge* about 'God', and goodness. Everyone was raised with the beliefs and examples of whomever raised them, and even if they were abused, and raised by satanists, or atheists, they still learned about the concepts of God and goodness. But as they grow up, many people gain further knowledge of these things. Some read books about it. Some join religions and learn *their* spiritual and moral teachings. But the problem is, there are a lot of people out there who have a great deal of *spiritual knowledge*, yet they just aren't 'spiritual'. They don't think or behave as a 'spiritually conscious' being would."

"Why, Enoch? How can someone learn all these things, and not really

change?”

“Let’s use an analogy in which ‘water’ represents Universal Consciousness, Unselfish Love, and true spirituality. Just like the old saying that you can lead a camel to water, but you can’t make him drink, you can lead a ‘spiritually dry’ person to the spiritual ‘water’, give it to them, point it out and say, ‘Water’, but you can’t make them drink. Many ‘spiritually knowledgeable’ people already have *knowledge* about this ‘Water’, and they know where it is inside them. So when you point it out to them, they will usually say ‘I know’ (as if they *really* have it within them). Sure, they ‘know’. That’s the problem. They **only** ‘know’. They can hear you tell them about the water, and show it to them - and they recognize the water. They may even be able to tell other people about the water. They may even ‘preach’ about it. All because they have the knowledge of it. But what have they done with the knowledge of water themselves? They’ve developed a ‘spiritual ego’. They impress themselves and others with their knowledge. But they are still spiritually dry. Just having the knowledge of the water is not sufficient. They must ‘drink’ it in somehow, become one with it, and simultaneously share it by giving it all away for others. Just sharing the *knowledge* of water to those in the middle of the Sahara who need a drink, does no one any good unless you actually have the *water to share also*.”

Such is the problem with all knowledge, including the teachings in this book. Intellectually, we can only point out the simple, obvious facts of how to live in harmony with Universal Law/Principles. The philosophy and teachings can perhaps tell you how a good, caring person should behave, or how to become a good caring person. But just ‘knowing how’, does not make you a good caring person. Locked within good spiritual knowledge is the potential for real spiritual change, but just ‘knowing’ is merely being a human library. Even the greatest information is meaningless, unless it has gone from knowledge to positive realization - to being acted upon inside you, and outside you, in a way that makes for a real and beneficial change in your life and the lives of others.

The teachings of the Children don’t exist to be a mere library of knowledge. They exist to help you, and urge you, to actively change into an Unselfishly Loving being who is One with All. To that end, the teachers of the Children of the Law of One don’t offer you mere knowledge - the authors of these teachings *have* water to share with you *also*.

“KNOW IT ALLS” AND SPIRITUAL EGO - WHO ME?

One day (during my first few weeks at the monastery), I went to the small meditation chamber as usual, to start a new course. But there was a sign hanging on the door that said:

“THE NEXT COURSE IS A SPECIAL ONE
JUST FOR THE UNFORTUNATE FEW -
IT IS **JUST** FOR ‘KNOWLEDGEABLE KNOW IT ALLS’.
(SPIRITUAL INTELLECTUALS WHO ARE
‘SPIRITUAL EGO DISADVANTAGED’).
ALL OTHERS NEED NOT ATTEND.”

I stood there puzzled for a moment, thinking about it. I eventually came to the

conclusion that it must be a special course for some of the other novice monks. So I turned around and headed off for the library. Along the path, I ran into Zain. Literally. I ran into him. I wasn't watching where I was going, I was jogging, he was built like a brick wall, and walking the other way on the same path - and right for a head-on collision. After I apologized, he asked me where I was going.

"Aren't you scheduled to be attending a course right now?" He said.

I started to explain, "Yes..."

"Well it's *that* way." He pointed to the chamber, which was the opposite direction of where I had been going.

"No. I mean yes. I mean, I was, but it's some kind of remedial course for the spiritually disadvantaged novices or something."

"Spiritually disadvantaged?"

"Well it said something like that."

"It's only about 10 meters from here to there, why don't you WALK over and read it again, so you can explain it to me better? I don't understand."

So I hopped on back and read the sign again, memorized it, and then recited it to Zain word for word.

"You don't think that applies to you?" he said.

"Of course not. I don't think I know everything," I protested.

"Then why aren't you in there learning what you don't know?"

"Because it's not about knowledge, it says it's for those who think they 'know it all'."

"Do you know everything about your own spiritual ego and arrogance?"

"No, of course not."

"Then if you aren't aware of your own egotism, and you think that sign doesn't mean that you SHOULD attend that course, then all that can mean is that at least to some extent, you are a 'know it all'. True?"

Whoa. I had to think about that for a moment. This was worse than Zen paradoxes.

"I guess you might have a point there."

"Thank you for acknowledging my point."

"You're welcome."

So I attended the course, which as it turned out, was probably MORE for me than anyone else there.

And it may apply to you also.

"You have a great deal of spiritual knowledge, don't you?" Raga said to me.

"Yes. I have been studying since I was 13 years old," I said.

"Then why are you here?"

"Well... I..."

"Have you achieved enlightenment?"

"No. I don't think so."

"Oh, you would know if you did. You'd know it far more easily than knowing if you'd been struck by a bolt of lightning. And that's why you're here. That's why you are taking these courses, and why you have chosen a teacher, and why you are reading all those books in the library. Because you are still searching for enlightenment. If you had found it, you would not be on this plane, or you would be an Adept, and teaching others rather than reading books - even ancient texts. Because

you would then truly 'know it all', at least spiritually speaking. You would have Universal Consciousness. You would not be struggling with your self, or being self-centered or selfish anymore. You would only Unselfishly Love."

I gulped. "I understand."

A NOTE FOR OUR READERS

There are basically two kinds of people reading this book (and some who are combinations of the two kinds). The first kind of person is just reading it because it is unusual, but perhaps somewhat interesting reading. That includes those who are fascinated with lost civilizations, lost history, and mysterious technology. But the other kind of reader is one who is more "into" spiritual knowledge, studies, practices, abilities, etc. What some call a spiritual "seeker". The remainder of this chapter, is really addressed to them, and you may want to skip to the next chapter.

SOMETHING TO THINK ABOUT.

A MESSAGE FOR THE SPIRITUAL SEEKER OR SEEKER OF SPIRITUAL KNOWLEDGE

There are those of you reading this book right now, who have collected spiritual and metaphysical knowledge for many years, and been involved with various spiritual "paths", trends, or techniques. Some of you will read this book and say, "Yes, I already know," or, "It's redundant," or "I have heard these things before - I already know them, so this book is of little use to me".

I don't mean to offend you or belittle your knowledge or wisdom. But if you have thought such things, ask yourself the following questions before you read anymore of this book with that kind of attitude, or before you just "file these teachings away" with the rest of your knowledge.

Are you already "enlightened", or "Universally Conscious"? There are various definitions of that, so here's what we mean by that - If you have achieved what we call enlightenment, you have taken the controlling reins of your life from your selfish separate self, and handed them over to your higher self, and the Universal Spirit. Have you done that? Has Unselfish Love replaced selfishness in your day to day life? And if not, have you "dropped everything" and rearranged the priorities in your life with the goal of achieving these changes as fast as possible?

If the answer to the above is no, then the next question is, why? If you know the keys - why haven't you used them? If you don't know the keys, maybe something in these pages something will click for you.

Like I said, I don't mean to be insulting, or offend you, I just want to help certain readers who might benefit from what I'm about to say. So please keep that in mind now, when I say this: While there are certain exceptions, if *you are already "enlightened"*, it is very, very unlikely that you would even be reading this book right now. You would likely have no need or interest in reading this book, because you would have achieved all you need. The searching stops. Those who have attained enlightenment, Universal Consciousness, or whatever you want to call it, generally no longer read books about spiritual teachings or philosophy, because they are of no use to them - they don't need them anymore. And when you don't need the things you once read a book for anymore, you change to where your interest in them falls away. (You may still need books on plumbing, but that's a far more serious and interesting subject). It's not like being a doctor or something where you

have to keep up on the latest advances. Sure, you could say there are degrees of enlightenment, and you might read something to achieve a greater degree than you have. But there is one “biggy” enlightenment, that is like a light switch, and it’s either on or off. So if you are reading this, and that “big” switch isn’t turned on yet, for your own good, please put aside whatever you already know, just for a while at least. Even more importantly, please put aside any ego that could “get in your own way”. This could prevent you from getting a seemingly insignificant “little piece of something” out of this book, that might help you become enlightened. Just read with an open mind, and see where this takes you.

Even if you were enlightened, and found a book that “sounds interesting”, which is certainly possible, you wouldn’t have the time to muse over it. When you become enlightened, you are very, very busy, helping *others* to attain the same freedom, peace, and Unselfish Love you have found, or you go on and ascend to a higher vibrational plane. If you stay, you “work” for the Universal Spirit, so to speak. You align your will, with Universal Will, and thus you become very busy doing your little part in the “Universal Flow”. For example, at this point in my life, I don’t read *any* spiritual or philosophical books. I no longer have the inclination, let alone the time. I did *need* to *write* this book though, because it was both my “job” to do so (in the service of the Universal Spirit), and my desire to help you. I’ve been forcing my self to write it while very ill, so I hope you get something out of it that will help you.

Of course, like I said earlier, there was a time when I had a *desperate desire* and need for spiritual and philosophical information, and I *did* read everything I could get my hands on. Maybe that’s the stage you’re at in your life and evolution. I was desperately trying to find some answers - searching for some truth. I found bits and pieces of truth, but that wasn’t enough, so I kept reading in hopes of finding *consistent truth from one source*. And after all the books, rather than finding what I was looking for in a book, I found it in my personal true teacher instead. What irony, eh? But there was nothing like this book out there when I was voraciously reading to find something. Not to say that it should do the same for you, because you may have a very different path (people do have different legitimate paths). But if *I* had read *this* book you are reading now, it would have at least been the end of the “book” part of my search. Because it would have answered my questions, and all the pieces of truth would have fallen into place as a whole. But again, maybe these teachings aren’t your spiritual “cup of tea”, so to speak, and this book won’t do the same for you that it would have for me. Maybe it’s just one of your stepping stones along the way, and has some things you consider “bits” of truth. Or maybe you’re not ready for it yet. Or maybe it is right for your path, but you’re just afraid of the radical changes it would bring into your life, if you allowed yourself to realize and accept the truth - your truth. It’s certainly not for me to say. But *in any case, if you are still reading this book - you are probably still looking for something*. And if so, just admit it. A long time ago I discovered the hard way that it doesn’t pay to be egotistical, self-centered, or “cocky” about what you already know. Humility never killed anyone, but cockiness has. Humility will get you to peace of mind and “enlightenment” faster than anything else. A “spiritual ego” will prevent it.

So go ahead and let yourself go, and look very closely, with an open mind and heart. Spirituality is simple. Love is simple. Truth is simple. Enlightenment is sim-

ple. It's all basic stuff that we all really know deep inside somehow, yet most people don't live by it, and they've blocked it out. A book like this helps to remind you and inspire you. If you haven't "gotten it" yet, maybe this will help. If you think it's redundant, what can I say? How could it be *redundant*, if you haven't "gotten it" yet? I know I *needed* to hear certain things over and over, until I finally really *did* "hear it", "get it", and actually change.

Some of you may already know everything you need to become truly great beings who are a blessing to all, yet you don't do what you need to do to achieve that. Why? What's your "good reason"? I've seen them all. Some continue to cling to the lives they've built. Jobs. Friends. Associates. Have kids. Hold on to the familiar shore. There are all kinds of excuses to avoid real change. Some people even use the search for spiritual knowledge, or "sharing" of knowledge, or even the search for a spiritual path, as a means to actually *avoid* change. It doesn't matter what the excuse is. It doesn't matter if it is clinging to a house, car, friend, lover, family, job, city, or whatever. It also doesn't matter what you fear. We all die someday, and such specifics of your life become irrelevant. So it doesn't matter if your reason for not "going for it" is the *best reason in the world*. The BOTTOM LINE is this - *Whatever reason* is holding you back from what you need to do to achieve "enlightenment" and Oneness with God - **is not a good enough reason.**

The major arcanum of the ancient Tarot, represents the spiritual path from start to finish. The beginning, and end, of the path is represented by "The Fool". The fool lets go of everything in life, to begin his spiritual journey. He has packed a knapsack, is looking up, and is stepping off into the jaws of danger, trusting all to God. The fool has "shucked" his reasons for not getting on with his path. This is the kind of attitude one must have. And the knowledge of how to do it is not good enough. Knowledge can only point the way, *you are the one who must actually take the journey.*

Remember, "A little knowledge that *acts*, is worth infinitely more than much knowledge that is idle". - Kahlil Gibran

Chapter Four

One more Book?

Good question. It may not be “just one more book” to you. If you are a seeker of truth like I was, who has only been able to find bits and pieces among the books and paths you’ve found, hopefully this book will bring them all together for you now. In any case, if you believe that caring, kindness, and harmlessness are what true spirituality is all about (rather than spiritual teachings, philosophy, dogma, beliefs, or what religion you belong to), we welcome you as a friend, or welcome you home - because we believe the same thing.

“Hear the Essence, Not just the Words”

One day, Zain, who at this time, had been my personal teacher for a couple of years, asked me to come speak with him.

“Peniel, one day, too soon, you will need to leave the monastery. You are destined to do many things with your life, important things.”

“What things, Father?”

“Teachers have different choices they can make with their lives, different directions. These have been called “rays”, based on the 7. You can switch between rays however, if you choose. Only one ray is totally dedicated to being a true teacher. Perhaps, you will find a way to bridge the rays.”

He outlined the choices I would have after I left, and discussed what each path, or “ray” as it was called, would entail. He also spoke of past lives, and why I had certain talents other than being a “spiritual” teacher, like with music, writing, diplomacy, political leadership, and strategy. He told me that among other things, I had been a great writer in some of my lifetimes, and I would soon be called on to write the most important works that I had ever done. I was to present the teachings of the Children of the Law of One to the world, openly, publically.

“Why?” I asked. “This has never been done before. Why now?”

“Because of the time my son. It is written. It is predestined. You need to write a book that will accurately reveal much of both the written and oral traditions, before the end of the millennium.”

“The oral traditions also?”

“Yes. It is time.”

From the earliest days of human life on Earth, some of the teachings of the Children of the Law of One have only been communicated orally, from teacher to student (an Adept monk to an elder monk). There were various reasons for this oral tradition. Special teachings were only imparted at a time when the student was ready to comprehend, and to truly real-ize it, and make it “part of them”. Also, spiritual concepts, knowledge, and training can be very etheric, complex, and subtle. As opposed to written teachings, oral teaching allowed an “enlightened” teacher to instantly know if a miscommunication, or misunderstanding was taking place during the instruction. This way, if there was a misunderstanding of an important teaching, the Adept could correct it, or wait until the elder’s consciousness grew more. All this insured that elders accurately grasped all aspects of vital spiritual

training, and could thus pass this on to their future elder or novice monk students.

But now, I was being told that out of necessity, the exclusivity of certain oral traditions were being broken.

At the monastery, we were taught to be able to understand and communicate with people, regardless of culture or religion. But presenting oral teachings in written form for the first time, creates many problems with communication and understanding. Fortunately, I was given some special help for this task. In many of my interactions/courses with both elders, and my personal teacher, Zain, I was given special attention to re-awaken my knowledge and skills regarding the problems of written word communication. As a result, this book strives for unusual "clarity".

"Words are a very limited form of communication at best," Zain said. "They are often, and easily, misunderstood. This is because words are but symbols, the meaning of which is subject to interpretation by each individual from their own point of view. And individuals' points of view vary *wildly*."

When it comes to communication, written words are even worse. Since a writer cannot address every reader's individual point of view, individual interpretation, or reaction, it makes full and accurate communication via reading and writing *impossible*. Even speaking to someone in person, on a one on one basis, the essence of the desired communication may not take place, however, it is more likely to succeed. This is because a sensitive teacher, or speaker, can 'tune-in' to the individual's point of view, and thusly communicate in the manner that gives them the best chance of fully receiving the message being communicated. But even so, communication is still very difficult. Have you ever found yourself saying, 'That's not what I meant.?'"

I understood instantly. It all came back to me.

"Using the word 'self', or 'ego' is a good example of a common verbal communication problem that can be corrected for, when speaking in person, 'one-on-one'. These words can mean many different things to different people. Ego, for example, means a negative personality trait to some - but it means the essence of being, or soul to some - it means the strength of personality to some, etc. 'Self' can mean the Inner Being to some, and can mean the essence of selfishness to others. So personal communication is difficult enough, but when words are written, there is no chance to correct misunderstandings or clarify, if they are misunderstood."

So please keep this in mind if you disagree with what you read - it may not even mean what it seems to mean.

THE WHOLE TRUTH

Zain brought me over to the library, and had Gabriel, the Adept who was the keeper of the library, discuss more of the particular problems with writing spiritual teachings.

"In addition to the difficulties of communication with words, there are special problems involved with conveying spiritual concepts and Universal truths. It is written that because of the duality of the plane we exist in here on Earth, and the limitations of our ability to really understand the infinite Oneness that is the Universe, the closest we can get to ultimate truth, is still only half-true. That means that the highest truths I can really explain to you here, even in person, are still half-untrue. Thus if you try, you can find another half-truth that conflicts with it, and argue the truth of either of them. For instance, it can be truthfully argued that our future is

pre-destined. It can also be truthfully argued that we can change the future. They are totally opposing concepts, which seem to make the opposite concept impossible to be true. Such opposing true concepts are called a paradox. Paradoxes contain seemingly conflicting half-truths, that are true in and of themselves, and while one truth may seem to make the other impossible to be true, the greatest truth is actually revealed when both half-truths are understood as a whole, even though that doesn't necessarily make sense when analyzed logically. Since paradoxes often contain the greater truth within their conflicting half-truths, they are the closest thing to full truth that we can convey with intellectual minds. Yet they cannot really be understood with the intellectual mind. A paradox must be intuitively, or spiritually grasped and understood."

"I understand what you mean, it is similar to a concept in a book I read before I came here. They called the total understanding of something 'groking'."

"Groking? Yes, there is a need for a good English word for it, and I suppose we can use that. We should have that book brought here to the library perhaps. But few people do 'groking'. Many people choose to believe or focus on one concept within a paradox, over the other. Thus they lose the whole truth. For instance, in regards to the future, they may be either fatalists (thinking all things are destined), or they may believe the future is totally unwritten. As we know, neither are true, and both are true."

Zain interjected. "You should grasp and accept a paradox intuitively, ...it cannot be truly grasped with only the intellect. Thus, an Adept understands that both concepts are true simultaneously. For instance, regarding the particular paradox Gabriel was using as an example, we simultaneously know that after something has happened, what has happened was destined to happen - after all, it *did* happen, *period*. That is absolutely true, is it not? Yet we also simultaneously know that through free will everyone alters and creates the future, *period*. That too, is absolutely true, is it not? Each concept opposes the other. It would seem that *they cannot both be true, yet they are*. Even though it may not be logical, *intuitively* having both beliefs simultaneously allows us to understand the broadest truth about events that may take place in the future.

As far as totally pure ultimate truth, we can only really 'get it' when we are out-of-body, in a higher spiritual consciousness that *knows*, not just intellectually thinks it understands."

Words can be Stepping Stones or Sinking Sand

I said, "So how can I possibly represent such paradoxes, and present the true teachings of the Atlantean Children of the Law of One?"

Gabriel responded. "Regardless of the problems of written communication, the times require it. And even though it is not the *best* way to communicate and 'reach' people, the One/Universal Spirit/God *can* be expressed in many ways, including words. Those who can intuitively interpret the meaning behind the words, may be 'kindled', and awaken to the Spirit within them when they hear the words brought forth by same. I know *I* have read certain inspiring words that 'rang a bell of truth' within me, as have all of us here."

WHAT KIND OF WORLD DO YOU WANT TO LIVE IN?

According to the teachings of the Atlantean Children of the Law of One, Universal Principles dictate that the kind of world you live in, and the creation of your future world is all up to you. It is entirely your choice, and in your power to

change - all by just making changes in yourself.

Gabriel said, "You need to include this concept in with the teachings Peniel - tell the people of the world this: Before any teachings or path can help you, you need to understand a simple, basic, preliminary truth, and make some important decisions."

[Author's note: I will repeat the following teaching again later in the book, but it is so important, and such a fundamental issue, that I think it should be included here also.]

"The first thing you need to do is ask yourself a question, think about it well and seriously, and then make some choices and commitments. Here's the big, yet simple, question: 'What kind of world do you want to live in?' Once you decide that, you can achieve it. Here is the incredible, but true, 'deal' we have in the Universe: If you want to live in a good world, then be good. A paradisiacal one? Then be a paradisiacal being. It sounds simple doesn't it? It is beautifully simple, but it does work, and it's based on sound scientific principles, and Universal Principles."

"Which principles Gabriel? I assume we are talking about science-magic?"

"Aren't we always in *some* way or another? Isn't that what creation is?"

Let me give you an excellent example of this vitally important principle. An example that has been used by our ancestors for ages, and one that you will no doubt want to use for *your* students some day.

You've worked in the kitchen, yes?" He asked, while looking at me with a deep and serious stare.

"Yes."

"You have seen how oil & water (or oil & vinegar) separate, even if you try to mix them?"

"Yes, they don't mix well, and even at that, they don't remain mixed for long."

"Do you know why?" I shrugged, letting him quickly go on to explain the important point I knew he wanted to make. "It's simply because they have different *natures*, and they each naturally 'gravitate' to their own nature. We are no different. There are 'Laws of physics' that dictate this, but behind them is an even more primary Universal Law, or Principle. As you attain higher consciousness, you will come to understand that the same Universal Principle that makes oil and water separate and find their own levels, also applies to people, *and* even their 'essence', 'spirits', or 'souls'. Every individual, will *ultimately* end up in the kind of world they belong in, with others like them. So if you want to live in a world of Unselfishly Loving people who are kind, and care about each other, you simply need to be like one of those people - or change to become one."

"That's easier said than done," I said.

Zain interrupted. "There may be trials and tribulations as you change inside to become a better person, but ultimately, it will be done, if it is your will to do so."

Gabriel added, "All you need to do is persevere, and you will attain your goal. That's all. Just persevere."

"That's it?"

Zain went on to give me more details of the principles. "The world outside you will change according to the changes you make within you. This happens in small ways, and big ways. For example, if you are a drug addict or alcoholic, you usually have friends that are the same way, and a certain 'lifestyle' that accompa-

nies who you are and how you are. The reason you are a drug addict is something internal. If you change inside to where you are no longer an addict, you will find that without any effort on your part, you will lose, or drift away from, your old friends, and soon you will have new friends. It's also likely your job and housing situations will change also. I have seen people raised in ghettos full of drugs, hatred, envy and crime, who left it all behind to live good and productive lives. It wasn't because of 'the breaks' they got, or the cards life dealt them - they didn't have any advantages different from anyone else in the ghetto. They transcended their environment, and their environment changed - all because of how they were inside, or changed to be inside, and the actions/choices they made because of their internal disposition. This also happens with spiritual changes. You must have experienced it yourself already Peniel. Didn't you find that your friends actually changed as you changed, even before coming here?"

"Yes, that's true."

"Wait until you leave the monastery and meet them again. You'll find the common bonds you had with people you knew, don't exist anymore, and soon, those people don't exist in your life either. Even ordinary people experience this. If they really change in consciousness, their old friends drop out of their lives. And new friends who are on a similar 'level' or path, come into their lives. You may still have your old friends in your life somehow, but they aren't in your life in the same way. The example of addicts was just an extreme one - it happens in subtle ways too.

Of course, the ultimate change is enlightenment, and gaining Universal Consciousness. As a result of *that* extreme of an internal change, *everything* in your life will change *radically*. And it goes beyond the physical boundaries of your life. Also, when you attain Universal Consciousness, you will no longer be a prisoner to the physical plane. You can come and go. And when your physical life is over, you can *choose* to come back to help others, or ascend to a paradisiacal spiritual existence. It's all up to you. Everyone's own world is all up to them, from their immediate little world, to the Universal plane they exist in."

And don't think it is such an impossible task to achieve enlightenment. Start by just becoming a really good person. Remember Enoch's examples of imaginary worlds #1 and 2 in the last chapter. If you want to change your life for the better, just become like the decent person Enoch used in his example of imaginary world #2. You can certainly change that much, can't you? Does it sound so out of reach for you to just become a really good person? Of course it isn't. Well, if you can achieve that, becoming enlightened is then just one step further.

THE PURPOSE OF PRESENTING THE TEACHINGS

We present these teachings with the hope that they will move and inspire you to walk (or continue to walk) a path of Oneness with the Universe, a path of Unselfish Love, regardless of your denomination or other beliefs. And to those ends, as you read, if you don't understand something, or you disagree with something, *please* just disregard it temporarily - especially if it "turns you off", or your feelings of Unselfish Love seem to shut down. If you can, expand your point of view somehow - perhaps with meditation if you know how to do any, and contemplate the problem from a higher state. If that is not possible, or you still disagree or want clarification, please contact us by Email, or letter, and tell us your problem

with it. Give us a chance to understand your point of view, and your problem with it. It may mean something other than it seems to you, it may not - but whatever the case may be, **nothing** is so important that it should make walls between us and dam the flow of our Love. Don't you agree?

A Book with a Built-in Sequel!

This book is divided into two parts. The first part will primarily contain some of my personal experiences, lessons, and discussions with teachers at the monastery. And in that format, it will present the teachings of Atlantis (actually the positive spiritual teachings of Atlantis, which are the teachings of the Atlantean Children of the Law of One). The teachings cover a wide variety of spiritual and metaphysical subjects. It will also include direct translations of excerpts from a variety of the ancient texts.

An Instruction Manual for Life as citizens of the Universe (that got lost in a drawer somewhere).

The teachings contain "reflections" of the Universal Spirit, including Universal Laws, and principles of the Spirit's manifestation and order in life. They can, therefore, be used as a kind of "manual" for, or "schematic" of, our relationship with it all. It can be something to help those who wish to get directly back in touch with God, attain peace of mind, and become truly kind, caring beings.

The second part of the book gives actual instruction in the Children's training system of daily mind and energy exercises, techniques, and meditations. The purpose of this training system was to help the Children maintain harmony and balance of the spiritual, mental, and physical aspects of their being, and help them directly experience Oneness with God. They were also used to re-achieve that balance, and that "connection", if it had become lost. This same system was used in Atlantis, and is still being used today by Children of the Law of One around the world.

Part two also provides you with amazing, yet practical uses for some of the Children's legendary Atlantean vibrational technology. You may have heard that Atlanteans were well versed in the advanced use of color and sound for healing and consciousness altering. While we obviously can't teach you all the complex details of this science here, experts in Atlantean vibrational technology from the Children of the Law of One created it, and have continued to use it for thousands of years. Now, for the first time, some of the consciousness raising vibrational sounds are available to the public. We have put specific versions of these vibrational sounds on CD's & tapes. When used properly, according to the directions in part two of this book, they can dramatically aid in helping you change yourself, and improve your life. The "how to" section gives specific instructions for accessing and reprogramming your subconscious mind through the use of the special sound vibrations, by combining them with verbal induction/guided meditation/affirmation techniques. We wanted to include the recording packaged with the book, but we were told it should not be done because some bookstores would not carry it then. So the instructions for ordering the vibrational sounds are in the back of the book. The back of the book also has instructions for ordering a video which teaches our style of Yoga and our ancient energy techniques.

Why the Book?

Besides the reasons I've already given, ours is an esoteric path that has been deliberately kept relatively unknown for some time. But as mentioned earlier, this

time was prophesied - it is the time to publically reveal many things, including the ancient history, teachings, and future prophecy. You are about to read about *one* of the reasons that the book is being published now - it is also about another reason - one of the prophetic "signs" that it was time to make the teachings public.

Even though the location of our Tibetan monastery was secret, isolated, and so well hidden that it didn't even show up on satellite photos, years ago it was attacked. All the monks and householders who were in the Tibetan monastery at the time were killed. Some who were in the area, but not at the monastery at the time, survived. Monks in other places around the world were also attacked and murdered (I discuss this whole issue in more detail elsewhere). This great loss to the world went unnoticed by most, yet its significance and impact will ultimately be felt in many ways, and has already begun over the years.

By the time you read this, I may be gone also. I was asked to consider leading a rebuilding effort of the Tibetan monastery by other surviving monks. But I am much older than when I was last there, and was doubtful that my body could even withstand the trip - but if it was the will of God, I would do it somehow. After the attacks, I became the eldest teacher and "head" of our order, and thus was left with a great deal of responsibility. So before deciding, I went into deep contemplation meditation, to seek guidance. The choice was left to me, but I was reminded of my discussions with Zain when I was young, when he told me I would be writing this book.

"Son, it is written that the day will come when the 'land of the teachers will be desecrated'. Then you will know it is time to begin your writing, to make the teachings public. A new order in the world is to begin then. There will be a new order of darkness, and a new order of light. You must initiate and herald the new order of light." I now know this new order of light involves the kindling of a very old idea. It involves many people waking up to, and recognizing the vital importance of, "the Golden Rule" (and really working to apply it in their lives). The Golden Rule (which is essentially just "Be Unselfishly Loving"), is so basic and simple, it has often been overlooked. Yes, it's an old concept. But **IT IS THE MOST IMPORTANT SPIRITUAL TEACHING IN THE WORLD**. In fact, it is at the core of the ancient teachings. Unfortunately, even though the *idea* has been around forever (and most everyone "knows" of it), the "masses" have never really "caught on" to it, "realized" its true meaning and significance. Thus, it has never been implemented in most people's lives. Yet it is the very crux of true spirituality for all people regardless of faith, or lack of faith. Even most Christians, who were given the Golden Rule as their **ONLY COMMANDMENT** by Jesus, haven't "gotten it", nor implemented it in their lives. But the Golden Rule has remained through time, a beautiful spiritual "buried treasure" patiently waiting to be found and shared. And like a smile, it is Universal, crossing all barriers of language, culture, and religion - every good person on Earth, regardless of other beliefs, agrees with it, and can find common ground in it. Thus we chose the name Golden Rule Organization ("GRO") for the "umbrella" under which many related projects are underway or planned. The "Golden Rule Workbook" we have written, is the perfect vehicle for all those who believe Unselfish Love and its offspring should take priority to any other belief, but who are not ready for the total sacrifices demanded by monasticism, or other such "full-blown" spiritual lifestyles. The book gives a detailed program for improving your life and relationships by using unselfish love, and other techniques. It also tells you how

you can set up Golden Rule groups that can meet weekly (or whatever) for purposes of helping each other grow. (Those who are interested in being involved, networking, or becoming part of a fellowship in their area, are welcome to contact us).

Getting back to the rebuilding issue, after contemplative meditation over the whole matter, it seemed pointless to rebuild in Tibet. Elsewhere, yes, Tibet, no. A new era was at hand, the signs were everywhere. The order had a new destiny, so I declined to rebuild there. Unfortunately, while my decision was honored by the elders, some novice monks, who's sentiment overwhelmed their higher senses, launched their own rebuilding effort. It failed tragically, and ended in more deaths.

It is clear to me that a great change is upon the people of this world, and *some* of the traditional ways of the Children are past and over. However new ones must rise from the ashes of the old, and we continue to keep the most important teachings and traditions alive. We will support and teach anything that makes for more Unselfish Love, caring, kindness, and unselfishness, and that assists the return to Oneness with the Universal Spirit. And in any case, the essence will always live on. You can destroy countries, cities, homes, families, bodies, minds, even entire worlds - but the soul and Love always survive and go on.

While most people these days are completely "out of touch" with nature and the Universal Spirit/God/the One, some have suffered enough to begin looking for a way out of the darkness. There have always been teachers to help those who were ready to find the way out, to find the Universal Spirit inside themselves. But these are unusual times, and few teachers are left. Thus this book is also written as a preliminary aid, to help illuminate those seeking the light of truth and Unselfish Love - and as a way to maximize the resources of light, and continue making it available to all who are in need, and are ready. In the chapter on monasticism, we'll discuss other changes and plans to keep the work going.

Chapter Five

The Religion of Atlantis

Religion for Religion's sake

As I said earlier, part of our training at the monastery was to learn about the various cultures and religions of the world, so many of my earliest courses as a novice monk were about religions. At the time, as typical with my young ego, I thought I already knew all there was to know about the subject, but there was really far more to it than I thought. The following chapter is a recollection of a course given by elder Noah, regarding the Atlantean, and later, teachings about religion.

“There are a variety of reasons that can be behind the founding of a religion - some are good, and many are bad. Thus both good and bad religions have been created. There are religions that started as a means for worship. Some to help people improve themselves spiritually or otherwise. Others were specifically created just to control and have power over the people. But even many religions that started with good intentions, degenerated over time into self-serving power structures whose main function was to control people, and make money.”

“How do they control people, other than by peer pressure and trying to convince someone about something with a sermon?”

“They vary in their methods and functions. Most offer their members personal salvation through following the religion's tenets (beliefs, rituals, and dogma). And thus, they insinuate you will not find God or salvation, if you don't follow their particular religion.

Most also aim to fill an emotional or psychological need in people's hearts and minds. They generally each have their own 'dogma' - answers to spiritual questions about God, who we are, and the rules that we should live by.

Some religions control by using people's insecurity, and have even been formed based on the insecurity of an ignorant society. Some were based on fear. There is the fear of hell (religion as 'fire insurance'). There is the fear of God. Which...”

“What exactly do you mean?” I said. (I was insensitively interrupting him before he was about to explain anyway).

“I was just getting to that. It is religion that basically comes from the idea of needing to worship and serve a God, or some kind of powerful supreme being, because you actually *need* to *fear* Him if you don't - because He is all powerful and has negative emotional attributes, commits atrocities when angry or jealous, and allows great suffering and disasters when He could easily stop them.”

“So Noah, what you're saying is worshipping that kind of God is not much different than being respectful to, and paying homage and taxes to, an evil king, or warlord of the realm, because if you don't, he may come burn your hut or your fields, or kill you or your family, rape your wife, etc..”

“That's an interesting and insightful analogy. Yes, in fact, that is precisely what many religions did, and how they used the concept of God. But as opposed to being just a King or a warlord, people were told it was an all-powerful being, like a super powered evil alien from outer-space, bent on taking over and controlling all

the people of this planet Earth.

And of course the next step in such a religion, is dealing with the abusive power of its leaders. The religion's leaders, being self-appointed representatives of such a God, would even torture and burn people alive for not 'believing', or behaving precisely as they dictated, or precisely as the 'God' they represented, dictated that they live. Millions of people have been murdered and tortured as the result of this."

"Like the inquisition?"

"Let's just say for now that people throughout time, and of various religions, have used their particular God, or even their particular 'name' for their God, as an excuse to control, torture, and murder. That's one reason we prefer to call God 'the Universal Spirit', rather than anything that personalizes, or segregates the concept.

But there have been legitimate, or sincere reasons and beginnings for religions too.

Some have been formed based on faith, or the moral ideas of the religion's founder. Some have been based on visions or insights of a great spiritual teacher (unfortunately, when the founding visionary dies, usually dogma and the 'religion' take over). Others provide a more direct means for personal salvation, within the framework of dogma."

"How and why was the religion of the Children of the Law of One started?"

A Religion that is Not a Religion

Noah paused, and stroked his beard for a moment.

"While the Children of the Law of One is a spiritual 'way', and also a monastic order, I suppose you could say it is somewhat like a religion. But, it is *not* a religion in a couple of very important ways. To start with, none of the above reasons were behind the founding of the Children, nor do they play a part in what they teach. There is no control. Not even an attempt to influence, only to educate and reflect the truth.

To understand why the Children of the Law of One was created, and what their foundations are, we need to go back to the beginnings of human life on Earth."

Ooooo, it sounded like we were going to get into some more interesting stuff.

"Please go on," I said.

"I will, just give me a moment." More "beard-stroking meditation" ensued, as he prepared himself to tell us the story.

The Fall

This book devotes an entire chapter to the history of the Children of the Law of One, from its Genesis prior to Atlantis, to the present, directly translated from the ancient texts, and my accounts of recent developments. But in the following segment, Noah just briefly describes the specific aspects of that history which led to the creation of the Children. You've heard Darwin, you've heard Genesis. Now you are about to hear another theory, the first one that made sense to me. And according to the Atlantean teachings, Genesis is actually a simplified, loose allegory, based on this.

"The historical records start with the premise that there is One Great Being (God/Universal Spirit) that is All things, including the Universe itself. It divides/multiplies within itself to create us, thus, our history begins with all of us (humans) essen-

tially being part of, and One with God. The records describe us as being spiritual or 'angelic' beings, free to roam, create, and enjoy the Universe. The teachings go on to say that our beginnings on Earth, came in two steps - a 'first wave', and 'second wave' of 'human' (& semi-human) materialization into physical bodies on Earth. At the time, we had the ability to instantly alter our vibration, and instantly create anything we desired, with a mere thought. It was in this way that we 'thought ourselves' into matter, into material existence on Earth. Which began our fall from our angelic state, and Oneness with God.

You have probably heard of mythological beings such as the Minotaur, Centaur, Mermaid, etc.. The Minotaur, had a bull's head and a human body, the Centaur, a human head and torso with a horse's body. You may also have seen pictures of Egyptian 'gods' with animal heads and human bodies, or animal bodies and human heads (like the Sphinx). In the Pacific regions, ancient drawings and carvings of 'bird headed' humans can be found on both sides of the ocean. Why do you think so much of this exists? Many legends and myths have some foundation in fact, and this is no exception. The ancient teachings from Atlantis, reveal that such creatures did indeed exist, and that their origins were not what you might expect - they were the fallen angelic beings from the 'first wave' of materialization on Earth."

"Fallen angels??? You mean like Lucifer?"

"Well, yes and no. You have a misconception of sorts. That is a personalized concept from the allegory. The first wave of materialization was a terrible mistake [Author's note: this will be explained in greater detail in the history chapter]. The first wave beings materialized as partly human/partly animal creatures. This is why in the story of Lucifer, or the various creatures that were called 'devils' or demons or whatever, appear as horned, cloven hoofed creatures with tails - the fact is, they *were* part goat. This is why goats have become associated with the devil also. But evil, is an entirely different matter. Think not that evil does not exist. But true evil, disguises itself, and points the finger at innocents."

"So Lucifer was not evil?"

"Not initially. The stories you have heard have become terribly mixed up. Even the bible originally paints him as a great angel. But there was no 'rebellion' or defiance against the will of God until AFTER this fall, not prior to the fall as is often depicted. It was just a mistake at first. Try telling one person in the meeting hall a story, and ask him to repeat it quietly to the next, and the next person to the next, until it comes back to you. By the time you hear your original story, it will not even be recognizable. That is why our teaching methods are so stringent. We *must* keep the truth straight, and consistent, and this has been assured by our forebearers.

Getting back to the primary teaching today, there were more 'fallen angels' than Lucifer. And they took many different part animal forms. For ease of description we call the part human, part animal beings that fell into physical vibration or matter, during the 'first wave' of materialization, 'humanimals'. As soon as the first wave beings materialized in their 'humanimal' bodies, they suffered a great 'fall' in vibration from their previous spiritual, angelic state of existence. They instantly experienced a near total loss of consciousness, awareness, and intelligence. In less than the twinkling of an eye, the consciousness that just moments before, had encompassed the entire Universe, and experienced Oneness with the Universal Spirit/God, was virtually gone. The new limited consciousness of these pitiful crea-

tures, 'trapped' them on the physical plane of the Earth, where they had to live in ignorance, with their animal-like intelligence and awareness. They were suddenly isolated from Universal/God Consciousness, and trapped in the lonely anguish of 'separate' consciousness. This separate consciousness gave birth to a sort of separate free will, which was ignorantly used selfishly, rather than in harmony with the will of God. Ultimately, they would also be trapped in slavery. Evil is spawned by selfishness, but later, even greater degrees of evil came about (which we will discuss more later). Yet *all* selfishness and evil, has since mistakenly been blamed on these poor unfortunate 'first waver humanimals'. To be sure, some had horns, and tails, and cloven hoofs - but they have been used as 'scape goats', and diversions, in order for others, including regular humans, to avoid taking personal responsibility for the real evil, the real devil, which is the selfishness living inside each human who maintains separate consciousness from the Oneness of God."

Other novice monks in the class, including me, immediately responded with a flurry of questions.

"What do you mean?"

"How can this be?"

"How did it happen?"

"Slow *down*," Noah said. "One question at a time please. All will be answered in time.

Remember, we were spirits *only*. Very 'fine', 'high-frequency' vibrational beings, with no experience in this physical realm. These humanimals came upon their terrible fate because of a rapid, uncontrolled slowing down of their vibrational frequencies, for purposes of materialization of their spiritual selves into the material plane of the Earth. It occurred in a way that cut them off from their normal consciousness, like changing the dials on a radio to an area of radio frequency that had nothing to receive. Their 'internal radio' of consciousness, was no longer 'tuned in' to God. It was a materialization that went too far, too deep, into the dense, slow vibrations of the physical plane. When the finer frequencies were 'cut off', they were left 'cut off' from God and the rest of spiritual creation, and thus the consciousness of the Oneness of the Universe - the consciousness of God - the Universal Spirit. This left them with only a 'separate self consciousness', that lost touch with 'Oneness Consciousness', or 'Universal Consciousness'.

"Then why aren't all of us still lost, and out of touch with God?"

"A couple of reasons. Some of us did not make this 'fall'. Those who didn't fall, were still in their angelic state, and watched all this happen to the first wavers. Our grand master [Author's note: later known as Jesus in his last life on Earth], organized and led a rescue mission. With their great Love and compassion, many of the other angelic beings who had not 'fallen', decided to help the trapped first wavers, even at great risk of the same fate. They became what we call the 'second wavers'.

The second wavers knew they could only help the first wavers, if they too, materialized in forms that would allow them to work on the lost souls (the humanimal creatures) in their own physical form and dimension. And the grand master and various angelic volunteers, knew that in order to do that, it would require lowering their *own* vibration, towards that of the physical plane, and subsequently lowering their consciousness to some extent. They knew this was dangerous, and that they had to be very careful how they did this, and be careful about how deeply they

went into physical matter, or they too would become trapped in limited consciousness just as the humanimals were. Thus the ancient Atlantean teachings describe how this second wave, became the first *consciously controlled* thought projection, or materialization, of modern 'human' life on Earth (or at least they eventually became modern humans as they gradually solidified into the material plane from their spiritual 'angelic' state). The ape-like early human form was actually just eventually *chosen* by second wavers as the preferred type of physical vehicle to *model themselves after*, because it allowed for the greatest control and manipulation in the physical plane, that would be required to help the first wavers. That is why scientists cannot find the 'missing link' - because there simply is none. Because while evolutionary change certainly does exist, our present existence on Earth did not involve evolving for millions of years from apes."

Again, if the above theory of creation that is offered by the ancient Atlantean teachings, is disagreeable to you - no "biggy", that's OK. There are all kinds of theories of creation, that people are VERY intense and pushy about. We aren't.

Scientists are *supposed to stay objective*, and stick to proven *facts*, and if they can't present *absolutely proven facts*, they are *supposed to* present their ideas as "theories", and *only* as "theories". Yet many alleged "scientists", have *sneakily* insinuated, and taught the "*theory*" of evolution of humans from apes, as *FACT*, even when they have a huge gap, a huge "missing link" in their "theory"- they have not found a direct ancestral lineage of modern man, that connects the whole evolution of apes and "cave men" types of semi-ape, semi-humans. And on the flip side of the evolutionist theories, many religions have followers, and thus money and power at stake. Unlike both of those categories, we have nothing at stake, nothing to prove, nothing to lose or gain since we don't make money or get power from the teachings we present. While we have had personally viewed it as an historical, written record, you are welcome to "take them or leave them". We really, really don't care if you believe the concepts of history or creation presented in this book, or not. If it "rings the bell of truth" for you, fine. If it doesn't, that's OK too. We obviously can't prove ancient history, nor do we feel it is important. It isn't important. We really, truly, don't care about any of those intellectual ideas, theories, or concepts. We *DO* care about the reality of human life and suffering, *NOW*. The things that really impact everyone's lives on Earth. So what *we* want, and what we really care about, is simply for everyone to be kind, caring, compassionate, and harmless. Is it really too much to ask even if you believe you are descended from an ape? Is it really too much to ask if you believe God created you out of Adam's rib? Who cares? We don't think it's too much to ask. Regardless of what you believe, don't believe, or have faith in, or don't have faith in. The same goes for everything else you read in this book - who cares? Be nice. Let's all be real caring friends and family.

The Creation of The Children of the Law of One

Before Noah could catch his breath, I began my eager questioning again, "So the second wave of materialization began as a 'rescue' operation of sorts - to save the 'humanimal' beings who 'fell' in the first wave? Please tell me more about who organized this, and how could they do anything about it?"

"Who, we will discuss later. Please just let me finish relating this part of the teachings.

In order to accomplish this 'rescue' as you called it, two things had to be done. One, methods had to be devised that would help the humanimals REGAIN their spiritual consciousness and awareness of Oneness with the Universal Spirit; and two, methods had to be devised for the second wavers to MAINTAIN their spiritual consciousness and awareness of Oneness with the Universal Spirit. To both these ends, second wave beings founded the spiritual path of the Children of the Law of One, and created the methods and teachings that are still in use, and valid, today.

Thus, the spiritual order of the Children of the Law of One was founded with a very specific and unique purpose. And while this order included aspects of what would later become numerous 'religions', the Children of the Law of One was unlike any other religion that would ever appear on Earth. And remains so. It was NOT created to fill a need in people's hearts and minds, NOR to strike fear into their hearts, NOR to worship anyone or anything, NOR to answer the spiritual questions that arose in the spiritually ignorant masses, NOR to control those masses. It was created before all those issues even existed."

"So the Children are not really a religion in a sense?"

"No. By many modern definitions, it could be considered such. But again, the whole point of the Children's materialization was to rescue their 'trapped' kin, by returning the first wavers to their angelic state of existence and awareness (Universal Consciousness). Thus the whole point of the Children's spiritual path, was to be able to enter the material plane so they could help the first wavers, while maintaining their own spiritual consciousness and angelic state, so they wouldn't get trapped also. If I may continue.

Falling Again

As the second wave rescue mission gradually descended into materiality and human form, some of them, lured by selfish desires, turned away from the Children's spiritual path. They then lost spiritual awareness, and separated from Oneness with God. Ultimately, this division created two 'religious' or 'philosophical' groups in Atlantis with very different purposes and 'politics' - the Sons of Belial and the Children of the Law of One.

The Sons of Belial mimicked the Children in many ways, even in the sense of being 'spiritual' or 'religious'. But their 'religious practices' were mockeries of true spirituality - phony, empty, and self-serving. They would use 'prayer' and visualization to attain whatever they wanted, and they turned a blind eye to what the repercussions of getting what they wanted would have on others. Some popular present-day religions, are offspring of the Belialian religion. And then there are the secret societies that still practice their original ways.

In Atlantis, the most significant contention between the Children and the Belialians was over what to do about the humanimals. The humanimals were easily controlled by the powers of a second waver's mind, and they could be made to do anything just through visualization. Since the Belialians had turned away from their awareness of Oneness with God in favor of selfishness, they wanted to use the 'humanimals' as 'pet slaves'. The Children, however, still wanted to help return the humanimals to their higher state of consciousness. Thus the Children also became 'activists', and their goal as a group 'movement' was still to free their trapped kin, but now they also had to contend with other SECOND wavers who had 'gone bad'."

"So Noah, did the Children win out over the Belialians - there aren't any humanimals walking the Earth any more, right? Were they all killed, or rescued?"

"I'll answer that in a moment, but first let me say that even the best of the Children of the Law of One, eventually succumbed to some degree, to the separation from the Universal Spirit. But that is another story, which involves the allegory of Adam & Eve.

"Now, to answer your question, while part of the Children's goal was eventually achieved (the humanimals were freed from their animal entanglement after the destruction of Atlantis), freedom from darkness and slavery has not been fully accomplished. The battle continues. As far as the first wavers go, reincarnated humanimals still walk the Earth in normal human bodies - you have seen them. If you are observant, you can see subtle animal traits, mannerisms, or facial appearances on many of the people of the world. But humanimals or not, the age old struggle between the Children and the Belialians - the struggle of freedom against slavery, still continues. These days slavery can be in many forms, traditional, economic, socio-political oppression, imprisonment, and mental programming. The world is basically populated by five groups, the Children, Belialians, reincarnated "lost soul" first and second wavers, and the enlightened. Most from both the first and second waves, are still separate in consciousness from the Universal Spirit. That makes them easy prey for the Belialians, and they either become their pawns in one way or another, or their slaves in one way or another. *[Author's note - In previous editions of this book, the only description of Belialians was that of the old teachings. This left many people confused about who and what they were, and how they look in modern times. Belialians are not some kind of genetic creatures who have physically lived and survived for thousands of years. Like all of us, they have continued to reincarnate, and live in modern human bodies. But they are so evil, those of us who are sensitive to it can sense or feel that. This can sometimes even be physically or intuitively seen as being reptilian-like, or as the old teachings call it, "lizard-like". But whether you see or sense this yourself, you can know them by their agenda. Lifetime after lifetime, they maintain their maniacal drive for power and agenda of slavery and domination. Many of them are the people who run the world. The upper echelon are the real power people pulling the strings behind the scenes. Like Initiate monks of the Children, the higher level Belialians are totally conscious and aware of who they are, and what they are doing. The middle and lower echelon are sometimes in the forefront, or in the public eye, functioning as political, military or business leaders who are apparently not being told what to do - yet they really are. Of course some leaders are just pawns, and not consciously aware of who they serve (and wouldn't care anyway). Belialians are usually born to rich and powerful families who are already of the Belialian heritage, and their families train them and continue to pass on their tradition. They go to the best schools and join the "right" "special" fraternities and sororities. They are trained in the ways of using visualization and ritual to practice their dark magic. They always want more money and power. They want to maintain economic slavery and child labor slavery in the world, and even worse. They want a state of total monitoring and control of all people (and they have been making great strides in this). They will use physical force to dominate and control if necessary, but mental programming through education, media, peer pressure, or other means, has been extremely successful - and parents continue to pass their own programming on to their children also. Examine world history and you see*

these struggles continuing through time - entire groups of evil oppressors trying to enslave. We have continued to fight them, and they continue to fight us. Just as many of the scientific advances have come from reincarnated Atlantean scientists, so too have those with thirst for power and control at any cost, come from reincarnated Belialians. They continue to develop more sophisticated ways to keep people under their control. So how do you identify them? Again, you can feel it, and sometimes see it when you look into their eyes. But anyone whose agenda is control of others, is either Belialian, or one of their pawns. They care only about themselves and would be willing to harm anyone or even everyone on the planet if it helps them get more power - and they can do this all with a big smile and warm handshake (which many people "buy" into as being a "nice" person). Ask yourself if this could be true, and feel the response from your inner voice.] Noah continues:

So our 'religion', and work, continues on. And now, because of the time and situation, you [he pointed at me!], will soon be publicly revealing the teachings of the Children, and heralding the coming spiritual changes.

Remember, because of the unique nature and purity of the Atlantean Children's spiritual way, it is as valuable today as it was then. Their teachings and methods can help anyone return to the Universal Spirit, achieve enlightenment, and live in harmony with Universal Law & Universal Will."

"Thank you Noah."

"It was my honor to help you." And with that, he bowed and kissed my hand with the feeling of love and respect that one might only expect to see offered to his teacher, or the head of the order. It was rather shocking to me, because I felt I wasn't worthy of it, didn't deserve it, and that it wasn't appropriate for someone of my humble station. But he was honoring who I was inside, which at the time, I didn't really see in myself (even though my ego thought it did). Nevertheless, it was there, just waiting to manifest. [Author's note: Now, as I deal with my students and others, I also see who they really are inside - their potential - and support that. We relate to that as well as their present level of consciousness. To reinforce and strengthen the Inner Being, while attacking and starving the selfish separate self, is our constant function and duty]. Then Noah put his hands together and made a gesture of spiritual respect to the other novice monks in the chamber, and crawled off through the little door.

Crossing Cultures

The next day, Noah discussed more about different cultures, and the religions or spiritual traditions of various cultures.

"Some spiritual traditions are so rooted in the culture they are from, that people from 'foreign' cultures or lands find them difficult to adapt to. Sometimes there are even language barriers and cultural customs that have become part of the religion. For instance, some paths require learning or chanting in Japanese or East Indian languages, rather than translations of those languages. Many require performing or participating in rituals that are unique to a foreign culture, even though they evolved specifically because of those cultures. While some paths have legitimate reasons for such things, most do not, and their requirements are limiting, and often nothing more than dogma and cultural bias."

"Boy I can relate to *that* Noah. A year or so ago I entered a Zen monastery in the U.S. for about 6 months. And they did everything in Japanese, and in

Japanese style, and wouldn't explain to me what the translations of the Japanese chants were. Even still, I liked a great deal of it, and I definitely got something out of it, but it just wasn't ultimately my right path."

"No. It is a very good path, but clearly, this is yours. If for no other reason than to teach me patience."

"What?"

"I was just joking younger brother. You had a good point. It's just that you are here for me to learn some things, just as I am here for you to learn some. But you are ultimately here for the world, more than I. But let me get on with what I was saying.

Unlike other traditions and religions, our spiritual and philosophical teachings lack any emphasis on religious dogma and have no cultural embedding. The teachers are from every part of the world. And the universality of the teachings and methods easily adapt to those individuals from any culture, who have an open mind, and are truly spiritually inclined. Thus, it is a path that is readily accessible and useful to people from any land, if they wish to take advantage of it."

To someone like me who had previously studied many religions and cultures, the teachings crossed over seemingly opposing religious boundaries with a unifying wisdom. They were also "complete"- filling in all the blanks left by my previous studies, and tying in the aspects of truth I had found in other paths, into one comprehensive whole.

A Natural Spiritual Path based on Universal Laws

My next course involved how the Atlantean teachings came about, and what they were based on. It was to be given by the elder monk Zarathustra. I'd "heard on the grapevine" that he had long ago originally come from Germany. He was quite well studied and intellectual from what I'd seen of him so far. I liked him, and he even let me be involved in some very sophisticated vibrational experiments he was conducting (which gave me the foundation for my later vibrational studies and developments). He had a great scientific insight into such matters, and was perfect for teaching this course.

"The beliefs and teachings that the Children of the Law of One had, and have, were not formed based on faith. Most of the basis of them came from Atlantis, and thus to us, our knowledge, philosophies, and practices are simply gleaned from the 'scientific facts' of Universal Laws that govern all things in the Universe, including the use of the mind and energy. They are merely the result of 'observations' of the Universal forces that are involved in the practical applications of our spiritual and physical existence. Thus, even today, understanding the substance of even the ancient 'beliefs', requires no faith, but rather a certain quality of 'intuitive logic'. In fact, the path urges us not to take the teachings on faith, but to EXPERIENCE God and higher consciousness directly. That way we can really *know*, rather than just taking something on faith and 'hoping really bad' that it's true. There is no more powerful way to change your life in a real and lasting way, than to directly *experience* Universal Consciousness, and thus experience and know Oneness with the Universal Spirit/God.

The teachings both give us methods to expand our awareness and directly experience God and Universal Consciousness, while also explaining to us the *effects* of Universal Laws in simple terms, even if the Law *itself* is difficult to under-

stand.”

“Uh... that *statement* was difficult to understand.” Novice Vicente said.

“Ok. For instance, you may not understand the complex laws of gravity that physicists grapple with, but you *can* understand how Newton’s observation of an apple falling from a tree led him to a scientific conception of ‘What goes up must come down’. Right?”

“Yes.”

“More simply still, your own experience with the law of gravity has taught you about the effects it has on your life. For instance, you wouldn’t ignore the law of gravity and walk off a 30th floor balcony, yet how many people ignore even more important Universal Laws because they don’t really understand their effects factually? So the ancient Atlantean teachings offer us a way to understand the effects of Universal Laws on our lives, and thus a way to benefit from them.”

“Yes, I understand you now, but I want to learn more about spirituality, not physics.”

“*True* spirituality is tied to Universal Laws though. And if you want to consider that just plain physics, fine. But this scientific approach doesn’t mean that the path of the Children is a cold and clinical one. Far from it. Nowhere else will you find more emphasis on compassion and Love. Instead, the scientific basis in the teachings makes the ways and beliefs of the Children of the Law of One more simple and unique. As opposed to other religious orders, it is a “natural” religion, or more appropriately, a natural spiritual path. It is natural because it is based on nature - not just the nature of this planet, but the nature of the Universe. It was founded on an understanding of the way the Universe functions, and endeavors to apply the laws and flow that govern it, to human conditions. The ways of the Children were thus developed to insure that we are in our proper place in the grand scheme of things. Rather than encouraging blind faith in an unknown God and a dogma, it encourages knowing and experiencing the Universal Spirit yourself, and becoming One with it. By these very virtues, it is not as much a ‘religion’, as it is a ‘way’ of being One with All of creation, and the Creator, both. Nor is it just physics by any means. This is not your garden variety religion, and it has a beautiful simplicity to it.”

“Science-Magic”

One morning I decided to explore a bit of the central pyramid, just to “check out” some of this incredible “thing”. I was walking up one of the chamber halls there, when all of a sudden, I saw a strange moving light coming from a small side-tunnel. Before I could even look into it, Zin-uru, came crawling out. He was one of the Initiates at the monastery, an Adept monk who was the personal teacher of many of the elder and novice monks who worked with monastery’s energy systems. He was holding a sort of lantern/flashlight, which explained the strange light.

From day one, I had heard the phrase “science-magic” used around the monastery. Sometimes it was referring to the monastery’s technology, but sometimes it was regarding the “creation” of our personal lives. But when the term was used in reference to the monastery’s technology, it was often used in the same breath as the name of the Adept Zinuru. I had also come across references to ‘science-magic’ in the ancient texts in the library, but it had not been explained to me in any of my courses yet, so I decided to ask him about it while I had a chance. I didn’t know if he would have the time, or inclination to speak to a monk like me,

but it was worth a shot.

“Zinuru, if you have a moment, could I please speak with you?”

“A moment, a moment. I suppose I do. Yes. No. It’s gone now. Sorry. But yes, I’ll speak with you now anyway.”

“Can you tell me about this ‘science-magic’ I keep hearing about.”

“No problem. It has been said that all the teachings of the Children of the Law of One, are based within ‘Science-magic’. Have you heard that?”

“Yes, I think so.”

“You think so. Very well. Well, they are all based on it. Let me explain the history of that. To our ancestors, what many consider the ‘mysteries’ of life were not confusing or complex, but simply a matter of applying their understanding of Universal Laws.”

“I just had a course about that.”

“Good, then you’ll save me some time. Our Atlantean ancestors easily manipulated vibration, using thought, within a framework of scientific facts. God, and spirituality, were not vague concepts. The Universal Spirit was not unknown to them, or some being that was ‘out there somewhere’. And magic and miracles were not just something that existed in fairy tales and religious parables from days gone by. They were the scientific workings of spiritual forces on physical matter. Spirituality, as well as materiality and physical life, were all simply based on scientific facts of Universal Laws. For instance, they understood that psychic phenomenon, electricity, magnetism, gravity, light, sound, space, time, and such, were all related, and aspects of the same thing, and all followed Universal Laws. The barbarian cultures that lived around us, or came into contact with our ancestors, couldn’t understand these things, so they just lumped it all together as ‘magic’ - some mysterious ‘something’ that could only be created and wielded by gods, devils, or witchdoctors with strange powers and rituals. But what gives anything the *appearance of magic*. If not deceptive illusions or tricks, what is real ‘magic’ other than creating or altering energy, and matter which is comprised of energy? So in a very real sense, much of what we do is magic, but it is based in science, not superstition. Thus, science-magic is inherent in the Children of the Law of One’s entire approach to life and ‘religion’. Visualization, for instance, works like magic. You see it happening, and it happens. Visualization is used successfully in everything from Zen Archery, to healing - and all such things have that appearance of ‘working like magic’. Here, let me give you a little demonstration.” He had me stand behind him, and lift him up by the waist. It was easy. Then he said, “You should be able to that again, yes?”

“Of course,” I said.

“Then do so.”

I tried. It was like he was holding heavy weights or glued to the ground. I managed to budge him, but it took all of my effort and strength, whereas it was easy just a moment ago.

“How did you do that???”

“Simple visualization and energy. One aspect of ‘science-magic’. You will learn it in time. And if I had wanted to really put my mind to it, you wouldn’t have been able to lift me at all.”

“That’s incredible.”

“That’s nothing. But while our ancestors achieved wondrous things with their ‘science-magical tools’, it is not any more mysterious to us than defecating is to the

uninitiated. To us, this use of the mind to create physical reality, is just a simple fact of Universal Law science, and a very fundamental one. This also applies to everything else in the Children's early days on Earth, such as their use of pyramids to provide power to vehicles and buildings without any visible connection. All their understanding of God, spirituality, and the matters of day to day life, are based in this *knowing* that *real* magic, is science, and *real* science, is magic.

This lamp I am holding for instance. It has no batteries like they use in the outside world, yet it is powered. By what? Something you can't see, and you don't yet understand. Is it magic? I guess so. Is it science? I guess so. Which reminds me, I have some repairs I'm in the middle of."

"Oh, I'm sorry. Thank you for your time and teachings Zinuru."

"Think nothing of it. You're quite welcome. We must have more talks. And I know you want to know more about how we are using some of the ancient technology to power things here. You'll be able to learn them easily if you wish. You have great vision and insight that few have, and I welcome discourse with you."

"Watch it, you'll get my ego out of hand with comments like that."

"I wouldn't worry about that. Zain will assure the last of your ego is stomped to death - he's talked about you a great deal."

I cringed inside. "Oh, great. That's something to really look forward to."

"In truth, it is. You will be far wiser, more intelligent, find peace, and your place as a caring instrument of the One, once all is said and done."

I replied, "That sounds better than being stomped to death."

He laughed. "Same difference. You'll learn." Then he headed on up a shaft.

The reality, practicality, and day to day practice of "science-magic" by the Children, give their teachings a "substance" that is rare in other paths. So while some of the spiritual teachings you will read about here may sound similar to other spiritual teachings, keep in mind that it's possible that they are based on a very different framework of understanding life and living life - a very *real* and *practical* framework, not an "airy-fairy" idea. And that framework can make a big difference. So if you read something that *seems* like just a religious or spiritual concept, keep in mind that if understood as a whole within the entire framework of the teachings, they are also just a fact of science-magic. And in the right hands (or right minds, in this case), they are each indispensable keys to understanding life, co-creating your world, and living in harmony with the Universe.

Complex Ideas with a Simple Message

Because the Children's path is so strongly based in Universal Law and what might be called "realities of the Universe", many of the teachings are by their very nature quite intellectual, and require concentration, and sometimes re-reading of sentences, in order to grasp them. I apologize for this, but it can't be helped. However, even though there is so much intellectual knowledge being presented, in practice, it is all balanced with feeling. For the very essence of this path is very clear, and very simple - **Unselfish Love**. Everyone can understand the healing and good that come from kindness, compassion, caring, giving, harmlessness. Those are the *virtues* of Unselfish Love - the things that really matter. And they are also the ultimate keys of returning to and being in harmony with the Universal Spirit, and what the Children of the Law of One are all about.

For me, discovering the ancient teachings filled in many holes in my under-

standing. I grew more excited every day as I learned more, grew more, and the pieces fell into place. When I found this path, I felt like a man dying of thirst discovering an oasis in the desert. To paraphrase a spiritual concept from “Stranger in a Strange Land”, “As I was given water, I now offer you water. May you drink deep.”

Coming up Against your Pre-conceived Beliefs

Everything was smooth and rosy in my life at the monastery, until I had to come to grips with my own “ego issues”. They caused “turbulence” on the “flight” of my growth. I will discuss this later in the book, but to summarize it briefly now, let me put it this way. Long ago, my path led me to realizations that left my previous beliefs in shambles. I had to “clean house” (pick up the pieces of old beliefs, review each one of my beliefs individually, and decide whether to “trash it”, “keep it” or “fix it”). I ended up with a set of beliefs that are far different than those of many people. As you have read, some of my beliefs are regarding Atlantis, and the history of our existence. But YOU may not believe such a place ever existed - so let’s say it didn’t. You have already read many things that you may, or may not, accept or believe - and you’re about to read more. Just because I believe these things and accept them as truth, doesn’t make it so. They may be absolutely untrue. Or they may not be true to you, from your perspective. Or, they may be absolute truth. In certain ways, it doesn’t really matter, does it?

Whatever the case may be, if you don’t believe all this intellectual “stuff” you read in this book, it doesn’t matter to us - we know that truth is only half-truth at its very best anyway. We Love you. I Love you. I’d like to live in peace with you, and have you Love me too, regardless of what we believe or don’t believe. As long as we don’t hurt each other, and we help each other when in need, who cares what “beliefs” we have - religious, political, moral, or whatever. And I believe *that’s what’s most important*, because I *know* that Unselfish Love is *always beneficial*. That is one of my revamped beliefs, and I think it’s something we should be able to universally agree upon. I Can. Can you? Will you? What can it hurt? Nothing. What can it help? A great many things, like peace and kindness. So if you do not believe the ideas contained in this book, I hope it will not matter to you that I do - as long as I am a Loving, kind-acting, caring-thinking, harmless person. And similarly, what matters to me about you, is not really what you think or believe, what religion you belong to, or if you’re an atheist, but how you conduct yourself. What matters to me is whether or not you are a Loving, kind-acting, caring-thinking, harmless person. Unfortunately, a person’s beliefs do greatly influence how they think and act though. So while we are on the subject of beliefs and religion, let’s take a closer look at the effects of belief.

One day I was struggling with my thoughts. I was having ‘doubts’ because I was having a hard time with my ego. It wasn’t the first time, and it wasn’t going to be the last time. But as I was sitting in the garden questioning my beliefs, and trying to sort some things out, Anastasia came by and told me I should go see Zain, because I seemed upset. I reluctantly acknowledged her advice, slowly got up, and went off to find him. I found him already teaching a group of other novices. But his words were addressing my issues and concerns. I wondered if it was actually all staged for my benefit. It seemed absurd to think that of course, and self-centered, but I was never really sure with him what he might do to teach someone something in the best way. Here was what I began to listen in on:

“Regardless of whether or not you *believe* it, your beliefs control your destiny, so they need to be closely scrutinized for what they create in your life. What you think and believe greatly effect whether or not you are a saint, an evil monster, and everything in between (like a somewhat kind person, or a somewhat mean person).”

I was wondering what the heck he was talking about, because I had just learned that what we believed was irrelevant. So I interrupted the discussion, and asked, “What does it really matter what beliefs we hold? I thought it didn’t matter as long as people are kind, caring, compassionate, and harmless.”

“It is another paradox in a way. It *doesn’t* really matter what beliefs a person has, as long as the beliefs they have *yield* those virtues of Unselfish Love you just mentioned. But their beliefs may yield those virtues, or yield harm and evil. Beliefs have a *dominant* and *powerful* effect on every aspect of our lives! People even kill over beliefs.” [We’ll get into that more in-depth later, but I’ll continue Zain’s lecture for now, because you will soon be reading religious concepts that may be in conflict with some of your own, and it may help you understand better or be more open minded.]

“Religious beliefs are frequently based on faith, and they are most often something we are ‘taught to believe’ early in life, by our family’s religious beliefs and religion. Other beliefs are absorbed also, from our cultures.

People don’t usually stop and think about the fact that something as *seemingly* ‘innocuous and insubstantial’ as our mere ‘beliefs’, really have much effect on our lives. But they do - in fact, they not only have *tremendous effects* on our lives, but they also control much of our destiny.”

“How can this be that just an idea, a belief, controls our destiny?”

“A belief itself is but an idea, it has no real substance. But we *act based upon* our beliefs. The *actions we take because of our beliefs, have effects. And only the effects, the results, of those actions, are* things we can see, feel, and grasp. This is very important to realize. Because the effects of our actions, which result from our beliefs, *are precisely the things* that can be used to determine the value, good or bad, of any given belief. For instance, if you are kind to me because you believe we are all brothers & sisters, your kind actions are something real, something we can both *know* is good. Kind actions are transcendent of language, culture, and whatever you or I may believe is spiritual truth. Likewise, if you are cruel to me because of a belief, I will know it is a bad belief. These are obvious examples of course, and the results of many beliefs may be not so clear cut. Nevertheless, *all* beliefs subsequently generate their own ‘thoughts’ and ‘actions’, good or bad.”

“So what should we believe for the greatest good for ourselves and the world?”

“Unselfishly Loving all beings is a *belief* of the Children of the Law of One, and the essence of the teachings. Caring about others, compassion, and kindness are qualities of Unselfish Love. If these are things we can all agree are good, then Unselfish Love can be used as a common, or Universal, measuring stick of goodness. And if Unselfish Love is the result of true spirituality, these virtues can also be used as the measuring stick of spirituality. Such a measuring stick can be used to compare the manifestations of any belief, and thus compare the value of any belief.”

“So we should analyze and compare the effect of our beliefs?”

“Of course! Most people don’t even think about what they are creating as a

result of their beliefs. Do your beliefs further the manifestations of Unselfish Love, or inhibit the manifestations of Unselfish Love? Do they breed anger, hatred, and harm, or tranquility, love and healing? Do they make for a better life, or a worse life? Do they make for a better world for others, or a worse world?

People have used their beliefs, and been *driven by* their beliefs, to hurt and murder those with different beliefs. It can be over different beliefs about economics, race, religion - you name it and people will kill over it. What insanity! Why? The teachings make it clear that the primary culprit is our separateness from Universal Consciousness (and God). And regardless of the teachings - isn't it obvious? Separateness gives most all people of the world, the *basis* for their belief in the illusion that we are separate beings, not One being manifesting itself in many forms. This separateness then spawns *differences, and* selfishness. How much harm has been done in the names of God, Country, or Tribe? How much horror and pain has been inflicted because someone has a *different racial, national, tribal, class, or religious* belief? More than we can really grasp with our limited brains." He was through talking for the moment. Zain was a very intense being, and when he spoke intensely, I almost felt like I was getting punched in the stomach. As he got up and left the room, we all sat silent, moved, shaken up a bit, and remained in deep thought about his words for some while.

Any individual who wants to grow, attain enlightenment, or be a really good person, must completely re-evaluate their beliefs in the light of the effects those beliefs have, where they came from, and why. So in the Chapter on Subconscious programming and beliefs, we will explore the teachings on these subjects in depth.

Chapter Six

Different Points of View: Universal Consciousness and Separate Consciousness

The concepts of Universal Consciousness, and separate self consciousness are central to the teachings of the Children of the Law of One, and they will be referred to throughout the book. So we'll start with the teachings about consciousness, and go on from there.

Almost every time I asked Zain a "deep question", he would also refer me to particular ancient texts to read in the library. He would say, "read these first, meditate, then come speak with me again."

When I first came to the monastery, I didn't really understand the meaning of "Universal Consciousness". I certainly thought I did though. I thought I understood it clearly. Sure, I had an intellectual grasp of some of it. But it was weak nonetheless. I eventually realized you could never really understand it, until you finally experienced Oneness with the Universal Spirit. In fact, you can't really fully understand much of anything until you achieve that. Yet it may help many readers if I relate my earlier question and answer sessions with Zain. So from here on out, I will present many of the Children's teachings in that format.

It was the day of the new moon. I was on my way to my womb to meditate after a long exhausting class. I turned a corner, and standing there, "accidentally", was Zain. The course I was taking, and particularly this day's class, had left me with a nagging question about Separate, and Universal Consciousness, which I was going to try and understand better in my meditations. But it would have done me no good. I needed a little more change, a little more "preparation" before I would really grasp this concept.

"Peniel..."

"Yes Father?"

"What troubles you?"

"Nothing Father, everything is fine."

"Then why do I not feel that it is? Am I an idiot?"

"Of course not Father. I'm sorry. I *am* having a hard time really understanding Universal Consciousness, or what the difference is between my own Separate consciousness, and that. Or even, what difference it makes. I mean, I am a decent person."

"No one has accused you otherwise. So what's your point?"

"I guess it's that I mean - so what if I have Universal Consciousness or not, as long as I'm a decent person."

"Because many people have been hurt by decent people, and decent people

all over the world are suffering.

The difference of who you are, and what you do, with Universal Consciousness, is as night and day. That is why when you finally REALIZE Universal Consciousness, that is, when it finally is what you have achieved, it is called 'enlightenment', or 'illumination'. It is as if a light switch has been turned on in a life that has been lived in total darkness. Give me your notepad, and I will write a text I want you to look up in the library. Read it, meditate, then come see me in my chamber."

I went to the library, and told Gabriel the name of the text Zain had written. He retrieved a scroll, placed it on the table, and unrolled it to the quote. It was the place in the texts, that I was told to read. There, hand inscribed in alchemical ink, were these words:

*Those who know Not that they are One,
Act not as One.
Those who act not as One,
Create not Love, but suffering and disharmony.
What you create, you receive.
The Fruits of Your acts will follow your days.*

Separate Consciousness

After meditating for an hour, I went to Zain's chambers. He looked me piercingly in the eyes as usual, and said, "It may be easier for you to understand Universal Consciousness, if you first understand separate consciousness. Then you will at least understand what Universal Consciousness IS NOT. And you will be able to 'relate' more to, and understand, separate consciousness - because that is what you have right now. Let's begin with one of the fundamental *effects* of Separate consciousness, a person's individual, separate, 'point of view'."

POINT OF VIEW

We've all heard phrases like, 'From where I sit', or 'Walk a mile in my shoes...', etc.. These are all common references to the significance of having separate and different points of view.

A person's 'point of view' can mean two things: 1) It can mean what it literally says - the 'point' from which a person 'sees' things. 2) It can mean a person's opinion. A person's opinion is based on a combination of #1, and the person's programmed beliefs.

Let's first look closer at #1, the 'point' aspect.

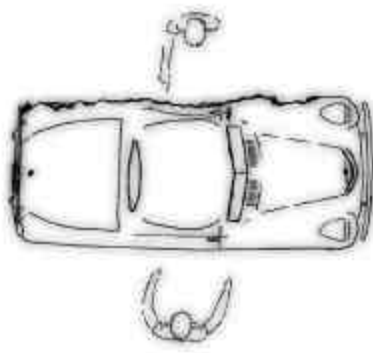
Most individuals have a limited point of view dictated by the very fact that they are *separate* individuals. They are each seeing things from a different place, a different point, literally. And they see *only* from their separate individual 'place'. There are as many 'places' that a person will see from as there are persons. And the trouble is, seeing from only one 'place' doesn't allow seeing a 'whole picture', or a 'big picture'.

THE METAPHORICAL CAR OF LIFE

Here's a mediocre allegory that will help illustrate the point, using a modern frame of reference you are familiar with. Let's say there is a classic car in a park-

ing lot. The car is badly damaged on one side, but looks like new on the other. Two people going through the parking lot, walk by the car, one on each side. One person's point of view is from the bad side, one from the good. As they walk by, they each see the car, make a judgment, and form 'clear', solid beliefs about the condition of the car. Because of their limited viewpoints, they are each left with totally different beliefs about the car. And each person's belief opposes and contradicts the other's. One believes that the car is in impeccable classic condition, and very valuable. To the other person, the car is in such bad shape they couldn't even tell it was a classic - it just looks like an old junk car to them. And that's what that person believes the car is - an old junker. They are both right, from their point of view. Yet if you could see the entire car from above [Author's note: see illustration], from *our* point of view, they are both totally right **and** both totally wrong. How can they both be right, when each viewpoint would seem to make the other wrong, or impossible to be true? And how can they both be wrong, when they are obviously both right from their point of view? The fact is that when you *simultaneously grasp* the two contradictory, yet true, beliefs, you actually have the greater truth about the car. This predicament of having two truths, each of which seem to make it impossible for the other to be true, is a crude sort of paradox. And a paradox is the closest thing you can get to real truth, or whole truth, on the Earth plane [explained elsewhere in the book]. This example shows us how we can see the whole truth if we get above and beyond each individual's point of view. *Only* then can we see the 'whole' picture."

From our lofty point of view above the illustration, we have combined the



points of view, and can see that while the car is a classic, it would need a *lot of work* to put it in show condition. And while we see the damage, we also see that it is a classic, and not just some piece of junk to have hauled away.

GREATER POINTS OF VIEW

Zain went on, "This example, of course, is not one of even seeing things with Universal Consciousness - seeing from a 'Universally broad' point of view. But as the damaged car allegory demonstrates in a small way, having a point of view that is as broad as possible allows us to better perceive reality, to see more truth. A broad point of view can help us better understand others, better understand the world, and ultimately the entire Universe around us. If our point of view is broad enough, it lets us better understand *other* points of view - then we can more easily communicate or interact with others, and they can more easily communicate with us. For instance, just like the people viewing that car, the point of view of each indi-

vidual reading the ancient texts, or any book, is going to be different, thus they will perceive it many different ways, thus it will be perceived differently than it really is, and differently than it was intended to be perceived.”

“So when I write the book revealing the oral traditions of the Children, it will not be perceived correctly either?”

“True. The broader the reader’s point of view, the more they will perceive what is really written (within limits). But still, it will affect the subconscious, and the inner being in each reader. And it may affect the consciousness of those with fertile ground for the seeds. Yet, it goes both ways.

The Broadest Point of View

When we talk about the state of a person’s ‘consciousness’, we are essentially talking about the state of their ‘awareness’ of the world around them. And as such, a person’s consciousness is directly related to the way they view, interpret, understand, and interact with, everyone and everything around them.

A person’s point of view is affected by both the state of their ‘consciousness’, and their beliefs and ‘programming’. Beliefs and programming are usually in sync with a person’s level of consciousness. However, consciousness is dominant, and if there is a shift to a higher or lower state, the new consciousness can alter and override a person’s beliefs and programming in order to match the new level of consciousness.”

“I’m sorry Father, some of this still escapes me.”

“I understand, but a day will come when you will remember the words, and fully understand.”

“Please explain more about Separate consciousness, so I can understand it better.”

Separate Self Consciousness

“Every human being is obviously an individual ‘self’. And most people are both ‘conscious’ that they are an individual self, and believe that their individual self is separate from other people, and everything else in the Universe. Thus, people generally have ‘separate self consciousness’, and live their lives based on this consciousness.”

“So it is ‘self’ consciousness that creates the separate consciousness?”

“Yes.”

“And this alters the point of view.”

“Yes. In regards to a point of view, having separate self consciousness, means having a point of view that is limited to seeing things from only one ‘place’ - the ‘place’ where the separate self ‘is at’. This can mean seeing things from an actual physical point of view that is limited to just the place where the person is located, such as in the car allegory. Or it can also mean seeing things from a point of view that’s limited by the person’s beliefs, and programming. In any case, the point of view is very limited and the perspective is ‘narrow’, when a person has separate self consciousness. There are varying degrees of ‘narrow’ mindedness of course, but even the most broad point of view that comes from just one person with separate self consciousness, must be limited and incomplete, because it is a view that *is still* from only one place, only from that one separate self. Thus, it is a point of view that will have limited understanding. And if a person has such limited understanding, what kind of thoughts are they limited to? And if their thoughts are from such limited perception and understanding, what kind of action will they take regarding

other people, and the world around them? For the answer to that, just look around at the world.”

“Do you mean that this creates problems in the world?”

“All problems spring forth from this.”

“How?”

“Separate self consciousness, because of its limitations and narrow mindedness, ‘boxes’ its perceptions of the world into ‘pieces’ that are extensions of its self. Everything in your immediate world becomes an extension of you, of your separate self. For instance, there is *your* neighborhood, *your* town, *your* county, *your* state, *your* country, *your* part of the world (and depending on your socio-economic status, possibly *your* gang’s turf). Because the separate self relates to these as extensions of itself, most people support their country, for instance, just because it is *their* country. Sure, they come up with ‘reasons’ why their country is the best or most important. But the problem is, many people believe that their country is ‘It’, ‘the best’, the ‘most important’, the ‘most right’, regardless of any reason to think so or not. And by so doing, they care less about other countries, and the people of those other countries. And if everyone’s country is the best, who’s right? They can’t *all* be right. This phenomenon is even worse when it comes to a person’s outlook about their religion. Many people think *theirs* is the only right religion, and thus the only one that will provide salvation for anyone else. And many of these people actually hate other religions, and their practitioners. When there is more than one religion claiming to be ‘THE’ only right one, it creates a question of who’s right and who’s wrong, and the dilemma of choosing the right one, or facing the consequences of having chosen the ‘wrong’ one (not getting into heaven, going to hell, etc.). But getting back to the idea of everyone thinking their country is the best, consider this: what country ever went into battle without ‘God on their side’? In WWII, all sides believed God was on their side, including the Nazis. What country starts a war thinking that they’re in the wrong? All of these perceptions and beliefs originate from separate selves and the territories they consider extensions of them-selves.

Most everyone favors not just *their* country, but ALL the extensions of their separate selves - they favor *their* race, favor *their* ethnic group, favor *their* school, favor *their* local team, favor *their* political party, etc., etc.. But a precious few people have begun to expand their self consciousness to include ‘bigger pictures’. Take, for example, those who have become so environmentally conscious that they are ‘environmentally active’. Those who have achieved that, understand the importance of the flow and balance of nature on Earth. They know that saving whales and forests, or seemingly insignificant things, such as tiny birds, fish, or ferns, can seriously alter life in ways that most people don’t even suspect. Many of those who are truly environmentally conscious, have transcended some of their separate consciousness, and thus some of their self-centeredness, and self-ishness. Thus preserving the integrity of the environment is more important to them than many of the conveniences or inconveniences (recycling, power usage, etc., etc.) involved. There is a story about a ‘mountain man’ from the United States named ‘Grizzly Adams’ that relates to this. When a beaver dammed the creek next to his cabin, threatening to flood his cabin, he moved and built a new cabin rather than disturb the beaver dam. Talk about inconvenience! And believe it or not, this was still limited consciousness - but what a wonderful expansion of consciousness. To have rev-

erence for all life, and also be able to see the importance and potential affect of the lives of whales, and tiny fish, and a seemingly insignificant fern, is higher consciousness. But it still falls far short of Universal Consciousness, and the efforts of such people can be a total waste of time, or even harmful, without it.”

He looked down solemnly, and paused for a moment. He looked sad, and his feelings of sadness brought to mind my own consciousness, and something that had shocked my sensibilities a few years earlier. So I shared it with him.

“The human race barely cares about people let alone plants and animals. I remember once seeing a breaking news story about 600,000 people who died in an Earthquake. It was in the L.A. Times. You would expect such a disaster to be on the front page. And be a long article. But it was only one small paragraph, about 40 words, buried on page 9. And the only reason why was because the quake was in China. Even then, I was shocked. Can you imagine how this article would have been treated if 600,000 French people had died? English? American?” (Of course, this was during a time when the U.S. was an enemy of China. The story now, would be bigger news at least, if for no other reason than because there would be 600,000 less Chinese consumers of American products).

“Unfortunate son, but true. And those with separate self consciousness will defend their views with twisted logic. Some people will say ‘So what if I think my country is the most important? It’s good to have national pride. It doesn’t change anything about any other country, it just helps this one be better.’ If you don’t think that such an attitude has no effect on other countries, consider the atrocities that one country will often inflict on another. Or that a country will stand by and allow to happen to the citizens of one country, but not in another. Imagine invading soldiers regularly using bayonets to cut babies out of the wombs of 9 month pregnant women in the street, for purposes of genocide. That happens. But as long as it only happens in countries that other countries don’t care about, no one cares. As things are, such things are nearly never reported in the news media of the world. What if it was going on in Chicago? England, France, Mexico? Do you think we would not even be hearing about it? If ALL the churches in Britain were being destroyed by invading armies, and the priests tortured, would it not get on the news? It would not only get on the news, but many countries would send troops over there to stop it in an instant. How’s that for national pride? What national pride? It all depends on what our separate selves consider ‘extensions’ or relations of themselves, or have selfish stake in.

Some people have begun to transcend ‘pride of country’. Again, this is good, but it does not go far enough. So few have a truly global feeling of family, but there are some who do. But even environmental and humanitarian consciousness is still limited, and a person could accidentally cause terrible disasters acting from limited perception, even if their intention was only to help.

All these expansions of consciousness are steps toward the ultimate expansive and caring consciousness, Universal Consciousness. But they are still all variations of separate self consciousness - limited by so many constraints, and ultimately mistake ridden and destructive. Oh, how many tears have been shed in the wake of things gone wrong, and the cry is echoed ‘But I was only trying to help’.

The fact is, all things in the Universe are essentially made of the same ‘stuff’, and are totally interdependent and connected. So we cannot be truly separate from the rest of the Universe, we can only be a ‘part’ of it all (‘apart’). But we can *think*

we are separate. We can *believe* we are separate. And then *we act* like we are separate.

Having separate self consciousness doesn't mean you are really separate, but it does mean having a total 'illusion' of separateness from everyone and everything else in the Universe. And when a person truly believes they are separate, they naturally focus on themselves. And when someone believes they are separate, and they focus their attention, and their energy, on their 'self', this naturally leads to 'self'-ishness. This is very important my son, pay close attention. This is the BIG issue. The Big problem of all problems. The only REAL problem. As silly and simple as it sounds, it is serious - *simple selfishness is the root of all problems and 'evils' that exist on Earth*. This is one of the greatest, most important teachings to understand, so say it back to me - selfishness is the root of all problems and 'evils' that exist on Earth."

"Ok. Selfishness is the root of all problems and 'evils' that exist on Earth."

"Good. And again, how does this selfishness come to exist?"

"Uh..."

"Where there is such separate consciousness as humans have, everyone perceives *everyone else* in an 'us and them', and a 'me against the world' fashion. When this occurs, which it *naturally must* with separateness, there will naturally be attempts to get, or take, from others, and keep others from getting what you have. It is perfectly natural, and in its own warped way, logical. And where does it all leave us? Where there is separateness and selfishness, there will be strife, discord, injustice, taking from others, harm to other beings, creatures, the environment, etc.. So when someone says something about the problems of the world being from political parties, or greed, or money, or war, or lust, or vanity, or carelessness, or whatever, what do you say?"

"That they are only branches. The root of all problems, all evil, all suffering, is selfishness."

"And why is there selfishness and thus all these evils?"

"Because it is the natural outcome of separate self consciousness - of thinking you are separate from the Universe, and thus all things in existence."

"And so what is the only cure for evil, suffering, and all problems?"

"Losing separate consciousness and selfishness by regaining consciousness of our Oneness with everything. Universal Consciousness."

"And how can one regain Universal Consciousness?"

"Through Unselfish Love, self-sacrifice, caring, giving, seeing the illusions of self consciousness that we carry with us in our mind, and breaking them."

"Please don't let the teachings that promote Oneness be misunderstood as promoting a 'one world religion or government' where oneness and peace are enforced by human rule or dogma. Nothing could be further from what we mean to convey. We are first of all proponents of freedom, and free will. I'm talking about an *internal* way of being, a consciousness, that includes sensitivity, compassion, and freedom - and caring about all people, creatures, all creation, as much as you do about your self.

"Are you saying all governments are bad?"

"No. Just incomplete, and that they won't ever solve all the problems, or work properly unless people themselves change inside. Certainly, some governments are formed just to wield power for an elite group over the people. But sometimes gov-

ernments are formed to administer, and insure justice between all the separate beings it controls, but no form of government can really 'work', or last, when separate consciousness exists. Why? Because the people running the government have the same separate consciousness, and when they get power, you see the worst of selfishness, and they can appeal to the selfishness in the populace, to get what they want. When you stop and think about these things it is easier to understand why the Children teach that only when all people have Universal Consciousness, and everyone is primarily governed from within by the Universal Spirit, will there ever be peace & harmony, and freedom from tyranny *on Earth*."

"Why did you say it that way - *on Earth*."

"Because there is so much more, and the Earth is just one speck of dust, with- in an incredibly greater scheme of things. Outside of the Earth, the entire Universe functions in a beautiful, orderly, harmonious flow. On Earth, humans with separate self consciousness, are the only things that are out of step with the flow of nature, and the Universe. And the results of this have been disharmony, disruption, and destruction. That's why the teachings of the Children of the Law of One promote the attainment of "Universal Consciousness", by any means that works for you."

We will cover the Children's teachings about how humans attained separate self consciousness in the ancient history chapter, and the particulars of each individual's "selfish separate self" later in a "separate" chapter, but first, let's go over the meaning of Universal Consciousness.

Universal Consciousness

"Please tell me more of the teachings on Universal Consciousness, enlightenment, and it's attainment."

"Universal Consciousness is attained when a person has a *lasting experience* in which they see through their illusion of separateness, and lose their separate self consciousness. Their consciousness then 'merges' with the Universe - thus they experience being One with the Universe. This is often the result of going through a conscious psychological 'death experience', brought on by meditation and other aspects of a spiritual path [Author's note: these are explained in another chapter]. The illusion of separateness dissolves in the awareness of Oneness. And with the dissolution of the illusion of separateness, the separate self 'seems' to die, and a 'rebirth' occurs. Separate self consciousness is transcended and transformed. The dominant consciousness becomes that of the Inner Self, the part of us that is the Universal Spirit - thus, we have 'Universal Consciousness'. When experienced properly, a person is never the same, and never 'sees things' the same way again. From then on, all things are understood in the light of the 'biggest picture', in the light of being One with the Universal Spirit (God). Selfishness thus becomes a thing of the past. This is also called achieving 'enlightenment', and a few other names.

The difference between having separate self consciousness, or having Universal Consciousness, is, as I said before, like night and day. Consider again, an environmentalist who has expanded his/her separate self consciousness to include concern for ecology. This is good. And if being aware of the flow and balance of *Earth's* nature is good, imagine the significance of being really aware of the flow and balance, of *all* things - of the entire Universe? And if being concerned about all humans on Earth is good, what about being devoted to caring for all life

within the entire Universe? A person who has attained Universal Consciousness, has transcended separate self consciousness, and thus sees infinitely more, understands infinitely more. Imagine being able to 'see' the outcome of many of your actions in advance - or whether or not you 'see' the outcome, being able to know if what you are doing is really going to ultimately help, or ultimately harm. Or using the classic car allegory again, imagine seeing one side of the car, and not assuming that the other side is the same? How would you like to be able to *sense* what all sides were like?"

"That would be incredible Father."

"Yes? That is just a small nothing. What if you *really* had an *awareness* of being One with *everything* - even God, even all other separate selves? How would you see things then? And how would you treat everyone and everything? If you absolutely KNOW that every person you are dealing with, is *you*, just in a different form, how will you treat yourself (others)? Is there any point in stealing from yourself? Hurting yourself? Is there any point in being tyrannical with yourself?"

"It would make no sense, there would be no point if you really believed that to be true."

"Precisely. A being with Universal Consciousness Loves everyone unselfishly, and is (*within the needs of Universal flow*) giving, kind, compassionate, caring, knowing, and harmless (that doesn't mean incapable of defending the innocent). Why? Is it because the person has read something that made them that way? Studied to be that way? Trained to be that way? No. Maybe such things were stepping stones on the path towards attainment of that consciousness, but once there, the fact is that *being* any other way simply makes no sense to someone with Universal Consciousness. It just is their reality - it is just natural.

It is similar with people at any level of consciousness. A basically decent person is not just trying to be basically decent, moral, or law-abiding. It comes somewhat naturally depending on what they have made of themselves throughout their lifetimes. And they can and will digress towards greater selfishness given the right situation. Everyone just manifests the level of their consciousness - and for most, it moves in a certain range, wavering between selfishness, and unselfishness to varying degrees, and shifts at different times in their lives, and depending on the circumstances they are subjected to.

It is as natural for a person with Universal Consciousness to be totally giving, as it is for a person with separate self consciousness to be selfish. A person with separate self consciousness is focused inward, and thus they are like an 'energy vacuum', a black hole, always trying to get energy. But a person with Universal Consciousness is focused outward, and thus they are like an energy beacon, a Sun, always giving energy."

"So piercing this illusion of separation, and attaining Universal Consciousness, is the answer to the entire world's problems."

"If everyone had Universal Consciousness, there would be no need for the kind of governments we have now, for all would be governed as One from within themselves. Just imagine a world in which *everyone* is conscientious, caring, and responsible. And where such behavior is not coerced by threat of prison or death, or even convincing of any kind. No need for religions to try and influence people to behave morally. No need for police, armies, government, etc., because Unselfish Love and service to Universal Will is all fixed within every being - what paradise!

We may never achieve this on Earth, then again, we may. But there are planes of existence other than the physical plane on Earth, into which only Universally Conscious beings can enter. Paradise *does* already exist.

Personal Changes

There are also major personal psychological changes that come from attaining Universal Consciousness. The 'seriousness' and significance of things that you once considered very important, will change. *How* important 'such and such' is, will now be viewed in a much greater light, and its *true* importance determined *there*. Things that previously may have upset you or been desirable to you, may lose their impact because they pale in significance when seen within the context of *awareness of all things*. For instance, how can the paper boy throwing the paper behind the bushes upset you very much, when you are *truly* and *constantly* in mental "touch" with such things as the starvation going on in the world, the fact that another species just became extinct while you were reading the headline, the vision of what will happen when the poles shift, what life is like when you have the consciousness of lava on Saturn, and on and on and on....

Also, with such a radical consciousness change, some things that you may have previously 'taken for granted', or that you found enjoyable, can change dramatically, as far as how you experience them. For instance, how can a football game be very interesting when competition is senseless to you because you *know* we are all One, you *know* we are God? And worse, you *know* the 'game' is actually reinforcing separateness, and hostility? All you see from your Universal viewpoint, is a bunch of 'we' who don't understand who we are, attacking themselves so some 'we' can win and feel superior, and some 'we' can lose and feel terrible."

"What do you mean by things that were taken for granted change also?"

"Take those beautiful flowers growing over there. You think nothing of them other than they are pretty. When I look at them, I know they may never bloom again. They could become diseased. They may go extinct. I may go blind. I appreciate them so much more because I am aware of these things. And when I don't see them anymore, or they die, I don't lament them, because I know they are living on elsewhere, because all life lives on. It is a paradox. When you have Universal Consciousness, you take everything much more seriously, and not seriously at all. Nothing can ever really be destroyed, or created. It can only change form. For all is One. Take you for another example. I Love you. I truly am aware every moment that I may never see you again on Earth. You may die tonight. I may have a stroke when I leave this room, and be unable to communicate or even grasp your hand. So I appreciate you so much more, life so much more, and I cherish our being here right now. And thus I behave differently. If I were to fight with you, and say unkind things, or hurt you in any way, I know I may never get a chance to make amends, or even apologize, and that would be the way we ended our relationship here and now. Even if I wasn't aware that we are a part of each other, and you just aren't really aware of that, I couldn't do anything hurtful either, because I know this is it. This may be our last chance to be together in this way, or for a long time. And at the same time, it doesn't matter because we are all just the One, interacting, changing form, coming in and going out. The only thing that does matter really, is that those of you who think and believe and live as separate, are suffering. Suffering needlessly. And I feel for you, and want to help you. That is all I am really here for."

“I think I understand. But how can we really know all these things, and see all these paradoxical things. How can we keep them all in our consciousness, and be aware of them at the same time - and constantly, all the time?”

Guidance from Above

“It just happens when your separate self gives up its illusion - surrenders its artificially, self-created life. And there are degrees of this. The closer you get to attaining Universal Consciousness, the greater your point of view will become, and the more you will intuitively ‘see’ the whole picture, or whole situation. The attainment of Universal Consciousness is quite dramatic though, and you can’t help but to see all these things, and be aware of them. But while a person who has attained Universal Consciousness may see the ‘whole picture’ to the greatest extent possible on Earth, even they don’t see it all while still embodied. A completely all-encompassing point of view is not really possible while functioning in a physical body. We can achieve this in deep meditation, but when we again return to full physical plane function, we can only grasp the *essence* of what we understood in our ‘ultimate point of view’ state. That is why the Children teach that ‘getting out of our own way’, and allowing ourselves to be an instrument of the Universal Spirit (God), is the greatest wisdom. This too, is achieved simultaneously with Universal Consciousness - it comes with the package.

When we have thus become an instrument of the Universal Spirit, we are then always ‘watched over’ by our ascended, hierarchical kin, and guided when necessary. This is not actually ‘mediumship’ or channeling [ed. note: see the teachings on channeling in the ‘Teachers and Students chapter]. It is still having only our own Inner Being in charge of, or in possession of, our body and consciousness.”

“So how are we guided?”

“Our Inner Being is One with the Universal Spirit, and when we allow it to ‘come out, and take control of us’, we become an active link in the hierarchical chain of Universally Conscious beings. As a part of the chain, we are both led by the movement of the entire chain, and we become the chain. While we are still Earth-bound, and fettered by the limitations of the physical plane, others of our chain (our hierarchical superiors), are not so limited. They too unselfishly care for all life, but they are in a higher state of conscious Oneness with the Universe than we on Earth, and have an infinite view. And as ONE, we can receive guidance from these other parts of our chain, these beautiful beings who have an unfettered all-encompassing point of view. They always know what is best, even if it does not ‘seem’ so, to us (from our narrow point of view). We are through for now. This has been an exhausting session, and I must rest.”

“Thank you Father. May you rest well.”

For great aids for your spiritual growth, other books and CDs by Jon Peniel, updates on our non profit projects, new monastery building, our discussion board, or to get Jon Peniel's newsletter, see our website:

<http://www.atlantis.to>

[Click here to Contact us via our Website](#)

ORDER/CONTACT INFORMATION:

Order line: 1-800-845-7991. When the order line is busy, you will get a voice mail recording, so please leave your name, number and the best time to reach you since they will gladly return your call.

Our snail mail address is: 2431 Main St. #C410, Alamosa, CO 81101.

(Note: Mail is forwarded to us and may take a week or two extra *after* reaching the above mailing address, and then who knows how long to get to and read.)

(When you write or email, please specify exactly what you are writing for - it saves us time - thanks. Also, if you are sending regular old mail, please allow a good amount of time for a response, because it often takes quite awhile to get the mail, and respond to it. If you feel like telling us about yourself, please do!)

Donations or Gifts

We have non-profit status, and "for profit" status for different projects. If you would like to make a contribution to help support our work, please contact us first to determine the best way to do this. Also please let us know if there is a specific purpose you'd like us to use your contribution for, or if you'd just like us to use it for whatever we feel is best.

Phone

You can call the order line and ask them to give us a message, but because of our meditations and monastic lifestyle, we don't take calls. But if you need to speak with a monk via phone, just buy a pre-paid calling card (either from our mail-order biz, or elsewhere), then email or call the order line to set an appointment. Give your pre-paid calling card info, your phone number, and various dates/times that would work for you. We'll set an appointment, and call you back.

PART TWO

Our Meditations, Exercises, Techniques, & Dietary Considerations

Introduction to the Meditations

Before I begin giving instructions for various meditations, energy techniques and techniques for growth, here is an introduction as was given to me by Raga in my first courses on the subjects.

“For most people, the Soul, or Inner Being, is but a ‘prisoner’ of the separate self, locked in the body and forced to go along for the ride. As has been said, the true you, the Inner Being, needs to make the transition from servant of the selfish separate self, to its master (if freedom, peace and harmony are to be found). The meditations and techniques you are about to learn, are tools to help you achieve this, but they will only work properly in the right hands, with the right attitude, and with the right help.”

The following meditations were created by the Atlantean Children of the Law of One before our written history, to help maintain spiritual awareness. They can also help you develop into a powerful tool for the Universal Spirit. They are presented here to *help* you change, to find your natural balance, to be the director of the body-mind-self, to be spiritually, mentally & physically powerful, and to fulfill your maximum potential - all for the manifestation of the Inner Being, in the service of God, under the direction of, and within the flow of, Universal Will.

As was said in part one of the book, meditations are not the magic key to enlightenment. You also need humility, Unselfish Love, and a true teacher, to shift control of your life from your selfish separate self, to your Inner Being. If you don't have these things, meditations are not going to do nearly as much for you as they could. In fact, they can even be detrimental in the sense that they can help your selfish separate self be more successful at *its* pursuits. But assuming you are traveling a properly balanced spiritual path, meditations *can* help you, and are an *important* part of the path.

The Children's Meditation Training Program

The following meditations can be arranged as a training program, which is how they have always been initially taught by the Children, and how we are presenting them for you here. Printed on an adjacent page, you will find a meditation chart checklist. It is designed to cover a month at a time. Photocopy it and use it without fail if you want to insure consistency and self-discipline. Using the chart is a vital key to not letting your separate self side-track you from being unwaveringly consistent in doing the training (which is important). If you want the meditations to be really effective, you must spend enough time doing each one. Try different lengths, and feel the differences. How long you do each meditation is up to you, and your schedule, although the full program will take you 3 to 6 hours a day to do traditionally, and most effectively. Of course, if you don't have time, you can short-

en them or cut what you wish. But first ask yourself what it's worth to you, and examine what you are doing with the rest of your time, and what that's worth.

We hear many people complain that they can't possibly spend that much time doing it. They say they have jobs, and/or families, and they have to make a living and survive in the world, unlike having the "luxury" of being in a monastery like I did. So let's look at the realities of that.

I can't speak for all monasteries, but I don't know of any "free ride" or "easy living" ones that just let you sit on your butt all day and meditate once in a while. In ours, I worked the equivalent of *two* full-time "outside world", "real world", "real life" type of jobs, PLUS did all the meds, yoga, group meds, courses, and spent time reading. I got very little sleep, and at that, it wasn't daily sleep. But that's how important to me it was. I would have done the same in the outside world. Now if it's not as much of a priority in your life, or you really can't make the time, that's fine. Just be honest about it, and don't envy others for having or making the time. But most people just don't prioritize and realize how much they could do if they really, really want to, and what they could skip in their normal routines.

If you truly absolutely don't have the time to do the full schedule as presented here, that's OK. But have a constructive, positive attitude towards it, and create an alternative schedule. ANY amount of meditation is better than none. Even if it's only one a day for five minutes - it's better than nothing, and it is doing something. And maybe there are ways to make extra time that you haven't thought about yet.

First and most obvious is, do you really need as much sleep as you take? Then think about other fruitless time you might be spending that might be able to go. The average person could do the entire schedule just by cutting out TV alone. If you really put your mind to it, you'll come up with your own ideas for how to re-arrange what you spend your time on, and how to save time on what you *must* do. Here are a list of just a few areas you might be able to streamline or eliminate to make time for higher priorities (obviously they don't apply to everyone): **TV; Movies; Eating Out; Sports; Commuting**/having someone else drive instead of you, so you could spend that time meditating. Arranging different situations to minimize commuting time. Carpooling; **"Hanging out"**/or "shooting the breeze" chatting with people in person, on the phone, or email; **Meals** - can they be more simple for less cooking/cleaning time? Can someone else prepare your meals so you have more time to meditate? Could you do more "crock pot" meals of soups/rice, or make large bags of pre-made salads, etc.?. **Parties; Reading** books that are not helping improve your life or otherwise necessary; **Shopping** - like carpools, shopping can sometimes be shared/turns taken. Many cities even have on-line internet shopping and delivery available now; **Entertainment; Going** to the bathroom - do a quick med while sitting on the pot!

Then if that isn't enough, just customize a med schedule, and do what you can. But once you decide what you can do, and make a schedule, consistency is vital.

Meditation is just one of many tools.

Back to my very early course with Raga:

"Of course, this training does not make for the great spiritual transition in itself, it is but one outgrowth of a change made through using your free will to harmonize & align with Universal Will. A more important factor in making this transition is having a true teacher. That's because you can directly experience Unselfish

Love & the Universal Spirit through an enlightened being. Through a true teacher you can clearly see yourself, expose your illusions, and through humility and Unselfish Love, transcend your selfish separate self. Meditations & exercises “tune-up” your vehicle, so to speak, allowing the Universal Spirit to use you to your maximum capacities. But Love, Humility, and Service are what will give your Inner Being the controls of this powerful vehicle you are creating.

You must be consistent in doing the exercises you will be learning, in order for them to really work. If you stick with your schedule ‘whole heartedly’, along with transcending your selfish separate self with the help of your teacher, you will change, you will grow, you will ultimately achieve enlightenment. The exercises themselves will also help you transcend your separate self by means of the self discipline it takes to do them properly & consistently, and through the transcendental effects of them. But, if you are not doing the exercises consistently, with full commitment, then you are still slave to your selfish separate self, and have not really surrendered to the flow of the One. For that reason alone the full transition would not take place. It’s all interconnected. So make God, service to God, and the attainment of Universal Consciousness the priority in your life. Use your charts without fail, and even more importantly, humbly use your teacher without fail.

You will not need to do all of these exercises for the rest of your life. But you should do them sincerely, as perfectly as possible, and without missing even one, for at least 21 weeks. Every person is different, and some meditations work far better than others, for each individual. But sometimes the separate self will fool you into thinking you don’t like a meditation, or it doesn’t work well for you, when in fact it may be the very one that would ultimately work best for you. After you have completed 21 weeks perfectly, then you will better know the best ones for you, and can discuss tailoring a special meditation group for yourself with your teacher.”

“You said they take hours. Should we do them all at the same time, or just whenever we have time?”

When to Meditate

“Neither. When people meditate, they experience greater balance, peace, and ‘centeredness’. This helps them stay out of the ‘illusions’ that hectic day to day life gets them to ‘buy into’ believing is real. But some of these effects from the meditations are temporary, and sort of ‘wear off’ as the day ‘wears on’. For this reason, the Children have found it very important that meditations be done not all at once daily, but at least broken into three times a day. Thus your meditation training schedule is broken up into morning, afternoon, and evening meditations, and should be done in the following order:

Morning meditations are: Writing dream log; Dip in the cold pool [or cold shower as a modern equivalent]; Yoga; Star Exercise; Pineal Wave; Grand Circulation of Breath; Sacred Breath; Affirmations; Setting your ‘Kind for a Day’ goal.

Afternoon meditations are: Planetary Polarity Attunement; Meditation Walk; Color Visualization/Chakra exercise; Atlantean Vibrational Mind Integration Sounds.

Evening meditations are: Mirror exercise/chanting; Conscious Breath; Counting Breath; Contemplation of Unselfish Love; Daily activities review, reviewing dreams; Evening affirmations.

Although they are not included in the training schedule, if possible, you should allot some time each day for: Reading spiritually inspiring writings (re-reading this book fulfills that); Listening to or playing spiritually uplifting, positive music; Doing group breathing, chanting, or energy flow exercises. These activities are optional and thus were not included on your printed schedule. If you intend to do them however, write them in on your printed schedule. You should also include the personal things you have received from your teacher on your schedule.

Finally, before you do each exercise, always bring your ideal to mind, visualize yourself surrounded by white light, and ask the guidance and protection of the Universal Spirit.”

[It should be mentioned here that most of the above chapter applies only to those who choose this path at all; it does not apply to those of other paths (however, similar development must take place at some time if an entity is to evolve, regardless of the particular path).]

Using the Vibrational Sounds CD or Cassette

We discussed this powerful tool earlier in this book (in part one). This chapter will cover the specific instructions on how to use it.

Ancient Hi-Tech

Ancient hi-tech. No, it's not an oxymoron. As hard as it may seem to fathom, the audio-vibrations on the Atlantean Vibrational Sounds recording were originally developed long before the days of Moses, even longer before Edison conceived the idea of a recording device. Yet, they are the most advanced consciousness altering tool modern science can offer. More importantly, they are the single most effective way to achieve sub-conscious programming changes. Modern technological breakthroughs and years of research have allowed the techniques to be re-created.

You can order it with just the vibrational sounds, or with affirmations and induction as detailed below, already recorded for you by an elder. There are now 7 different versions available to assist you with different things. The one described word for word later, is Vol. 1, for Spiritual Development/Growth. Other versions are: Vol. 2 - Healing affirmations/visualization; Vol. 3 - Habit Changing/Developing Healthy Habits; Vol. 4 - Male Virility; Vol. 5 - Stress Management; Vol. 6 - Sounds Only (no affirmations); Vol. 7 - Ancient Chinese Healing Visualization. See the back of the book for order info.

Making a second tape for Re-programming Affirmations

If you order just the vibrational sounds recording, the sounds on the tape will take you into a deep altered state, where you can access your subconscious mind easily. Thus, if you give yourself re-programming affirmations, they will take hold more effectively, and have deep roots. But the sounds will take you so deep, that

it is very likely that you will not be consciously thinking about giving yourself affirmations. *Thus, you will need to make a second tape, that you will listen to at the same time as the Vibrational Sounds.* This second recording, which we will call your “voice” or “affirmations” tape, will have your own voice on it, giving yourself the affirmations you want, to make the changes you want.

Making Affirmations for Your Specific Needs

If you have not ordered the recording with the affirmations, below, I have given general affirmations that are used by the Children of the Law of One. This is so you can record them yourself if you wish. I assume you will record them with a cassette tape or micro cassette tape deck. Also, if you are doing it yourself anyway, you may also want to add some special affirmations that address specific needs you have, or particular changes you want to make.

Here are some very important tips and instructions to get the most out of your tape. First, your affirmations should be phrased positively rather than negatively. For instance, if you had a problem with anger, and you wanted to stop being so angry, you should not say “I am not angry” or “I will not be angry anymore”. Instead, you would say something like, “I am always peaceful, calm, and clearheaded”. Also, avoid the “will” concepts, like “I *will* be peaceful”. That places *when* you will be peaceful sometime in an undetermined future (which may never happen). Always use “I am”. Also, while the above affirmation example is fine for someone who wants to be a total pacifist, it would not be fine for someone who does not. For instance, if you want to defend yourself, or someone else, if attacked, that affirmation would work towards preventing it. You would want to add something, making it like this: “I am always peaceful and calm, unless I am attacked”. But then again, there are also times when most people might need to be aggressive, even though you’re not being attacked per se. Like during an argument. If you want to be able to still have fire during a verbal confrontation, the affirmation needs to be more elaborate and precise still, like this: “I am always peaceful and calm, unless I am attacked, or I need to be aggressive during a confrontation”. Better, you see. But still, what if you want to remain peaceful and calm during an attack? Well, if you have come to the conclusion that it is better to follow the Universal Spirit’s Will than your separate self’s, then your goal should be to always do the Will of the Universal Spirit. If you do, then there is a catch all affirmation addition that should be worked into most of your personally created affirmations. Using the above example, it would go like this: “I am always peaceful and calm, as long as it is within the Will of the Universal Spirit. When it is within the Will of the Universal Spirit, I am strong, powerful & forceful”. If it makes you uncomfortable, or you wish to replace the words “the Universal Spirit” in any of the affirmations, with the word God, or your preferred name of your deity, by all means feel free to do so. But whatever you call your God, always use the “Will of God” phrase to be safe. As you can see, formulating affirmations is very touchy. You must always keep in mind that your sub-conscious mind is like a computer. It will take things literally according to its understanding. And there is an old computer programmer’s saying regarding what you program a computer with: “Garbage in, garbage out”. Read the chapter on formulating affirmations before you make any.

Adding Visualizations to your Affirmations Tape

On the same tape that you will be recording your affirmations on, you will also

record guided visualizations, and what are considered “classic” self-hypnosis “induction” techniques. These will all work towards making the effects of the vibrational sounds even more effective. The exact wording of this visualization & induction are given at the end of this chapter, in italics.

Universal Re-programming Affirmations

There are some affirmations that the Children have *every* student use. I have included most of them below, and you may use them if you wish. If you choose to use these, or do your own, they should be read *after* the guided visualization and “induction” commands on your voice affirmations tape. I have included them along with the visualization and induction commands, in the proper order. If you don’t want to use one, or any of them, just cross them out. Also, if you wish to add your own personal affirmations, you can do them after the Universal ones. While you are recording your tape, begin reading your personal affirmations when you see the following sentence:

[READ YOUR AFFIRMATIONS HERE]

After reading your affirmations, you may begin reading the remaining part of the induction.

Recording and Listening to Both your Tapes

If you are taking the route of making your own, rather than ordering one with the induction, visualizations, and affirmations already on it, in order to do this technique, you will need two tape players (or one CD player for the sounds, and one tape player for your voice recording). That’s because you will need to listen to the vibrational sounds recording, and your affirmations tape at the same time. The sounds tape must be played back in stereo, because some of its effects have to do with sending different frequencies of sound vibrations into each ear separately. But your affirmations tape can be played on either a stereo unit, or the little mono cassette recorders like students use to record a lecture. When you are doing it that way, you will place the mono deck near your head, and put stereo headphones on for the sounds tape. Then you start both tapes at the same time. If you have two stereo players, like two “walkman” type units that require headphones or “boom box” type portable stereos, you can buy the “in the ear” type of stereo headphones from Radio Shack or Walmart, etc., then use them for one of the decks, while you use the regular type “over the ear” stereo headphones for the other.

To record your affirmations voice tape you will need something other than a walkman (unless it’s a recording walkman). Again, the “student” type, or a home stereo cassette deck/boom box with a microphone input will due. If you want real good quality, book time at a recording studio. You can also have a recording studio “mix” the Atlantean sounds, and your voice tape, onto one single stereo tape, making using it easier to use.

It’s important that you don’t have noises while your recording your tape. A baby crying, a voice, a TV, or a phone ringing may not seem like much. But when you listen to the tape, noises like that can disturb your induction into the deep state you want to be in for the tape to be effective. Also, rather than speaking loudly, speak gently, and relatively close to the microphone (about 6 inches is generally good). Remember, you are trying to guide yourself into a very relaxed, deep state

of consciousness. Also, if you turn your head just a bit, you won't get those "pops" that can happen from your breath directly hitting the microphone as you speak. And if you make a mistake, just go back and start again. Some mistakes are not really noticeable, but others again, can jar your consciousness out of the deeper state.

Of course, if you order the sounds with the affirmations/visualizations already on it, all you will need is one CD player or stereo tape player, and stereo headphones.

The Vibrational Sounds are about 28 minutes long. Time the recording of your affirmations tape to match that. The final phrase on your affirmations tape is "Wide Awake", and that should come at 28 minutes from when you started recording your tape. This doesn't really need to be exact, but the closer the better. Use a timer if you have one, a clock if you don't. In order to get the "Wide awake" command to end up at 28 minutes, you may need to read a little faster, or a little slower, or leave pauses between various parts of the affirmations or induction, in order to time everything to end up the right length. The easiest way to match it all up is to read your script slowly through, up until the end of the affirmations, then wait until a little past 27 minutes, and start reading the rest.

The Script for your Affirmations Tape

See and feel yourself surrounded with white light. Relax, Relax, Relax. See and feel yourself surrounded with white light.

You can leave a modified state and return to your normal alert and awake state of mind at any time by thinking the words "wide awake".

Your body is totally relaxing from your toes to the top of your head. Feel the bottoms of your feet relaxing now. Your toes are relaxing. Now the tops of your feet are relaxing. Now your ankles are relaxing. You are becoming more and more relaxed. Now your calves are relaxing. And on up to your knees. Feel your knees relaxing now. Now your thighs are relaxing. Feel them relax. Let them go. Now the relaxation is moving into the hips. Feel your hips relaxing. Now your groin area is relaxing. Now the tummy area is relaxing also. Feel your butt relaxing now. Now every part of your body from your waist down to your toes is totally relaxed. Feel it relaxed now. Relax, Relax, Relax. Now the relaxing feeling is moving up from your waist, up from your stomach and into your chest. Feel your chest relaxing now. Feel your breasts relaxing now. Now your back is relaxing - first your lower back is relaxing, now your middle back is relaxing, and finally your upper back is relaxing and the relaxation is merging with your chest and stomach areas. Your entire torso is relaxed now. Now feel your hands relax. And your wrists. Now your forearms are relaxing. Now the upper arms. Now on up to your shoulders, your shoulders are relaxing now. Now your neck is relaxing. Now your entire body from the neck down is totally relaxed. Now your scalp is relaxing. Feel it relax now. Now your forehead and eyes are relaxing. All the eye muscles are totally relaxing. Now your nose, and now your mouth is relaxing. Your entire face is relaxing - feel it. Now your entire body is relaxed, but it is even relaxing a bit more now - feel it. Relax, Relax, Relax.

You are becoming more and more relaxed with every breath you take.

Now you are going to count backwards from 10 to 1. When you hear the

number one, you will be in a very deep, transcendent modified state of consciousness, totally relaxed and one with the Universal Spirit.

As you count backwards, completely visualize yourself stepping down a stairway.

Ten, deeper, deeper deeper, down, down, down;

Nine, deeper, deeper deeper, down, down, down;

Eight, deeper, deeper deeper, down, down, down;

Seven, deeper, deeper deeper, down, down, down;

Six, deeper, deeper deeper, down, down, down;

Five, deeper, deeper deeper, down, down, down;

Four, deeper, deeper deeper, down, down, down;

Three, deeper, deeper deeper, down, down, down;

Two, deeper, deeper deeper, down, down, down;

one. You are now in a very deep, transcendent altered state of consciousness.

Relax relax relax. You are going to count down a second time and when you hear the number one you'll be in an even deeper modified state of consciousness.

Ten, deeper, deeper deeper, down, down, down;

Nine, deeper, deeper deeper, down, down, down;

Eight, deeper, deeper deeper, down, down, down;

Seven, deeper, deeper deeper, down, down, down;

Six, deeper, deeper deeper, down, down, down;

Five, deeper, deeper deeper, down, down, down;

Four, deeper, deeper deeper, down, down, down;

Three, deeper, deeper deeper, down, down, down;

Two, deeper, deeper deeper, down, down, down;

one. You are now in a very deep, transcendent altered state of consciousness.

You are one with Universal Life energy, it is flowing through you now, you feel it.

You are about to board a beautiful new silver train. While you walk up the boarding ramp, which is protected from the weather by a blue awning, rain begins to fall around you. You enjoy the wonderful scent of the rain, & the fresh air as you walk towards the train. Once inside the train, the temperature is perfect. You look around, and notice the hidden lighting is soft, and the interior is very attractive, and comfortable-looking. You walk over to your seat, which is a large recliner with a great window view. As you sit in your chair, you sink down into its soft cozy embrace. It holds your body perfectly, which lets you completely relax as you lay in it. There are empty chairs all around you, and all of a sudden, you see people you know & like boarding the train, and as you warmly greet each other, they take seats in the chairs all around you. Someone you particularly care for, sits in the empty chair next to you. Think of that person now. You look at each other, and if you feel like it, you hold hands as the doors close and the train slowly begins to move. The slight motion as it glides along is very soothing & relaxing. You are full of feelings of serenity, peace, and love. Out of the window, you see a full moon and stars shimmering brightly against the velvet midnight blue of the night sky. The sky turns a heavenly purple blue, as the sun begins to rise from behind the distant mountains. There are brilliant golden- orange and red rays of sunshine reaching up across

the sky-illuminating the puffy white clouds. There are vast meadows of lovely flowers dancing in the moist green grass. They are all different shapes and sizes, and every color of the rainbow. Beyond the grassy meadows are rolling hills with huge old trees, and beyond those, you see majestic blue mountains. The highest peaks are covered with snow. Four white birds fly along with the train just outside your window. Three of them turn off towards the mountains, while the fourth climbs higher into the sky. You sense that there are angelic beings watching over you, and accompanying you on your journey. You realize they are always there around you, invisibly protecting and caring for you, both night and day. You feel the warm morning sun shining on your skin. It all feels just perfect. You completely relax and enjoy this. Relax, Relax, Relax.

Now mentally check out your body for any tension spots that may remain, if you find any, release them and feel all tension draining out of your body into the earth. Relax, Relax, Relax.

You are an instrument of the Universal Spirit's Will, and this makes you very happy and secure. You do the Universal Spirit's Will. It flows in you and through you. (Your Will be done God, in me and through me. I am a blessing to everyone.)

Every day you are more and more self-disciplined. You are self-disciplined. Self-discipline comes easily for you.

Your memory is becoming perfect.

You have excellent concentration. You are easily able to hold your attention on anything you need or want to. Your mind is clear and focused. Your mind focuses easily and intently on any task you have before you. You are thorough, efficient and speedy in doing your tasks.

Even when you are concentrating and focusing on something, you are still aware of what is going on around you.

Your body produces and utilizes whatever substances are necessary for optimum spiritual, emotional and physical health. You desire the foods and supplements that will provide your body with what it needs to produce whatever substances are necessary for optimum spiritual, emotional and physical health. You want and desire only the foods and products that are healthy for you. See and feel yourself full of energy, feeling healthy and vital. Your immune system is super strong, and can fight and kill any invaders.

You want people to bring things up to you so you can become more positive, selflessly loving, and effective as an instrument of the Universal Spirit's Will. You welcome people bringing things up to you that you can improve about yourself, or do better next time. You don't care about whether or not you are thought of as being right by other people. It doesn't matter what people think of you, it only matters that you are doing the Universal Spirit's Will with Unselfish love. You want to do things positively & properly, in order to help others. Everything you do is done well, positively, and right, because you are humble and letting the Universal Spirit do things through you. You surrender to the Universal Spirit, and let the Universal Spirit flow through you, thus you can do anything. Through you, the Universal Spirit can accomplish anything it needs to do.

You are always aware of your environment and what's going on around

you. You are always aware of the presence and activities of other people around you.

You are humble and selflessly loving. In any situation, you are flexible and flowing if you need to be and it is within the Will of the Universal Spirit.

You have a deep inner calm and inner peace. You are courageous and face everything with the security of knowing you are One with the Universal Spirit, and doing the Universal Spirit's Will. You know that nothing can hurt the real you, the spirit you, the part of you that is the Universal Spirit, and thus you are fully secure in any situation, and can positively and powerfully deal with any situation. Feel yourself feeling this deep security, peace, and power, now.

You have the confidence of knowing that you are doing the Universal Spirit's Will, and that the Universal Spirit is working through you. This gives you a feeling of total confidence. Feel this selfless confidence now.

You have a dynamic and magnetic personality. You are in control of any situation that it is in the Will of the Universal Spirit for you to control. You are receptive to the Universal Spirit, the saints, the Universal Spirit's Angels and true messengers of the Universal Spirit. You are positive to, and the master of, all things that it is the Will of the Universal Spirit for you to be master of.

You are considerate and sensitive to the feelings and needs of others. You have deep spiritual love and concern for everyone everywhere. You are unselfishly giving when it is within the Universal Spirit's Will and this unselfish giving makes you feel good and fills you with a deep inner peace and security.

See and feel your entire being filling with unselfish love energy. Waves of compassion are flowing into you filling you with caring and compassion for all beings everywhere.

You are compassionate and selflessly loving. This brings you total inner peace. You know you are a good and caring person, and this gives you total peace within yourself.

See and feel yourself being compassionate - it's very powerful, very intense. See and feel unselfish Love energy flowing in you and through you, filling you with peace and contentment. Feel these feelings of peace, contentment and calm within your being now.

Your inner and outer strength is growing rapidly, thus your ability to serve the Universal Spirit grows and grows. You are a blessing to all who come into contact with you, as you manifest the Universal Spirit's love and energy in their life. It feels so wonderful to feel this infinite unselfish Love! With every breath you take, with every moment that passes, all the power of the Universal Spirit's Love flows into you, through you, and around you. You are surrendered to the Universal Spirit and the Universal Spirit's Will now. You are out of the way now and the Universal Spirit has taken over. You are feeling relaxed, happy and carefree because you know that whatever the Universal Spirit needs to do through you, will be done. And since you are letting go and letting the Universal Spirit take over in your life, everywhere you are is where the Universal Spirit needs you to be, so that you can be an instrument of his actions everywhere you are, in any situation. You feel the wonderful lightness and relief of surrendering fully and joyously to the Universal Spirit's Will. You are filled with the peace, strength and joy that doing the Universal Spirit's Will brings. It's exhilarating and rejuvenating. You feel a tremendous weight has been lift-

ed off of you as the Will of the Universal Spirit becomes your will- they are one! Your vitality is renewed and strengthened as Unselfish Love washes over you and through you. You care about everyone who comes into contact with you, and you are kind when it is in the Universal Spirit's Will.

Your desire to Unselfishly Love and do the Universal Spirit's Will is powerful, constant and passionate. You have a deep unswerving conviction to be a perfect servant and instrument of the Universal Spirit, and this powerful feeling lives within you every second of every day! It gives you profound stability and you are deeply devoted and committed to this ideal. See and feel yourself being this way now. See and feel the positive strength rising up in you. It is powerful. The positive force of the Universal Spirit and unselfish love are so powerful within you that you easily overcome any hurdle, and obstacles become stepping stones. In service to the Universal Spirit's Will, you have tremendous courage and will power. You are fearless and joyful. Serving the Universal Spirit makes you feel wonderful, happy and secure. You happily do whatever tasks the Universal Spirit needs you to do, and you welcome the tasks you are given by the Universal Spirit.

When you need to transcend upsetting emotions or emotional turmoil, you still feel people and events, but you feel them from a calm, peaceful, and secure place. You can still fight, confront, be powerful, strong, active, and aggressive if necessary and within the Will of the Universal Spirit - yet you remain emotionally protected - centered in your calm, clear, peaceful place, regardless of the intensity of what is all around you. This gives you stability, calm and peace while you are totally aware of the situations and feelings around you, and allows you to react and do whatever is necessary to deal with the situations and people around you.

When you need to transcend your body, you float above it, secure and protected in a sphere of white light that permeates your entire being. You are protected from pain and harm in this light, and you feel love, peace, calm, and security. You can still act, react, and do whatever you need to do from this state.

You hear what others have to say clearly. You comprehend and understand the meaning other people are trying to communicate to you.

You communicate with others clearly, accurately, succinctly, and fully. You are aware of whether or not others have understood your communication.

I am always conscious and careful about everything I think, feel, say and do.

You are whatever you need to be, and do whatever is needed to do the Universal Spirit's Will in any given situation at any time. Thus, when necessary, you are patient and tolerant of the behavior and shortcomings of other people, if that is what the Universal Spirit needs you to be. And when necessary you are aggressive or intense, if that is what the Universal Spirit needs you to be. Also, when necessary, you are an invincible fighter, if that is what the Universal Spirit needs you to be.

When it is within the Will of the Universal Spirit, you can wait with calm peace of mind and patience.

You are one with Universal Life Energy, it is flowing through you now, you feel it.

You are one with the Universal Spirit, and you are always conscious of that fact.

[READ YOUR AFFIRMATIONS HERE]

You remember everything you have experienced during the use of this tape. Every time you use this tape, it will be even more effective and you will experience greater levels of desirable modified states of consciousness. Anytime you want to return to this deep, relaxing, transcendent altered state, all you need to do is think about it, and return to this state in your mind, or say to yourself the words “relax, relax, relax”. Anytime you say or think the words “relax, relax, relax” to yourself, or a very close friend or loved one says “relax, relax, relax” to you, you will immediately return to the deepest, most relaxing, most transcendent altered state you have ever experienced. And in that state, you will be able to direct your mind and body to do whatever you want them to.

In a moment you will gradually return to waking consciousness. But first, see and feel a healing white light energy flooding your body, flowing through you, healing and rejuvenating you. As I count from 1 to 5, you will gradually return to waking consciousness, and when I reach the number 5 you will be fully awake, totally rejuvenated, alert, vital, virile, clear headed, completely refreshed, calm, and feeling good. 1 feel your blood circulating through your body. 2. 3, begin to stretch now. 4, at the next count you’ll be wide awake and feeling good. 5 wide awake, wide awake.



The Star Exercise

(The Star Exercise can generate tremendous amounts of Universal Life Energy, or “Chi”/“Ki”. If you choose to do this exercise, you do so at your own risk, and we take no responsibility for what may happen to you. I have done it for many years, and I have never known anyone hurt by it, but it is powerful. Like a circuit breaker that trips and shuts off the power when more energy than the circuits can handle attempts to pass, sometimes if your body is not yet strong enough to handle the energy flowing through it when you do the star exercise, it will knock you down. If it happens, don’t worry about it, you’ll get stronger. But when doing this exercise, make sure that the area around you is free from anything that could damage your body if it were to fall. Do not do this exercise if you are subject to epileptic seizures.)

The Star Exercise is much more than a yoga exercise, yet the Children also considered it to be the ultimate yoga exercise. Some feel it is the only yoga exercise a person needs to do. In any case, it is an incredibly powerful means of stimulating the Kundalini, and storing, generating, and transmitting, Universal Life

Energy (this energy has many names: prana, bio-cosmic energy, ki, etc.). When you do the Star Exercise, it not only permeates your own body with energy, but it flows in and out of you, allowing you to use it to give energy to others, to heal, and to flow energy with a group of people.

Universal Life Energy is very high frequency, etheric, having some attributes that could be described as spiritual and physical, yet the energy can be affected & directed by the mind and emotions. Universal Life Energy permeates everything. It can be seen as an “aura”, or projected energy beams. It can be photographed by means of “Kirilian” electrophotography. In all your yoga exercises, and meditations, you should be conscious of, and working with, this energy. Its supply is limitless, only your separate self can inhibit it.

When you do the Star Exercise, it is best to remove shoes and socks if possible. To do the Star Exercise, stand with your feet about a yard apart, arms straight out to your side like this:



Turn your left palm up, right palm down. Begin breathing intensely, and deeply. Sometimes you may want to do this breathing rapidly, as hard as you can. Other times you may want to do it slowly, yet still deeply and intensely. The purpose of this breathing is to draw Universal Life Energy from the air into your Solar Plexus Chakra (One of the functions of the Solar Plexus Chakra is to store up a charge of this energy, kind of like a Life Energy battery). It is not so different from rubbing a balloon to make static electricity.

While you see & feel the energy entering your Solar Plexus and building there, also see & feel the energy distribute from your Solar Plexus, throughout your whole being. At the same time, visualize the energy flowing into your left hand, through you, and out of your right hand. Continue doing this. Depending on the circumstances, it may take anywhere from a few breaths, to 144, to get the desired energy effect from the Star Exercise (which is a feeling of transcension and well being, and a “rush” of energy that you can feel and sometimes see). However, you won't experience this intense energy rush until after you finish your breathing and go on to the next step. Next, inhale, hold the breath, and while you continue the visualization, silently say to yourself this affirmation: “I am one with Universal Life Energy, it is flowing through me now, I feel it.” At this point, if you have done it correctly, you should start feeling the energy rush. Only hold your breath and enjoy the energy for as long as is comfortable to you. Exhale, continue the visualization and affirmation.

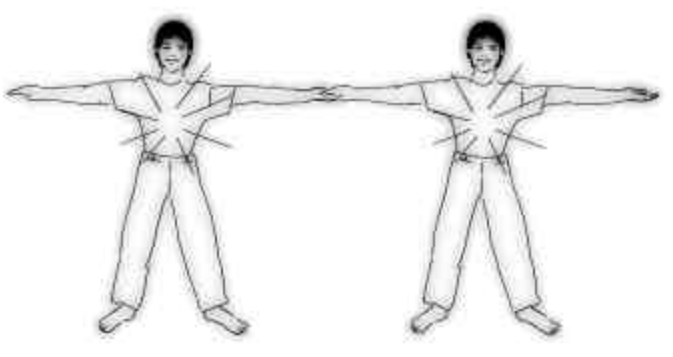
If you wish, the energy pouring out of your right hand can be given to someone or something. We also use it as a healing light. This is the same energy that's associated with pyramid phenomenon (the word pyramid means “fire in the middle”).

Some people will tell you that the rush you get is from getting too much oxygen via hyperventilation. But ask yourself, if that is so, why doesn't a person breathing pure oxygen get the same effect? And how does it sometimes work with as little as one breath?

As I said earlier, the Star Exercise is great to do with others. The first time I

did it was in a circle with a hundred people. The amount of energy that spun around and around through us in that circle was phenomenal. It was like a whirlwind of cosmic energy. It was the first time my “third eye” chakra opened up, and I saw the life energy that vibrates within and around all things. As you read earlier, when I told my teacher about this experience, he strongly admonished me to ignore the phenomenon.

If done with just one other person, it can be done in two ways: 1) Stand facing each other and grasp each other’s hands (making a mini-circle for the energy). 2) Stand side-by-side, and join just the hands that are between you, leaving one person’s hand open and up for receiving energy from the heavens, and the other person’s hand open and downward for sending the energy to the Earth. It looks something like this:



If doing it with a group of people, form a circle with all joining hands. Besides the same visualizations you do when you are doing it alone, also visualize the energy going around the entire circle, and gaining strength as it gets a boost from each person in the circle. It has been my experience that no one should be left outside the circle when you do this, due to the tremendous power that “flies off” the circle.



The Pineal Wave

The pineal wave is a technique that dates way back to the *earliest* days of the Children of the Law of One. In fact, it dates back to a time before we even had fully physical, or male/female bodies. Its purpose is to empower and cleanse our soul in the very center of the Earth. It also provides rejuvenation and attunement with the energies of the Earth.

Stand erect, feet together. Visualize your pineal gland (which is located approximately between the ears, and behind the eyes in the center of the head). This is the place of the seventh chakra, and is called the “seat of the soul”. It is the home of the “spark of life” - the spiritual part of us that gives our bodies life. Visualize your pineal as a ball of white light energy. Inhale, maintaining the visual-

ization, then exhale *sharply*, shooting the ball of light down through your body, deep into the very center point of the Earth. The center of the Earth is beyond molten lava, it is like an inner Sun, it is a significant energy center. After “shooting” your “ball of light” down into the Earth, allow it a second or two to reach the Earth’s center, then begin to inhale again slowly, feeling the energy come up from the Earth, then up into your body, and back to the pineal. Repeat at least three times.



Planetary Polarity Attunement

The purpose of this ancient Atlantean exercise is to align us with the energy field of the Earth, thus putting us in tune with the Earth and all its energies. It is said that one of the effects of this is tremendous rejuvenation, physical regeneration, and long life.

Get a compass and find the exact direction of north/south. Lie down flat on your back with your body aligned north/south, your head pointing towards the south. Relax your body. Watch your body breathe. Feel yourself dissolve into oneness with whatever you’re laying on (you are not supposed to really believe this is happening, just imagine feeling the sensations). Extend this feeling to whatever is below that until you feel you are part of, and one with, the ground, the Earth itself. Imagine the immensity of the planet Earth, and visualize it suspended in space, slowly spinning around on its axis. Feel it spinning, and your body laying there is moving with it. Feel your body moving with it. Next feel the lower part of your body, which is facing north, becoming energized (kind of like the magnetized end of a compass needle that aligns with the Earth’s magnetic field). Begin feeling your chakras becoming energized as if you were doing the color-chakra exercise, but don’t go past the heart chakra, remain with the lower chakras for now. After five minutes, reverse your position so your head is pointing north and your feet south. Follow the same procedure as just given except this time start visualizing the upper part of your body being energized; begin with the heart chakra and go up to the crown chakra. Continue for five minutes. As with the other meditations, if you can, do them for a longer period of time.



Mirror Exercise-Chanting

As we said elsewhere, the Children of the Law of One were the most knowledgeable in the advanced Atlantean vibrational sciences. “Modern” science has just begun to consider things like the physical health effects of electromagnetic fields from power lines, computers, TV’s, etc.. And they have only recently discovered

that the body has bio-electric and energy fields, and even the brain gives off electricity in the form of brainwaves.

We have always known that people are always transmitting various energies, and always receptive to various energies.

One of the mechanisms of energy transfer, is through the eyes. The left eye is receptive to vibration, the right eye transmits. Doing the following meditation regularly will, over time, train you to be in the habit of looking into a person's left eye (which to you will be on your right). This will allow you to instantly "plug in" to their vibration, transmit yours, and avoid being unduly affected or influenced by energy coming through their eyes into yours.

The mirror exercise develops: Concentration; Self-discipline; Your abilities to "read" higher frequency vibrations/"auras"; Your visual communication abilities; Your abilities to influence others via energies transmitted through the eyes; Your abilities to defend against others influencing you through the eyes; Awareness of previous incarnations of yourself and others; Your circumvent force (the area of vibrational influence that surrounds you like a giant aura).

This exercise should be done in a darkened room, using a candle or two in front of the mirror you're using. The mirror need not be large; as long as you can see your eyes it's fine, although it's more desirable to see your entire face. The mirror should be placed one to two feet from your face.

If you can, burn a little pure (crystal, gum, or powder) incense before starting the exercise (Frankincense & Myrrh are strongly recommended if possible).

You may either sit on the floor or in a chair, whichever is most comfortable for you; the important thing is to keep your spine straight & erect.

To begin the exercise, look into the eye of your reflection that is on your right side (this would actually be your right eye) and start chanting a mantra. Refrain from blinking if you can, especially when you are seeing phenomenon or other faces (it can jolt you out of the altered state that is allowing you to see these things). Continue doing the exercise for at least ten minutes. A half-hour will generally yield more results.

Selecting a Mantra

Select a mantra (word or words used for chanting) that you feel drawn to. "Om" and "Yod-He-Vau-He" are both excellent mantras. A mantra helps develop concentration, and can effect you in many ways through the vibration of sounding the words. It can stimulate upper chakras, stimulate your attunement to the "sound current" of the Universe and thus Universal Consciousness, and invoke the energy of all the chanting that has been done throughout time, by those who have used that same chant. But it is also important that you understand the meaning of the mantra you choose, and it is best if it represents a profound idea or ideal. We have already described the meaning of Yod-He-Vau-He in the chapter on vibration.

You may experience a great deal of phenomenon doing this exercise, i.e., seeing all kinds of faces from past lives, "auras" etc. Whatever you experience, stay focused on what you are doing, don't allow anything to lure your attention away. You may come to experience what some call "The Dweller on the Threshold", the hideous devil that is nothing but your selfish separate self, your fears, desires, etc., (discussed in the chapter on the death experience). If you do, let me remind you that the Dweller is also "The Angel guarding the Gates of Eden", and the only way

you can pass, is through love, Unselfish Love. Look that beast right in the eye and love it. In this way you can transcend self and return to Paradise, Oneness with the Universal Spirit.



Breathing

The ancient teachings of Atlantis describe the breath as a bridge between the sub-conscious and conscious minds. Think about it for a moment - breathing is both a sub-conscious process (i.e., your body keeps breathing automatically whether you think about breathing or not), and a conscious process (i.e., you can take it out of “automatic” mode, and consciously control it - breathe fast, slow, deeply, shallow, hold your breath, etc.). Your other organs are mostly under sub-conscious control. For instance, an average person can’t consciously digest their food or control their heartbeat. But *even these* things can be *consciously* manipulated once you master consciously accessing the sub-conscious. Breathing is one of the methods that can be used to bridge the entire conscious/sub-conscious gap and re-integrate your being.

There are many different ways to approach this through the breath. You can control it, meditate on it, leave it alone and watch it, concentrate on it, and coordinate other mental or physical functions with it.

The breath is also our link to the etheric. We are given life, and given breath. The Universal Spirit breathes each breath into us. When we cease breathing, our body ceases to live. Breath links us to everyone else. Think of all the billions of molecules in each breath of air we breathe in and out. How many have been breathed by others? There is a chance that one of those molecules was breathed by President Clinton, Lincoln, Alexander the Great, Genghis Khan, Jesus, Benjamin Franklin, and



Conscious Breath

One way to acquire sub-conscious control and conscious integration, is to really become *aware* of your breathing, without controlling it. If you allow your sub-conscious mind to control your breathing for you, but at the same time become *conscious* of the breathing *without* trying to control it *consciously*, you can achieve an integration of sub-conscious and conscious aspects. This gives you a key to all sub-conscious and conscious activities. And through the passive concentration necessary to bridge these aspects, the conscious mind becomes still, quiet, free from the constant internal noise and reaction to external stimuli which prevent/block the reflection of Universal Consciousness.

Sit with your spine erect, and begin to “watch” your body breathe; just be aware of your breathing. That’s all there is to it. At first, until your concentration

develops, your mind will wander all over the place. As soon as you realize that your mind has wandered, bring it right back to watching your breath, don't waste energy reprimanding yourself for not maintaining concentration, that just gives more energy to the selfish separate self (and that's what it wants—to keep you from getting control). Frustration is the ally of the separate self. ***Bringing yourself back to the object of concentration immediately upon recognizing that you've wandered off, applies to all concentration/meditation techniques.***



The Sacred Breath

The Sacred Breath was the most guarded meditation secret of the Children of the Law of One. It was never taught, or written down. In fact, a teacher did not even reveal it to a student, until the student developed a basic awareness of it, and then asked about it. Nevertheless, some other traditions have picked it up over time, via keen observation. Let me explain.

The Sacred Breath is a “staple” meditation of a true teacher. It becomes so natural, so much of a second nature, that they just do it automatically from time to time, without even thinking about it. When a teacher is doing this meditation, it doesn't “show” very much. There is a little breathing that can be mistaken as a sigh, and a subtle shift in energy. It takes keen awareness and observation for an elder student to perceive that their teacher is doing “something”. But nevertheless, this meditation was only passed on when the student noticed “something”, and asked their teacher what they were doing. Then the student was ready to learn the Sacred Breath. But as I mentioned in part one, it is time for these things to now be revealed openly.

The Sacred Breath involves several aspects of meditation: Active, conscious breath control; The “little death” of lingering during the period after exhalation, and prior to inhalation; The taking in of Universal Life Energy through the breath into the Solar Plexus; And concentration.

Start by inhaling, then exhaling deeply and completely (like a deep sigh). Now here's where it's tricky: You want to begin inhaling, but so subtly, slowly and minutely that you can't even tell you are inhaling - but you want to make sure you are inhaling. I guess you could say that is the paradox or Zen quality to this meditation. You don't want to think of your subtle inhalation, as an inhalation. You want to completely visualize that you are just inhaling the prana, the Universal Life Energy, right into your solar plexus.

Now, when you start to feel that you need to take a breath, go ahead and take one - then again, exhale fully and deeply as if you were sighing. Repeat this for as long as you have time for. You can also do this throughout your day anytime you think about it, in order to bring your consciousness back to **true** reality (to break the illusion of the day to day reality most people think is *more* real).



Grand Circulation of Breath

The Grand Circulation of Breath is a multi-purpose meditation. Besides creating all the usual benefits of meditation, it also stimulates and rejuvenates the whole being, and helps bring balance and health to the body. The Grand Circulation develops: Concentration; Body integration; Awareness of Universal Life Energy or Ki; Awareness of the “energy body” and its interrelation with the physical body. It also aids in transcension of the physical plane, and balances & increases the flow of Universal Life Energy through the body via main “circuits” (called meridians). And here’s an interesting side-effect: some people with colds or allergies have experienced unclogging of the nasal passages when they did the Grand Circulation.

The exercise may be done lying down, or sitting with your spine straight. If you have difficulty with falling asleep or “spacing out” (wandering thoughts), you should do it sitting up.

This meditation involves circulating energy around the governing meridians of the torso, in coordination with your breathing. You will begin by visualizing energy coming up from the base of your spine, continuing up the spine area, over the top of the head, down the middle of the face, down the front of the chest to the groin, then back up from the base of the spine. Also, as I just mentioned, you will be visualizing this energy movement in coordination with your breathing. Basically, you will inhale during the visualization of the energy rising up the back, and you will exhale during the visualization of the energy going down your front. It’s important to also develop an “overview visualization” of the “whole” circulation of this energy, seeing it as one flowing circular band, even though you are concentrating on moving the energy “one section at a time”. It is also important not to stop moving the energy as you traverse the sections - keep it flowing, moving along its path.

Begin to inhale slowly, visualizing your breath as an energy at the base of the spine. As you inhale, see your “breath energy” slowly moving up *the spine area* - passing over the small of the back; passing over the middle point of the back, passing over the area of your spine between the shoulder blades (still inhaling slowly); moving up the back of your neck; up the back of the skull to the forehead; down the center of the face to the upper lip (this completes the inhale/first part of the flow). Starting with the lower lip, you begin your exhale; continue on down a path centered along the front side of the body, passing over the chest area, the abdomen, the area in front of the spleen chakra (a couple of inches below the navel), back to the starting point at the base of the spine. Do not pause your energy visualization when you get to the end of your exhale at the base of the spine. Continue the visualization, as you begin to inhale and repeat the same cycle just as before. Repeat for as long as you have time for. A half-hour is good.

Until you become familiar with coordinating your visualization with your breathing as we just described, you may have a little difficulty visualizing the entire flow cycle within one breath. Just stick with it, it won’t take you very long to master it. Some people experience running out of breath before the end of a visualization cycle. If you have this problem, you are inhaling/exhaling too slowly. Speed

up your visualization to make it match a comfortable period of inhaling/exhaling. Just make sure that you are consciously controlling your breath, not just letting your body breathe normally.



Counting Breath

Concentration is a prerequisite to true meditation and an invaluable aid in anything you do. The development of concentration is a primary purpose of the counting breath exercise, although as with all the other techniques given here, it has integrative effects on the entire being.

This breathing exercise can be done with passive or active breathing - you can either just let your body breathe normally, or take conscious control of your breathing. Do it both ways for a while, and you'll discover which is best for you.

Sit with your spine straight. As you inhale, count to yourself silently, "one"; as you exhale, again count "one". As you inhale again, count "two"; exhale, count "two". Continue like this until you get to "ten", then start the cycle over again with one. Your objective is to be able to do five sets of one through ten without your mind wandering. When you can do that, your concentration is well developed. Don't expect to be able to do it right away, it takes time, it takes practice, but like everything else, the more you practice the better you get. Remember, when you find that you have drifted off somewhere, immediately go back to counting your breath without wasting concentration. If you will just be persevering/consistent with your exercises, you will get results, but be patient. Waiting IS!



Contemplation & Visualization of Unselfish Love

[Note: The following exercise requires understanding of the difference between "love", and "Unselfish Love". Reading part one of this book first, is recommended. Do this exercise when you are not tired.]

Step One

Part of this exercise involves feeling Unselfish Love for someone you don't like. Some of the people you don't like may deserve your feelings, they may be bad, or have done terrible things. This exercise is not intended to help you accept or "be alright with" the negative personality, lifestyle, or actions that some beings have created for themselves. Or to get you in the mental disposition to allow them back into your life. It is to get you to let go of them in an Unselfishly Loving manner, and also get you to relate to the essential being, the spiritual spark inside them, and still love & care for that. We can, and should have *compassion* for the spirits of those whose

choices have led them into patterns of destruction and suffering. If we don't, we are having a spiritual crisis ourselves. But we don't want to personally accept those choices as "alright".

To begin this visualization meditation, ask yourself the following questions - and answer them: "What is Unselfish Love?"; "What does it mean to be Unselfishly Loving?"; "Am I always Loving Unselfishly?" (and if the answer to that is no, think about the most recent situations in which you haven't loved Unselfishly, and go on to the next question); "Why did I not Love Unselfishly in that situation?"s Once you have thought about it, let go of the thought about why you didn't Love Unselfishly. Why? The reason why you did not Love Unselfishly is not as important as making sure you *will* Love Unselfishly from now on. Now, again think about the situation in which you were not Unselfishly Loving. Completely visualize it again in your mind, only this time, visualize yourself being Unselfishly Loving, and visualize the results of that.

Finally, ask yourself "What should I be doing to express/manifest Unselfish Love all the time?". Ask the Universal Spirit, the One, "What would you have me do?". And do an affirmation like, "I am Unselfishly Loving".

Step Two

Start by "calling up" the feeling and concept of Unselfish Love. Do this by visualizing someone you have the most Unselfish Love for. It could be a child, parent, great friend, dog, relative, etc.. But if you have a teacher or a "personified ideal", who Unselfishly Loves you also, that is who you should start with. Feel the Unselfish Love. Feel their Unselfish Love for you, and/or your Unselfish Love for them. While you are holding on to that feeling, think of someone you like but haven't really felt Unselfish Love for. Feel Unselfish Love for the essence of that person - their spirit. Now think of someone you don't like. Feel Unselfish Love for their spirit also. If they have done something hurtful, or harmful, that is inexcusable to you, be sure you only extend your feeling to their essence, their spirit, their Inner Being. Then expand your love to embrace everyone and everything you can conceive of.



Kind for a Day

This simple little exercise also develops Unselfish Love, by directly accessing it through one of its attributes - kindness. Every morning, choose one person in your life, who you will put out an *extra* effort to be thoughtful of, humble with, and kind towards. All through the day, stop and consider their feelings, their needs, what it's like to walk in their shoes. And treat them special. Maybe get them some tea, or give them a massage, or make them a special meal, or a gift from your heart. The next morning, choose a different person.



Meditation Walk

The meditation walk is a method that synchronizes your breathing with the number of steps you take while walking. Begin walking. Step, step, step, step.... Once you have set the pace (up to you), begin breathing in coordination with your walking. For instance, you could inhale during two of your steps, hold your breath for the third, exhale for the next two steps, leave your breath exhaled for the next step, then repeat immediately (inhale for two steps, etc.). Or you could inhale for four steps, hold for two, exhale for four, hold exhale for two, etc. Create a pattern that is most comfortable for you. If you wish you may even eliminate the “holding breath” part of the meditation, which would make it go something like this: Inhale (however many steps you choose), exhale (same number of steps as inhale), etc. You can use any number of steps you choose as long as the inhale and exhale number of steps are equal. Experiment and see what works best for you.

Although it is particularly beneficial to walk outdoors, you can even do this exercise walking back and forth, “pacing”, indoors in a small area. Try to do this exercise everyday at the same time.

You can do the meditation walk for as long as you wish, but it should be done for *at least* five minutes.

If you are doing this properly you will find that you are more aware/conscious of your environment. This is because the meditation brings you greater integration/Oneness within yourself, and without (your environment).

Remember, if you find yourself walking in front of a moving truck or such, you aren't doing it right. Start again after you get out of the hospital. (for those of you who are too serious minded, I should explain. That statement is meant to be humorous).



Kundalini

When a being truly becomes devoted to serving the Universal Spirit, surrenders to Universal Will, and develops Unselfish Love and Harmlessness, many things change within them. The changes are physical, mental, and spiritual. One of the most profound forces involved in these changes, is the Kundalini.

Kundalini comes as an activation of energy along the spine. Some people have described it as a fiery breath that roars up your spine. It has also been interpreted as a goddess, or the serpentine fire that lives at the base of the spine, and from time to time, comes to life and rises all the way to the top of the head, bringing enlightenment. As the Kundalini force passes through the body's endocrine glands and their corresponding nerve centers, there is a stimulation and “awakening” of the seven centers or “chakras”, that are associated with these glands and nerve groups. This brings new awareness and activity in areas of the vibrational

spectrum that were previously self-blocked from the person's experience. And that gives a person powerful new abilities, and great responsibility.

When the Kundalini rises, it can be painful, although the state of spiritual elation tends to nullify any pain. It is usually afterwards that you can have a very sore back for days. And if the body is not pure enough, and has not been prepared for this powerful evolutionary energy, it can cause a great deal of distress, and illness, as the body rushes to "catch up", to purify itself enough, and to develop "nerve circuits" that are strong enough to handle new energies. All this can be made easier, and even brought on by, purification and attunement of the physical body, in coordination with the mind and spirit. Meditations, yoga, diet, etc., can all help make the changes brought about by the Kundalini, as smooth & easy as possible.

Before we go on about that, I must give you a stern warning. As we said earlier in the book, the abilities obtained from this should coincide with, or be the result of, self-transcendence, and active Unselfish Love. Kundalini should come naturally, as you evolve into a better, more kind and giving person. It is like a kiss that the Universal Spirit gives you when you are thinking or doing something right. It may come when you have a spiritual realization, especially during meditation. However, through doing certain exercises, such as Kundalini yoga for one, you may also activate the Kundalini, but this is FORCING it. Such exercises are good IF they are under the guidance of a True Teacher and correspond with the entity's spiritual growth, but can be very dangerous and detrimental in other circumstances (see chapter on VIBRATION in Part One). Would you let a baby play with wires from an electrical outlet? Of course not. Yet that electrical energy can be very constructive if channeled in the proper manner by one who has PREPARED to utilize it FIRST. It's the same with the power of the Kundalini. For this reason we only give the most powerful techniques that pertain to unlocking such power, to those who have demonstrated their harmlessness and Unselfish Love. There are books and teachers that will give such to anyone, but please, heed my warning.

There are other means of forcing the Kundalini also, including drugs and scientific devices. And there are teachers who give "Shakti" to their students to stimulate this, but as at least one teacher I know of has learned, obtaining temporary "enlightenment" by Kundalini raised by Shakti, or any other means, does nothing to make for a better person. In fact, it usually strengthens the selfish separate self, and makes for a "spiritual ego". To use an example, let's say there is a path that winds up the mountain of consciousness; the top of the mountain is Universal Consciousness, Oneness with the Universal Spirit. Inducing or forcing enlightenment through external means is like temporarily airlifting a person to the top of the mountain. Sure, they experience Universal Consciousness, but it's only temporary, they have not climbed there themselves, and they do not belong there. They must come back down, and it's quite a fall. Sometimes an experience such as that can be helpful - if it is only done one time for purposes of instilling inspiration and knowing what wondrous things await you when you finally achieve Universal Consciousness the right way. But when someone has such an experience, and then "comes back down", there are two alternate paths a person can choose. 1) A person can pick themselves up and begin walking their spiritual path to the top, step by step; or 2) They can (as most do) take the attitude of "I know what it's like now. I've made it. I don't need to walk the long hard way". Then the person usually tries to keep getting there with a "short cut", and becomes hardened in separate self con-

sciousness. Then they only get further and further from their true spiritual path, and from the mountain top. Don't fool yourself, there are no short cuts.



Physical Aids to Spiritual Consciousness

The physical body can be a window of sorts to your entire being. Everything is interconnected, all One, and when you apply things such as herbs, yoga, diet, etc., on the physical plane, you affect your mental, emotional, and spiritual aspects as well.

When you apply mental thoughts that involve spiritual energies to things like yoga, and what you eat, it aids the spiritual effects of the physical applications, making these things even more powerful.

Yoga

Yoga is a very old discipline that tones your body, while freeing up, and flowing Universal Life Energy, and sometimes facilitating the activation of Kundalini (discussed later). It also can incorporate, and provide the benefits of, meditation. Originally developed by the Children, yoga has taken many different forms over the centuries. Thus, there are now many different "types" of yoga. One of the most popular, and well known, is Hatha yoga, which involves moving and stretching your body in various ways.

Physically doing yoga exercises without the interplay/integration of the mental and spiritual, would be like going through the motions of playing a musical instrument without actually playing anything. It will still have some effect, but nothing compared to when you combine the exercises with the application of will and visualization.

The body is a precision instrument, through which the essential you expresses itself in the physical plane. It's a vehicle that can be a well maintained, finely tuned instrument, or neglected and out-of-tune. The more aware you become that your natural function is to manifest the Universal Spirit, the more aware you become of the body's need for purification, balance, and attunement with Universal Forces. The more spiritually "tuned-up" a body is, the better it can perform as a vehicle for the Universal Spirit.

It's impractical to teach yoga in this book, but instructional and workout videos of our techniques have been made if you are interested in learning (see back of book). It is being called "Tibetan Yoga" since most people wouldn't relate to "Children of the Law of One Yoga". But it is the system we've used for thousands of years. Some techniques are similar to other styles, but some you will find nowhere else - like our acupuncture meridian balancing energy techniques. It's easy to learn, and the workout flow takes only 20 minutes. Scientific tests have verified the great power of the meridian balancing techniques, and they can be done anytime you need them, in just a few minutes.

[P.S. - It's best to do Yoga naked if possible. Clothing, especially footwear or socks, restrict/disrupt some of the body's energy flows.]

Tai Chi

Tai Chi is considered by some to be similar to yoga. It both is and isn't. Tai Chi, and its various counterparts, are "newer" than some of the yogas, and were originally developed by high consciousness monks as "inner forms" of the different fighting styles or "Kung Fu's". These inner forms were used to develop such things as inner strength, Universal Life Energy (or Ki/Chi) power, accuracy, and concentration. But while Tai Chi was developed to be an integral part of a fighting system, it is even more than that. Tai Chi, like yoga, is a form of meditation and flowing life energy. It has become its own entity, which is a beneficial and beautiful system of spiritual development and health maintenance. It takes far more time to learn than yoga however, and many years to master.

Elixirs

Elixirs are plants, elements, or mixtures, consumed to gain spiritual development or power. They have been used since the days of Atlantis. The Children once used them to help the most advanced students induce the death experience. Even back then, they were to be used once only in an entire lifetime, either to induce the death experience, or get a glimpse of the "top of the mountain" to establish the reality of the goal. Native Americans, and shamans the world over however, have repeatedly used plants like Peyote to expand their spiritual awareness, gain insight and knowledge, to facilitate healing, and perform spiritual rituals. Elixirs can help, but only under special circumstances and with close guidance. Properly used, they can give a spiritual push, or a glimpse of enlightenment, etc., but if the experience gives false confidence, false pride, a spiritual ego will result that will impede any true spiritual development. And some will want to keep taking the elixir to reach the heights of the Universal Spirit, rather than climbing their own path. The use of elixirs without guidance, can also lead to astral problems - "aura holes", the attachment of disincarnate being and "things", and even possession. Since many elixirs are now illegal in most countries, and the dangers outweigh the potential benefits, we no longer use them, and we recommend avoiding them.

Diet

When you eat, you should be feeding your spiritual body with energy as well as your physical body. You should also choose a diet that is right for you. Every body is different, and every diet needs to be adjusted for a given body. Similarly, you can not single out a diet for the body without considering it's mental and spiritual implications. You are a whole being, a spiritual, mental, and physical Universe in itself, and must regard all things in the realization of such if you are to evolve.

Charging Your Food

At this point of leaving our section on yoga and beginning our section on diet, I would like to recommend a practice that crosses over and includes both subjects.

If you took an energy photograph (like Kirilian photography) of just picked food, you would find that it loses it's life energy about twenty to thirty minutes after it's picked (depending on the type of food) and loses it's slower frequency energies and many of its physical attributes (vitamins, etc..) in about the same amount of time after it is cut. "Charging" your food with Universal Life Energy before you eat, restores the food's lost energy, and then some (depending on you). To charge your

food before eating, place your hands at the sides of your bowl or dish, as near the food as possible. Then visualize the energy flowing through you, into the food, making the food radiant with light. It is essentially like doing a mini Star Exercise, and giving the energy to your food. This can be done mentally without the hands, but it is best that you learn to walk before attempting to run, so it's best to do it with the hands at first, and at least until it's mentally automatic. Seeing teachers of the Children of the Law of One (and some of their offshoots) do this over their food, became the source of many religions "saying grace" before meals.

A healthy diet

Much could be written on the subject of diet for health and healing (and much has!) but rather than do that here, I will refer you to Paavo Airola's book *How to Get Well* which reflects much of the Children's dietary recommendations, and the Edgar Cayce readings on diet. In reading the Cayce material, keep in mind the time in which it was written (in respect to the evolution of the mass consciousness of that time, and the condition of food then as compared to now [no chemicals, hormones, antibiotics, radioactivity, etc.]), and that *each* reading was given *specifically for the individual the reading was being done for only*. Some generalities can be made, but be cautious. Every body is different, and has different needs.

We've examined new books that give diets based on blood type. It sounded like there could be some validity to it, and some people say they feel good on it. But after reviewing the diets, and not finding *any* scientific basis or research to explain them, we feel they are contrived and cannot recommend it.

For now we can follow basic nutritional "rules of thumb" that are in harmony with the laws we can observe in the workings of nature, but there are as many "perfect" diets as there are individual bodies. What may be beneficial to some may be of no value, or even *detrimental*, to others.

How to find Your Special Perfect Diet

In order to find the perfect "fine-tuned" diet for *your* body, you must first approach the body with the right attitude, and a true understanding of what it is. Rather than thinking of your body as *you*, always keep in mind that it is just a vehicle. A vehicle that the real you "rides" in, lives in, and uses. But even more importantly, keep in mind that it is a vehicle *for the Universal Spirit*, a tool that the Universal Spirit uses if you allow it. It is no less than the "temple" of the living God. When you embrace that attitude towards your body, and use your free will to eat accordingly, you will know what to eat for maximum health, and be able to choose a perfect diet for your body at any given time.

Beware of rationalizing to yourself - "convincing" yourself that your body "needs" a certain food, when it is really your *desire* for it in disguise. When your diet is dictated by the desires of the selfish separate self, your body suffers many nutritional imbalances and harm. When the desires of self are in control, you have a "pleasure seeking machine" to contend with - and the more it gets, the more it wants. It remembers pleasures and constantly seeks "encores" in an insatiable cycle that results in deterioration of the whole being. In part, this is the effect of wasting vital life energies, eating un-natural foods, and eating what is desired rather than what is needed. For those who are overweight or have certain health problems related to carbohydrates, we have seen people who've had remarkable results using the Atkins diet, or similar low-carb diets.

You are what you eat and what you think, both physically and mentally. The body is built, and is constantly rebuilding itself, solely from the materials you provide it with. Also, the mind is behind all this construction, it is the builder. Without the proper attitude, a pure diet is worthless, like having all the lumber to build a house but not having anyone to put it all together properly. But the lumber is important also. Both factors must come together properly. Cells regenerate at such a rate that every seven years the cells in your body are replaced! What are they being replaced with? [Interesting note about seven year cycles: Psychologists say that everyone goes through a personality change every seven years. There is also a spiritual transformation that takes place in seven year cycles. Coincidence?]

Live Long and Prosper

Earlier in the book, when we were talking about the age of the monastery's head Adept monk, Michiel, we briefly mentioned modern scientific research that verifies the human ability for an incredibly long lifespan. Dr. Josef P. Hrachovec of the University of Southern California Gerontology center has been studying the aging process for years. He has concluded that the body has a potential of living a century or longer, and through proper diet, exercise, and emotional control, a life span could be "stretched like a rubber band". Some of the Children's old records indicate it was not uncommon to live to be 800, 900, even a thousand years old in the past - and with a high quality of life. This is attributed to the higher mineral & nutritional quality of food in the past, the lack of pollution & toxins, the diet, the use of mind, and daily rejuvenation of life energies. But in certain conditions, some of these things can still be duplicated. On my way to the monastery, I met a strong healthy young man of 140, with bright red hair and sparkling clear blue eyes. He stopped once every hour of his life, and meditated for 10 minutes. But his *mother* was still taking good care of him also, so who knows!

Basic Dietary Considerations

Here are some of the dietary "rules of thumb" we spoke of earlier:

- 1 Eat foods that are as pure as possible in as natural a state as possible (mostly raw) (organic).
- 2 Balance your intake of acid and alkaline forming foods to 80% alkaline to 20% acid.
- 3 Don't mix fruits and vegetables.
- 4 Don't mix sweets and starches.
- 5 Minimize how many different foods you eat at one meal (try to keep it to three)
- 6 Eat foods grown as locally as possible.
- 7 Eat only when you are really hungry.
- 8 Chew very well.
- 9 Drink *pure* water.
- 10 Relax. Don't eat when you're tense or upset.
- 11 Eat about two-thirds of what would normally make you full. An excess of nutritional elements in the system becomes toxic.

Vegetarianism

The question: Vegetarian, to be or not to be? The answer to that is really quite complex. There are spiritual considerations as well as health considerations - pro

and con. The Children's teachings promote vegetarianism, but there are exceptions.

Protein

Many western countries and their medical establishments are "high protein brainwashed". They have been taught to believe that protein is more important than it is, and that you must eat meat to get it. Most people can get the protein they need from a proper vegetarian diet, although some cannot.

How much protein and what kind of protein (animal, vegetable, dairy, etc.) does a person need? It varies greatly depending on the individual. Genetics plays a big role in this. Remember, the following are generalizations and there are exceptions: If your ancestors were mainly meat eaters, you will have a predisposition to meat, and probably need more protein. If your ancestors didn't eat dairy, you are likely to have a low tolerance for dairy, and it will tend to clog you up with mucous and make you prone to colds and flu. If they ate a lot of dairy, such as in some Scandinavian countries, you will be more inclined to digest, and ingest the nutrition from dairy products.

Then there is the food supply issue. Animals raised for food eat far more food than they become. It is simply bad logistics for the world food supply.

On the other side of the issue, some people don't do well with strict vegetarian diets. Their body just can't adapt. Their bodies don't absorb the nutrition (including vitamins) from vegetables and fruits as well as they do from meat. But if that person will be as strict a vegetarian as they can healthfully be, then their children and grandchildren will be able to be more strict, or full vegetarians. The Children teach people to ***be as much of a vegetarian as you can be without causing health problems that will interfere with being a vehicle for the will of the Universal Spirit.*** Almost everyone can at least cut out red meat, although some people need to supplement their diet with yeast or some other form of B12 (the only other dietary source being red meat).

Vegetarianism, Consciousness, and Spirituality

Some people are vegetarians because of their religion. They just believe it is more spiritual, or gives you a higher consciousness, even without really knowing the reason why. They just take it on faith.

Does diet affect your consciousness? Certain foods do. But it is not a necessary prerequisite to enlightenment, nor a way of attaining enlightenment or higher consciousness. It's actually the other way around. A person usually improves their diet as a *result* of a raise in consciousness. But I have seen many vegetarians that were just as selfish and harmful as any meat eater, or worse. And I have seen meat eaters that are higher in consciousness than vegetarians. I know some enlightened people who consume alcohol, although they don't consume it for purposes of a selfish "get off" as most people do. Would Jesus eat a hamburger? Probably not. But if he did, would his consciousness be one iota higher or lower because of it? Absolutely not. Did not eating hamburger make Jesus or Buddha what they were? No. So it's best not to get fooled by "trappings" of spirituality, but rather stick to the tangible issues like kindness, harmlessness, and giving. With that in mind, I will say that Children of the Law of One teachings state that alcohol, tobacco, chocolate, sugar, and spinach, in that order (alcohol being the strongest) all inhibit the spiritual functioning of the chakras, including inhibiting your "Inner Voice" and intu-

ition, and red meat can inhibit upper chakra functions. The effects of spinach and chocolate are relatively minor. Spinach has nutritional value, but you can almost get the same things from other dark green leafies like kale and chard - in any case, it's not such a big deal if you eat it. The same with chocolate, although rather than nutritional value, it isn't good for your body and is one of the great self get offs. But again, it's not such a big deal. Alcohol on the other hand, has severe effects, radically suppressing the spiritual nature, and letting the dark side, the selfish side, blossom - thus it should *never* be consumed by anyone who is not enlightened.

Obviously, compassion for animals is a reason to avoid meat. What kind of consciousness doesn't care about killing and harming animals? Going to the market and buying packaged meats makes it easy not to think about the process involved in getting it there. But how would you feel about personally killing an animal eye to eye? If you have a pet, how would you feel about killing and/or eating it? What makes your pet so different from the other animals? Maybe just that you're familiar with it? So it's all right to kill things you don't know personally? I had a friend who grew up on a farm and had a pet cow. She said the cow was very aware and interacted with her very much like any other pet would. Then her family slaughtered it and it broke her heart.

There are variations in the consciousness of animals, and if you are sensitive to that, it is worse to eat a more aware animal than a less aware animal. That goes for plants too, because plants also have consciousness, and can suffer when you kill them. Getting back to animals as an example, when you look in the eye of a chicken or a fish, there is not a lot going on there. There is "someone at home" in there, but just barely. But when you look into the eye of a whale, or a dog, there is very much an aware, thinking, feeling, creature in there. This awareness is less for a cow or deer, but still far more than that of a chicken. My teacher had a rule of thumb generalization for what to eat, "If it can run from you, don't eat it." But that rule can still be overridden depending on your body's need while you are on the path, or functioning as a servant for the One. Many of us are genetically oriented to animal proteins unfortunately. But like I said, even vegetables are alive, and have consciousness. Scientific tests have proven this. Plants are even quite psychic. One experiment indicated that a house plant experienced some kind of arousal when animals or other plants were killed in another room, or when its "owner" was in distress many miles away. And a vegetarian kills plants. So what are we to do?

Ideally, in a more pure human physical state, the ultimate diet would be fruitarian. You don't kill fruit - it is being produced by the plant as a sacrificial offering in order to further its reproduction (it's a tasty treat that a bird or some other animal eats, who then passes the seeds through their digestive system - thus "planting" the seeds with "fertilizer". I have known some people who tried to be fruitarians, but their bodies were not genetically adapted to it, and every one of them got sick and had to quit the diet. There may be some people out there who can do it though.

The Bottom Line

Basically eating is an issue of survival, and health. Most people must kill something on this Earth, in order to stay living on the Earth themselves. That's disgusting, but true and inescapable for most. Can you justify that? Most people obviously do. But most people have no more of a good reason to live than the things they are killing, yet they do it anyway, and justify it. It comes down to why you are here.

As I mentioned in part one, the teachings say, and it is my belief, that we don't really belong here. We are not supposed to be bound to this physical plane. And there are only two reasons that justify being here: 1) Working on yourself so you can get free from it and/or help others; and 2) Being here to help free others (after achieving #1). If you are doing one of these two things, then eat what you will to further your consciousness, stay alive, and strong. And if you must kill an animal or a plant because your body needs it (not because your self desires the food), thank them from your Inner Being when you kill them and eat them - thank them and honor them for sacrificing themselves to help you help the Universal Spirit to do Its Will through your vehicle, and eat with no guilt.

Food Pollution

Animals raised for slaughter are injected with hormones and antibiotics. Milk becomes more polluted every day, not only from the hormones and anti-biotics given to the cows, but also from sanitizer detergents, PCB's radiation, herbicides, and others. Chickens are sometimes fed arsenic to increase their appetites so they'll eat more and gain weight. Laying chickens are given anti-biotics, tranquilizers, rephthalic acid, and yellow dye (to make their sickly egg yolks look normal) just to name a few. You get all these goodies in their eggs (along with some PCB). Fish are often treated with anti-biotics and subjected to the countless forms of poisonous water pollution that are destroying the oceans (including radioactive waste). Of course, animal products aren't the only things that are adulterated. Vegetables and fruits have become dangerously polluted too. You have to scrutinize *everything* you use, consume, or live around.

Most fruits and vegetables are grown with, and sprayed with poisons. Some people buy organic produce from natural food stores but unfortunately, many things sold as organic are not. Ask for proof from your store. Find out where they get their food and trace it back to the source if you can. You will get resistance, but how important is it to you? If enough people start asking for proof, eventually the stores will have to produce it as standard procedure. Also, if you decide to go organic, be thorough, go all the way. Consider the toxins you get from inorganic foods or products as if they were bullets fired at your body's cells. If you get shot, you get shot. Even just one bullet (one inorganic substance you use or consume) can have very detrimental effects. If you go through the trouble of eating organic produce, shouldn't you purify other areas of assimilation? What's in your water? Organic vegetable oils? Vinegar? Herbs? Nuts? Natural soaps? Do you use deodorants? Detergents? Fabric softener? Hydrogenated or "fractionated" oils that are in many packaged "health foods", are more detrimental to health than "junk food". There are hundreds of things to consider, and they will all be revealed to you if you are open, willing to change, *and not resisting giving up things you like, and doing or using things you don't like*. This all comes to one who obtains that consciousness, that selfless attitude of the body being one with, and a vehicle for, Spirit.

Fasting

Diet is but part of the cycle of assimilation and elimination that we must consider as a whole in order to achieve purity. We have just discussed diet and it's implications, but if your body is full of stored up toxins from past dietary habits, a pure diet won't be sufficient to attain a pure, balanced state. To expect a pure diet

to do that would be like expecting a clogged drain to unclog itself just because you stopped putting the things in it that clogged it up in the first place. That's where fasting comes in. Fasting facilitates the elimination of stored up toxins. The ancient dietary teachings of Jesus, indicate that we should fast seven days for every year we have eaten impure foods (that doesn't mean you have to do the fasting all in one period). Normally, the body's eliminative and digestive organs accumulate & eliminate. They are busy breaking down the food you eat, providing the body with nutrition, storing fat, eliminating food by-products and toxins, etc.. But when you start a fast, the body's eliminative and digestive organs don't have new food to work with, so they turn to all the stored toxins, diseased cells, tumors, etc., and begin to break up and expel them.

Fasting is not only beneficial to the physical body, but to the mental and spiritual aspects of your being also. More than diet, fasting can be a very spiritual experience that raises your consciousness. An extended fast has tremendous value in developing discipline, transcendence of the physical plane, and strength of will. The Spiritually enlightening effects of fasting have been documented throughout time. Especially effective in this way is the forty day water fast - this can be accompanied by vivid spiritual visions and revelations. I strongly recommend against doing this without proper supervision and guidance however.

Juice fasts are the way to go for healthy cleansing of the body and a good dose of spiritual boosting too. But even that should be done with guidance. And don't jump right into an extended fast however, start with a four day juice fast and work your way up from there. The selfish separate self rebels at attempts to fast, but if you can get past the third day, you've usually gotten past the point of your greatest weakness and self's greatest temptations. That doesn't mean that the temptations will stop, they may even get stronger and more vivid, but if you've past the three day mark you've demonstrated and developed enough strength to transcend the selfish self's urges, and that strength grows as you continue to transcend.

Rather than going into all the specifics of juice fasting, I again refer you to Paavo Airola's book *How to Get Well*; He covers it all and there is no need to repeat here what has been said so well.

Cold Shower

A cold shower benefits the whole being. It has rejuvenating, healing, and stimulating effects with the entire body, including: the organs, circulatory system, nervous systems, glandular system (including endocrine glands associated with the Chakras), muscles, etc. It aids the digestive and assimilative processes. It actually increases the blood count. A cold shower taken daily, builds resistance to disease and infections. Mentally, a cold shower increases alertness. A cold shower also increases the flow of Universal life energy/prana/chi/ki throughout the body, whereas a hot shower tends to drain or have a resistive effect on these energies. And as an added bonus, the cold shower is a great means of transcending the selfish separate self, especially for those who don't "like" cold water.

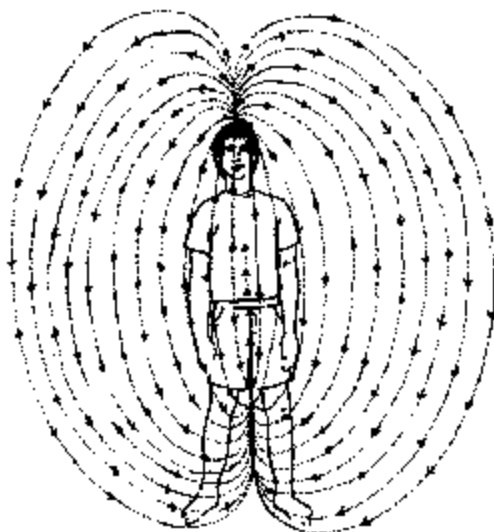
You may start your shower with warm water if you like, you can even alternate hot-cold, hot-cold, just as long as you end with the cold.

Finally, always remember that a cold shower is not hard to come by in the shadows of the Himalayas.



Color Visualization- Chakra Exercise

Each chakra corresponds to its like vibration in the color spectrum. “Color therapy” can be used to stimulate the chakras via physical projection of color and light. But more importantly, we can use the power of visualization to stimulate the various chakras. Physically, the areas of the chakras are associated with complex nerve bundles or plexus’, and the location of special endocrine glands.



First we have the root chakra, the area below the gonads; its color is red. Next is the second chakra, located behind the area about two inches below the navel (towards the spine); its color is orange. The third chakra is the Solar Plexus; located behind the area below the cartilage of the breast bone (but in front of the spine); its color is golden yellow. Next we have the fourth or heart chakra (you can guess its location); its color is green. Then we have the fifth chakra, sometimes called the thyroid or throat chakra; its color is blue. Centered at the pituitary gland located behind the middle of the forehead, is the sixth chakra, also called the third eye or ajna; its color is purple. Finally we come to the crown chakra or “thousand petaled lotus”. Sometimes called the Seat of the Soul, it centers at the pineal gland in the middle of the head; its color is violet-white.

From the poles of the root chakra and the crown chakra, energy flows and surrounds you in a form akin to a magnetic field.

Sit with your spine erect. Visualize colored light energy at each chakra starting with the root chakra and flowing upwards in the order as was just given in the previous paragraph. Dwell on each chakra for at least one breath cycle (inhale and

exhale), longer if you can visualize the colors better. When you are done with the crown chakra, begin again at the root chakra. Keep repeating this for twenty minutes or as long as you have time for.



Dreams

In the state of rest (sleep) the body receives maintenance from certain mental and spiritual functions. Our awareness turns from the external environments to the internal (sub-conscious), and we may become aware of the spiritual influences through the internal (dreams) just as we are conscious of the external in it's "waking" state.

Many dreams are opportunities, lessons, and experiences that are presented by your Inner Being. These are often of the nature of a "preview" of experiences to be dealt with, or of presently existing circumstances that should be seen as lessons and a means of growth. These dreams are important, and should be dealt with accordingly. However, not all dreams are of that type.

Some dreams can be of a psychic or precognitive vision, out-of-body experience, intuitive problem solving, etc..

Physical illness or disturbances, or mental disturbances in either the conscious or sub-conscious realms, can affect or even create and dominate dream experiences. These are the only dreams that should be ignored.

Due to lack of coordination with the threefold nature that most people have, many people are not aware of their dream experiences, thus the great benefits from them are lost. We can turn this around however, and use our dreams to help us. How?

Integrating our fragmented consciousness, and getting full benefits from dreams can be facilitated in several ways:

1- Extending the waking consciousness into the dream. This is accomplished through becoming aware that you are active and functional in a dream *while* dreaming. You may use a key symbol to trigger recognition of awareness within a dream. For example, Don Juan told Carlos Castaneda to look at his hands in a dream. Doing this triggered *conscious* dreaming. A light would be an excellent choice for a symbol if you use one, as you will see if you contemplate it.

2- Extending a dream into waking consciousness. This method (which also aids in the development of the first method) is done by recording your dreams every morning. Keep a pen and notebook near your bed, and as soon as you begin to leave your dream state and enter the "waking" state, write down whatever you can remember of the dream, even if it is only a fragment, a word, or a feeling. Don't wait until you're awake - *do it when you first notice you are leaving the dream state*. The more you do this, the easier it will become to remember your dreams, and remember them fully. Before you know it you will be filling pages at a time.

3- Daily reviewing of your dreams. Dream symbology varies among individuals. The best way to understand the meaning of your dreams is to take in the whole picture intuitively. Don't rack your mind trying to figure out details and such.

The meaning of your dreams will become more clear to you as you study them. With time, experience, and openness, what you need to know will be revealed to you.

4- The following affirmation aids all the previously mentioned methods; “I remember my dreams and am conscious of them while dreaming.” This should be repeated silently to yourself as you are going to sleep.

Remember to keep in mind all the different causes that can manifest in a dream other than a lesson or psychic experience so you won't be trying to read-in something profound when it is nothing but an upset stomach predominating the experience!



Reviewing the Day's Activities

Write down what your day's activities actually were. Do this every night. Do not read this record until a month has passed from the time you wrote it. After a month has passed, compare your past activities and experiences with your current ones. Get out the paper you wrote your ideal on and compare it with these to see how you are doing with living up to your ideal. Also look at your dream log, and see if there is any relationship to your past dreams, and your present life.

Close your eyes, go back and view the experiences you had during the day. Do you find any negative experiences? Did you become negative, upset, about something? Make any mistakes?

Go back again to the beginning of the day and re-experience it, but this time change it around. See negative experiences as occurring positively. See things you negatively reacted to, as lessons, and see yourself reacting in a positive, constructive manner instead. Where you made mistakes, see yourself making the proper decisions. Follow your new positive experiences and decisions through to their results.

The mind creates. Through doing this exercise you will begin to break out of negative patterns and create new patterns that are in harmony with Universal Will.

A Final Word

This book is full of information that takes time and repeated exposure to really assimilate. Consistent review of the ancient, and not so ancient teachings, even though you think you know it, can keep giving you a greater understanding of the nature of Oneness and Unselfish Love. It can also give you greater insight into who you really are, and what you are doing with your life, and help you grow. If that's what you're interested in, you might want to begin reading the book again (even if you have already done so many times), and read a little of it every day, until you are One with the knowledge, and you *know* for certain that you are not getting *anything* out of it anymore. I can't stress highly enough how important this is, and how much you'll miss if you only read it once.

