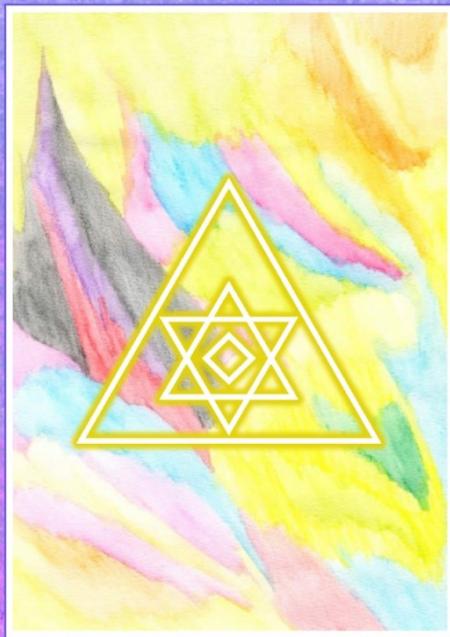


# FOUNDATIONS

for the Spiritually Inclined



by Jason Remfrey



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# DEDICATION

With love and thanks to

Mum, for being there through a lifetime of ups and downs, supporting me so I can continue creating, enjoying times that are never dull, times full of love, fun, and joy.

~

Brenda, for being the loveliest person imaginable, for all the wonderfully random and synchronistic meetings, and the divinely inspired and blissful spiritual chats.

The Fuel Box team...

Alissa, Gemma, Aunty Shazz, and Zack.  
Incredibly special people, for a place to relax and for the loveliest chats, and to enjoy the tastiest nutritional drinks in New Zealand.  
Only five minutes away as well!

~

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~

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*Peace on Earth,  
Heaven on Earth*



# Introduction

Thank you for taking an interest in my book, I hope you find it interesting, thought provoking, and above all enjoyable to read.

With everything that is written here you may already have your own heartfelt beliefs that serve you well, perhaps a belief in a higher power, a spiritual force, a God or God's, a guiding energy, a heavenly father or mother, a Great Spirit, or something similar.

At the same time, you might have no particular belief whatsoever or no inclination to follow any kind of spiritual offering, and this is perfect. No one should expect anyone to believe in anything or have ideas forced upon them, let alone if they are already content and happy with how their life is going. In that case, perhaps you are just curious to find out a little bit of what this book is all about, in which case I am honoured and grateful that you would take the time to do so.

So yes, I am certainly not trying to change what anyone thinks or what their worldview should be, rather my aim is to provide what might be a different perspective, and to share some of my experiences along the way. If that ends up helping or guiding someone in a positive way, that would be incredibly humbling for me, and it would make everything that I do worthwhile.

I don't have any particular expectations as to where this book might end up, in fact, referring to one respected online resource, I counted close to two hundred well documented individual, spiritual, regional, and religious offerings globally, and there will be thousands more that don't make the headlines for sure.

So yes, it's realistic to expect to be overlooked, but it's never been a priority for me to be well known, in fact I've been warned against it from the very beginning, and wisely so.

Who knows, this may not find favour with too many people, but with that, a friend once said to me, “As long as you’re having fun”. I’m pleased to say that I am, and that is the goal with most things, I feel. And keeping things simple. This project has been an incredibly positive, creative, and enjoyable process for me, and I have the feeling I will always be creating something.

I can’t achieve anything meaningful spiritually without some sort of divine help, that’s for sure, but for now, with what I know is a positive future for everyone, dare I say I have the will, inspiration, enthusiasm, and the recognition within me that this book has been worth writing, and it has its place in the world.

Some of what is in this book may seem out-of-touch with reality, or at the very least quite naïve, as times are now that is, but then everyone is different, and it would be wrong of me to assume anything about anybody when it comes to what someone may find interesting, enlightening, or otherwise.

If you are new to spirituality, just beginning to explore different ideas or discovering “what’s out there”, or you are comfortable with what you know and feel, what I have written here is my take on things from my thirty or so years of travelling a spiritual path. Nothing that remarkable considering I have lived an everyday life, nothing that has required any great spiritual study or sacrifice, but I’ve been dedicated at times, and spirituality is a big part of my life.

Amongst the most important of what I have learned is that I’m always learning, and compared to the grandeur and scale of the Universe, and the collective knowledge of Humanity, true knowledge is when we know we know nothing at all.

We, as Humanity, with God’s love, guidance, and support, collectively hold all the answers we need to get us through to a more positive and peaceful time – and the way I see it we certainly need it now.

I have written this book to share my experiences and insights, and I would love to hear your experiences and insights if I ever have the opportunity, both of us learning from each other's life stories along the way. You will certainly learn more about me and gain an appreciation of how I see the world as you read through these pages.

It's fair to say that this book goes against the grain of a lot of currently accepted spiritual and religious thinking. I certainly don't have all the answers, few if any, but nothing is currently working as far as "saving the world" (as the saying goes) is concerned. It's the blind leading the blind, in many ways.

It seems obvious to me that some things need "shaking up", and I'm not the only one who thinks this way, of course. If I was to help with that somehow, in however small a way, being another piece of the puzzle, without doubt the feeling would be rewarding, as well as humbling, as I've found helping others can be.

Like I say, reading through these pages some may think that I am somewhat delusional, that I have fallen off the correct spiritual path completely. For that, I can say I have bipolar disorder, and I'm not ashamed to say so, so for some that might give them even more reason to think that I've come off the rails!

I'm nowhere near perfect, and I've made some huge mistakes, but I can say from everything I know that I've repaid my spiritual debts and learned from each and every situation, although it hasn't always been easy.

That's not to say I won't continue to make mistakes as time goes on, but I'll never stop learning. The idea that our failings can be looked at spiritually and holistically is something that I explore throughout this book.

Time will tell if my thoughts here prove of any value, if they don't I don't mind in any way at all, and I'm not in any hurry. I trust my spiritual experiences though. I can't recall a single time they have let

me down – even though I get in the way of them more often than not!

I have written every topic in this book from a spiritual perspective, where I have gained understandings and insights from my own spiritual experiences. With awareness and questioning, then through contemplation and perhaps some informal meditation, it's a process I've called upon many times to garner a spiritual appreciation behind everyday life situations, but I'm certainly no oracle or someone who has an answer for every question or situation.

Your experiences are just as unique and valid as mine of course, acknowledging that much of this book differs from the status quo, so it might not appeal to everyone, perhaps very few, but who knows, there may be an audience somewhere. Hopefully there is plenty of food for thought with all this writing, in any case.

I am far from perfect, and there are far cleverer people than myself, and as far as ordinary “worldly” knowledge goes, I am severely lacking, having spent too much time trying to do “God’s bidding” – mostly unsuccessfully. Mine has been a mostly “inner journey” that’s been both exciting and transformational for me – but with a lot of heartache and difficult times along the way.

The word “God” turns a lot of people off, I should mention this, and it’s no wonder with everything religion has given us in the past, and what’s currently “out there” right now. There is so much negativity attributed to God.

God and all the unconditional love He has for all of us doesn’t stand a chance given how He has been portrayed, with every corner street preacher and pair on a bicycle trying to save us, giving us no hope for salvation if we don’t take up their offer.

It has to be said, there may be little or no time to find any deeper meaning in life either, being busy with little time to spare, having jobs, families, responsibilities, commitments, and so on. It’s no wonder

that a spiritual path is considered the last thing that could help with anything practical, and that attitude is perfect, and just the way it needs to be.

Relating to this, it's all good and well reading a book like this which guides someone to find a more enlightened way of life, but this can be a harsh and unforgiving world. Sometimes a wayward or hasty decision, call it a mistake or whatever, can have life changing consequences.

Yet, bringing a sense of positivity into one's life through spiritual practice and so forth will invariably result in fewer mistakes and unwanted happenings generally, and a level of detachment and serenity can be nurtured as well, so life's ups and downs are handled with more ease and with a greater sense of calmness than before.

At the same time, some people are just happy and have a positive outlook on life, and are selfless and take care of others as part of their nature and their personal values. As such, God is in everything they do, even though they may never use that word or think of it in that way. They *are* spiritual, in every sense of the word, even though they may never need to read a spiritual book, certainly not this book, either.

I use the term “Him”, “He”, and “His” to refer to God in this book, although I have experienced that God is both of a masculine *and* feminine nature and energy, two separate beings in fact, and I stand by this unequivocally. A novel idea for most, I imagine. For the sake of simplicity, even though I could use Him/Her everywhere, I will continue to use the masculine words and terminology as above, so please forgive me.

With all of my writing, I can't deny my personal spiritual experiences, these being the foundations of everything I write and create, some of them gained during what I refer to as my “Stargate” experience, a short time of deep spiritual communion all the way back in 1998. I

feel fortunate to have these experiences to call upon, to express them as best I can, just as you have your own.

If you feel inspired to, why not write down your own thoughts and ideas? If that means simply keeping a journal, that can be the best thing ever. I've been through a few chunky notebooks over the years, and the act of writing on paper can be cathartic.

Digital notetaking is fine for most things, but as I say, getting our thoughts out of our head especially with pen and paper can turn confusion into clarity, bringing about something concrete, enlightening, inspirational... Something that's beneficial for our own personal spiritual journey, in other words. You may have discovered this already, it can be quite a magical process. As magical as life itself, when everything aligns.

I also became aware of a drop-in centre where they offered small spiritual sharing and discussion groups. I feel it would be such a fun and enlightening activity to hold any such group, or groups within groups, for anyone to be involved in, regardless of any personal life situation.

But then what works for me might not work for you, simply trust in your process and your methods and have fun above all else! Spirituality and fun go together intrinsically, just look at children playing, connected to the source of pure happiness and joy.

We all have something to offer, each of us one part of a puzzle with eight billion other pieces that complete the picture. And it's not as if each of those pieces is insignificant, rather we are all powerful God-beings, created with the ability to shape and transform Creation itself, and it's only a matter of time before we discover and then realise our true spiritual potential.

Somehow, somewhere, when the time is right, all of these eight billion pieces will all fit together.

Much love,

Jason





## PRIMARY TOPICS





# The nature of God

Does God exist? What is the point and meaning of life?

Perhaps to have children and enjoy family life, aim to earn enough money to have anything you could possibly want, to become famous or powerful, to try to find comfort and salvation in one religion or another, to try and shape the future however you can, to try and live to a ripe old age, all the while suffering all natures of sadness, illness, loss, and calamity?

War, climate change, global pandemics, natural disasters, artificial intelligence, overpopulation, and more I'm sure, would, in the end, see the end to the world that we currently know, or at least to the point where human life would be extinguished.

There must be more, surely...?

In the end, life would just “fade away”, forever lost in the void and non-existence of the Universe. Our time on Earth would be relatively short, and at the end of it all, our legacy would perhaps be children, wealth, or art, all of which would be lost to us as soon as we gasped our last breath, where we and everyone we knew would be consigned to nothingness.

Those who lived after us would have to experience the same suffering, the same problems, make mistakes and have heartache and pain just as we did, while we'll never get to see any of the fruits of our life's efforts.

Excuse me for sounding cynical, flipping the coin so-to-speak, as I thought cynicism was for those who did *not* believe in God.

It took me twenty-seven years to come to this conclusion myself, that yes, God exists, and He has a plan for all of us, but in the end, I haven't been taught this, I haven't read or heard this anywhere, and I

haven't been brought up this way. Like we all have moments in time which shape our lives for the better, I have been fortunate enough to have experienced, understood, and then lived my life from my twenty-seventh year with this knowledge and understanding established in my heart, mind, and everything that I am, that God is real.

Atheism is just as valid as any religion or teaching. It can be comforting too, in its own way, and there is nothing wrong with a healthy sense of scepticism, of course. Speaking for myself, I find atheism intriguing! I just can't get my head around it, but we're all wonderfully different of course.

But looking through the eyes of a “believer” such as myself, I feel anyone who actively and knowingly pushes their denial of God onto others, i.e. onto impressionable souls who can be easily influenced spiritually, they will have to reflect upon their actions in the future and learn the lessons that they would have created for themselves.

*Just because a person does not believe in God, that doesn't mean God does not believe in them.*

In the end, I feel we will all come to an understanding for ourselves on the matter of a Creator, if we haven't already, and who am I to say what anyone else's understanding or conclusion might be, and what is or isn't valid – I only know what I know, and what I have experienced, however limited my experience of life might be.

## Being wrongly portrayed

God created each and every one of us with the boundless love and energy that He/She has, so that we could enjoy everything that Spirit, positivity, bliss, and limitless energy has to offer. But also for us to live within a physical Universe, both where we are now on this Earth – and also in the future where we can enjoy life free from any negativity whatsoever.

All of “God’s Children”, all the billions of us, are made in the image of God. He created us like Himself/Herself, in perfection and pure positivity, each with our own unique and individual personality. It has been a great mistake though, and something that has happened since time immemorial, for Humankind to see God as being *in the image of Man* – projecting and applying all of our own faults and limitations onto Him.

This falsehood is often written in text and scripture, and has been spread around the world as an unquestionable religious truth, believed by billions.

Even more damaging in my eyes, as some religions (and teachings) portray, is to say God is a God of anger, wrath, and fear. This is amongst the most destructive and negative of all spiritual and religious teachings, and it has been around for far too long.

So many people must be afraid, living their lives thinking God will “strike them down” or banish them to a hellish existence under the control of some sort of devil for any minor indiscretion or error of judgement.

God shouldn’t be feared. God dismayed that He has been portrayed this way. He lives in the heart and soul of each and every one of us. Because of these falsehoods, many believe that He would inflict suffering upon us. God only knows the mental and emotional turmoil suffered by millions, if not billions of people for having this belief. It is all so unnecessary.

This is my recognition spiritually, and you may have your own relationship with God, with your own thoughts and feelings, and like myself, you might not be able to fully express these in words. Still, there’s power simply in the intention of saying what is in one’s heart.

God does not belong to any one religion or movement, He belongs to all of us, accepting everyone, whether we are religious, atheist,

mystical, spiritual, with no spiritual interest or motivation whatsoever, and everything in between.

It may take time for people to realise and accept that much of what they have been taught about God is wrong. But there is grace and redemption approaching, if it's not already here, and it will lift our burdens and heal our scars allowing God's light to enter all of our hearts, minds, and Spirits, and our lives will be transformed.

It is a positive and undeniable inner reality and consciousness that will make this transformation possible, and amongst other things, we will live with a sense of purpose and be an example of what a spiritual person is, just by being ourselves.

## On a personal note

I have been fortunate on some occasions to have found myself at the right place, at the right time, with the right people, in the right situations – you will have too without doubt. Working on one's spirituality and inner healing helps immeasurably, as life always tends to flow better when we don't have as many spiritual lessons to learn.

Still, you don't need to have any clue about spirituality to receive the good fortune of being exactly where you need to be, at the right time, with the right people, in the uncanniest of ways. Bumping into somebody at just the right time trumps a planned meeting on most occasions, I feel. And a good heart always outshines a holy book, tarot reading, and crystal ball!

I can only wish this for everybody, the mysterious serendipity and synchronicity of life, as well as peace and happiness of course, now, and in the future. I do recognise though, that in many parts of the world, freedom is but a distant dream, with little or no possibility of anything really changing, and that there is so much pain and suffering on this planet.

No one has any real answers, at least any which look plausible, and I certainly don't claim to have many answers myself – but I have my experiences that I hope will help the world in some small way. For me, it's all about having fun and being creative, converting those experiences into something tangible, which I sometimes feel driven and inspired to do. My books might be a good example.

I have nothing but empathy for those who have struggled to find a genuine spiritual path, where they may be caught up in controlling teachings, with controlling teachers, religions, and even cults. The lines are often blurred with all of those. I consider myself fortunate that I didn't find myself in one of those situations too, or at least I got out of one before it became too difficult to see the forest for the trees.

I was never closed to the concept of a supreme being. Because my family was a secular one, my upbringing from my dearest mum and dad meant they brought up the three of us with an attitude of openness, and freedom. They didn't push anything on us with regard to their attitudes with spirituality, probably because they didn't have any interest in spirituality or religion whatsoever!

With that, when I did begin my spiritual path, my acceptance and belief of a Creator started slowly, taking nothing for granted as to if there was or wasn't. Still, I felt there was. What I didn't realise is that a great healing was taking place, and I found myself taking stock of where I was in life, my interests, my attitudes, and more, without really trying, or even knowing what was going on.

In one case, just a month ago as I am writing this book right now, it took me over thirty years to settle and heal one particular spiritual debt – yet I always knew it was there if I thought about it, lurking somewhere in the background – I just didn't want to acknowledge it was even there.

I know because of a dream I had maybe fifteen years ago what it's like to be brought up in a controlling religious scenario from birth.

To be honest, it was a horrifying feeling that I would struggle to find any true connection with God, completely blind to the possibility, controlled and taught untruths from the day I was born.

Still, I also recognise that this might be a spiritual lesson for someone, but one that can be overcome, in time, and that a genuine experience of God will be found, and that a person's heart will open. But the cycle needs to end, in this time now or in the near future, and it will.

Even in New Zealand, as I write this, there are high-profile religious organisations that control and indoctrinate people, and there will be many who go under-the-radar as well. It makes me shudder, with a sense of "waiting for the divine to happen", a miracle of some sort that's needed to move these people on. And of course this control and indoctrination is everywhere in this world as well.

Yet, there is more than just hope for the future. Along with all manner of inspirational spiritual teachings and material out there, you will have your own hopes, dreams, feelings, and spiritual insights of this world finding peace and happiness, and with a bit of divine energy to get things moving, this world will change, and I feel we will all be involved.

## Finally

There is no reason to fear God. There is no need to fear our Creator. God is the most loving parent. We can look to them for support and guidance, knowing they only have our best interests at heart.

God is the most beautiful, all-knowing, caring, ecstatic and accepting Mother/Father, who only feels the most pure, untainted, completely positive unconditional love for each and every one of us, seeing us as we truly are – divine. God has no destruction in His nature, with each of us eternal, and forever renewed and untainted in our innermost Spirit.

God doesn't say, "You've got this wrong – you will need to get it right or else." Rather, our own individual Spirit, soul, or however we like to call our higher spiritual self, sets up ways so we can learn, when, where, and how.

God is not a parent who scolds or condemns, rather, He loves us, nurtures us, supports us, and guides us throughout life, rejoicing in our milestones, and being with us every step of the way as we grow, just like the beautiful story "Footprints in the sand", which I have included towards the end of this book.

If you pray to God, if in your mind you talk to Him, if you speak to Him in your own way, your prayers, your words, and your thoughts are getting through – He listens to what you have to say – He listens with nothing but unconditional love, and He will never judge you or be offended by anything you have to say.

God is not sending us someone so they can rule the world. Waiting for someone to "turn up" and do all the work for us, for me it's not a case of one individual being divine, and the rest of us being lesser beings. That is outdated, and quite frankly, dangerous when it goes unchecked. I've seen it too often. Soon, each of us will recognise our true nature, and I have experienced it for myself. As I like to say...

*We are all shining threads in the tapestry of life, none any more or any less important than the other.*

Where the future is concerned, even if you could dream the most positive and blissful way of feeling, it is greater than you could possibly imagine. To be honest, I carry a knowing smile being aware of just how incredible the future is for each and every one of us.

Every positive emotion is available to you. Unbridled freedom, limitless power (for the right reasons), bliss and ecstasy, the deepest humility and sense of belonging. I am fortunate to have experienced all of these which it makes it easy to write as I do.

*The most important message I can give is that no one misses out on this positive and radiant future. That means every person who has ever lived, or who lives in this time now.*

If you have them, shed those feelings of fear and guilt. Instead, look at Him in a different light, and accept Him with love as He accepts You – unconditionally.

Much love,

Jason

# God's workers

From every walk of life, from every aspect of Humanity, these are the people who give so much to allow God's Dream, a future free from suffering, to become a reality.

In too many cases, they have been ridiculed, discriminated upon, pitied, and misunderstood. Those that are looked upon as being "oddballs", living on the fringes of society struggling to fit in, struggling to make the grade that society deems acceptable, in so many ways they offer more than most people realise or can appreciate. So often they are doing God's work, an interesting and possibly foreign concept to consider I admit, where even these precious ones rarely, if ever, know the good work that they do.

They not only resolve their own karma and difficulties, often by living difficult and challenging lives, but as an offering to their Creator, they do so much more. When they come out of their "tunnel of spiritual healing", they can, and do, offer a divine healing to untold others.

How do I know? I see it so often, and I'm like they are, I've been there too, just as you may have been there as well. For myself, six or seven admissions and months spent on mental health wards attuned me to this reality, and it opened me up to many of the mysteries of spirituality, and the esoteric.

In the next few pages I talk more about those who have a mental illness, as well as people who have Down syndrome, but this spans the entire spectrum of society where the downtrodden have been judged, ignored, forgotten, even left to suffer for what they haven't been able to control, cope with, or where they couldn't find the essential support that they needed.

Contrary to what science might sometimes tell us, we live in a world where not everything is as it seems, especially when something is looked at and experienced in a spiritual way. Visual, audible, sensory,

and other experiences can beggar belief, all drug free and unaided, unable to be measured using scientific methods.

Artists, singers, songwriters and musicians, those who dance and express themselves in the way of movement, poets, writers and authors, designers, craftspeople, illustrators etc., in fact anyone involved in any type of creative endeavour, all help to sculpt not only our physical world, but the energy world that exists around us, and within us too.

This energy world is real and can be seen in various states of exalted spiritual communion, like I have mentioned, but will become visible to everyone in the time of transition which awaits, or which may be happening now as this is read in the future.

If you've never given an art form a try, why not try something creative or expressive, anything which kindles some interest or enthusiasm... You might surprise yourself! But then it's all about what moves you and how your heart moves you too. I remember fondly my art classes at school, and I imagine being part of any creatively focused group, no matter what it is, can be a lot of fun!

Being creative on your own too of course – perhaps you have experienced creativity there. I spent endless hours drawing cartoons between the age of eleven and fifteen, and enjoyed every minute. And there was computer programming and game design too. I just couldn't help but be creative, it just had to be put down on paper or with the help of a computer.

You don't have to be well known to be doing God's work. In these social media days, well, one of my sayings is, "Sometimes it's better to be famous on the inside". Energy wise we are capable of just as much if not more just by living ordinary, yet extraordinary lives.

"The meek shall inherit the Earth" is another one I like, but I prefer to say, "The meek will become truly happy first, and then everyone else will follow."

Wherever there is selflessness, humility, respect, and best wishes for others, a light shines from the heart and service to God ensues. Like I said at the beginning, most people whose nature is to live this way don't even know the powerful work that they do. "The unknown soldier", as I like to put it, as I write later in this topic.

## Mental illness

Those who suffer from a serious mental illness are truly gifts to this world. Not only do they clear and resolve their own karmas, but when that is complete, or earlier, they heal a great deal of other people's problems, karmas, and negativity as well, often without even knowing the powerful spiritual healing and energy work that they are doing.

In effect, when we as individuals are healed by the mentally ill, on the whole, we never need to be aware of or experience the consequences of our wrongdoings, and we become fulfilled and happier people with far less effort on our part, far sooner than what could have achieved on our own.

As an example, someone who has schizophrenia might have a paranoia of constantly being watched, especially in a world full of cameras as there is now. They may be taking this subconscious fear and worry away from tens of thousands of people or many more, as God uses them as a gift to heal people just like you and me. It's possible because, simply put, they are very powerful spiritually. People just carry on with their daily lives oblivious to the fact that they are being healed.

Another example is where someone who has clinical depression has constant morbid thoughts, of whatever nature, and they heal the same darkness from the innermost subconscious and innermost spiritual natures of countless others who, as a result, no longer have to carry that burden themselves.

One more example, where wellness is paramount, is that the healer, someone who has a debilitating mental illness (bipolar might be an example), where they are now on the right medication and are now well, they achieve even more of that same healing ability without feeling the negative effects. Simply put, along with what is known and achieved medically, their medication saves them from any unwanted and problematic spiritual experiences which would see them needing care.

Those are three examples, there will be countless others. It all happens in mysterious ways, with the purpose of this topic to try and highlight and explain this process, which helps move Humanity forward spiritually. It is grace in action, as God uses all of us to help and heal each other, each to our own capacity.

There are other mental health disorders as well, of course, but this topic is really only focused on psychotic and mood disorders. Other mental health disorders can also have spiritual considerations.

Like I say, during the months I have spent on various mental health wards since 1995, I experienced many mystical and otherworldly aspects of spirituality. Being in the company of other patients on the ward, sharing spiritual experiences, interacting and empathising with them, I felt a genuine connection and kinship that I feel to this very day.

There were also many times on the ward where I continued to learn a “spiritual craft” just by being on my own, “going within”, where I had plenty of time to absorb and reflect on my experiences. From there, I made sense of the very interesting “otherworldly moments” which were taking place around and within me.

I don’t wear my illness as a badge of honour. When I found myself at the bottom – discovering the very core of who I am – I learned that I am no greater or lesser than anyone else, and I have also benefitted greatly from other people healing me spiritually, which can’t be overstated.

I feel I have learned more humility, compassion, and other redeeming qualities along the way, and you will have too – you would have had many challenging life experiences in your own life, of course. The sisterhood and brotherhood of Humanity, as has been said. Saying that, I'm far from perfect, and my faults are too numerous to fit within this book!

You may be close to someone in your life who has a serious mental illness, or you may know a friend of a friend who struggles in this way. There's no need to be afraid, they have their gifts, and only need help and support whenever and wherever they can, to be included in their community where they should be treated with love, respect, and with gratitude for what they do to heal all of us, and where they receive the correct treatment so they can become well, comfortable, valued, and interact with society once more, as their capacity allows.

I have seen support systems and places of rest and respite taken away, where the focus has been shifted away from the mental health consumer themselves, when these gifted ones give to society and all of us more than we can possibly imagine.

These healers, the mentally ill, should be thanked and celebrated for the powerful work that they do for all of us. Our sisters and brothers, precious, and powerful members of Humanity. Even seemingly ordinary and everyday actions they do might be transforming the energy world that surrounds us all, and healing us in unseen ways.

Again, medication leading to wellness is critical, as I can testify to – I wouldn't have written either of my books or lived anything like a regular everyday and spiritually worthwhile life if I hadn't received the right medical treatment, and kept taking my medication as I am now.

## Down syndrome

I have very little personal experience with this disability, I know nothing but a few snippets, to be honest. I do know someone whose daughter has Down syndrome though, and I have also read an

incredible book, a parent's guide to Down syndrome (see the appendix for details). Above all, what is written here is from a mostly spiritual perspective.

Those who have Down syndrome are human beings like all of us, of course, and in addition are God's gifts to us all, this being everything I have experienced and understood spiritually. Perhaps this is something that their parents already know, I wouldn't dare to assume anything, but at the same time I feel this may be a completely new perspective to consider. Like I say, a spiritual perspective.

As well as being "more alike than different in so many beautiful ways", as the book I read said so perfectly, people who have Down syndrome also work magic in subtle, mysterious, often unrecognisable, but nonetheless remarkable ways as well. Spiritually speaking, it is both unseen and unrecognised.

People who have Down syndrome are connected to God Himself like no one else, in such an incredibly powerful, and positive way, yet you might not be able to tell that they are spiritual in any way at all as they go about their daily lives – and chances are they won't know either.

Every single one of us benefits from their spiritual connection and love, even if there might be no indication or evidence as to how or when God's work is being done.

As it is said, every opportunity to have the best possible life and to be treated with the utmost respect should be a priority for anyone and everyone who has Down syndrome.

This paragraph here may take a bit of lateral thinking, again this is from a spiritual perspective, but a person who has Down syndrome isn't born that way by accident, which is to say their soul knows it will be born into a body that has the extra chromosome. They make this choice in the spiritual realms so they can heal spiritually, and to do God's work at the same time.

Parents too are chosen, spiritually. Although every case is different, some things are too important to be left to chance, even though the parents (or parent) may not consider themselves special in any way at all.

With a lifetime of challenges and sacrifices, a person who has Down syndrome and their families and caregivers are gift's we have all been given, enabling for so much good to happen, and for so much love and spiritual energy to be given and received.

In all honesty, I know nothing compared to the real-world experience of parents and families who have someone in their family who has Down syndrome, being as challenging and difficult as it is.

How can reading a book, watching a TV programme, and chatting to one parent (a rare privilege) have much value at all? But I feel I have tried – and I have been acknowledged for making the effort.

Finally, as much as I might come across as knowing what is what with this subject spiritually, I only have a small appreciation. But I continue to learn, and I am humbled as well.

### **“The unknown soldier”**

Don't think you've nothing to offer spiritually, even if you have never read anything spiritual, attended any spiritual activity, or even believe in a higher power. Don't think you, or others that you know have done nothing for your Creator and that you don't help God.

Some of the most spiritually powerful people in this world live humble and innocuous lives far away from the public eye, and do not even realise they are doing God's work. In fact in many cases, spirituality doesn't even interest them, and after looking at everything that is being offered they look at spirituality as something to avoid.

They have hearts that care, and in humility they go about their everyday lives trying to live a good and honest life, always aiming to better themselves, learning from the “University of Life”.

If you feel this doesn't or couldn't possibly apply to you – you should think again. We are all interconnected, and synchronistic events will happen more and more often for us. They often amaze and astonish – it's as if God is giving us every reason to recognise, without any doubt, that He is guiding our very footsteps. Don't believe that you aren't part of a bigger plan. A saint comes to mind...

There are religions that profess to be able to discern who is a saint, and who is not. God knows it's ridiculous to convene a committee when someone dies to decide such things. If you take the rule that those who have a caring heart and a sense of selflessness too, with the best of intentions for their fellow woman, man, and child, then there are untold millions of saints in this world. And being a saint certainly isn't about being all “pure and holy” as the stereotype often dictates, anything but in fact.

Miracles are performed unceasingly, unbeknownst to everyone as God works His magic in many subtle and not-so-subtle ways. Sometimes the greatest offering that can be given is to relieve a person of their emotional and spiritual troubles, and this can happen without attracting any attention at all. A world where this happens is a world that changes for the better, and quickly too.

Our physical ailments originate from spiritual and emotional negativity (something I illustrate in ‘Health & Wellbeing’ later), so when these imbalances are healed, a physical healing will eventually follow, at the right time and in the right way. That is a miracle – and this is what *you* do – and you probably have no idea that it's happening.

Like I say, doors will open for more obvious miracles to follow, where people are healed in a noticeable and profound way physically. You only have to go back two-thousand years to consider what is possible,

that's if what happened then can be believed at all. For myself, it is more than just a nice story. A global change is due, and it is because of this process of profound inner healing and because of you that a radiant future is about to become a reality for everyone.

Writing this book, I'm not here to change anyone's mind. I would be genuinely grateful if anyone would be interested in even reading this – or even one topic! I have no expectations, and no desire to become as proficient, prolific, or talented as J. R. R. Tolkien or Tom Clancy. I'm just happy being me, trying to do my best, as my capacity allows.

I believe there will be a spiritual shift within Humanity, recognising though that many have thought and prophesised the same thing for millennia. I heard it just metres in front me by a politician, “The only way the world can change is through politics”. I feel that couldn't be further from the truth, and quite frankly, that offers no hope whatsoever given everything I've seen.

Spiritual energy knows no bounds, but that's not to be confused with those who actively promote that they have a spiritual talent when all they are doing is playing spiritual games, giving spirituality a bad name, and turning people away from what true spirituality is really all about.

This may set up spiritual lessons for the so-called practitioner to learn from as well, especially where direction and guidance is promoted and sold to others that is incorrect or short-sighted, where it might then be followed without question.

But then there are those who are genuinely talented spiritually, who have a real gift, who are unshakably confident yet humble in their abilities, where playing games is the farthest thing from their mind, and not in their heart at all. We are all interconnected, and there are some mediums, healers, and spiritual teachers who add to the fabric of true spiritual change.

You yourself are a healer, and we all heal one another. Healing can be directed to literally half a world away without us even trying – and we might never know who or how many are benefitting from our gift and our grace. It is very much a case of nothing being truly “ordinary”, and nothing is truly as it seems.

If you didn’t know it already, there is more to you that is mystical and magical than meets the eye... It will become evident, when the time is right.

## Finally

There are so many who have been marginalised, forgotten, and ignored who carry out God’s most powerful work. Without them, we would not be ready to enter this, the “new time”.

Rejoice in the knowledge that no one misses out on an all-positive ecstatic future, even though spiritual lessons may still need to run their course.

Hopefully you know just how special you are, and if you don’t feel that way right now, you *will* know, sooner than you might think.

Prepare to be known as someone who paved the way...

Much love,

Jason

# Reincarnation

The idea that a person only gets one chance at life, and either succeeds or fails, is simply ridiculous, especially when looked at spiritually. That would mean some people are just born “bad” and were always destined to be thrown out of God’s kingdom (or just life in general), without standing a chance.

A question: “Why are some people ‘good’, and why are some people so wayward in the way they live their lives seemingly from their earliest days?” Is it all just a person’s environment, genetics, and upbringing?

I’m sure you would have heard the word “reincarnation”, or “past lives”, and you will have your thoughts, feelings, views, and beliefs, or disbeliefs with what this means to you. If you have given it no second thought, that is perfect. You will have a perspective on life that is just what it needs to be right now.

The concept of reincarnation was foreign to me until I became interested in spirituality in my early twenties. What I learned then changed into what I felt and understood later. I’d like to share my thoughts and understandings on this topic with you as they have solidified and matured, these coming from spiritual experiences and also heartfelt recognitions.

Each person who begins their new life on Earth will have spiritual lessons to learn from previous lives, experiences to fulfil, or spiritual debts that need to be repaid. These might be very minor, or it could be that we have to work harder both spiritually and in life in general to gain happiness and balance. Positive experiences can be enjoyed too for all the good we have done.

No one is perfect of course, so everyone has to “suffer” at one time or another, if that is the right term to use. Life on Earth means that there will always be some pain and suffering, for more or less every

form of life, and it's not always a case of everything being some sort of spiritual lesson.

With that, contrary to the thinking “everything happens for a reason”, sometimes things happen for no reason at all, whether that might be something positive or something negative.

It's all too easy and it's done too often to brush off what happens as “God's will”, in essence this becomes a way to avoid personal responsibility and accountability. Meditation and walking meditation (see later) are tools that can help determine what could be looked into further, or what might not need any attention at all.

Without reincarnation, as I said at the start of this topic, people would be created as either “good” or “bad”. This would mean that God Himself would be imperfect, unable to create perfection every time He tried, that's of course if there was any belief in God at all.

It would be a cruel God who would create a soul, see them born, only to watch them fail at life before they even had a chance to be happy or for them to be able to find their most positive place in the world.

It could be said that “a soul failing before they had a chance to be happy” happens anyway, especially if a person is born into a preexisting life threatening environment such as a war-torn location or an arid landscape, but again, this may be (or likely will be) something that goes back to the life or lives they lived before this one.

God's creation required evolution over billions of years, and similarly, Humankind has evolved also. Each person's physical life is a stepping stone to the next, and a positive progression, especially looking from a spiritual perspective when the bigger picture is considered.

A misconception relating to reincarnation (as I know it), one that is promoted in some religions and teachings, is that we exist as different creatures from one life to the next. For example beginning as an ant

or a snail, and from there to a human being, and everything in between.

But once a human being, always a human being, and in fact I feel this can be the only commonsense way of seeing it. In addition, we will almost always look differently now than we did in our past life (or lives), and it is not uncommon to be a different race, ethnicity, skin colour, and so on.

Physical evolution over millions of years is real, of course, yet some religions discount even this. Wrong spiritual teachings are present everywhere, and do nothing but cause problems.

And then there's the school of thought that we were "planted" here by aliens. I'm not even sure what to say about that. It's nonsense to me, though. But then we all have our beliefs, and how we came to believe them. Your beliefs are no less or more valid than mine, or anyone else's for that matter. And who is to say that I am right?

The physical works with the spiritual, together, in mysterious and beautiful ways, where the world is influenced by the divine, influenced ever so subtly by God Himself to become what's needed, and a term I like to use for this is "creative evolution". It's not that I'm flying in the face of Darwinism, I'm just adding something a little bit extra, from another angle.

Negative actions can "compound" themselves, which means that once a person begins down the wrong track (so to speak), it may be difficult for them to find their way back onto the right path again. Grace is a solution, and grace is something we unknowingly give to each other in love. In essence, grace is a way to lift our burdens.

Social and spiritual matters are intrinsically linked, even if we're not aware of it, and we are all "hands of God" helping each other as best we can, with all the goodness that we have within us, and with all the worldly tools we have to help us as well. There is no need to shun a

worldly life or retreat from society while on a spiritual path, a lesson I had to learn myself.

Even at a time of my own personal crisis I felt completely alone, but now I know, looking back, God's caring hand guides us and everyone around us, and He is always there to help us in whatever way He can. He never leaves us, even though it is easy to feel abandoned when everything seems to be going wrong.

When a person is born, conscious knowledge is "wiped clean" (so to speak), and we start fresh and new. Although our outer life circumstances may be different, we keep our individual and unique personalities, as well as everything we have learned intuitively as subconscious spiritual knowledge from our past lives.

Between incarnations (while we are in the spiritual realms), healing takes place, preparing us for our next life on Earth, that's if we need one. We might be reborn with people we knew from past times, family, or past connections, those important to us in other ways, or those close to us spiritually.

Then, we might be born into an entirely new situation, building new relationships, with new family and friends, in an entirely different part of the world.

In the spiritual realms, we may well plan important events like meeting people that we were always destined to meet who will influence and shape our lives, setting up new experiences on our life path, resolving and healing spiritual debts, and learning from our spiritual lessons as well. That is how I have experienced it, in various ways, it is very much second nature to me. You may have your own understandings as well, whether contrary to mine, along the same lines, or somewhere in between.

Another question might be, "We must all have started with one life, our first, so where did our lessons even come from? Shouldn't we all be perfect having had no other lives to get anything wrong?" This is

really something for another topic, where we have had lessons and “time lived” even before our first life here on Earth. It’s something I have already done some writing on, but it’s a bit out-of-scope of this topic, perhaps something for the future.

Through meditation (and walking meditation as I cover in a later topic), we can begin to understand our journey through times past and present, and begin to understand how we became who we are today, from a more spiritual and holistic perspective. Insights can present themselves at just the right time, in any situation or setting.

We may have feelings or receive visions and intuitive knowledge which makes us begin to question who we truly are, or were even before our life now, opening ourselves up to greater possibilities, or we may experience a quirky event or two that makes us question where we fit into things from a more holistic perspective as well.

It *is* possible to be healed spiritually in every respect, not only with our own efforts, but also with the help of everyone in our everyday lives, God’s workers as well, with God’s grace and the grace we share with each other orchestrating our lives and lifting our burdens every step of the way, especially as our world enters a time of accelerated spiritual growth, if that time isn’t already with us.

In this time now, all karma, spiritual lessons, and spiritual debts for *everyone* will be resolved. This means the cycle of rebirth after rebirth, or reincarnation, will finally come to an end. With the spiritual time that we are in now, and an all-positive future, this is a natural progression and something to be truly celebrated.

Again, you may have your own views, which are totally valid and part of your own unique “life story”, and I would certainly love to hear what your viewpoint is. These are simply mine from what I have learned over the years, gained from my own spiritual experiences and insights.

I feel that so much makes sense when there is an awareness, understanding, and eventual acceptance that reincarnation is a pivotal part of a spiritual plan for Humanity, and our lives in general.

Enjoy your process of discovery! Sharing what you learn with a friend, partner, companion, your family, or anyone you feel a connection with might help you refine and further understand what you might not be able to decipher or appreciate on your own.

Much love,

Jason

# The spiritual realms

The spiritual realms, also known as the afterlife or life after death, is *not* Paradise, a perfect heavenly place for everyone to live within forever. Rather, for the most part, it is a place to dwell between one earthly existence and the next, time between lives.

True Paradise is when God's ultimate plan has come to fruition. That is a place for everyone, where everyone is happy, there is no pain and suffering, and we won't need any more lives on our current Earth for any reason whatsoever.

Most of us will have considered the afterlife, so you may have your own thoughts and feelings that are no less valid than mine. These are snippets from what I have learned which have come from my intuitive understandings, which includes visions too. If the opportunity were ever to arise, I'm sure we could collaborate and learn from each other, gaining a wider and more complete perspective.

Generally speaking, there is plenty of activity in the spiritual realms, always lots going on. From teaching and self-development time, to work or service of some description to repay some of what is owed spiritually. It is a place of hustle and bustle.

There are gatherings, meditations, even celebrations and parties, and time to reflect and look back on our lives as well. When there, we may also find ourselves experiencing emotions that are a result of the life we have just left, especially when we first arrive, which is a powerful healing process.

The amount of time we stay in the spiritual realms between lives differs for each and every one of us. It may be a week, a year, a hundred years, or a thousand years. There is no set rule, and every situation and person is different.

Above all, no matter where and when we might be born, a life on Earth is the most cherished asset a person can have, acknowledging it might be a challenging or difficult situation, or on the other hand it might be a positive and uplifting experience. Either way, so much can happen that helps and heals a personal spirituality.

When a person has little or no karmic debts and spiritual lessons to speak of, there will be no need for them to return to Earth unless they have a calling to do so. For example, something caring or uplifting might be needed to help those on Earth who are struggling through life's trials and challenges, and that person yet to be born would be perfect to help bring about a positive change, being specifically chosen for that task.

You might also like to explore the previous topic “Reincarnation” (if you haven’t already) and “Passing away” (see later) to gain a broader understanding, as these three topics overlap in many respects.

Whether we are on Earth, or within the spiritual realms, each and every one of us, without exception, will find our way home to a place of freedom, positivity, and bliss... Our Paradise of the future.

Much love,

Jason

# Learning and karma

Karma, as it is traditionally known, is simply what you do, you get the same back in return. In other words, as the saying goes, what goes around comes around... Although it's not quite as simple or as brutal as that, thankfully, in fact, often in no way at all.

It is intrinsically the Universal, natural principle of cause and effect, from a spiritual perspective though, and takes into consideration not only what a person has done in this life, but also everything that has taken place in previous lives as well, whether that be positive or negative.

Then there is the “Golden Rule”, a cornerstone principle for life in general, something that can be quickly thought through in any situation:

*“One should treat others as one would like others to treat oneself”*

If we do something positive or benevolent towards another, then at some time in the future something positive will return for us to experience and to benefit from ourselves.

Conversely, if we intentionally and knowingly make someone's or something's situation worse, at some stage something is likely to occur that allows the related karma to be resolved, although invariably it won't be the exact same thing.

Most importantly, we can only learn from our past mistakes, and we become wiser, more compassionate, and more forgiving because of it. These are what spiritual lessons are. They are a way for us to grow.

Sometimes with karma when we have something to learn or experience, it may take place physically and it's all happened before we know it.

Meditation and walking meditation (see later) are powerful tools that allow a process of healing and “clearing” to happen in a safe and controlled way, and from there we can take responsibility for our lives and learn our lessons without experiencing the worst effects.

Consider then, stubbing your toe, losing your wallet or purse, or denting your car. Is it always just an accident? With hindsight, I feel it’s much better to spend time engaged in spiritual self-development for a while so that negative events such as these don’t happen, or happen less often.

Saying that, I haven’t done enough spiritual self-development myself, on some occasions consciously blind to the consequences of my sometimes dubious actions and choices, then having to pay those debts back later, yet, still, learning from what I did wrong, and growing as a person.

And not everything bad that happens is a spiritual debt being repaid, sometimes accidents *do* happen, genuine mistakes are made, and as things are now, we live in an imperfect world, and people can do wrong to other people.

Our spiritual heart and intuition are our greatest guides, and in the end, as your spiritually matures (if it hasn’t matured already) it will be possible to recognise what is karma being resolved, and what is just normal everyday life.

Everyone, from you and I to the greatest of all spiritual teachers and religious figures throughout history, without exception, have all had to go through this same process of repaying karma and learning lessons, to whatever degree.

Simply put, there is not one person who has ever lived on Earth, no matter how perfect they may have been incorrectly portrayed, who has been completely free of negativity. We all get it wrong and make mistakes, and we can all be (or may have once been) selfish, in one way or another.

God's grace is always present, and as we all live together in this one big wide world, interconnected, and interdependent, similarly we heal each other and play a role in each other's ascension and enlightenment.

## Intention

A person's intention has the greatest bearing on what spiritual lessons may be needed to get everything back in balance. I will use a few examples...

### *Example 1 - Accident*

A person is walking outside, in the dark. As they are walking, they hear "Crunch!", and they realise they have accidentally stood on a snail, and they feel bad about it. Another person is walking outside, and they see a snail on the path. They deliberately squash it with their foot and walk off smiling after ending the life of the defenceless creature.

The end result was the same, the snail died, but the intentions of the two people were completely different. The severity of the lessons that are needed to learn from differs, with the person with the malicious intent having lessons much more difficult than the first person, where in fact the first person has nothing to learn at all.

The same principle applies to any action on any scale where something can be seen as intentional wrongdoing, or what is just a genuine accident or mistake, like I say.

### *Example 2 – Protection*

A man and his wife are walking home from having dinner at a restaurant. Another man approaches, and he harasses the wife and then punches her. The husband immediately reacts and punches the perpetrator back in order to defend his wife, and the attacker runs away.

Two punches were thrown, but the man who attacked the wife did so out of hate and anger, and will have a difficult lesson to learn for that action. The husband also threw (and landed) a punch, but because his motives were purely to protect, and entirely within reason, there are no spiritual implications or debts created.

Although both actions of punching (and hitting) were the same, the intentions were very different, so the spiritual consequences were completely different as a result.

### *Example 3 – Theft*

A teenager finds a wallet on the ground. It has identification, and also twenty dollars inside. The teenager decides to keep the money, and throws away the wallet, even though with the identification he could have easily returned it to its rightful owner.

Ten years later, the teenage boy, who is now in his twenties, without thinking leaves an amount of money in full view in his car, and he locks and leaves the car to go somewhere. When he returns, his side window has been smashed, and the money has been taken.

With this, he had repaid the karmic debt for taking the twenty dollars ten years ago, but he also incurred an \$800 repair bill, which repaid the karmic debt for the emotional upset and turmoil that the owner of the wallet had to go through back then.

It wouldn't be until years later that the boy (now a man) found a genuine spiritual path and put two and two together, and realised that he had learned his lesson, and his debt had been repaid. It would have been a joyous moment for him knowing he was that much closer to the divine, and that his spiritual burden was now less than it was before.

It is important to note that it isn't all about what is taken or what is done, but also all the emotional, mental, and other upset and turmoil that a victim goes through. In this world now, greed is rife, and of course theft is a common occurrence.

Looking back hundreds or thousands of years it could only have been incredibly beneficial if a correct spiritual teaching and guidance on the consequences of a person's actions, or karma, had been widely available and accepted. If it had been, no matter where that teaching or knowledge originated from, living a wiser and more responsible life may have happened naturally, as it became entwined in the fabric of society. The "Golden Rule", as I mentioned earlier.

## Positive karma

The law of cause and effect also applies to a person's intention when carrying out a "good deed" (so to speak), where the positivity they receive in return is not due simply to the act itself, but also the heartfelt motivation and depth of feeling in carrying out the kind gesture.

Any benevolent action no matter what that might be will have a good result spiritually for the giver, but a spontaneous action from the heart will always bring more joy and positivity than what is planned in advance.

The heartfelt and genuine desire to help, even though the means to carry it out might not be there, can be just as beneficial spiritually as the act of actually helping.

## Lessons

Karma is not God punishing us. And there's no need to live our lives in fear, wondering if everything we do might accumulate karma or incur lessons, or that our burden is too great. Rather, look at everything as an opportunity to try to do the right thing whenever we can, to learn and grow knowing that our intention is everything, and at the same time not being too hard on ourselves.

In order to ascend into higher states of consciousness, to become happier, there is joy in knowing that responsibility is being taken for

everything we've done in the past, as well as what we do in the here and now.

Learning our spiritual lessons often comes in the form of emotional, physical, spiritual, and mental experiences, yet everyone's experience is unique, as are the infinite ways we learn and grow through spirituality in general. Our growth will be gentle at times, and profound on other occasions.

Interactions with others and everyday life are key in learning and working through problems, where God never misses an opportunity to help us by bringing people together, guiding situations, and being there in every moment of our lives, in the most profound and beautiful way.

As we grow spiritually and gain a greater awareness, recognition of why events take place become more intuitive, allowing us to tune into a deeper meaning of life, and a deeper part of ourselves, showing us that we are making genuine progress on our path. It can be exciting, rewarding, and joyous.

Intuition, meditation, and walking meditation are all key tools in discovering if we are experiencing a spiritual lesson in our life if something untoward happens. Reflecting, and asking ourselves, "Is this because of something I did in the past? Do I need to learn something here? Am I being shown something?"

After a while an answer might present itself, or it might be nothing at all, just everyday life. Again, this is where contemplation, meditation, walking meditation, and intuition can help determine what is what.

There is so much joy when we recognise that a light is shining upon us. From there, we will discover more of our personal and spiritual story, and we will remember what we had forgotten in the past that we're now taking responsibility for.

It might be challenging at times, but then that will make our achievements something to savour even more. We are never alone spiritually.

Like I mentioned, if we even need to, opportunities to make amends for our past wrongs through some sort of positive action, selfless service, or donating our time and resources is also possible, where a person's kindness shines through, especially where there is no thought of receiving anything in return, or where recognition isn't a priority or is seen as contrary to what was intended.

Through understanding and healing, we can then move on and discover our true potential knowing that an incredible transformation has taken place, a journey we will want to share with others. Above all, *the greatest thing we have to share and give is ourselves*, and all the positivity, love, and spiritual power that we all have within us.

## Disabilities put simply

Before birth, while in the spiritual realms, we can set up the way we learn our lessons, and sometimes where debts are significant we will be counselled by more advanced spiritual beings, and God Himself. This gives us an opportunity to have choices on the best way to learn, or how to reap the rewards for our past good deeds, which might for example be a life of happiness, joy, love, even wealth.

If we are born at birth with difficulties or disabilities, of any nature or severity, it will most likely if not always be karmically related, where we might be repaying a spiritual debt.

Everything we can do should be done to help alleviate pain and suffering. Primarily modern medicine and healthcare, but also tried and tested holistic offerings, and more, can all be part of our healing journey.

Even though I may not present as such, the first eleven years of my life were more difficult than they could have been, having a disability

from birth, however innocuous it may have been. This disability allowed me to repay debts from previous lives, a fairly difficult process for me it must be said, a disability that isn't that uncommon, although mine had complications, but I managed, and it all worked out in the end.

As above, it is from personal experience that I would even say such things about being born with disabilities, not blanket statements that are both heartless and cruel. Compassion is a quality that can't be overstated, and I feel I have more now than I did before, something you will be able to say as well – it is a natural life progression.

Like I say, we should do everything we can to alleviate people's suffering, showing compassion, understanding, love, and care. The thought to a stranger, "It's your fault, you are where you are now because you've done something wrong" should be replaced by "I feel for you, I feel for your struggle, in the past however distant that might have been I may have been where you are now. Let me lessen your burden and make your life that much easier".

Sometimes, even the act of saying a heartfelt "hello" to someone, or a wave, where you have no idea of just how much they needed it, can open the recipients heart, and it can be the greatest gift for them, something they will remember forever.

Let your spiritual heart guide you, learn to understand and experience how God guides your life as well, and try to apply the "Golden Rule" to your life where one should treat others as one would like others to treat oneself, a saying like I said that can be quickly thought through and applied in any situation.

A time of great healing is taking place for everyone right now, before an obvious worldwide change becomes evident, where a gentle healing energy drifts over all our lands making everyone's transition to a completely positive existence easier than ever dreamed possible.

## Not everything that happens is karma

*Not everything that happens is the result of karma.* Sometimes a person or people do things to an innocent person or people, for no good reason whatsoever, perhaps out of their own anger, selfishness, or greed. For this, the perpetrator will be held solely responsible, and they will need to repay the resulting debt themselves, learning the lessons they would have created for themselves.

Wars and injustice sometimes rage, and in the crossfire innocent people suffer tremendously because of the hate, anger, and negativity that exist within the hearts of the instigators, those in control, and those who have influence in the situation. There is an utter disregard for others, and for life itself, and lessons and debts will accumulate. Life is sacred, and should be treated with this in heart and mind. My second example “Protection” (see earlier) may have some relevance here.

In addition, because not everything is a result of karma, like I say, every effort should be made to try to prevent misfortune, wherever possible, within reason. Unfortunately accidents will sometimes happen, we will have to wait for a new world – a new time – for that to change.

## Crime

From everything I know, globally speaking, our current criminal, justice, and penal systems never consider the spiritual implications when someone has intentionally performed a negative action, or rather because of a genuine mistake or error.

In addition, in some countries and jurisdictions, with the case of some variations of religious law, there is simply hate, anger, judgement, subjugation of women, callous punishment, and more.

Crime can be so subjective, and it would be wrong of me to try to make any sense out of it, or to even consider a solution or alternative

with regard to some sort of spiritual perspective. And there are plenty of people cleverer than me.

When a global spiritual change takes place, if it hasn't already as you read this now, our legal system won't suddenly become defunct. Yet, this global spiritual change will take care of everything that our current system of law and order currently can't, perhaps even in time superseding it completely.

Put simply, balance will come to everything and everyone in society in ways that can't possibly be known or understood right now.

*God is love. You will be healed. Love will light the way.*

## Healing and transference

Any one of us can heal someone else, the capacity and power to do so depends on how much we have bettered ourselves spiritually, i.e. how healed we are within ourselves, and from a spiritual perspective, how little negativity we have left that we need to deal with.

But for so long, people have called themselves healers when, dare I say, they are anything but, simply playing games with the idea. True healing happens informally, without any qualification, training, method, location, time, or payment in return.

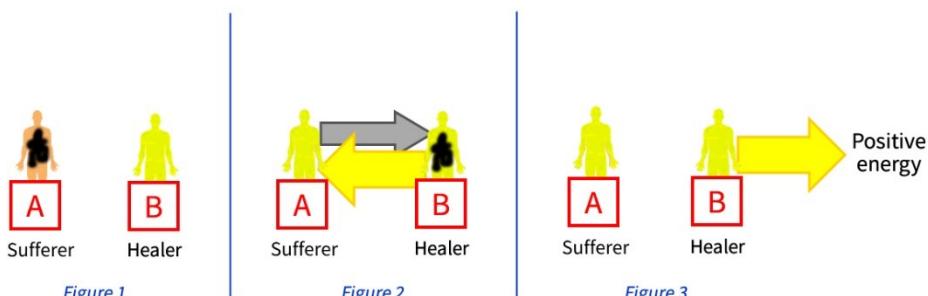
Genuine spiritual healing that is blessed by God happens when negativity is transferred from one person to another, and it is something that can't be started, stopped, or controlled by the healer. It is solely governed by God, the creator of all life forms, as He sees it is required, not when someone thinks they should do it. He may even tutor the healer, perhaps over many years.

I call this process "energy transference" (see the next page). When a person is suffering and needs spiritual help, God can use a healer to heal them. When I say a "sufferer", it may not be apparent to anyone

that anything is wrong with them, they may appear to be the happiest person ever, but as spiritual beings our layers go very deep.

It may be as simple as a spiritually advanced and gifted healer walking past a person on the street for a healing to occur. No words, no looks, no touch. Nothing to indicate a healing has taken place. The healer simply walks away, and if they are aware, then there will certainly be a feeling of warmth and satisfaction in their heart knowing that they have helped God carry out His work.

I have done the best to describe “energy transference” and how it works with the diagram below...



*Figure 1:* The sufferer [A] has negativity, while the healer [B] has no negativity.

*Figure 2:* Negative energy is transferred from the sufferer [A] to the healer [B]. The healer [B] then replaces the “empty space” in the sufferer (where the negativity used to be), with positive energy, so it feels like a positive experience for the sufferer, or an experience which isn’t noticed.

*Figure 3:* The healer [B] then transforms this negative energy into positive energy, leaving the sufferer [A] with a permanent change, allowing their life to become more positive than it ever was before.

This is what is meant by “grace”. This is how the world is being

prepared for a global change, even though it may not be evident at this time.

We might not know it, but all of us have benefitted from this kind of healing, “energy transference”, at one time or another. There have *always* been others that have healed us.

This process, where billions of us are helping each other without even knowing it, is key for the transformation of Humanity and the world as a whole, like I say. When the time comes, the benefits will be both profound, far reaching, world changing, and obvious.

As I touched on, it is important to note too that not all healers, or those who call themselves healers have the same capacity for healing. For some self-appointed “healers”, they may be in more need of healing than the people they are trying to heal.

I’m not saying I’m anything that wonderful, but I can say that while I was growing spiritually I deliberately and consciously steered away from offering or promoting that I could do any kind of spiritual healing, teaching, or anything at all, and I’m grateful that I did.

With advice I received at the time, with what I felt intuitively, and learning about the mistakes others were making, I was aware that I would only bring lessons upon myself if I did “go out” too early.

The tortoise and the hare, as the story goes, and not letting the ego get out of control. Looking back, it was crucial for me. Being the tortoise lacked interest at times, and it tested my patience on some occasions, but it all worked out well, and it has served me well too.

Saying all of that, I can see just how tempting it is to try to work spiritually, there certainly isn’t any guidance out there to say otherwise, and many seem to be doing it. There are those who *do* know what they are doing, but I would say that is the exception. Going out too early and playing games with spirituality will only create lessons, and most likely problems for others.

I feel it is far better for each and every one of us to be the “Hands of God”, leaving it up to Him/Her to decide when, where and how He wants to use us, if at all. Not to tell everyone how gifted and wonderful we are and to gain a large following. Shudder the thought. In the grand scheme of things, we all know very little, if anything at all.

Those are my feelings and spiritual understandings, at least. You may have a different view, and your thoughts, feelings, and insights are just as valuable as mine.

With your own experiences, we may be able to compliment and learn from each other, changing this world one conversation and healing at a time. A network of healers that spans the globe, that's how it is right now.

## **The need for guidance**

Everything should be done to help alleviate another person's suffering. We have all been there, in one form or another, and we have all made choices that haven't been in our best interests.

Although circumstances, situations, times, and experiences are always different, we have all had karma that we have had to deal with, and lessons we have had to learn, even if we saw it as nothing more than everyday life.

A person makes choices throughout time, and sometimes those choices are made because there was no teaching available that explained karma, spiritual lessons, and everything in between.

There is the biblical saying of course, which from everything I know couldn't have been taken that seriously, otherwise I imagine this world wouldn't be in the state it is in now...

*“As you sow, so shall you reap”*

Your spiritual heart and intuition are your greatest guides, and everyone has a conscience where right can be distinguished from wrong, even at an early age.

Where conscience seems to be lacking, and seemingly forgotten, this can be due to layers and layers of negative actions and choices blinding a person to any valid spirituality whatsoever, let alone a belief in karma, making it difficult for them to find their way back onto a better path, and a better way of living.

*We might not believe in God, but God believes in us.*

## You are the light

Global changes and a spiritual revolution only happen so fast. Yet, it is fast approaching, if it isn't evident already.

In the meantime, help those less fortunate by showing them that you care, and reassure them that you will do everything in your power to make them safe, comfortable, and giving them the opportunity to enjoy the simple things in life.

Help them understand the loving, understanding, and compassionate nature of God as you have experienced it for yourself, perhaps by sharing your own experiences and your own story with great love and respect, where and when this feels appropriate.

You offer real hope, and insight, just through who you are, without you needing to do anything seemingly spiritual at all. You are the light, where no hope may seem to exist for those who are really struggling. They will look to you for love and support where you will become an example of what true change and transformation is. It is the greatest honour to be someone's spiritual guide, even if that is with just one inspired word.

Your Spirit will shine, more and more, and your heart and intuition will guide you to where you need to be – a place of absolute positivity.

You will discover everything that you are capable of, all the gifts that you have within you, and more.

## Offerings of love

It is possible for a person's karma to be "transferred" to another person in some circumstances. You help your family and friends more than you know.

An example is when a person passes away. Sometimes, but not always, someone very close to the person who has passed on (perhaps their husband / wife / son / daughter / friend etc.) can "collect" some of the deceased's negativity, spiritually speaking, perhaps all that remains, so the person who has left for the spiritual realms has little or no burden to bear.

They are then able to live their existence by God's side in peace and happiness, awaiting Paradise like everyone else, still feeling close to those on Earth until that happens, as I describe later in the topic "Passing away".

The impact of this transfer of negativity is that the person on Earth will have to do more healing than they would have had to do otherwise, as an offering to their loved one. This may also mean that the person who has passed on will not need to reincarnate again, which is one of the goals of a person's spiritual journey, but by no means the most important.

The same principle applies to sharing the karmic load of others while they are alive and part of your life. In your spiritual heart and soul you would much rather help carry the burdens of those you love, here and now, when you know you are capable of providing that healing, rather than see them suffer more if you had not helped them at all.

Importantly, the decision to help others in this way is made at a spiritual level, rather than through any conscious thought or action. In other words, you can't think or say to yourself, "I will do this for

them, I will take away their problems”. You might not even know it is happening, or that it has happened.

The real “trick” is to raise your own energy capacity or energy level through meditation or spiritual self-development, where your spiritual accomplishments from past lives may also be part of your life now, so you can collect and heal more negativity and karma from those around you, with little or no adverse effects to yourself.

In essence, the less negativity you have spiritually, the more people you can help spiritually.

This principle, taken to the ultimate level, allows for all the negativity in this world to be completely removed and replaced with positivity. That is the situation now. It’s happening now.

## The future

Karma and negativity don’t exist in Paradise, and there is no need for lessons to learn what we got wrong, as everyone comes from that purely positive space. Nothing negative or unwanted ever happens, and there is no such thing as a mistake or error. All that exists is joy, happiness, bliss, ecstasy, and love.

It is just like the perfect dream, even though you are very much awake and aware, and everything you need, want, and desire is there for you, in its most positive and beautiful form. And who’s to say you won’t dream of this perfect future before it actually happens, as God shows you what the future holds?

Your spiritual growth is a journey, of course. From my viewpoint, the destination is assured for all of us, and it is something so positive it might not be easily believed – but in all humility I can say I have experienced it, and it cannot be grasped or understood by what we know of as human intelligence.

Look forward to growing into that which you were always meant to be. It will be the journey of a lifetime, for you and all those you love, and I look forward to making that pilgrimage with you.

Much love,

Jason

# Religion

Everything I have known and learned over time is that although religions have proven themselves useful over the centuries, as time has progressed, as they have become more and more entrenched and widespread, they have sought to judge, discriminate, idolise, condemn, control, and propagate fear.

If you identify with any religion, to whatever degree, perhaps this might be a bit much to take in all at once. If that's the case, whether you do or don't read to the end of this topic, you are more than welcome to put this aside for another day, to return and continue from where you left off, whenever that feels right for you.

I gained an insight into God, more than an insight in fact – “meeting Him” you could say, during what I refer to as my “Stargate” experience back in 1998. From what I have understood, the term “God” can mean many things to many people, and it can be quite a sensitive topic, and people can be offended so easily.

Certainly the God who revealed Himself to me at that moment was unmistakably the Creator of all life forms, and the Creator of the Universe as a whole.

Something that I have understood since then is that God knows each of us better than we know ourselves, and as such, He can see exactly where we are coming from, and our intention, in relation to where we stand, and what we do. His compassion, understanding, and unconditional love flows as He sees us from the single point of perfection and divine light that we truly are.

He is beyond any religion, but at the same time He is *within* every religion. There will be many in this time who will find their belief systems are being stripped away as profound spiritual events happen in this world, as I understand and have experienced how these will

unfold. This will allow everyone to view spirituality and God with new eyes, as He always wanted to be seen, as He truly is.

## Misconceptions

Religion, for the most part, has been a necessary part of Humanities development. Spiritual teachings and spiritual teachers, of every religion and spiritual persuasion, have come from the darkness and have helped guide Humanity into the time we are in now. A heartfelt experience of God is gifted to many people, and for them, they find comfort and reassurance in a religious or spiritual belief.

However, some who have a genuine and heartfelt experience of God sometimes seek to reconcile what they *feel* with what they *think*. In other words, a person may have a true and sacred experience, and they then try to find something to explain it. From there, scriptures are often used as a way to help bridge this gap, but over time doctrine and dogma replaces their initial heartfelt experience.

For me, although some teachings are more “on the mark” than others as I see them, I haven’t discovered any that are perfect. This would be unrealistic anyway of course, but many mistakenly claim that their teacher and spiritual figurehead is beyond what we could ever hope to attain, never to be criticised, utterly perfect, and beyond fault. Every single one of these descriptions is false and misleading, yet they are perpetuated everywhere.

*No teaching or scripture is in any way the word of God, rather, religious and spiritual teachings are created by people who are **inspired** by God.*

Religions and their followers, even though they may mean well, are often convinced that they have found the only true and right way to God, or that enlightenment and salvation can only be found using their particular technique or doctrine, and that their “holy book” has the answer to all of life’s questions.

Thinking that one person's God is the right God, and everyone else is wrong, or will even be damned to a fictitious hell if they don't allow their prophet or messiah to save them, or some variation of that, I think it's quite sad, really.

*There is no one right path.*

Importantly though, without religion, over thousands of years, Humanity would have been scattered in mind and soul struggling to remain united, unable to find some higher purpose in those difficult days of the past. However, that time has passed, and as I am writing this, we are trending towards a more secular society, which personally speaking I feel is perfect for the contemporary time we are living in now.

If God needs to be present in our lives, it should be without the control and fear that many religions foster and promote (as I wrote at the beginning of this topic), which is a big turn-off for many who might be seeking some deeper meaning to life. God gets a bad name, and as a result, saying that name often brings a sense of shame. The thinking that we are all sinners is both incorrect and destructive.

There are alternatives to religion and religious life, where there will be (or already are) untold people willing to "step in" and share their heartfelt experiences, shining a light, even though they might not even consider themselves spiritual at all.

I looked briefly at the Bible out of curiosity in my late teens, and I went straight to the book of revelation as I knew that was where all the juicy stuff happened. I struggled through to the end, and it sounded terrible, like something from a Hollywood movie. And there's probably a sequel, too. At the end I was left wondering if I had a chance, or if it was all going to take place later in the year and I was running out of time.

*There is to be no "day of judgment".*

We all have the ability to judge ourselves, spiritually speaking, and with a level of supreme compassion, maturity, and understanding that comes from within, and with God with us every step of the way, we will all find our way “home”. No one misses out.

Everyone’s experience of reaching God is different, and it’s not possible to contain the infinite variety of these experiences within one teaching or religion, and I certainly wouldn’t try to either. Your journey will be different to mine – but then in the end everyone will know and experience His true, all-positive, and benevolent nature. It’s an experience we will all share, in our own beautiful way, something I have experienced myself, and it is something to behold, never to be forgotten.

With God’s grace, and with our own individual efforts, we are able to learn our spiritual lessons, and take responsibility for all we have done in the past. For me, that’s finding salvation – and no religion is necessary.

## Spiritual teachers

The idea that a spiritual teacher or figurehead is greater than their followers, that they have attained something that no-one else could hope to attain, is wrong thinking, and can cause serious problems. I’ve seen it all before.

From what I have learned on my spiritual journey, it needs to be recognised that in God’s eyes, *everyone is equal* as far as spiritual potential, status, and divinity goes. This core concept must be reflected unequivocably in teachings and actions, otherwise spiritual lessons and spiritual debts will in most likelihood be created. Humility is a person’s greatest ally and asset.

Of course there have been many incredible spiritual teachers and leaders over time, Buddha, Jesus (washing the feet of others I find particularly inspiring), Moses, Krishna, Gandhi, to name a few, and I imagine more will come in the future. From my perspective, no one

has got it completely right, or perhaps it hasn't been the right time, otherwise I feel this world would be in a better state than it is now.

With these individuals, and others too, the positivity they brought to this world and the love they shared cannot be overstated. Saying this, no one is perfect, or ever has been, and no spiritual teacher, religious leader, or figurehead throughout history can rightfully claim to be without fault, or that they haven't made mistakes.

Most importantly I feel, is that you don't need to have your name lit up in lights to be a great spiritual teacher. We all have experiences that can help others, and together as Humanity with God's love and energy behind us we can make all the changes that are needed to make this world positive in every respect. In other words, as I say, each of us being "God's hands".

If one or more people do appear in the future and have a great impact, I will certainly be one of the first to follow them on social media. My feeling though is that they won't even want to be recognised, they will simply want to do what they need to do, get the task that God has given them done, and leave all the trappings behind.

Ego is everywhere in this day and age. From my perspective, what is needed right now is an example of what a simple spiritual life should be like, but living in the real world at the same time. This would mean having the aptitude to give credit to something higher and more powerful than oneself, and also not to allow to be put on a pedestal or idolised.

As a result, recognising there is no high or low with true spirituality, this gives everyone the belief that they can reach God themselves. Personally speaking, as far as doing something interesting in the future goes, I have a role to play, and with humility I can say that it's one that no one else can do.

There is no need to turn away from modern day living or everyday society either – a mistake I made early on in my spiritual journey.

Both spirituality and worldly life should complement each other, and exist together. There's no need reason to burn bridges.

## Finally

If we can take the positive from any religion and let the negative fall away, I feel each religion can exist in harmony alongside the next, having only the most genuine, positive outlook, finding shared commonality and community in every aspect of what they teach, say, and do.

From there, everything that is negative about religion simply falls away, is made irrelevant, and will lack any interest. If that means nothing structured remains, and God is the focus above everything else, that is how it was always meant to be.

Much love,

Jason

# The fall from grace

*The fall from grace was not a mistake*, and it was not a result of one or more people going against God's will and creating a negative reality for everyone to dwell within, contrary to some widely accepted religious teachings and beliefs.

The fall from grace was a *planned* event.

With all that I feel I know about spirituality in general, however modest in scope that might be, this is one of the most important of all that I have come to realise and understand, going back over twenty-five years when I underwent a process of spiritual transformation and inner discovery, where various aspects of spiritual knowledge then followed.

Billions of people have been brought up with the idea that we sinned against God from the very beginning. It's something many accept by default, knowing no alternative, without having any ability or opportunity to question its validity.

God must lament at this reality. In my eyes He can't feel any other way knowing that His children are being turned away from His unconditionally loving and caring nature, from their earliest days.

Even if someone was to challenge or question the status quo, at the very least they risk being told by a multitude of their fellow believers to prepare for the wrath of God and eternal damnation.

Given you are reading this book, perhaps you have a feeling, intuition, awareness, or belief that we are more than just flesh and bone. That question, in other words, "What is the purpose of life? Why are we here?"

Another question that is often asked is, "If God is love, why does He let everyone suffer?" I have a curious answer, something I have

experienced on my own spiritual journey, as limited as that might be...

*All of Humanity have chosen to help God complete His “master plan”, which will heal everybody and everything, allowing all of us to live in happiness for eternity without any pain or suffering, in our perfect Paradise of the future.*

With what I know through a period of spiritual awareness and contemplation, this “master plan” (for lack of a better term) is a way, like I say, for God to make every aspect of creation perfect, where negativity no longer exists.

God shared this master plan with everyone, all of us, before the dawn of time, so we were all aware of the wonderful future that was possible, a future where we can enjoy all of the positive aspects of physical life, but with no pain or suffering. But He needed help to make it happen. He couldn't do it on His own.

God didn't command or tell Humanity, all of us, that we *must* help Him, but instead He offered beautiful teachings in the hope that we would. God doesn't take away our free will, and He doesn't force us to do anything we don't want to do. It was entirely up to us, as Humanity, whether we would decide to help, or leave it up to others to do in the future.

Humanity learned from God's teachings that they could be the ones to carry out and fulfil His master plan. Once God had explained everything, including that it was going to be difficult at times, and that there *would* be pain and suffering, Humanity then asked God, in great humility and love, “Please our loving Creator, let us help you, let us do whatever we may need to do so you can achieve your goal.” This agreement would have been a genuine cause for celebration throughout all of God's creation.

So, Humanity gave their permission and used their collective free will to help God, knowing they would be supported and guided in every possible way. From there, simply put, at the right time, when everything was exactly as it needed to be, the fall from grace happened. Everything went perfectly, and God's plan was put in motion.

That is the gift each and every one of us gave to our loving and benevolent Creator, something we did that can never be taken away from us – for eternity.

All of us will be welcomed home, and all of us will enjoy the benefits of what a perfected physical Universe has to offer. But not just for us, as Humanity, but for the infinite number of God's children who will be created after us, all of whom, without exception, will marvel at what you did to help your loving Creator.

If you have them, shed those feelings of guilt and low self-esteem that have come from outdated and destructive teachings that say we are all sinners, that we will never sit at God's side, that there are others who are more spiritual and purer than everyone else, where we will never meet His expectations.

You may have your own thoughts and feelings where you disagree with this topic's premise entirely, and that is perfect, in which case you might like to put this aside for now.

Or it may just feel "right in the heart", or at the very least seem like a more positive alternative to what already exists. I am not even sure if there is similar thinking out there, but if so, I'm all about discovering and learning more, and it would be beautiful to know.

This is my truth, and I feel privileged and honoured to be able to share it with you now, in this way.

Much love,

Jason

# Learn to meditate

Meditation is more than just a tool to “still the mind”.

What’s written below, “a meditation practice”, offers a fairly formal meditation technique. If that feels too structured and a bit too formal for you, or you struggle to find any time to meditate, reading on you may prefer the “walking meditation” instead. I would recommend reading this entire topic either way, if meditation is something you are interested in, as both methods are related.

These two techniques might complement existing meditation teachings that are already available, as well as being my unique take on the subject. Above all is that these are enjoyable, rewarding spiritually, and when it comes down to it, easy to do as well.

## A meditation practice

Your dedication in sitting on the floor, sitting on a chair, or lying down for a period of time, with your intention of meditation, is a request from you to God...

You are asking God to take away from you what is holding you back. You are asking God to help you take responsibility for your own life. When you take the time to meditate, everything you experience during that time will be perfect for you.

Restlessness,	Happiness,	Melancholy,
Boredom,	Despair,	Excitement,
Impatience,	Dread,	Shame,
Anxiety,	Love,	Fear,
Peace,	Grief,	Bliss,
Anger,	Guilt,	Frustration,
Desire,	Regret,	Loneliness,
Joy,	Hope,	An overactive mind,
Hate,	Sadness,	Visions...

These, and more, are all part of the meditative experience. If your mind begins to wander, let it, don't try to stop your thoughts, and then when you are ready, gradually bring your attention back to the meditation once more. It is a process where in time, all of your negativity is healed and transformed, your life becomes more positive than it could have ever been, and you learn more about yourself as well.

Then, to turn the tables, you may not only be healing and meditating for yourself, but for others as well, as you transform other people's negativity by experiencing it as your own. It is where, in essence, God uses you as a healer, as "His hands".

For example, you may experience the emotions as I have just described, where contemplation (and the insight that comes from that) will lead you to understand if you are healing your own negativity, or in fact other people's, in which case there can be a great sense of detachment. The earlier topic "Healing and transference" explains this further.

Whether it be ten, twenty, thirty minutes, or an hour, it matters little. Your heart and intuition will guide you as to when it's the right time to meditate, and whether it be for long periods, short periods, in the morning, during the day, or in the evening, in a lighted space, in the dark, with some gentle music or in silence, on your own, or with others.

It's not so much a step-by-step process that must be followed and learned, but rather a learning experience that starts from within, where your practice grows stronger as time goes on, and your enthusiasm grows as well.

It has to be said that this topic is quite lengthy, whereas meditation is quite a simple process, and it should be seen as such. Don't worry if you can't remember too much of what you read here, you might find what you need surfaces in your mind at the most opportune time, just when you need it.

Meditation is a tool for discovery, a tool to help you unlock the secrets of your heart, mind, and Spirit, allowing you to gain insight into all the unanswered questions you might have within you, as well as all the questions you haven't even thought of asking yet. You will feel the benefits continue into your everyday life, and you will grow as a person as well.

You may find that not using meditation as a way to help yourself grow spiritually, especially early on in your spiritual journey, in all sorts of situations negativity may surface in uncomfortable, painful, upsetting, embarrassing, or compromising ways, verbally, physically, emotionally, mentally, often during moments that could be best described as "everyday life".

As a result, knowing this, it might be natural to reflect when something goes wrong and say to oneself, "Oh, perhaps there's something I should be looking at here."

Importantly, simply by meditating you may become aware of unresolved issues in your life you that are holding you back. This might encourage you to meditate further to continue the process of discovery, gaining insights on what might be needed outside of meditation time to bring resolution to those issues, if anything. It's very much a learning process, both personal, and sometimes challenging as well. God will support you, and He is with you right throughout your spiritual journey.

Meditation can also be a place where energy is released, where a person might cry, shake, speak in unusual ways, or feel physical sensations as examples. Known in eastern spiritual traditions as "kriyas", teachings and knowledge of these go back thousands of years.

You may also find that as you progress you become more aware of your spiritual growth and your accomplishments, giving you encouragement and a genuine sense of anticipation with what the future holds for you. Meditation then becomes something to look

forward to, feel excited about, and it will become something to cherish as well.

Memories and milestones can come from those special spiritual experiences too, memories that will last a lifetime. You might even feel like keeping your own private and sacred meditation journal, something to look back on and cherish.

Or perhaps you will find moving on from each and every experience as you have them works best for you, not documenting them at all, instead knowing they will come to mind in a sacred and spiritual way at just the right time, as you need them to, even if that is years afterwards.

*The days of having to work hard spiritually, struggling to find God and true happiness, those days are over.*

Fasting, meditating three times a day, wading through scriptures, getting up before dawn to perform rituals, showing devotion to someone, wearing unusual attire to show you are on a spiritual path, endlessly repeating prayers and mantras, attending lavish retreats, having a set-in-stone day (or time) for anything that is done spiritually...

Basically anything which is unenjoyable or stifling, it's all in the past. A new time is here now, and because of those who have worked tirelessly spiritually, the road to enlightenment, and beyond, is infinitely easier than it has ever been before.

Meditation and finding what works for you as far as your spiritual path goes should be enjoyable, exciting, and rewarding, complementing and enhancing your everyday life, where you find you have yet another way to connect with your Creator.

At the end of this book, in the appendix, you will find a link to some meditations that you might to try, which I feel complement the guidance and instructions that I have written here.

## The walking meditation

Formal meditation, as I have just described, where a person sits on the floor, on a chair, or similar for a period of time, is one of the most powerful ways to release and heal any burdens and negativity that we may have within us.

But as well as this, or instead of this, we may find that while living our normal everyday lives we have experiences, and gain insights and understandings that we might not have had before the fullness of God's energy entered our life.

This is known as the “walking meditation”, although it doesn’t need to happen when we’re walking. It is a way of saying that spontaneous and informal moments of meditation can happen anywhere, anytime, with anyone, or on our own.

What happens during these moments sometimes needs an external trigger for the release or experience to take place. These “triggers” are God as He works His magic in the most interesting, remarkable, and profound ways. These happen at just the right time, often when something unusual becomes obvious and captures our attention, even if only for a moment.

The process of walking meditation, experienced through everyday life, can sometimes make us aware that we have an imbalance that we need to consider and contemplate.

These “imbalances” can be emotional, spiritual, physical, mental, and so on, and as these are “worked through” and healed, we naturally become more positive, happier, and more optimistic within ourselves, and in time, sooner than we might think, this will become evident to everyone around us.

As I said earlier, there are no rules, and the most wonderful things can happen when we least expect them.

## Tips

If you choose to meditate by lying down and you find yourself going from “deeply relaxed” to “fast asleep”, you might like to choose to meditate at a time during the day where you do not feel so tired, or sitting in a chair or sitting on the floor might be a suitable alternative.

After meditation ends, when you feel ready, open your eyes and become aware of your body and your surroundings. Sit up if you have been lying down. Stretch to loosen your body, staying seated or sitting for five or so minutes, or as long as you feel you need to. When it is time to get up and move around again, do so slowly to begin with, as the body may still be very relaxed. Stretch again if you need to.

It's important after meditating you give yourself as much time as you need to feel alert and steady, so that when it comes time to once again perform your daily tasks (such as driving or anything which requires concentration), these can be done safely, with the clarity, focus, and attention that is required.

Finally, try not to compare your meditation experiences with others, perhaps by saying “your experience was so much better than mine”, or “I wish I had experienced that”, or wanting to become an enlightened golden dewdrop overnight.

When I was growing spiritually I often found myself wishing my experiences could be just as good as others, as on occasions they had so much to share, and I sometimes wondered if I was progressing at all.

Little did I know I was changing at a very deep level, and that I needed to know very little about what was happening, it just would have confused me and sent my mind into a spin. Everything was going perfectly, so don't be discouraged if you feel like you're getting nowhere, and above all, try not to have any expectations.

## Noticing a change

So is it possible to know how much you are progressing spiritually? I would definitely say yes, just by observing your reactions to what goes on in your life, simple things, conversations, and everyday moments that happen to you and everywhere around you.

You may become aware that you are less judgmental than before. You might feel noticeably calmer and more settled. You might find more enjoyment in life. Things that upset you in the past might not anymore. Responding in a positive way to a situation when that never happened before – that's real change.

So yes, you are your own best observer, and your own best witness to your own personal change, transformation, and enlightenment. Saying that, changes might take place gradually, so your progress might not be entirely obvious or noticeable to yourself, but positive feedback from others might come when you least expect it, to encourage you on our spiritual path and your meditation journey even more.

You may even find yourself craving your next meditation and meditation experience, it can actually become quite exciting – but there's no need to try too hard. For example, meditating formally three times a day isn't necessary as God's energy is working with us ceaselessly now, and we are in a new spiritual time as well.

## In conclusion

Each of us is unique, and we all need to experience different things in different ways in order to learn, grow, and unfold. What one person may need and what they will receive will not be what another person needs or what they will receive.

*There are many paths to the same destination*

Everyone gets to the point where there is an experience of utter bliss, joy, and unconditional love, an experience that will never go away. Each step we take is sacred, beautiful, transformational, and just for us.

There is so much in the world in the way of spiritual teachings, techniques, and literature. As with everything that makes a spiritual path enjoyable, get a feeling for what works best for you. If you are new to meditation, what I have written here might be a good place to start. This topic is designed to give general information and some relevant insights, and guidance at the same time.

Don't force yourself to remember everything that's written here, and that goes for this book in its entirety, as what you need will surface at just the right time. Read, consider, and reflect as you are inspired to do.

If even after reading this you're still not quite sure if meditation is for you, give it a try, and try it again every now and then – even if only to see how it feels, and to see if you have any experiences. You can't do it wrong, and often we learn from within, our own "inner teacher" it could be said, rather than from any written or spoken instruction from someone or something else.

*When we find our own inner direction as we separate the wheat from the chaff, we become our own best teacher.*

One day you will look back on your journey and say, "I have come so far, I now have a happy heart."

Much love,

Jason







## OTHER TOPICS





# Mother Earth

Our Mother Earth is a living, conscious being, just like you and I. That means she feels pain like we do, she sees the world that we see, and she is aware of more than we can comprehend. She nurtures us. She sustains us. She is always there for us. And she cares about us.

It may be a novel concept to consider that the world might be alive, but then on many occasions we have been offered this idea and philosophy in the way of the creative arts, movies, and so on, and there will be cultures and civilisations both past and present which will testify to this as well.

Contrary to many beliefs, some things she gives freely, and with love, to help Humanities evolutionary and societal progress. A good example is fossil fuels and minerals, which are present everywhere and integral to how we live our lives.

Taking from our Earth sometimes has a spiritual consequence, as some more spiritually orientated cultures rightfully assert, but taking what society genuinely needs means nothing spiritually needs to be repaid, hence no lessons need to be learned.

Still, to me, the *way* we take these resources is relevant. Fracking, as one example, is just wrong in my eyes, given how it is extracted, the environmental damage it causes, and the consequences to the health and wellbeing of others that I understand comes with it. I agree with the movement against its practice, for what my objection is worth.

It is true that oil and gas are finite resources, but I have learned from my own spiritual experiences that we are in a new time now, with new considerations, even though none of this might be evident as I write this book now. The resources we have left are sure to be more than enough.

That's not to say we shouldn't do whatever we can to protect her, our Mother Earth, our environment, our world, but where commonsense prevails over fear and panic. Still, with no hope for the future, fear and panic is often all that is left, until some credible alternative presents itself.

*A special mention...* My heart goes out to all the youth who see their futures slipping away. If it ever gets to the point where there is a new focus on a completely positive future, and I feel there will be, then priorities will shift, and even the word "hope" will be considered past tense, where "I hope we will be ok" will be replaced by "Everything is ok".

I know this goes against accepted spiritual thinking, but God foresees every possible scenario, including the reality of climate change, even before fossil fuels were ever used, in fact before time even began. He has considered his "master plan" carefully, and completely. He knows what resources currently exist, how plentiful (or scarce) they are, why they are needed, and I imagine the best way they should be used as well.

He sees where everything sits in relation to His plan for Humanity with the remaining timeframe that exists. That's if you were to be open to the concept of a new world in the future, as I affirm throughout this book, where if you follow my thinking we have more than enough time, as our transition to Paradise is not far away at all. You will have your own thoughts of course, and who is to say that I'm right?

## Crystals

However, there are some things we take from her that were never meant to be taken, such as crystals, geodes, ripped out of our Mother Earth by those motivated by the thought of a quick dollar, greed in other words, as well as ignorance, self-interest, wrong thinking, and having no spiritual appreciation whatsoever.

From a spiritual perspective, these “energy stones” allow Mother Earth to balance energy within herself, and without these, over time, negativity can manifest in the form of unwanted natural events. In essence, her healing ability is lessened, which affects all of us, as there is no way for her to manage and store Humanities negativity where it would have then been transformed into positive energy. To put it simply, for the most part, her ability to help each and every one of us is lessened.

I accept what I write here will go against the strength of tide of what is currently accepted spiritual thinking, even on such a simple topic as crystals. Still, I feel that crystals almost have a life force of their own, certainly an energy, and when I see them smashed, broken up, and removed from their natural environment which might be half a world away, I lament.

I also wonder with so much importance and relevance people place on crystals, with crystals pervasive in spiritual thought and spiritual practice globally, that there is not enough attention being paid to the cornerstone spiritual principle:

*Everything we are looking for is within us*

It is never too late to shift our focus, if that is the case.

If the thought of healing something or someone by using a crystal is a motivation, true healing in this new time doesn’t need the crutch of such a precious gem, giving some sort of placebo, illusionary, or “feel good” effect.

What’s here is here though, what’s done is done, and if someone working on higher spiritual pathways is guided to have one, then they will be able to discern the need. I would say that would be hardly ever, if at all. Perhaps, in the past, intentions were noble, but there’s no need to seek any so-called benefit from crystals anymore. It only does damage.

I'm not saying I'm anything that wonderful, but while growing spiritually I did manage to go over twenty years without buying a crystal, and when I needed to, it was for a reason which ultimately wouldn't have mattered.

My feelings on this topic come from spiritual experience, a heartfelt knowing, and a sense of caution as well. And you might be able to tell that I'm quite passionate about it! For good reason, too.

What is the need for purchasing a crystal in any case? Is it for decoration, for a gift, to try to help someone spiritually, or for just a bit of fun? There's nothing wrong with any of those reasons, after all crystals are everywhere in this world, and nowadays completely normalised.

Regardless, as a rule of thumb, the way I see it, crystals should be carefully and lovingly returned back to our Mother Earth, and no more should be removed from her, for any reason. I recognise just how aspirational, hopeful, and even wishful that might sound.

It's never too late to change, and I would love if what was already above ground was buried once again, even if just beneath the surface. I actually love the thought of burying crystals and returning them to their keeper, our Mother Earth, and I do it myself when I can, it just feels like the right thing to do. I never feel like I have lost them or the money they might be worth – quite the opposite.

Even when I have been given a crystal as a gift, I consider it something very special to be able to bury it somewhere with love, somewhere where I can later say "I know where you are, you are doing your work once again."

## Nuclear testing

From a different angle, consider underground or above ground nuclear testing, not that I know much about it, but personally I see how this could cause Mother Earth suffering and pain. Perhaps this

could be akin to having part of the body cut with a blade, or being punched where it takes weeks to recover, I'm not sure, but she feels pain, nonetheless.

Nuclear testing still happens from what I understand, and I remember 1998 especially, but with the scale of such devastation, there may be spiritual consequences with her having to recover or readjust from her trauma. She is a living entity, as I say, something I've actually experienced.

## Finally

Mother Earth is so much like us. The core of our Earth is the soul and heart of her being. Her Spirit literally roams the world, viewing and experiencing the land, oceans, and even the cities that we live in, as a conscious force and awareness. I've seen it in a vision, it is something to behold. She swoops past cities, and glides over oceans.

We ourselves as people are rarely aware of our innermost physical "workings" unless something goes wrong, and instead we are focused on our environment, and our outer senses, and rightly so. Likewise, Mother Earth is acutely aware of that part of her which exists on her surface, but she also feels the impact on the parts of her which are just as vulnerable – the inner layers of the world. With all that she's been put through, it could be said that she could well do with a new body!

The destruction to our planet has been terrible, it can't be denied, but the way I see it, as uncaring as it might sound, the Earth we are on now is a "stepping stone" to something better.

Your views may differ from mine completely, and if so, our two separate viewpoints are just as valid as each other's. That's perfect – and no one should be forced to change their perspective or beliefs, and I would never ask anyone to do so. Change has to come from within, that's how I have experienced life. In my experience, for the

most part, people don't like to be told what to do or what to think, and there is nothing wrong with that.

Your environmental and ecological stance may be more valid than my own, as you may have championed Mother Earth's cause more than what I could have ever dreamed of doing, in which case I am genuinely humbled by your efforts. Yet, although I have a soft spot and affinity for causes which champion climate change especially, I feel activism can only go so far, and can go too far at times as well.

I feel there has been a change, a shift, one that will soon be noticed if it hasn't been noticed already, which means the urgency to protect and raise awareness for our planet will soon be replaced by looking for opportunities to rejoice and celebrate that she has already been saved.

Thank you for listening,

Jason

# Passing away

Sometimes when a person is close to passing away, when it isn't sudden or unexpected, they may feel a presence, a loving spiritual energy within and around them. This brings great comfort to the person who is dying as God begins to take them by the hand to lead them home, reassuring them, showing them that there is nothing at all to fear.

Many years ago I attended a funeral where it was a celebration, there was live music, dance, laughter, and the knowledge and understanding that the person who had passed away was once again within their Creator's arms, a belief my departed friend both felt and knew would happen, and as a result, this belief was shared and felt by everyone present.

Grief is so incredibly important, but I feel knowing that there will be joy to experience on the "other side", or at the very least the "other side" even exists, this will make the grieving process that much easier to work through.

Accepting that an afterlife exists, something I affirm throughout this book, when a person begins to enter the spiritual realms there may be a reunion with one or more who were close to them in the past, or a "welcoming" from ascended spiritual beings or great spiritual figures, as examples. It could be that this is what the dearly departed always wanted to happen, bringing them comfort and reassurance.

At the very least, there is a beautiful feeling in the heart that they have come home, come home to God, and that their life is a continuum, eternal, without any end.

No one ceases to exist, and each and every one of us is more precious than we could possibly appreciate.

For those who have lost someone dear to them, teachings like these don't always help when emotions are felt, at least not straight away, as time is often needed to grieve and heal.

A belief or spiritual faith can make it all so much easier though. It certainly did for me when my father passed away. I have heard anecdotes where the grief never ends, lasting a lifetime. If this is your situation, or even close to it, I would like to offer the thought and possibility that your cherished one may already be back on our Earth, that they may have started a brand new adventure, and an entirely new life.

If you haven't read it already, or need a refresher, my earlier topic "Reincarnation" is relevant to this topic as well.

Someone who has recently passed away often visits their family and others close to them here on Earth for a period of time, in Spirit form, out-of-body. It is common, if not always, in the case of a funeral, tangi, or ceremony, for them to be present, witnessing and listening to everything that is taking place, involved in the comings and goings in their own special and beautiful way.

They never forget their loved ones, and they will continue to be supportive of family events and similar, even in some cases attending (in a non-physical spiritual way) important family moments and milestones as the years progress – if their personal spiritual situation allows for that happen.

## When many pass away

In the case where many people pass away in the same life event, I know it is a morbid subject, but in a disaster or tragedy of some description, everyone who passes away will find themselves grouped together in the afterlife, to begin with at least, healing each other. As a result, healing from that trauma becomes easier for all of them.

Amongst other things, it gives an opportunity to share and talk to each other about what has happened, and to find comfort and reassurance amongst each other. From there, perhaps in very little time at all, individuals can move on from that group healing to begin their own personal healing journey, as I have described in this topic.

This example can be applied to any tragic event where many people pass away all at once. Perhaps I am coming across as insensitive, but there is no pain, suffering, or death in our Paradise to come. Saying that, we may still experience unwanted events in this world, and in this time we are in now.

## When a child passes away

When a child loses its life unexpectedly they do not lose their childlike nature when they return back home to God. In many cases, the child will remain a child for quite some time, and will enjoy their life happy in God's arms.

I have seen much of what I have written here in visions, and with awareness, insight, and understanding, I trust these intrinsically. You may have your own way of confirming your own faith and beliefs relating to this topic, and any understandings you have may compliment mine, or mine may compliment yours. I am no parent, although I have been in previous lives, but I can only imagine the grief, heartache, and trauma.

For those who have gone through the terrible ordeal of losing a child, your child will now be happy in a beautiful place of play, a place of pure joy in the heavenly realms, for as long as their young soul needs, in the company of other children in Spirit who have also passed away at an early age.

In this place of light and love, they enjoy laughter, joy, and happiness together. At the same time, they will heal emotional scars, experiences of suffering, and feelings of separation and loss by receiving all the love and care that their precious heart needs.

When the child's Spirit no longer needs to experience their time healing this way, in this place of play, they will grow from there into a healed, complete, and fulfilled spiritual being, mature within themselves, within the spiritual realms. And that growing may only take a short while.

If they need to, your child may incarnate again to continue their journey upon the Earth, whenever they feel in their soul the time is right for that to happen, perhaps even within the same "life circle" which they once belonged to, that you belong to. But it could be that they will be cared for and loved by another family you will never know. I understand how hard this might be to even consider.

Above all, God has your child's best interests at heart. A tragic or untimely event such as this is life-changing, and lasts a lifetime, of course. Nothing will replace your child, but I am hoping this writing, however modest it may be, might provide some solace.

Even though you didn't see them grow into an adult, your child, now grown spiritually, is still there. Perhaps with a sign, or in a dream, in time or sooner, nurture the awareness that something remarkable or unmistakable might happen to show you that they aren't that far away.

Much love,

Jason

# Children

I have no children of my own, so I am probably the last person who should be writing on this subject. However, I do feel I have something to offer (in my own way) on the spiritual side of things at least.

Saying that, in every one of my past lives I've been a father (if that doesn't sound too far-fetched), so there may be intuition I can call upon carried through from those past lifetimes as well.

If you are a parent, you will have everything and more to offer on this subject. Again, I'm coming from the perspective of my own personal spiritual experience, and the awareness and insights that followed, which has allowed me to come to these understandings.

Children are the brightest lights, where they have the simple joy of being present in each and every moment, where spontaneity is apparent and is played out in every way. They need little or no formal spiritual teachings in any way whatsoever – it's all within them, and they gift and share it with everyone.

Life isn't perfect of course. While seeking a new experience, I sat in my local church one Christmas day just to see what went on. I saw children made to participate in religious plays, dramas, and given instructions when I felt it was entirely inappropriate to do so. You could tell they didn't feel comfortable, and just as we ourselves don't like feeling uncomfortable, it just wasn't right.

Actually, it saddens me. No child, a precious flame of God, should ever be subjugated to religious dogma with all the negativity that I feel that entails, especially when it continues year through year as they grow. It shrinks a mind, and it's completely inappropriate the way I see it, but then you may see it differently, and your views are just as important as mine.

On a different occasion, as a complete contrast, I've seen a child, perhaps two or three years old, remark on how incredibly beautiful a flower was, just so amazed, while her mother looked on. For me, that child was tapping into the bliss and radiance of God's creation, seeing it as it was always meant to be seen – positive in every respect – unfiltered and pure. That's another example where children can teach and inspire us, showing us what is possible and the joy life, that's certainly what I saw then.

Without doubt, children will amaze, astonish, and marvel everyone with all they have within them, and of course spread happiness and unconditional love everywhere they go. Their inherit spiritual wisdom is there for everyone's benefit, and is a light that will bring their parents and many others home, spiritually speaking, especially as Paradise beckons and we become more open to guidance and inspiration from above.

As a parent, you are God's vessel guiding another vessel of God, and children provide the cues to guide us in return. What better way to find divine inspiration than with a "cute little ball of spontaneity" letting us know what we need to know, just when we need to know it? God never misses an opportunity to guide and inspire, and because children are so open, that's exactly what they will do.

## Role play

Through their words, actions, and everything they are, children no matter what their age are a powerful force for profound spiritual change.

Kids love role playing, of course. I remember even now dressing up as an American Indian and a cowboy when I was "defending the realm" at my nana's place in Guernsey when I was just six. I just loved it. All that's needed is imagination.

There is often (if not always) much more going on spiritually as role play happens, even more so when it's spontaneous and unscripted,

where children of all ages unknowingly transform and heal the world's problems with their sense of fun, innocence, and the spiritual connection they have with everything around them.

Maybe wonder as role play unfolds, “what is *really* taking place?” If you are curious, why not try to “tune in” using your intuition and “sixth sense” to discover the otherworldly significance if there might be some? Insight may well follow, and it might be the most important moment of your day.

Bear with me while I leave reality behind for a moment, but in many ways it is appreciating that the nature of the role play is in direct correlation to a real-world situation or problem, taking place somewhere in the world, where negativity is healed by having it “acted out” and released, in essence healing and uplifting Humanity.

Granted, it is very esoteric, and might be far-fetched for many, but the most mysterious, mystical, and magical moments could be unfolding. Energy changes energy, and a child’s spiritual energy will transform more than meets the eye.

## Youth and their inherent spiritual knowledge

I’ve seen teenage children handle difficult spiritual situations that required tact and spiritual maturity. I’ve seen a teenage girl talk of spiritual matters to her friends that came from her heart, not from a book, sharing her wisdom with others in a light-hearted yet powerful way.

Children, all children, have now been born into a time where they are primed and ready to share what they know spiritually, beyond what they have been taught or what they have read. From their hearts and minds they approach the world in an honest and enlightened way. It may not be evident to start with, but they only need a spark – a moment when there is a spiritual change to this world – and they will realise their true spiritual potential.

Even one inspired word from a child that goes right to our hearts can transform our life, or at the very least guide us to our next step, so we find our own enlightened way of being, and learn to experience our own childlike nature, once again.

## *The energy of a child's Spirit*

You *are* a teacher, of course. And children in this world are there to teach *us*, as well. Because their connection to Spirit is so strong, as they have only recently come from the spiritual realms where they were so close to God, in amongst everyday moments, like I say, a child can be our greatest guide.

Gems of wisdom and inspiration that come from children are infinite, and dismissing a child's words and actions as coming from one too young to have anything significant to offer, we might miss out on something valuable.

Personally, observing what I can with the delightfully quirky things that children do, when I remember to that is, I try to learn and gain insights, rather than simply jumping to an ordinary everyday conclusion. Saying that, it may just be an everyday situation after all, but intuition, if it arises, will help distinguish which is which.

For me, it's about keeping an open mind, and rather than always struggling to be ready for something divine to enter our awareness, we can trust that we won't miss out on anything that we need to know or see. This is to say we can suddenly focus on something for seemingly no reason at all, and we can learn something new as a result.

Being open to something otherworldly is the key, allowing us to rediscover what the innocence and joy of a child is truly like, as we were.

*Children are divinely inspired. They are God's little hands.*

When it comes to children, you will have hundreds of examples if not more of how remarkable they are, moments of joy remembered and cherished forever, which you would have seen and enjoyed in your family setting and everyday life.

Looking back on these happenings with a spiritual lens, and doing so in the future when this world has truly changed, might reveal that there is more to understand and appreciate with these little ones than was initially evident.

Every day is another opportunity to experience a special spiritual moment as each child unfolds their spiritual wings.

Much love,

Jason

# Abortion

It is not a crime against God to choose to terminate a pregnancy early, nor is it the death of a child.

This will go against the views of some, especially the religiously inclined, where their outdated thinking and actions create appalling injustice, trauma, judgment, and suffering for women and girls.

Even in the country whose founding principles are liberty and justice, the “land of the free” as it’s said by many, those freedoms are taken away from women in a great many cases, with a statistic that 40% of women in the world have their rights oppressed when it comes to abortion.

A soul that is due to be born creates a spiritual connection with the foetus after conception, and then “visits” the developing baby at various times while it is in the womb, strengthening the human connection, becoming familiar with the body it will be “living in” (for lack of a better term).

But there is no hurt or death to the baby if the pregnancy is aborted, for whatever reason the mother or the couple may have. They have every right to make this choice, and shouldn’t be judged, and they should be supported in every respect.

Spirit is eternal. The child (i.e. its soul and Spirit), with guidance and help from God and those in the spiritual realms, will simply choose another woman to be its mother, and a new family to be included within, and its “spiritual life plan” will be supported just as before.

Nothing is lost. There’s no need to feel any guilt with this.

Much love,

Jason

# Miscarriage and stillbirth

I understand the perspective here may be difficult to grasp, or come to terms with, if it can be considered valid at all. At the very least, it might provide some food for thought. I am entirely comfortable with my view as I explain it here, as it comes entirely from my personal spiritual understanding and insight.

Perhaps I haven't experienced as much of life as I could have, but I haven't had any experience with the trauma that is miscarriage or stillbirth in any way, or know of anyone personally. But I have read a moving account of a woman (who had spent a lot of time in the limelight) having a miscarriage and later writing of her experience publicly. It was heartbreakingly sad to read.

I have also spoken online with a lady who went through a stillbirth, and my heart goes out to anyone and everyone who has experienced losing their precious baby, for the mother especially, father, family, and all concerned. Like I say, this is entirely from a spiritual perspective.

Simply put, when a baby is miscarried, or is stillborn, it is the baby's "soul choice". It is where baby begins to feel accustomed with life on Earth, even to the smallest degree, even for the shortest amount of time, even though it never truly begins its life. It is baby's soul experiencing "life before it happens", and that may be all that it needs for its spiritual healing to complete.

Time in the womb brings peace to baby's soul, to learn what it needed to learn, with God and His spiritual helpers within the spiritual realms looking over all concerned and providing all the support they can, with all of them aware how traumatic the experience will be, or has been, especially for the mother.

It is an incredible shift to move from the spiritual realms to our earthly world, and this can't be overstated. Even if baby doesn't begin

an actual life, it is still an incredibly pivotal experience for it to have had, returning back to the spiritual realms for a reason it and God knows best.

The most important consideration for the parents, or parent, is that they have done *absolutely nothing wrong* for this to have happened, no matter what the circumstance, if there is any feeling that this might be the case.

Sincere apologies if I'm coming across as insensitive, but there is nothing wrong with moving on after time has passed, always remembering with love the baby who was here for the limited time it was, aware that baby will now be happy back in its spiritual home.

Baby will look back in love and gratitude and will be fully aware of the mother and all those who were the biggest part of its short unborn life, conscious of this because of the knowledge it has gained within the spiritual realms to where it returned.

There are worldly medical considerations of course, health related reasons, statistics, and explanations for both miscarriage and stillbirth, although I am not aware of what these may be. Like I say, it is the baby's soul choice, and with so much of the world view placing science as the absolute authority, this kind of spiritual perspective might take some getting used to.

I hope this may be of benefit, offering some spiritual understanding, perhaps even some solace and comfort, all of which can only go towards the healing process.

A place for mums to go to, as the woman who had experienced stillbirth said to me, and perhaps this could be applied to miscarriage as well, would be wonderful as she said so many are silent with their suffering, which as she puts it “is one of the saddest parts of the grieving process”.

Much love, Jason

# Suicide

**New Zealand helplines**  
**Free call or text 1737 any time.**  
**Victim support: 0800 842 846.**  
**Depression helpline: 0800 111 757.**  
**Youthline: 0800 376 633.**  
**Lifeline: 0800 543 354.**  
**Shine: 0508 744 633.**

This is such a difficult subject, one that tends to go under-the-radar, perhaps justifiably so. But one thing's for sure, the current strategy to reduce the numbers doesn't seem to be working.

From what I can see, the media and authorities tend to shy away from individual stories, perhaps so that others are not encouraged to choose the same course of action, or so the trauma and heartache that those who have suffered isn't relived. Again, perhaps justifiably so.

If you have experience with suicide, even indirectly, you will have your thoughts, viewpoints, and considerations. My apologies if anywhere in this topic I have written something that comes across as insensitive.

Some religions and spiritual movements have their own views and beliefs on suicide as well. What I know from my own personal experience, as well as from my own spiritual understanding, is that people who choose to take their own life do *not* commit a crime against God.

They won't find themselves in some fictitious hell, contrary to what many who are religiously minded might think, promote, and force others to believe, where they cast judgement, and create fear and distress for everyone concerned. Hell doesn't exist, and the idea of some kind of hellish realm has been used for millennia to control people and cast fear into their hearts.

Being fortunate enough not to be involved in any religious group or religious teaching myself, I don't know how prominent and ingrained this "you will go to hell" way of thinking is, other than it being said directly to me on at least one occasion. But religions are always slow to change, if they can even accept change at all.

Saying that, although it only happened once, I have looked on with optimism seeing new attitudes championed as religious leaders looked to promote freedom, equality, and change over dogma and control.

Experiencing God as I have, I shudder at the thought of how He feels as He sees untold millions of His children being led astray, being turned away from His unconditional love, compassion, and understanding because of the control and judgment of others.

Each of us is responsible for how we manage our lives, and in the end, we can decide what we want to do with it, whether that be relating to suicide, or anything for that matter. I accept that may sound heartless, but hopefully we have people around us who can help us as well, supporting us through whatever we go through in life, and during times of crisis especially.

But in the end, this is all about freedom of choice. I know it may be hard, but I have first-hand experience, as well as all the spiritual insight and awareness I have gained throughout the years.

A person who take's their own life doesn't have to worry when they are in the spiritual realms about any spiritual implications or lessons being created for the emotions they would have triggered with those they have left behind, the family and so on, if that was ever something to question or consider.

That's not to say they aren't aware of everything that is going on in the world they left behind, and they feel very real emotions for everything and everyone they are no longer with, that's only natural.

Emotions are felt in the spiritual realms just like here on Earth, especially as we heal.

Sometimes a person's struggle with life is because they can't cope with an extremely difficult situation as it unfolds around them, or perhaps they feel they have done something terribly wrong, or they are experiencing some kind of severe mental distress, as examples.

I'm no counsellor or psychologist of course, so I only know so much, but then I have experienced some things which I feel gives me the right to write as I do.

Suicide affects everyone, of course, the person's family, friends, and everyone within their circle. I have had some indirect experience when it comes to others who have chosen to end their lives, with two friends I knew, but I have also gone down this path myself.

Feeling under intense pressure and not seeing see any way out, feeling cornered emotionally and mentally, I attempted to take my own life.

I have also experienced a prolonged stage of clinical depression, where for eight months my morbid thoughts frequently made me think of suicide and of ways to end my life, which fortunately I didn't act upon, and my psychiatrist and mental health support team were critical in getting me through.

With all of this, I can say I know what it's like to be lost in the darkness, with no hope, and feeling there is no way out, feeling as though there is only one solution, and even acting upon those thoughts. I know the feeling of desperation that leads to suicide, and continually thinking of taking my own life as well.

I came through all of that though, and I'm more than glad that I did, even though it could be said I was fortunate to do so, recovering emotionally, mentally, and spiritually, gaining a new vision, viewpoint, understanding, and a renewed sense of optimism and purpose.

I was also fortunate to have had family and friends close to me who handed me over to those who could take care of my mental wellbeing, this country's healthcare system, right when I needed it most.

For those who are struggling to come to terms with a loss because of suicide, know that your cherished one is alive and well within the spiritual realms amongst the love and company of others, being nurtured within the loving arms of God, and in time, they may reincarnate again.

Even though they will surely have wished that they hadn't taken the step they did, that they hadn't taken their own life, this feeling will pass for them eventually as God takes them by the hand and nurtures them into a healed and complete spiritual being. From there, they can renew their spiritual journey and work on those issues they found too difficult to manage in the life that they left.

If they do choose a new life, they may even be part of your family once again, immediate or extended, or the family of someone you know, or a family that you will never know who will take care of them and watch them grow into a beautiful person once more. No matter what, they will be guided and supported by God and His grace throughout every moment that their new life brings.

As I mentioned, like I say, a person who has taken their own life will incur no karma and won't need to learn any spiritual lessons for the choice that they made. Of course they will miss everything and everyone they once knew, but a healing takes place that will eventually allow them to move on.

Perhaps all of this writing might not help much initially, but spiritual knowledge that feels right in the heart or comes from a trusted source can sometimes be beneficial when it comes to providing solace, comfort, hope – and another choice for someone in crisis. With that in mind, everything written here may take some time to settle.

Suicide is *no one's fault*. Like I say, it is the choice of the person who takes their own life, and their choice alone. Although people around the deceased may think to themselves; "I should have said this, I should have done that", being incredibly traumatic and heartbreaking to consider, allow your heart, mind, and Spirit to heal, with God and His spiritual helpers holding you and your family close.

Know that your loved one would have been there with you at their funeral, service, or ceremony, witnessing everything, present and aware. I know this is the case, I have seen it clairvoyantly many times, seeing just how beautiful and poignant it is, and they will be with you at times throughout your life until they move on, and start anew.

God guides people's hearts and minds, and as far as I know everything spiritually that could be done will be done to stop a person following through with this choice. It could be that the person who took their own life saw no way out, and nothing, or no-one could have changed their mind.

It's often said that death is the end of one journey, and the beginning of a new one. It's quite true. Spirit is eternal, and if they do decide to reincarnate again, they will continue the process from where they left off, learning any lessons that they might need to learn, and repaying any spiritual debts that are needed, however minor those might be.

If you are struggling, if making this choice is in your mind, know that there is *no true worthwhile reason* for you, or any other person to take their own life with the exciting new time we are approaching, or that we may already be living in now.

Why not be part of the greatest story ever told? Where in time all of your negativity, negative emotions, desperation, and feelings of low self-esteem will be replaced by pure positivity and happiness? It's just not worth it. The excitement that will grip the world can't be experienced while in the spiritual realms.

Please, if you are a person considering this path, consider again. Hold on. I acknowledge it might be a crisis, and perhaps nothing I say will help. But I've been there, too. In so many ways I know how it feels. Life will improve. It will get better.

I know it's said all the time, God loves you, but it's not just that – everyone looking upon your pain and anguish from within the spiritual realms wants you to hold on too. You are God's most precious child. Everyone has a story, no one's story is any more or less important than anyone else's, and let your story continue. You belong here.

Personally speaking, if my attempts had been successful, I would have been desperately unhappy in the spiritual realms knowing that all my years of growing and experiencing life would have amounted to little, and I would have never become the person I was always meant to be.

If you are reading this and you feel this may reflect your current situation, or if you know of someone who is going through a very difficult time, there are a list of crisis, emergency, and support phone numbers at the very beginning of this topic.

And you may like to share this writing with others as well, if you feel it might help.

With all of my most sympathetic, as well as optimistic and positive thoughts and love,

Jason

# Sexuality identity

Simply put, not being religious about it, but God creates each and every one of us as either female, or male. This goes back to before our physical bodies even existed, even before the spiritual realms were created, when we were pure Spirit.

You may have your own views on this topic, which is perfect, with these being my own heartfelt understandings that come from my own spiritual experiences, insights, and also from everyday experiences that I have had in this life.

Whether a person is gay or lesbian, or however they might identify, it isn't uncommon for a person to be born into a physical body that differs from their true spiritual sexual identity. In other words, a spiritual soul created by God as female can be born into a male body. Similarly, a male spiritual soul may be born into a female body, and if a person has many lifetimes, it might be this way just the once.

This may make sense within the LGBTQIA+/Rainbow Community, for as I understand it, as I have heard it spoken by someone in that situation, there are some who feel they are in the wrong body. With this, there may be the desire to change a person's gender medically, or through legal means, or on a personal or social level, or on the other hand an individual might be happy to live just the way they are.

Importantly, there are often spiritual considerations where a person is adversely affected where their sexual identity is concerned, where a great spiritual healing happens throughout that particular person's life, as is often the case with anyone who experiences any kind of adversity.

Being in the "wrong body" isn't always the case though, as two males who are created by God both as males can have an intimate relationship together, just as two females who are created by God both as female can have an intimate relationship also.

With all of this, there are so many gender variations that have found their rightful place in society as well. It can come with so much trauma too, and my heart goes out to those who struggle, who are confused, or who have sadly been led down the wrong path as I almost was.

Love is love, as they say, and love breaks down barriers and people grow within themselves, and together, and in its purest form, is the most beautiful experience, an experience that can last a lifetime, and sometimes that “magical moment” doesn’t come around very often.

The divine unconditional love I mention on a number of occasions throughout this book is beyond even this though, beyond anything that most people could possibly dream of, and it may seem out of reach, even unrealistic. Yet it’s something we will all experience, and when we do, it will never leave us.

I hope that this might help someone, somewhere, in some way, if any help is even needed that is, or at the very least provide some food for thought. It’s a complex topic, with countless considerations, and I’m not even going to attempt to cover too much at all, and I’m certainly no therapist or expert in this field.

The philosophy to “be kind” has its merits as well, it should be said, and can be a great source of comfort as well. In a harsh world, it might be all that’s needed. Everyone should be able to feel safe in any situation, and that’s exactly what is coming.

When a spiritual change in the world becomes evident, if it hasn’t already, we will be living in a world where people don’t judge each other, rather, we will rejoice in how we express ourselves spiritually, without having to feel that we need anyone’s approval.

God welcomes all of us, unconditionally, and no one misses out on a perfect future. Everyone will be accepted and feel part of more than can possibly be imagined, and we will all feel comfortable with ourselves and who we are, in every respect.

Much love,

Jason

# Racial discrimination

I love this quote...

*We are all spiritual beings living within a human body*

It sums this topic up for me, to be honest. That, and reincarnation, as I put forth my insights and understandings earlier in this book, where the concept of life after death, and one life after the next makes perfect sense when our lives are viewed from a more holistic, and what I feel is a more commonsense perspective spiritually.

If you were consider that reincarnation is in fact a reality, then a natural progression from there is to accept that anyone can be born anywhere in the world, within any race, ethnicity, skin colour, language, accent, and physical features, to name a few.

With this, it is possible, as an example, if a person directs racial abuse towards another (typically where violence is involved), to be born into a race in a future life to allow them to experience how it feels to live a life where prejudice is directed towards them. It is a profound way for a person to learn, grow, and repay spiritual debts as well. Of course this cycle of learning spiritual lessons and repaying debts has to end sometime, somehow...

Racial discrimination is prevalent everywhere, and the issue won't truly be resolved until a global change in consciousness has actually happened, where we will then find ourselves having to deal with whatever negativity we might have left within us (if any).

When it comes time for this global transformation, when the world is turned inside-out spiritually, borders that divide us will be erased, preconceived ideas will be dissolved, judgement will fall by the wayside, and our common humanity will be found.

I'm no great role model, but what I have learned is that it's always better to let any judgement, discrimination, even hate, stay within the mind, giving it no oxygen, no form of expression, watching it, not getting involved or caught up in it, just letting it drift away, which it will. This gives us time to reflect, and most importantly gives God time to change our hearts and our attitudes from within, removing our prejudices, and uplifting our spirits.

Our beliefs, understandings, and our thinking, they will all be transformed into positivity, naturally, and profoundly, especially, as I say, as a spiritual change sweeps across the globe.

Much love,

Jason

# Euthanasia

This is such a hugely polarising topic. Everyone is entitled to their views and beliefs, of course, these are mine if you would like to read on. I'm not trying to change anyone's mind, but rather offer a spiritual perspective on this topic, an understanding I gained because of the insights I had while contemplating, more than I had ever done before, or since.

With euthanasia, the person who dies as a result of the “death process”, who is now deceased, feels utter regret when they leave their body and they reach the spiritual realms. They have the heartfelt wish that they had never prematurely ended their life. This is without exception.

I know it must sound terrible to even say such a thing, seemingly to not respect the dead and their choice, and to come across as completely heartless, but like I say, I have gone through a depth of contemplation, insight, and what I consider to be a genuine spiritual awareness that has led me to this understanding.

This feeling of spiritual regret is regardless of what the medical situation of the deceased was, no matter how much suffering they were experiencing. I know this sounds callous, heartless, and without empathy, and looking back, that is actually how it sounds to me as well, but still, I stand by what I say – that there are spiritual implications.

I haven't seen or experienced anyone suffer in a terrible way on their “death bed”, but I have people's testimonials to learn from, and I can truly empathise. My father passed away peacefully, and I am grateful beyond words for that, appreciating that it doesn't always happen.

My perspective on this topic may upset people greatly, depending which side of the fence you as the reader are on. But I will carry on and explain my perspective further, hoping you will read on too.

With euthanasia, the opportunity for so much healing and repayment of both karma and negativity is lost, as living here on Earth gives a unique and powerful opportunity for healing and transformation that the spiritual realms don't. Like I say, as I feel it is important to emphasise, when someone leaves their body, all that potential for healing is lost.

Euthanasia is where people play God with no spiritual appreciation whatsoever. Spiritual lessons, from everything I know, are incurred by all those responsible, from those who were advocating and lobbying for the law to be changed, to those who passed it into law, to those who are part of the death process from the very start to the eventual end.

When the person who chose to die is deceased, and they enter the spiritual realms, they recognise that they are partly responsible for everything that has happened, and they have the strongest sense of lament, anguish and regret knowing that those who assisted them have a new burden to bear.

In addition, and this isn't new, sometimes a solution to an illness exists just around the corner, where a person could have thus recovered, living an extended and meaningful life. There have been some truly remarkable medical breakthroughs, with new medicines and treatments being discovered more and more often.

Spiritual events are prophesised to happen as well, if you are a believer in such things, so it makes me wonder if everyone who chooses this path holds no hope of any spiritual change whatsoever.

All of this is not to be confused, for example, where there is a person who has experienced a trauma, perhaps being in hospital on life-support or similar, where they cannot be saved. From what I understand, these situations are where decisions have to be made in days or even hours, where there is no preplanning and no possible way to consult with the injured or dying, all of this completely different to what takes place with euthanasia.

To be honest I know nothing of all the details and considerations where a person is kept alive medically, other than from what I understand it might be possible for family to be present so they can farewell their loved one. I feel that sometimes being pragmatic is the only true and genuinely compassionate course of action, where there is no chance of any kind of life, or recovery.

I am certainly no medical expert, so please forgive me if I have not considered every angle. I know I haven't, of course. Hundreds and hundreds of people choose euthanasia every year in New Zealand alone, with the count ever increasing. I shudder at the thought of the scope and availability increasing too, which I know is already on the cards.

What will be, will be, I guess, but for me, although it comes down to freedom of choice, from my perspective, for everyone's sake it would be best if this wasn't an option in law.

Of course it is all good and well for me to offer my spiritual perspectives here as I am, not being in this position myself, but then I feel I could apply what I have learned, knowing within myself how my choices will affect and impact others.

At the very least, with an explanation such as this, if it were to be taken seriously, another spiritual perspective is now available so there is an additional component to what is considered an "informed choice", not only for the person who wishes to terminate their life, but for the lawmakers and everyone responsible, from start to finish.

These are all my feelings and spiritual understandings, drawn from (like I say at the beginning of this topic) the longest time of in-depth contemplation, with one of the key considerations being that an afterlife exists.

Much love,

Jason

# The gift that is *You*

*Everyone* has contributed to this, the advent of God's Dream. What is God's Dream? Is it just a dream you have when you are asleep? For me, this refers to everything God ultimately wants for us, everything that He will give to us – everything that is positive... Perfection, anyway you look at it.

There are *many* who walk this Earth doing powerful spiritual work who bring this dream closer and closer. In this day and age, countless people share not only their life experience and love within their hearts, but unknown to them, they also share their spiritual energy with everyone around them, just by being themselves. Their hearts are an example of what true spirituality is, with no desire to be in the public eye.

Sometimes we do powerful work and help others spiritually while living seemingly ordinary, everyday lives, and we work our magic in different ways, ways that could be considered anything but spiritual, and anything but traditional.

No matter what your vocation, appearance, background, gender, location, interests, abilities, disabilities, or situation might be, being "God's hands" knows no boundaries. The word "inclusive" is often used, but where God is concerned, that term takes on a whole new meaning, where there are no barriers, limitations, judgement, or preconceived ideas.

*Being judged by others is no barrier to being divine, or  
finding yourself next to God's side.*

Everyone has their gifts – and the most important gift that you have to give is *YOU*.

Whether you know it or not, no matter what you feel you have or have not done, no matter if you live in abject poverty or have untold wealth, no matter if you have humbly gone about your day-to-day life or have created a business empire, it doesn't matter, God sees the full picture, you are God's cherished child, you are as important as anyone else, and you are His precious gift to all of us.

His creation would be incomplete without you. *There could be no more truthful statement made*, that's how He feels. It can't be any other way, because you are *part* of Creation itself. I know this because I've experienced it.

You are eternal, and as valuable as anyone, and as hard as life can be, and as hard as life often is, you are here, and there is a time of excitement and joy coming that puts new meaning to the saying "life is precious", as everyone will recognise the true and intrinsic value of life here on Earth.

In truth, you *have* served God, from the beginning of time. We were created by Him/Her, and *chose* to "fall from grace" as an offering of love to our Creator, so He, working with us in partnership, could bring balance and positivity to this world, the physical Universe, and beyond. He couldn't have done it without us – Humanity.

My concept that the fall from grace was a planned event may be a new idea to grasp, even if it's something just to casually consider for now, but for this reason alone we can be considered *truly worthy* of the great future that lies ahead of us, every one of us, without exception.

You have helped create a future "Paradise" not only for yourself, but for me, and for every other person, now, and into the future, for eternity. You *are* God's hands – and *you* have made it possible.

Because of your sacrifice, no one else will have to go through what you have gone through, and this includes the long and difficult

process of evolution, and reincarnation also, with all the pain, suffering, and negativity that comes with it. All of that, and everything we wished we never had to endure will become nothing more than a distant memory, a story of the past, like words in a book.

Spiritual ascension is something that happens naturally, and you don't need to attend a course or attain a reiki certificate to live your spiritual dream, and you certainly don't need to be "pure and holy." Like I say, it doesn't matter what you do for a job, your background, or what your situation or circumstance might be.

Every one of us within Humanity – and *only* Humanity – will be etched forever into the archives of all time, like I say, because of all we have given and sacrificed to make "God's Dream" a reality. Into the eternal future, where infinite worlds might be created, Humanity alone will be celebrated for this. We are all legends, all of us.

You are God's chosen vessel for His grace, love, and light. Rejoice in the moments that this awareness comes to you as you carry out your daily tasks, and recognise the same in others.

You will meet God personally and you will discover for yourself who He is, a living being, and with that, just how precious you are. I know just how powerful and profound the experience is, and knowing you will experience the same, it fills my heart with anticipation, excitement, and humility.

Much love,

Jason

# The “void state”

A person may need time in what I call the “void state” when the amount of karma and negativity they have accumulated is so great it cannot be resolved, cleared, or healed in the time before the “pause” (see next). This is an understanding that I gained over twenty-five years ago, with the clearest most undoubtable spiritual “knowing”. For myself, there is no second-guessing with this.

This is where an individual, a soul, is emotionally and spiritually isolated, disconnected from everything in such a way that they know that God exists, but they do not feel the joyous connection that everyone else will enjoy in the coming time. All they will have is their own thoughts, their thinking, their mind, but this gives them no solace.

This is not depression, nor is it clinical depression. It is beyond any kind of depression, beyond imagination of how difficult this is. A person will stay in this state until their remaining karma has been resolved and healed, where they will then experience the love and positivity that everyone else is enjoying.

It is only an individual who has committed crimes against Humanity of the most serious nature that will have to endure this experience.

How do I know this? How do I know the “void state” exists? Because I have experienced it for myself, for just a short moment. This means I can use my experience of this to write here as I do, for anyone who might find it of value.

Perhaps you are concerned that you might fall into this scenario? That’s even if you believe any of this at all? This is truly only for the “worst offenders”, those who have committed gross crimes against Humanity of the most significant nature.

There is no need to worry. There will be plenty of time for us as individuals to heal and ascend well before the “pause” takes place, plenty of time in other words to enjoy an ascended ultimate consciousness while here on Earth, before Paradise even arrives.

Making the effort to take responsibility for our past actions through spiritual self-development, meditation, and so on means we will enjoy the future of bliss and positivity sooner than we might otherwise do.

To those who have to see another person experience the “void state”, there is not much that can be done, other than to give them the physical support and comfort they might need. I have contemplated this, and knowing what I know, I can only think that institutions and services that currently exist to take care of the physical needs of others might find themselves having a new purpose here.

But it is not a case of God saying to a person, “I have judged you – go to the void state”. At a spiritual level, we judge ourselves, and thus, a person creates and manages this scenario for themselves, in all their innermost love and wisdom. In other words, God is not responsible for this happening, yet His love is always with us, and He is with us through every experience we have.

You will recognise that each person experiencing this “void state” is a beautiful being, with a pure heart, and a perfect spiritual nature beneath their disconnection, and you will know that one day, they will attain everything that you have attained.

*We all make it to Paradise, without exception. That means every person that has ever existed.*

Like I say, once their debt has been repaid, they will join the rest of us and experience nothing but the most blissful peace and happiness, receiving their divine inheritance which is everyone’s birthright, and the ultimate spiritual attainment.

Knowing for myself how the “void state” feels, experiencing that for myself even for that one moment, I only have the utmost compassion for those who have to go through this healing process.

Much love,

Jason

# The “pause”

When it is time to enter “Paradise”, our new world free from negativity, pain, and suffering, an event will take place which I call the “pause”.

You may have your own ideas, thoughts, and feelings of what a perfect place to live might be – and it would be great to collaborate! The topic “Paradise” (see later) goes into more detail of what the potential, possible, and probable changes might be, from the perspective of everything I know and have understood spiritually.

The “pause” is where there is what is known as a “temporary lapse in consciousness”, where consciousness itself is suspended for just a moment, so there is no fear when the time to move to the new world comes, which happens for everyone, at the same time, in just one moment. It happens no matter where in the world we might be, who we might be with, or what we might be doing.

I have experienced this “temporary lapse in consciousness” for myself, and it was very natural, nothing to be concerned about at all. I will try and describe what it is like, as best I can, with an example...

You are driving your car, or going for a run, or doing the vacuuming, or at your place of work, perhaps just going through the motions, or you might be concentrating intensely. For a short moment though you are unaware of when one moment ends and the next moment begins – a temporary lapse of consciousness. It is more than just the mind being busy, distracted, or when we are in a “world of our own”.

In that moment, you find yourself in Paradise, in your most perfect form, with everything beautiful around you, but you are not aware of how you got there. There was no fear, there was no need for a countdown or for everyone to be meditating at the same time, there is only joy knowing you have arrived safely at your destination, with

no concern for the world you have left behind. You know everyone is safe. Everyone, a whole planet of people, has arrived with you.

It is God who determines when the “pause” takes place, not any individual or teacher. However, an indication of when the “pause” is drawing nearer might still come, letting everyone know that the global spiritual healing we are all going through is almost complete, which can only build the excitement, anticipation, and the thrill of knowing that all of us will soon be in Paradise, and that the goal of Creation will soon be achieved.

Much love,

Jason

# Health and wellbeing

Medicine, medication, healthcare workers, and if we are fortunate to have a health facility close to us which looks after us well, are incredible assets to have in the world we live in now. I imagine though that a sizeable amount of the world's population doesn't have access to modern medical care, or anything of the sort.

I'm sure as I write this now everyone suffers and has physical problems of one description or another, some greatly, some less so, and I have to admit with all that I write about how perfect and wonderful the future will be I could easily come across as heartless and insensitive.

But in many ways this perception might be inevitable as I look to provide an alternative and more optimistic viewpoint, looking forward to a future where all of our problems, including our physical problems, no longer exist.

As things are now, I have my share of ailments, so much so I am completely reliant on the health system's care and support to keep me well.

I won't attempt to go into any detail about modern medical healthcare, medication, and treatment, I know nothing about such things. It's far better that's left to the untold qualified medical practitioners who can do this already. You may even be a healthcare worker yourself, in which case, thank you! I wouldn't have written this without you.

This topic is from a purely spiritual perspective, and is designed to complement any other valid, useful, and respected information that is currently available.

Spiritual energy is as real as any type of energy that science or physics has discovered. I've seen it, felt it, and it resides both within every

one of us, and around all of us. It is everywhere, and it can be experienced and perceived in ways that I don't think is possible using scientific methods.

If we have spiritual energy within us which is negative in some way, or we have unresolved spiritual debts that we are yet to heal, this can cause physical problems to develop. As well as lessons and debts from this life, it is common for negativity to come from our past lives, as well.

This underlying negativity can be healed through spiritual practice, spiritual healing, counselling, therapy, contemplation, meditation, even opening up to a trusted friend, anything tried and tested. Without this "inner work", problems often shift from the energy body to the physical body, and over time, it can become an ailment, disease, illness, etc., as I illustrate on the next page.

Saying this, a physical illness might be inevitable, and might need medical intervention regardless, and this will always be the case until a global spiritual change takes place. When a positive spiritual change becomes a reality it will rewrite the rules not only around health and wellbeing, but the world in general, in so many respects.

I accept all of this might go against currently accepted medical and scientific thinking, but along with my own experiences and understandings that might well differ from the norm, from what I am aware this type of knowledge has been around for thousands of years within cultures whose focus was more on the spiritual, holistic, and transcendental way of life, compared to our own everyday modern way of looking at things.

The example on the right shows how negativity can appear if you were looking at the body with “clairvoyant” or “x-ray” vision. The blue (or medium grey) colour shows the “energy body” where blockages usually originate, from where they then shift to the physical body.

The dark areas are the blockages themselves, and if not cleared and healed these may manifest as illness or disease, perhaps requiring medical intervention. These illnesses will usually manifest in the same location where the negativity was located in the energy body.

If a physical illness actually happens, it could be that the negativity which caused that illness has gone as it has now run its course, although the physical body may still need treatment and time to heal and recover.

It could also be that negativity might be resolved and healed with “unwanted happenings” in our life too, perhaps a painful bump on the elbow, a vehicle incident, or we have something stolen, as examples.

Any major illness would tend to suggest that there might have been a much deeper spiritual reason, and disabilities from birth could well be karma and past life situations being experienced so they can be healed, as difficult as the situation might be.

Saying that, often sickness is just everyday life, and everyone gets old, yet age is no barrier to receiving a divine healing. God is there for all



<span style="background-color: orange; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Physical body
<span style="background-color: blue; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Energy body
<span style="background-color: black; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Blockages/Negativity

of us, from baby to centurion, no matter what the ailment or ailments might be.

*Medication and medical help is critical in healing, and health professionals should be listened to, respected, and trusted.*

When a noticeable spiritual awakening has taken place for Humanity, as negativity is healed and cleared globally, physical problems and illness will occur less often, for you, me, and everyone.

From there, what I know spiritually is that if you clear *all* the underlying negativity (or the “dark areas” as on the previous page), then that leaves plenty of opportunity for *genuine* miracles to happen, allowing God to work His magic and heal all of us in the most incredible way imaginable.

From there, it will become evident to everyone that God *does* in fact exist, and He is the one governing the entire process of global transformation, not any one person, group, country, or organisation.

For me, a world free of negativity can be more than just a pipedream, as I have witnessed and experienced just how energy can work it’s magic, like I say.

*Beneath everything that is physical, a world of energy and spiritual energy exists. It will become apparent as it transforms the lives of everyone.*

Much love,

Jason

# Drug Use

The following is an explanation of the spiritual considerations relating to recreational drug use. I have by no means been an angel, and even though in the past I've strayed from the straight and narrow, I've since moved on from using any kind of drug other than what I require medically at this time.

The term “recreational drug” in this topic refers to drugs that affect a person’s consciousness, awareness, and perception in a substantial way, such as marijuana, methamphetamine, cocaine, heroin, magic mushrooms and so on, and that includes alcohol also, but to a lesser degree. I am not referring to products such tea, coffee, or tobacco.

If a person still has healing to do spiritually, if they choose to use recreational drugs, then negativity will build and accumulate within them. This will cause degradation of the physical, emotional, mental, and spiritual aspects of the user, over whatever timeframe that might be.

Like I say, I haven’t been an angel every day of my life. I smoked marijuana a fair few times in my early twenties, actually over many months. But even this drug, which is considered harmless by many, can cause real problems when considered from a spiritual perspective especially.

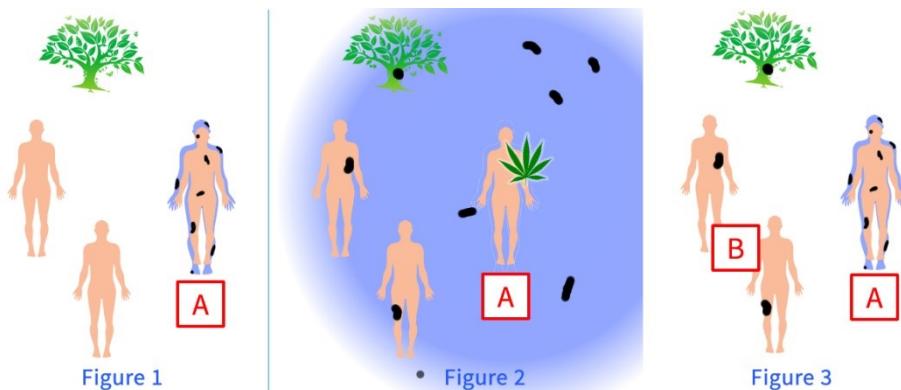
A lesson I learned, thankfully, was to quit my recreational drug use before things got out-of-hand, but I can only think from what I have heard that this drug use might have affected my mental health later in life, perhaps even contributing to my mental illness, or being a factor at the very least. There may have been research on this I’m sure.

It may also be perceived too that a level of “spiritual attainment” is achieved when drugs are used, yet it is very much a case of ‘one step forward, ten steps back.’ It’s no way to achieve progress or enlightenment, even though it might be tempting to think that way.

## Aura expansion

Below I have done my best to show the adverse effects that recreational drug use has on other people and the environment, as a drug user's aura or "energy field" expands when drugs are taken.

I haven't seen or read this explanation elsewhere, and I'd love to hear other people's thoughts, but it comes from experiencing my own aura expanding, an experience that lasted days, something I'll never forget, although it was a spiritual process, not caused by of any kind of recreational drug use.



*Figure 1:* A person [A] is intending to use drugs. They have negativity in their energy body (the dark areas).

*Figure 2:* The person [A] has now taken their choice of recreational drugs, and their aura (i.e. energy body) expands, shown by the large blue (or medium grey) circle. The negativity they had within them expands outwards and is collected and absorbed by other people and the general environment.

*Figure 3:* After the effects of the drug have worn off, person [A]'s aura contracts and their negativity returns to them, but some of their negativity remains trapped in the others [B] who were affected by their expanded aura.

*Note:* In addition (but not shown), some of the negativity from people the drug user affected [B] is drawn back into person [A]. So from a spiritual perspective especially, person [A] will be worse off than before. Put simply, everyone is worse off, and more healing is required.

As time moves on, as a spiritual change takes place, everyone will be gifted the most potent spiritual energy for the most blissful and ecstatic conscious and cosmic awareness, and recreational drugs won't be needed to give anyone a "high".

I also make mention throughout this book that there will be a divine healing for everyone, which means for our physical bodies as well, as remarkable as that might seem. As God's grace works with each person who has an addiction, those terrible withdrawal symptoms (which I remember all too well) will no longer be experienced, so will no longer be a barrier to quitting.

The effects that result from the use of recreational drugs pales in comparison to the experience that God has waiting for all of us. I have experienced a freedom which can't be imagined, and divine ecstasy that is beyond words, all drug free, so I feel I have something to offer here, just as you will have your own thoughts, feelings, and experiences that are just as valid as mine.

Addiction is a curse and a scourge on society, I struggled myself smoking cigarettes for twelve years, but addiction and every negative effect that comes with it is something that will be consigned to the past as a powerful global healing energy provides an experience and state of consciousness that surpasses anything any recreational drug or source of addiction can offer.

## Alcohol

What a person has within them as far as negativity is concerned has a great bearing on the behaviour and the experience a person has when alcohol is consumed. As an example, if a person has anger or

aggression underlying their nature, or however it might be described, this anger or aggression will likely be their behaviour as their inhibitions and self-control diminishes.

Likewise, if a person is free from negativity, a more pleasurable and enjoyable experience may be the result, although of course they will still experience drunkenness and so on. Perhaps this is common knowledge, with a bit of applied theory stemming from a period of contemplation and insight on my part.

The social and personal harm alcohol brings with it isn't something that I cover here, as I have no knowledge or experience with such things.

Personally, I have never enjoyed the experience of drinking alcohol. Whenever I consumed it, it did nothing for me except make me groggy and incoherent. Whether it was small or large quantities, I gained no real pleasure. Others I have met have said the same thing, so perhaps it could be down to a person's disposition.

## Tobacco

Because tobacco doesn't expand a person's aura by any significant amount, this means Mother Earth is able to establish an energy connection with the person smoking a cigarette.

In essence, this allows Mother Earth, a living entity as I have written earlier, to receive healing from the person smoking the tobacco as that person "collects" negativity from her. This negativity is then transformed into positive energy by the smoker, to the degree that their healing capacity allows. It is a unique form of healing.

This is a complete contrast to recreational drugs, which do nothing of the sort. The way this Mother Earth connection happens is very esoteric, and I won't go into the finer points here.

Even after the life of a smoker has been lived and they have then passed away, they are recognised spiritually for the service and the gift they gave to help Mother Earth move forward, in amongst everything else they may have accomplished in life.

I smoked tobacco for twelve years, but I'm glad that I quit when I did. Quitting opened up incredible opportunities for me, improved fitness was just one, as well as feeling more comfortable socially, especially as it was no longer the "thing to do". If I had the opportunity I certainly wouldn't start now.

Having "been there done that", I never look at anyone who smokes cigarettes as being any different to me. Aside from not intruding into a non-smoker's personal space, I feel it is too easy to judge someone especially when there is no appreciation of just how difficult it is to free oneself from addiction.

## Medicine

Drugs, medicines, and vaccines prescribed for medical and health purposes are different.

*It is important that a person who relies on their medication should continue their treatment unless advised by their doctor or health care professional, wherever possible. Accepting vaccines when they are available, for what it is worth, is something that I actively seek to do, being aware of just how important and beneficial it is.*

Much love,

Jason

# The Internet

The Internet can be such an incredibly positive tool for people to use. We can connect with each other, it can improve our lives, we can get so much done, and it can be loads of fun too. But as we all know, it can be an extremely dangerous place as well, a place of abuse, crime, and exploitation, to name a few, and these negative aspects are the focus of this topic from a spiritual perspective.

The crux of what I have to say is that if something is created, designed, or orchestrated for the Internet that is intended to cause harm, or harm is encouraged, those responsible will have to repay the karmic debts incurred, on the scale of the harm that was caused. It is a basic spiritual and Universal principle – what you do comes back to you, which I explain in more detail with every consideration in my earlier topic “Learning and karma”.

Although I am no expert, I like to think I have seen, heard, and read enough relating to the Internet to feel that this topic might be of interest, relevance, and even of some practical use somewhere, somehow, to anyone who might consider it of value.

The theme of spiritual lessons and karma runs throughout this book, so to continue along those lines I highlight here what is an actual real-world example, noting that this is just one of what must be thousands of misuses of all kinds of technology, but the Internet especially.

Cybercriminals create an artificial intelligence deepfake video or an email phishing scam to steal money from unsuspecting victims. Over time, what they have done convinces 1,000 people to give them money. Spiritually, these criminals will have lessons and karmic debts to repay equivalent to the total amount of money that was stolen, *as well as experiencing for themselves the emotional turmoil that those who lost their wealth ended up going through.*

If harm is unintentional, accidental, or a genuine mistake, there will be no need to worry about any debts or lessons being created at all. This is a rule of thumb that can be applied to any situation in life when looking at things spiritually, where if there is no intention to do anything wrong, then there will be no negative spiritual consequences as a result.

As far as software and computer development is concerned, where there is deliberate inaction that enables harm, where more could be done to protect others and this is consciously and deliberately overlooked, it is likely that lessons and debts will also be created.

With computers especially, I feel there are, in most if not all cases, opportunities to put right what is wrong. If it even needs to be said:

*Investment in protecting people from harm needs to be the utmost priority over profits and self-interest.*

In the case where malicious content or activity reaches many people, depending on the impact, I imagine the consequences can be enormous. As the saying goes...

*“With great power comes great responsibility”*

The Internet isn't faceless, despite what some may think, as no one can hide from God. God is within the Spirit of each and every one of us – witness to our every thought, action, and intention. Yet, people will judge themselves, creating their own lessons that they will need to learn, beyond what our current system of law and order could ever achieve.

Spiritually, and in an everyday sense as well of course, we learn from our past actions. God doesn't punish anyone. Like I say, we set up lessons for ourselves. God has nothing but unconditional love and compassion for each and every one of us, and He only wants the best for us.

We all have free will to live our lives as we would like, and free will is God's greatest gift to each and every one of us. But need it be said, sometimes it can be used for the wrong reasons.

It has to be acknowledged that the teachings of karma and its consequences aren't widely known or accepted by most people in this world, at least as I write this now, but we all have a conscience and can think things through.

Where conscience is lacking, or is seemingly non-existent, perhaps the life a person has lived and the wrong choices they have made throughout time has taken them far away from the idea or possibility that God even exists.

*When technology becomes something for transparency and positivity, the vulnerable and naïve can expect to be protected from online harm as every keystroke and mouse click is witnessed by our Creator.*

Eventually, all lessons and debts for everyone will be learned and repaid, *and everyone reaches Paradise*, although some people's journeys might be more difficult than others.

With love and kind thoughts,

Jason

# Climate change

This is so worrying for so many people – and justifiably so. My heart absolutely goes out to those, the world’s youth especially, who see that no future exists for them. There must be so much anxiety, feelings of hopelessness, even fear.

Some people deny climate change completely, which is absolutely their right to do, but climate change is a fact, and if you come from a scientific viewpoint, it is ridiculous to deny it. Then I wonder if the saying “ignorance is bliss” doesn’t have its merits, as ignorant as that itself might sound, as I explain my perspective in what follows.

I have a spiritual understanding that comes from a period of communion with God, when I became aware of the incredible and limitless potential that spirituality and spiritual energy has. I have utter confidence in what I write here, unshakably so, as I feel I know a good part of what the future holds, and where we are all ultimately heading.

Knowing what I know, if you were to appreciate my perspective as I affirm throughout this book, there is no need for any anxiety or fear regarding our ability as Humanity to survive our current climate crisis, acknowledging that it gets worse every year and every season, and that so many people are affected.

There are always ideas of how we could resolve, mitigate, or improve the climate change situation, whether through technological or political means, or within spiritual and religious communities, all of which forgive me for saying are likely to be completely unrealistic, even though I accept my writing here could be seen in the same light.

Still, here’s me throwing my hat in the ring, having a recognition that a purely spiritual solution exists, and having confidence in this recognition that comes from the experiences I have had, rather than simply thinking up a nice idea.

It is undeniable that so much effort has been made to save the situation and save the planet, with the Kyoto Protocol and the Paris Agreement being the major global achievements from what I understand, as well as annual conferences. How I look at things, and I know this isn't anything new, it's people's individual and localised efforts which can make the greatest impact, especially looking at things spiritually. The microcosm and the macrocosm, as I often like to say.

As well as this, there is so much activity around government, councils, and so on trying to find some way to deal with the climate crisis, and I can see where they are coming from and the sense of desperation that they all have. However, even though efforts and actions might be honourable, I feel in some cases it can go too far.

*Where ideology is the main motivation behind changes and policies, where commonsense is not considered, where others are upset or harmed for no good reason for the sake of blind ambition, it is no different to any deliberate action which affects others negatively, where lessons will accumulate.*

In my experience, if spirituality was given more credit, there is more potential to solving the climate crisis even if one person follows the cornerstone spiritual principle...

*“Change yourself from within and your outer world will change as well.”*

I was once a subscriber to a powerful United Nations affiliated climate change podcast series, where in one episode a respected Buddhist teacher was interviewed. She acknowledged her immediate concern with climate change, but also her faith and serenity in the prophecy that her Buddha would return at some time in the future, and that everything was going to be ok. I love that spiritual certainty, and it's something dare I say that I share as well.

With what I see as a positive future that is fast approaching, with everything I have experienced spiritually, just like the Buddhist teacher above, I know a spiritual solution exists.

In essence, forgive me for putting it rather bluntly, but nothing more needs to be done to prevent climate change, even if this seems like an entirely irresponsible or controversial statement to make.

Critically though, saying this, those individuals and groups who protect and care for our environment must be credited, and without the highlighting of this important global issue, without so much positive action having already been taken, the situation would surely be worse.

At the very least, climate change, as with a number of issues, reflects the need for a radical change and has highlighted the fragility of our precious planet, our species, and all life on Earth, with so much already having become extinct.

*“Human life is sure to be extinguished without an intervention which may well be a spiritual solution.”*

## Energy can change energy

Our climate was always destined to be affected by our choices and actions relating to global development – it was unavoidable. As far as fossil fuels and minerals are concerned, looking at things spiritually, it is entirely acceptable that these can be extracted to further Humanities progress, although how these resources are taken needs to be considered (I go into more detail in my earlier topic “Mother Earth”).

Evolution (physically, socially, and spiritually) has taken us on a path to where we are now, and it hasn’t been an accident or coincidence. Some would say it has been a path to destruction, but I would beg to differ.

Many aspects of this world that are currently out of balance will be healed and transformed, where what is negative will become positive, and that goes for our climate as well.

Only God knows *how* it will happen, I certainly have no idea! I'll leave that up to Him/Her, but They, as the Creator of the entire Universe and all life forms, has been waiting more than we could possibly appreciate for the opportunity to put what is wrong right. All that was needed was for everything to align.

There are other examples as well. Pollution and microplastics are two that I can think of. With the power of manifestation also comes the ability to cleanse, transform, and heal the environment. I am unsure how this power might be applied, but I have faith that it will, knowing what spirituality can ultimately do.

I don't have all the answers, very few in fact, but I have experienced and seen God's magic and utter brilliance in front of my very own eyes.

It can't be denied how incredibly devastating Humanity's actions have been with our utter disregard for our planet, being completely selfish and self-centred in so many ways. But I have more than just optimism, I have an unshakable knowing that a new world awaits, which has come from spiritual experience, and a number of spiritual experiences.

Otherworldly thinking to be sure, but nothing flaky about it I feel – even though it may seem completely out-of-touch. But when your world outlook changes when you have those experiences yourself, you realise nothing is impossible.

It may all seem impossible, or at the very least implausible, and like I say, none of this is until a global spiritual change actually happens. But as with genuine yogic traditions that go back millennia, it has been experienced by those who have attained a great spiritual

consciousness that spiritual energy can change every form of energy as we know it now.

*Spiritual energy can change atoms and molecules, anything physical, as spiritual energy underlies everything that exists.*

When taken to its ultimate potential, this means virtually anything is possible, everywhere, and for everyone. This is how genuine miracles happen. Why heal one person at a time when we can use the same principle, complimented with an unlimited source of energy, to heal the entire planet and all its inhabitants?

In all truthfulness, if any of this sounds plausible, and from what I know personally, it is more than just plausible, and there is no need to fear. Put away your concerns and trust in your Creator that loves you, who has all our best interests at heart. He doesn't want to see us all perish.

Know that God is going to give you a future so great your most optimistic dreams could not even come close to what it will truly be like. I've experienced how it feels. It is humbling, expansive, and ecstatic.

Imagine experiencing nothing but ecstasy and divine love, seeing nothing but the golden light of the Universe within you. Imagine the complete and total freedom knowing that choosing either to step left or step right is the same freedom that can take you to and from anywhere in the Universe.

You have more to look forward to than you could possibly imagine, and nothing or no one can stop the positive future that awaits us all.

Much love,

Jason

# Paradise

Consider me saying to you, “Tell me about your most wonderful dreams for the future, explain to me what you hope a Paradise, heaven, utopia, or a perfect world or existence might be like, and how you will feel when you are there”.

From my own experience, no matter what your response to me would be, no matter what your most optimistic dreams for the future are, in truth, they would not even come close to how blissful the feeling of Paradise is, how expansive it is, how utterly humbling and beautiful and powerful it is. I could try to explain further, but I wouldn’t be able to do it justice, and I certainly don’t know everything there is to know, very little in fact – but I can’t wait to learn more.

Words are extremely important, but they can only go so far, whereas feelings and communication from the heart go far beyond any words that might be written, spoken, or gestured.

That is not to say our world of language has little value, but I feel only a limited amount of what we communicate can match everything that is available emotionally and spiritually both now, and in the future. With new experiences, feelings, and even emotions, new descriptions and explanations are needed, and sometimes these can’t be put into words, and it is here where our heart which is our spiritual centre takes over.

Like I say, I have had some spiritual experiences which make me feel I have something to offer, perhaps what follows could be called predictions, whereas before my “Stargate” experience all the way back in 1998, I wouldn’t have even attempted to write this topic.

Once being a wishful dream shared by friends, after having that experience it all made sense to me. The understanding that a Paradise and new world exists is unshakable for me now, rather than just a nice and hopeful idea.

Maybe this topic is a way to consider something new – a new train of thought – something to open the mind a little. If this all seems too fanciful, like a children’s storybook, I don’t blame you!

I feel there are two distinct times, the time as I write this now, and a time in the future when a spiritual change is evident and is accepted as a reality by everyone. Feel free to gloss over or skip this topic entirely if it all seems utterly unbelievable. I won’t mind! As I’ve found my feelings and insights take shape over the years, and with what I have come to know about the future, I feel one day this might be worth coming back to.

Like I mentioned, the following pages would be best described as predictions, but then with all I have experienced spiritually, again, I genuinely believe that everything I have written in this topic is possible, plausible, and dare I say with a future that is illuminated spiritually, even reasonable.

If any of your own ideas and dreams for the future surface, or if you find yourself filling in the gaps, why not note them down, share them, and collaborate with others.

This is quite a long topic – so buckle yourself in...

I hope you enjoy what you read!

## A new world

Paradise is on a new physical world (or worlds). It may be difficult to comprehend, but the entire world, Universe, and everything that exists is free from any negativity, pain, and suffering. It will be as if the laws of nature and physics have been turned upside down.

A question may be asked, “Why can’t we all go to Paradise right now? Why do we have to wait?” The answer is that we would find no peace in Paradise without having first removed all of our own negativity. It would be a bit like putting a box into a circle – it just wouldn’t fit.

We would find no peace living in a place where everything around us was perfect, yet we knew we weren’t perfect ourselves. We would feel unworthy, alien. For this reason, we need to be free of all negativities before we can enjoy everything our new Paradise has to offer. Above all, no matter what, we are worthy to be there.

## Pure spirit

There are no limitations. You can be whatever you as a person wish to be. If you ever want to change the way you look, perhaps your hairstyle, clothing, any designs or colours on your skin, or anything else, your spiritual heart and the power of your energy will make sure things are just the way you would like them to be, for as long as you want them to be that way.

Freedom is greater than your mind can possibly imagine. It’s not just being free to do whatever you want to do, whenever you want to do it, with nothing to stop you from doing it, but as I have said, with an experience I have had, the bliss and ecstasy of having the choice as simple as whether you want to step left, or step right. Creation is infinite – and so are your choices. There are no constraints, and the world is your playground.

Even now, God and your innermost Spirit might present you with a vision or a dream of what your perfect look and appearance will be,

to give you encouragement and a solid appreciation of the future as it draws near. But saying that, you might not want much changed at all – you will be in control and you will be more powerful than you can possibly imagine.

This “glimpse of your form of the future” is something you will be able to hold on to, something sacred, a gift from God to you. You might even see someone else’s perfect form which you can share with them. At the same time, you will gain the maturity and true sight to recognise your absolute beauty right here, right now, as you are, no matter what you might think at the moment.

Everyone in Paradise is more beautiful than can possibly be imagined, and there is a divine radiance that is within everyone and everything.

The most important thing I can share here is that *you do not lose your personality or your individuality* when you are your perfect self. This is who you are, and this can never be taken away from you. Your negative aspects are simply not there anymore. Everyone is different in a beautiful way.

## Love and relationships

Only the purest, most sublime unconditional love – that’s what you will experience. The most caring, loving, intimate, and joyous relationships, with the partner that your heart truly wishes for, for as long as you both may want, even if that is for hundreds of years, thousands of years, or even longer.

Or continue your current relationship from our Earth here and now if you have one, and discover everything you haven’t yet had time to learn about each other, in the most positive way. Experience love, happiness, and gain all the time together that your hearts always wished for.

Everything works out brilliantly, and nothing ever goes wrong. And there is no sadness or feelings of loss when parting ways – nothing gets you down.

There are no children in Paradise, but there is no feeling of loss or yearning with this, either. No one is born, and no one dies... Everyone lives in perfection, being the perfect age, mature but full of fun and joy, living forever.

We will all have our own unique and powerful “energy signature” that is with us for eternity – a way we can further identify each other no matter where we might be. Even as things are now here on Earth, we may be able to “sense” someone we know, call it a feeling in the heart, without them even being around us. In Paradise this will be far more pronounced, where it will be second nature, ever-present, and unmistakable.

We will still have a first name (or names) – it could be what you have now, or something you’d like even more, even for a little bit of fun. And it can be something you can choose yourself. Family names, or surnames, won’t be needed – but then you are free to use those too! There are no rules or restraints in Paradise.

You won’t need time to know if you are compatible with someone, as there is an instant heart connection. Hence, there are no confusions or insecurities of the heart and mind. The love you will experience for each other will be unconditional, and you will never be let down, feel upset, be deceived, or be cheated on.

Your spiritual heart will speak in the most profound way, without words, and when spoken words are used, they will always be full of love, and utterly profound. Everything is positive and understood without confusion.

The thought that one day you will eventually “break up” with your partner doesn’t exist – it doesn’t enter your heart or mind. When it is time to part ways, there are no hard feelings, it is a genuinely

beautiful experience. And there is no fear or concern that you will never see a particular person again, they are only a thought away, and they can be by your side whenever you want them to be.

There are no goodbyes, and we are always there for each other. There are infinite new experiences and connections to be had, with nothing but love every step of the way.

We will live with each other in complete harmony, with nothing but acceptance and love for each other. There is no judgment, there is only joy, happiness, and beauty.

Fear doesn't exist in Paradise, and there is no pain. We are all eternal, and no one ever dies.

## Manifestation

Anything material that your heart desires can appear as you wish, anytime, anywhere, and in any situation you might like.

Have the most amazing dream home, more than one if you'd like, perfect for you, designed with your own energy, or to be crafted by God to be waiting for you when you first arrive in Paradise. It might be perched near a cliff's edge, under a waterfall, in a celestial city, somewhere within nature, on a beach, in any location your heart could imagine.

The new world is like a playground, a place of joy and limitless possibilities. And why can't a home or city simply hover in the air? Gravity is optional in the new world.

Have the same house you once lived in on Earth, an exact copy, a reminder of the past, a living and functional memory, something for nostalgia perhaps, just as you remember it. Why not every car you used to own as well? Or a personal library of all your books and media, past, present, and those you would like to enjoy in the future?

All of these will be a way to say, “These helped get me from pain to perfection.” And they are there whenever it suits you, just for fun, or to study and learn, for as long as you want, never decaying or needing maintenance.

Creating anything “out of thin air” that you would like to eat or drink that’s in this world right here right now, another way never to forget the joys of the past, or something incredible to taste from the future, never putting on weight or getting too thin, always keeping your perfect body shape and appearance, whatever you might like that to be.

Nothing needs to be hunted and killed for food, in fact pain and death don’t exist. Putting it simply, like I say, we will wish for something, and it will be there for us to enjoy. There is no need to work, no chores to do, and we don’t have to anything we don’t want to do.

We will never get bored, and we will never get tired. We won’t even need to sleep, perhaps a moment to catch your breath after having all the fun in the world, but bliss, happiness, love, joy, and everything that’s positive never goes away.

Your all-positive energy along with the power of manifestation is what makes Paradise what you want it to be, and more, and *everyone* has the same limitless creative ability.

## Travel

Turn into a ball of light, and enjoy the freedom that comes with that. Perhaps you’d like a more sedate or classical approach? Travel in the coolest spacecraft, or get around on your hover-bike, or be like Superman or Supergirl and fly around like a bird. Drive the car of your choice not only on the road, but in the sky as well – no petrol needed. Like I say, gravity is optional. You have absolute control of how you get around.

If you have (or once had) a particular car, bike, boat, skateboard, or anything for that matter, and you loved them, or you always wanted a Ferrari, a boat, the rarest motorcycle, whatever your dream might be, it will be there for you in Paradise – in the model and colour of your choice. In case you were wondering, you don't need to worry about accidents, and you can't be hurt or harmed.

All of these, and more, are God's gifts to you. Everything I have described here won't seem in any way unbelievable when you're there – it will all be second nature and feel completely natural to you.

## Senses

Everything tastes divine. As I mentioned earlier, eat as much as you want, as often as you want, purely for the sensation and satisfaction of the taste itself. But then you never feel hungry either. Everything smells divine. Everything feels divine, and I can't describe how incredible this feels. Everything sounds divine. Everyone can sing.

There is no pain, no suffering, no ageing like I say (you are the perfect age), no death, yet you are still in a physical body. All of your senses are enhanced beyond what you could possibly imagine.

Remember, as we are now, our physical bodies are simply made up of atoms and molecules, so everything can be changed, and when you have the power of the Universe within you, a completely positive creative force is available to you to use as you'd like.

## Gatherings

Go to the most incredible concerts. Choose music to play and have it heard around the entire world for everyone to enjoy. Be a legendary singer and learn every musical instrument imaginable – you have eternity to do it all. Millions of people at any one event. Planetary celebrations will be the norm. Or hold a party or gathering of your own choosing – something truly epic.

## Recreation

There is no need to play sport in a competitive way, in fact, the desire just doesn't exist. The thought of being competitive, to try and do better than another, will not be in your nature. All you'll want is the best for everybody.

And when gravity is optional and you have no limitations, well, doesn't that take the fun away anyway? You'll never feel you are missing out by not playing or watching sport.

There are plenty of things to do in Paradise, everything is fun, but there is also plenty of time, millions of years, eternity, just to relax and "chill out". You'll never get bored. Like I say, no one needs to work, and creativity and the power of manifestation reigns supreme. Everything your heart desires is just a wish away.

You can be anything you like, for as long as you like, and you can share it all with all of your incredible friends, and the friends that will enter your life.

## History

View, hear, and become involved with the archives and events of the past. Imagine watching your favourite movie or music video from the 80's and *feel like you are there*. View anything from past times, as well as what creative hearts and minds are creating all around your new world.

Look anywhere in the past, 500BC, 23AD, 1812, or whenever, in fact everything and everywhere that was once here on Earth, and feel as though you are part of it as it unfolds. Children of all ages are often fascinated with dinosaurs, I certainly was, so it will be possible look back on these times and understand and witness how these ancient beasts lived and roamed.

Historical events are played out as they happened, for they have all been recorded in the archives of all time, with everything seen in a positive light, from the perfect perspective. Negativity simply doesn't exist anymore.

When creation is limitless, it's not like there is a fifty yottabyte hard drive recording everything and it will eventually run out of space, everything is there for you to experience at a time of your choosing. In Paradise however, nothing is "recorded" anymore, there's no need. The work to reach Paradise has been done – it's time to have fun.

All forms of art throughout history from our time on Earth right now will be available in the "New Time". Choose any painting, design, artwork, sculpture, anything for your home or residence, it will be there, molecule for molecule as it was on Earth.

Consider this. You have millions of years, billions of years, in fact eternity ahead of you. When you put together all of your past lives on Earth, and earlier, these are but a grain of sand on an infinite beach, as far as time goes...

You can watch these past lives as they were before you reached Paradise, from birth to death if you want, without a moment missed. These "movies", our personal life stories, have *already* been captured and "directed" by God, and they will unfold from just the right angle, from the perfect perspective, allowing us to see the complete story.

See what shaped you, how your love and positivity affected others, what you learned, and how your journey to perfection unfolded. Share these journeys and insights when you are in Paradise on your own personal cosmic cinema. Invite around others who love you, but then saying that... *Everyone* loves you.

Learn about and enjoy other people's journeys as well, share in the joy and love with everyone, understand how other people's lives helped shape your own, what they thought of something you said or did, in every detail, in an entirely positive way.

Then there are those things you weren't even aware of which may have changed the course of your life. In other words, how God and others guided you "behind the scenes".

You will see just how He, your loved ones, and even complete strangers helped and supported you. Nothing is seen as negative – there is only joy and understanding from the most positive perspective. And of course there is a happy ending!

## Beauty

You will have the most perfect form, just as your heart has always hoped and wished for. And your heart, the deepest and most loving part of yourself, might know more about what you would like than you do yourself right now!

You and everyone are more beautiful than you could have ever dreamed of, and everyone and everything has a divine radiance. As things progress, as a time of spiritual awakening takes hold, this divine radiance will be visible in everyone and everything in this world *now*, before Paradise even arrives.

## Time

Time does not exist in Paradise, all that exists is "the moment". There is no need to wait for anything, as the concept of waiting is replaced with the bliss of knowing everything is perfect just the way it is. We will never need a "to do list" or have to worry about deadlines. No one needs to work, and there is no need for science, physics, or astronomy to explain the Universe either, as everything is self-evident.

## The physical body

The physical body we will have in Paradise is not the same as the physical body we now have on this Earth. Internally we will be very different. There will be no need for internal organs, "toilet breaks"

will be a thing of the past, sickness and decay don't exist, and we will never age. We won't even have blood. It's only the outer form which exists, yet we are just the same to touch, feel, and enjoy.

We will look the same as we do now as far as the typical human form is concerned. Two eyes, two legs, two ears, two arms, what's private, and everything in-between. Fit and ready for anything – we will never feel weak, tired, or exhausted.

No faults, no disabilities, and nothing to hold us back. As I have said, we will be how we have always wanted ourselves to look, for we are perfection embodied. Our bodies are forever renewed by the power of our own immortal Spirit – forever new. It is an incredible feeling.

Imagine experiencing physical sensations and pleasure in the most divine way. Touch, sight, sound, taste, and more, all free from any unease or anything ordinary. Who says you will need oxygen to breathe? You will be able to stay underwater for days.

Like I say, if you ever wanted something changed about yourself, for example how you look, your clothes, the makeup you're wearing, anything at all, simply wish for it and it will become a reality in seconds.

Adorn your body however you might like. Designs on your skin, more beautiful than what we know of as tattoos in this day and age, colours, jewellery, anything you can think of, and then start afresh with just a thought. Your body will be your canvas. You will feel truly ecstatic with who you are, and you will be happier than you can possibly imagine.

We can travel and exist as a ball of light – that's how we will be able to appear and interact if we want to. The body simply allows us to enjoy the physical world with all it has to offer in the way of our senses, and all the enjoyment that brings. We can switch between our body and this ball of light whenever we want – there are no limitations, and it will feel entirely natural.

## Communication

Languages become like “flavours”. Pick and choose the language you want to speak – but you will need to learn them! Education is still needed – we won’t instantly know everything, but we have eternity to learn anything and everything we want.

Teachers will be needed, and it will be a beautiful and exciting experience. We will learn from each other just as we do now. Imagine global teaching sessions, it will be thrilling. We will rejoice in everything that we achieve, just as we will rejoice in the accomplishments of everyone else as well.

Like I say, just like now, knowledge is learned and doesn’t just come to us from nowhere, but then our capacity for learning in Paradise is limitless. We would all be considered a genius, and probably more. Even craft a whole new language, written, spoken, or in some other way that I can’t even imagine.

There will be a common universal language, English, and a common universal spiritual language, te reo Māori. That being said, there is no need to feel you have to learn either of these, nor feel pressured to either, as there will be plenty of time in Paradise to achieve everything you can possibly dream of, including learning any language from anywhere in the world right now that you might find interesting or relevant.

With that, if you are inspired to learn either of these two “languages of Paradise”, that is an incredible thing, where the knowledge we gain now we will remember and take into the new world, in the most positive and beautiful way.

Even though spoken languages are always available, Spirit can speak without the need for words, and feelings from the heart will communicate in the most powerful way. Sometimes there are no words for a heartfelt moment, as happens even now, but the spiritual heart will say it perfectly.

Talk to anyone you wish, wherever they may be in the world, using telepathy and many of the spiritual gifts and abilities you will have at your fingertips.

The Internet will not exist, as everything is already interconnected. Computers and technology aren't needed either. Everything is available through the infinite resource that is the archives of all time, so every aspect of knowledge is free and forever ours, available whenever, wherever, and however we might like it. Like I say, even science becomes redundant.

## Wealth

You feel as though you own everything, in a purely spiritual way. Yet, you don't own a thing – it is a bit of a spiritual paradox. There is no need for money, as everything is yours forever with the power of manifestation, so everything is free. Greed is rife in our world right now, but in Paradise, greed and every other negative emotion no longer exist as everything is free and freely available.

## Life

All forms of life will exist alongside us, but some we have today will be redundant, such as creepy bugs and so on. Yet, everything in our new world is in perfect harmony.

Oceans will no longer have a salt content, as looking at things right now, from a spiritual perspective, salt is a crystal and for this reason it can store negative energy which can then be transformed into positive energy later. Of course that is not to disregard what science has observed in the here and now as far as a worldly perspective goes.

The oceans of the future will be completely pure and pristine, free from any contaminant, and perfect for any kind of recreational or other activity. They will be the perfect temperature for you as you'd like, and nothing needs to be done to keep the world's climate in balance. Stay underwater for days without needing to take a breath

and rejoice in the experience of being part of everything God has created for you. There may even be underwater cities!

Fairies, dolphins, elephants, and the dodo, as examples, all manner of new and extinct species will now be seen in their most perfect form, alive right in front of your eyes and to be close to, as well as all the creatures that never existed before. There is no longer any need for evolution. Don't be surprised if you even see a happy and playful dinosaur or two!

Evolution is replaced by manifestation and creation. Nothing negative happens, and there is no thought that anything will. A rare, beautiful, gentle, and devoted tiger, puppy, eagle, or unicorn might be your trusted friend and companion!

Nature will exist with such beauty that I can't even imagine, without any negativity or anything unwanted in any way whatsoever. Survival is replaced by eternal life, and nothing requires any effort. Life is simple, life is all about unconditional love, and life is ecstatic.

## The world

The night sky will appear as though it has been painted by a master painter's brush, with all manner of colours draped above the heavens of our future world. Nothing will decay. There will be no negative natural events – everything remains in perfect balance.

Our climate will be exactly as we wish it to be, with the weather how we want it to be at that moment. For example, we might want a hot and humid day (you will never get sunburnt), or just warm, or even cool or cold for a wonderful contrast.

There is no north pole, south pole, equator, or weather systems and atmospheric conditions as we know of them today. Climate exists in no ordered fashion, which is a wonderful thing...

Pockets of every kind of weather situation and environment are scattered throughout the globe, as the people who are there are wanting at the time. For example, some people might want it scorching hot, yet just a kilometre away it is snowing, and people are skiing and snowboarding. Walking between the two would surely be incredible.

Choose whether it is dusk, night, or day. Sunrises and sunsets will be beyond beautiful and something to truly behold, I just can't imagine. Rain or a gentle mist can come and go, not for the nourishment of the land or life, not because we will need the water to drink, but simply for the pleasure of feeling it drifting over us, to refresh us, and to enchant our senses. Just imagine the rainbows!

Countries will no longer exist, nor will there be any borders or boundaries, in fact politics and any kind of ideology are things of the past. There's no need for any technological satellites to be circling us in space, and there won't be a moon, as it will no longer serve a purpose – but there will be perfect balance as far as creation goes.

*The future will be a case of what we once thought impossible becoming reality.*

## The Earth replica

I started this topic by writing...

*Maybe this topic is a way to consider something new – a new train of thought – something to open the mind a little. If this all seems too fanciful, like a children's storybook, I don't blame you!*

With this in mind, even if it means coming back to this one day in the future, you may be prepared to suspend disbelief for a moment...

In Paradise there will be an exact replica of our planet Earth as we know it now. It will be a place to visit, enjoy, and reflect on our collective past whenever, and wherever we might like. In effect, it will be a living historical record, and also somewhere we can go to spend time, relax, and even to relive the days of old that we remembered with fun, love, and joy.

Unlike now, there will be no decay or negativity on this “Earth copy” in any way whatsoever, and nothing will ever go wrong. It will be the same as we know right now, unchanged in every respect, and it will be there for us, and everybody, for eternity.

This replica will be recognised as the place where God's dream became possible, where every member of Humanity was freed from all suffering, where we gave everything for our loving and benevolent Creator. This sacred planet will be known as “the place it all happened”, and will be known that way forever.

Although it will be in a state of disrepair in many ways, being a mirror of the Earth today, the Earth replica will be there as a way to reflect and remember each of our own personal stories, as we were when God led us home to our perfect future.

It may be difficult to consider, and it is in no way glossing over the purposeful destruction and suffering inflicted upon others, but this “Earth copy” will be experienced in an entirely positive way.

It is another way for us to enjoy nostalgia from the past, but also to absorb the power and truth of thousands of years of spiritual history and ascension, and how perfection gradually unfolded and culminated into the time we are in now.

It will be a critical “resource”, not just for those of us who lived on Earth, but for all of God's children that will be created in the future as well. Creation never ends, so people created *after* the shift to Paradise will start their lives by wondering, “How did it happen? How is life so perfect?” This will help answer their questions. They

will be astounded at just how much each and every one of us gave and sacrificed for God.

You may ask, how can an entire planet be “copied?” How is this even possible? It is a simple and straightforward act for God to create such a replica planet. He/She is the creator of the entire Universe, everything and everyone that ever existed, after all.

But most importantly, and truthfully, we, collectively as Humanity, under God's guidance, made creation, manifestation, and life free from negativity a reality. Now God can do whatever He needs to do, whenever and wherever He needs to do it. That means right here and right now, as He leads us all home.

## Finally

Not everyone will read this book, of course. In truth, Paradise isn't just for those who have a radio, television, or the Internet, or even the luxury of food and shelter. Paradise is for every single member of Humanity, from past to present.

With the millions of people suffering from famine, impacted by war and poverty, struggling to find water and food to survive, where their children are dead or dying of malnutrition and disease – they gain everything that is positive leaving all negativity and suffering behind, as I have tried to put my experiences across in this book.

*It's not just for a few. No one misses out.*

We are all equal in God's eyes. We are all God's children, that's every person that is living now, and every person who has ever lived throughout history.

Eventually, as we get closer to Paradise becoming evident, this world, this whole Universe, will be at peace. “Peace on Earth, Heaven on Earth”, as I heard spoken in my mind during one particularly powerful meditation. This includes the natural kingdom as a whole.

Follow your spiritual heart, as it may be said, where meditation and walking meditation are key tools in determining what is true guidance, and what is the mind going on a little journey in an entirely different direction.

It may be some time before everything comes into balance, but in the meantime, go about your business as you feel you need too, enjoy your life, and help your fellow woman, man, and child.

If you have the inclination, why not create your own book or social media post on the possibilities and probabilities of the future, as you feel it could be, sharing your dreams for the future?

One person told me they would love Paradise to be a fantasy world like in a computer game. Personally speaking, I don't see anything positive where gaming hour-upon-hour is concerned.

Board and card games etc. where the focus is on the real world is so much better and healthier in my opinion, especially looking at it where the focus should be more on the innermost part of ourselves, which has so much more to offer in this time of spiritual change than ever before – even when it's a simple case of someone playing a computer game on their own.

It was a great comment though, prompting me to update this book, an idea I never would have thought of myself, and I love new ideas! Rather than inspired through something like a computer game though, something peaceful and mystical like the movie The Hobbit for example, where the way I see it, why can't an entire planet role play in Paradise? In other words, creating a world within a world where everyone participates?

It is as easy as knowing the fun will be there, and it's all about fun and joy in paradise. A world working together is a world that can go anywhere.

There is forever to create anything you might like...

Take care,

Jason





WRITING





# Who created the stars?

A story for children by Jason Remfrey.

Feel free to illustrate.



Who created the stars?  
Who created Mars?  
Who created you?  
Who created me?

Who lives in every dog?  
Who lives in every frog?  
Who lives in every tree?  
Who helps us all to see?

God it is who does these things,  
God loves listening when you sing,  
God it is who loves you so,  
God it is who helps you grow.

God loves everyone,  
No matter what they've done,  
He sees you shining like the sun,  
You will have the greatest fun!

God has made a place for us,  
Full of joy and light and love,  
When it's time we'll all be there,  
With friends and family without a care.

God's great land is a place to stay,  
A place to play and play and play,  
With so much to see and much to do,  
A place for me, and a place for you!

Fly up high in the sky,  
Succeed in everything you try,  
Do what you want and love what you'll be,  
You won't need money because everything's free.

Your favourite things will be there too,  
And all your greatest dreams come true,  
You'll never cry another tear,  
There will be nothing ever left to fear.

Magical animals and lots of fairies,  
Unicorns and exciting stories,  
Parties which will never end,  
And gardens too that you can tend.

You won't have to wait much longer,  
For every moment it grows stronger,  
So when you go to sleep tonight,  
Dream of angels with wings of light.

You are an angel so remember now,  
God loves you like a beautiful flower,  
He loves you as His precious child,  
He loves you even when you're wild!

Bye-bye now, be good, be well,  
What great stories you'll have to tell,  
When you're there in God's great land,  
As He takes you by the hand.



# Ganeshpuri

In case you haven't come across my first book, "Fuel for the Mind and Soul", I collated seventy of my own original quotes and phrases from over a twenty-five year period. They all came about in their own unique way, but I couldn't help but write the inspiration behind this one in particular...

*"Serve others needs as though  
they are your own"*



It was India, 1993.

On a cool mid-morning in the Ganeshpuri ashram, two hours from Mumbai, the ashram sprawled across what must have once been an empty expanse, now immaculately tendered, full of lush greenery and beautiful flora within its boundaries.

With open marble temples, meditation caves, statues of saints of every religion winding up beautiful pathways, vast food halls, sacred locations with the previous guru's remains entombed and cared for with the greatest love and devotion, and the list goes on. Truly beautiful, a sacred place for so many, and for me as well. My eyes were opened to something special, and I knew I was fortunate to be there.

I sat in the marble floored courtyard with perhaps a hundred others, watching intently as the guru sat in her chair. Everyone's eyes were transfixed, absorbed with an awareness and reverence that came naturally for each person there, each in their own way.

I had no intention of going up to the guru to be blessed with her peacock feathers, a tradition that went back perhaps a hundred years or more, back to her own guru, Baba, and to his guru as well, Bhagawan, and even before then. I had already been “bopped” a day or two earlier.

This passing down of knowledge and power from the enlightened teacher to a reverent, devoted, and humble student is one example of a sacred and beautiful spiritual relationship that goes toward creating a “spiritual lineage”.

It's something that has taken place for centuries, foreign to most western appreciations, at least up until the early twentieth century when the great master Yogananda travelled to America, the first to bridge that continental divide, and B.K.S. Iyengar also brought his teachings to the west, and there are others too.

Mahatma Gandhi was also a respected spiritual figure of course, and he was tutored by Yogananda in spiritual ways as well. Forgive me for continuing on such esoteric subject matter! I love such things!

Beautiful communities sometimes sprang up around these genuinely enlightened people, those devoted to them supported them and took care of their needs, buildings and ashrams were built for them, and students might have stayed so they could absorb the teachings, and follow the spiritual discipline that was needed.

People recognised and felt what these “spiritual masters” had to offer, something beyond the ordinary, something tangible they could feel within them, without there being any doubt, where a positive change would then be the result. These spiritual teachers, genuine in their intent, were treated as living treasures.

So yes, in such cases, like with my guru then, it's more than just an illusion, or someone taking advantage, or fraud. I had found myself guided to someone genuine.

It's easy to be duped these days, and vigilance and having a healthy sense of scepticism are important qualities to have when starting off on any spiritual path.

There are so many spiritual figures, teachers, and leaders out there. It's not all about how many followers they have, or how well their books have sold. If the person hasn't healed themselves completely then their teachings will be off-the-mark, to whatever degree.

Where a spiritual teacher's development is lacking, acquiring a following may mean they take on board negativity, create spiritual debts for themselves, and have lessons to learn as well, to the extent of how many they have misled, and to what degree. In other words, they might think they have a lot of answers that they would like others to know, and they go out too early. It has been my experience that it is much better being the tortoise rather than the hare.

I love the quote...

*“When the student is ready, the teacher will appear”*

It certainly happened with me.

The way I see it, with all the negativity in the world, it's a blessing when we are guided to the right people at the right time, to get us to our next step towards enlightenment and happiness.

Sometimes something happens as well which is just what we need. A word, a look, time in nature to find peace, a coffee with a friend, however our heart guides us. You would have experienced this as well – it's everywhere – and it helps.

Even though we might not know we needed it when we did, or be able to see its merits at the time, being open to mysterious possibilities and reflecting on these when they happen will often, if not always, move us forward.

What is spirituality anyway? Love, fun, laughter, healing, empathy, compassion, enjoying life, contemplation, insight, seeing the positive in everything, helping others, and trying to do the right thing, to name a few.

Back to the ashram's courtyard...

Attentive in her presence, like I say, I was aware that I had already had that moment of being blessed by the peacock feathers. How much had those feathers seen? How many people had they graced? I don't know, perhaps it's a bit silly even wondering, the thought and question has only just crossed my mind as I write this now.

As I sat, it was time for me to take in and enjoy seeing other people's blessings taking place, to take in the spontaneity and joy of it all, to be part of everything that was happening from just a short distance away, aware intuitively it would be something I would never experience or ever witness in person again.

Yet, I waited for something, perhaps a non-material spiritual gift for myself, perhaps I would have a spiritual experience that I could call my own, yet maybe just being there was enough, and that there was no need to expect that I would receive any more. I was blessed already, that's how I felt.

Alert and attentive, my focus went back to what was happening in that setting... "Darshan", a Hindu word that translates as "the auspicious sight of a deity or holy person".

I had forgotten about my wish for something divine to happen for me, thank goodness, it would have only taken away from the whole experience. Instead, immersed and enjoying it all, I quietly and respectfully took in the scene, reliving the feeling of meeting the guru by seeing others experience it for themselves.

From what I recall photos were not allowed, and smartphones didn't exist in the early 90's, thank God!

Actually, with the non-existence of social media back then, I feel the benefits of that can't be overstated, it was a much simpler and less instantly connected world. Wonderfully so. Saying that, I am also aware of the incredible usefulness and importance of technology in this day and age, when used for the right reasons, of course. But yes, a simpler world can be a better world, in many ways.

I was absorbed in the comings and goings, people entering to sit down, to be brought forward and introduced to the guru by one of the monks, being introduced to her, others moving to the side having gained fulfilment as they needed it, it was all so fascinating and spontaneous.

*It's strange yet wonderful to me how an "empty space" in the mind can give room for something truly divine to enter.  
When there is no expectation, something beyond inspiration can take place...*

After perhaps half-an-hour of being lost in everything around me, what with the guru, the visitors, the blessings, the whole scene, within my mind in just one moment I received these words, with absolute clarity...

*“Serve others needs as though they are your own.”*

It was monumental for me, unmistakable, surely one of the most important reasons that I travelled 12,000 kilometres to India, not just to "hear" those nine words, but also to open me to new spiritual possibilities, and I knew that amongst all the beautiful experiences I was having while at the ashram, amongst all the blessings I had been receiving daily, I had been given a gift.

I will never forget that whole process, and I am taken back to that moment as I write this, as I was there and then, a recollection of that day, some simple words heard within the mind, nothing material, nothing I could hold in my hands or look at, but something I felt was

far more valuable. It was tangible, something I could take wherever I went, something that would never leave me.

I held on to this phrase, knowing it mustn't be forgotten, knowing that it *could* be forgotten, repeating it in my mind for however many minutes it was, and as soon as Darshan had finished I rushed to find a pen and paper so those words would never leave me. It seemed like it must either be a gift from the guru, or from within myself, or from the spiritual energy around me, and in the end I settled on my "innermost self" – the most positive part of myself.

It was something to try and live up to, and people at the ashram actually commented on just how much I was changing, which surprised me. That's what true spirituality and living with positive intentions does though. And often we're not even aware that we've changed until someone lets us know.

I had feedback of the same kind while working at my computer job as well... "I don't know what you're doing, but keep doing it" a co-worker said to me. That was so wonderful – both surprising and unexpected, and those are the sorts of things that stay with you for a lifetime.

I can see why people say they gain the most profound inspiration and insight from seemingly nowhere. Albert Einstein and Bono made the same observation. We all have those, of course, sacred and insightful moments, even though we might not see them as spiritual in any way at the time, and perhaps some aren't, but who is to say or know? The deepest part of ourselves knows, so it could be about tapping into that and getting our most meaningful answers that way.

Focusing on other people, being aware of their needs and feelings as much as my own, as those words were guiding me to do, I know for many it's second nature, but I often struggled with it, especially so back in my twenties, in fact I don't think I could do it at all! But in recent times, dare I say, it's been a little bit easier.

I am nowhere near enlightened – and I have more faults than most. As far as the world goes, well, I haven’t had a job in twenty years, my cooking and housekeeping skills are less than rudimentary, and friendships are rare – most people can’t handle me! Hopefully one day that will change. Too much time seeking the truth, my truth, where inspiration moved me as it needed, and being creative as well. I’ll put it down to that.

Even if there were people who *were* enlightened “golden dewdrops” out there somewhere in the world, there shouldn’t be anything for them to claim that they were, or for anyone to recognise that they were, that’s how I feel. Wearing flowing robes and sitting on golden chairs is so outdated, and full of ego, pride, and control.

It’s a much more positive thought, for me at least, that people can feel someone’s spiritual energy, and it comes across powerfully, which sparks some curiosity and interest naturally, without any effort or self-promotion, then God can work His magic from there.

Rather than having information forced upon a person, although it is easy to do sometimes, questions open doors, and conversations can flow. A good teacher and listener knows this intrinsically, and I must admit I’m not that good at it as things are now, but striving to do better.

Relating to this, to be a monk, priest, guru, swami, imam, pope, or whatever the religious title in life might be, where a person sets themselves up as higher than others and that everyone else is below them, that their way is the only way, significant spiritual lessons and karmic debts are often, if not always the result. It’s a slippery slope. We are all equal in God’s eyes.

I will always be grateful to my then guru, she introduced me to new spiritual concepts, and I had many wonderful spiritual experiences as well. There was so much mystery though – we all thought she was completely beyond fault, divine in every possible way, and all-

powerful. An illusion that was encouraged. We were all duped in that respect, and I have seen it elsewhere too.

Falling for the “bow to the guru” trap, as I did then, God barely got a mention, and when He *was* mentioned, it was all very awkward.

Feeling a lesser person when following someone who has apparently gained enlightenment or where they claim they are a spokesperson for the divine when they are anything but, this is what sets up lessons for the one in control when they do nothing to dispel the illusion of “high and low”, and where they have the mindset of “what I have attained you never will”.

When the curtain was finally pulled from my eyes it was the revelation of my life, and I cried healing tears for minutes as years of subservience and illusion was dissolved.

Thank God the opportunity for me to become a monk went nowhere – I had a job to go back to, after all, and it was never in my destiny anyway, so it was never going to happen.

But yes, why be stuck living in an ashram? Or find yourself reciting prayers and meditating forever? What do you get from that anyway? Are you *really* doing God’s work? I couldn’t think of anything worse, to be honest. Better to roam around free from constraints, if possible, enjoying all the good things the world has to offer, even just the simple things, letting your divinity shine through just by being yourself – and finding the inspiration, confidence, and trust to be where you need to be at just the right time, and above all to have fun!

The monastic lifestyle is so overrated anyway, I feel. There is a monastery just minutes from where I live, and the monks look just as unhappy as everyone else. I guess they’ve got it made, food, clothing, and accommodation sorted. But then I also wonder if they would lose their enlightenment with the stress and anxiety of walking through the mall on Boxing Day.

Everyday locations like a café, shopping centre, or market as examples can reveal the mysteries of the Universe, the profundity of the heart and mind, and provide stillness and serenity as well – all in the busiest of places.

*Being calm amongst chaos is an example of spiritual attainment.*

God works within us, and all around us in mysterious, synchronistic, and serendipitous ways, even though we may have no idea or appreciation of what is going on at the time. But then we have our intuition and inner direction to guide us and give us the understanding and insight that we might need, just when we need it most.

Thoughts come from emotions, not emotions coming from thoughts. From what I understand, that's not the commonly accepted theory, it might even be blasphemy to some! As emotions settle and heal, with the emotions being the greatest driving force and influence over everything else, the mind settles as well.

Thinking that calming the mind will calm emotions is a bit like pushing a tennis ball into water. The strength of the water, the emotions, will always be stronger than the ball, and will soon push the ball, the mind, to where it was before.

As long as there are unresolved issues, i.e. emotions that need healing, there will always be a clouded and unsettled mind. That is why trying to force the mind to be still during meditation will only have a temporary effect, and you'll be back to where you were before you started.

On this note, it seems that with most meditation methods and instructions that I have come across (acknowledging my limited knowledge of what is actually available in the world), stilling or quietening the mind is one of the first things a person is instructed to do, and frustration can be the result, discouraging someone who is

new to meditation, putting them off until their next brave attempt. It's not how I like to teach meditation myself, for what it's worth.

Just as we all have experiences that we remember and cherish, the perfect memories for the moment are waiting to be recalled when they are needed, out of the blue, which is often a mysterious and spontaneous process in itself.

For that month in India, I gained a collection of memories and spiritual highlights that I will always treasure, and I feel grateful to have had the opportunity to travel there.

Just as I received those nine words in that holy courtyard, inspirational thoughts that surface at just the right time will become more commonplace for all of us as we travel on our healing journey to enlightenment and beyond, and we will become more aware that we are being supported spiritually as well.

Treasured memories are with us for life, and if you subscribe to such ideas, beyond this lifetime as well.

This was my first quote, my first contemplation.



# Footprints in the sand

By Mary Stevenson.

**One night I dreamed** I was walking along the beach with the Lord.

Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand.

Sometimes there were two sets of footprints,  
other times there were one set of footprints.

This bothered me because I noticed  
that during the low periods of my life,  
when I was suffering from  
anguish, sorrow or defeat,  
I could see only one set of footprints.

So I said to the Lord,  
"You promised me Lord,  
that if I followed you,  
you would walk with me always.

But I have noticed that during  
the most trying periods of my life  
there have only been one  
set of footprints in the sand.

Why, when I needed you most,  
you have not been there for me?"

The Lord replied,  
"The times when you have  
seen only one set of footprints,  
is when I carried you."





## APPENDIX





# My story

Here's a far too exhaustive summary of some of my pivotal life moments, and some formative experiences as well, if you were at all curious.

## Background

To start things off, I was born in Palmerston North, New Zealand, on the 25<sup>th</sup> of January 1971.

My parents were born and raised in Guernsey, a small island that's part of the Channel Islands, located in the English Channel.

Dad's ambition to play top-tier football in England, for Portsmouth FC to be exact, was scuttled when the then amateur competition only paid perhaps £15 a week, which wouldn't have been enough to survive on financially. That worked out well though as my parents decided to emigrate to New Zealand in the 1960's to settle down. Along with my older brother, my older sister, and myself, we were a family of five.



Most of my family live in New Zealand, while I have other close relatives back in Guernsey, as well as Australia, Germany, England, and Scotland. We use online chat and social media posts to keep in touch, nothing unusual there of course.

I have been all the way to Guernsey three times, first with all five of us when I was six (Star Wars at the cinema was a highlight), sixteen just with mum and dad (and a badly sprained ankle), and twenty-one on my own for just a couple of days while on holiday in Europe with a couple of friends.

We lived in my birthplace of Palmerston North until I was five, and then we all moved to the Wellington region to a valley named Wainuiomata, where I went to my first school. Then dad started a new job, so we moved to Christchurch, and we lived there for three years.

Dad's work then took us back to the lower North Island again, for a couple of years, specifically Lower Hutt, then Christchurch again for a short amount of time, then returning to Lower Hutt for six years from the age of eleven, then moving to Upper Hutt in 1990.

## Education

I have a lasting memory of a school in Christchurch where for the eight months I was there I had absolutely no friends, and I was desperately lonely. Lunchtimes sitting by myself in the library drawing and passing time. Not a huge trauma to speak of, I guess, but I was only about nine, it was heart wrenching, and my heart goes out to any girl or boy of any age, even adults, who find themselves in that situation.

In Lower Hutt, part of the Wellington region, we lived in Kelson, a hill suburb, and I usually walked to school unless it was raining or unpleasant, or if I was just feeling lazy and I could get away with it. It was a 40-minute walk, and I struck up a couple of wonderful long-term friendships along the way which made school, and after school, much more enjoyable.

Coming home from Naenae Intermediate and then Naenae College was quite arduous going up the hill, especially on very hot days, but we were never in any great hurry anyway, and there was a dairy halfway up the hill to enjoy a treat or two if we had some money. At one stage a friend and I even spent time running up and down the hill just because we thought it would be a good idea, and it was definitely his idea, but that didn't last long.

Time in intermediate school was spent attending classes, looking forward to lunchbreaks where we would play tag-ball, sports in general, and when the fad was there, to see how many marbles we could win off each other. I was useless and lost mine in minutes, and decided to never play again.

My teacher in form two (year 8, 1983) was married to an All Black, although she had to leave halfway through the year to have a baby, who turned out to be the very talented New Zealand singer songwriter Brooke Fraser. Special moment!



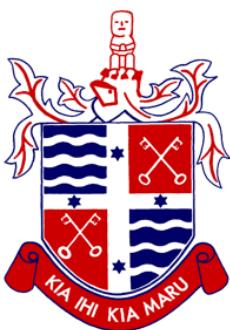
During my school years I was obsessed with drawing cartoons, from school projects to complete multi-page comics, which continued for four or five years, from intermediate into college. I drew scores of pages which I still have to this day, but I eventually let that go for an interest in computers. Shout out for the hug(s) and love I received at college! I drew one complete book of cartoons to fundraise for Telethon, and it made it onto TV!



I can honestly say there was some “divine intervention” happening as dad won a really great computer through his work for being New Zealand’s top vehicle salesperson for his company. It was such a special moment for me. Perhaps it could have been a gaming machine, but it was something far more useful, exciting, and engaging, and learning to code in BASIC and later Assembler (Machine code) became my new passion, coding my own games and so much more – before the Internet even existed.

It set me up for life to be honest, from there becoming pretty much obsessed with computers. All my friends had computers as well, mostly different makes and models to mine though, but that was a blessing as otherwise I would have wasted most of my time on nonsense, copying cassette tapes and playing games until 3am, and I would have got nothing constructive or creative done.

It was probably one of the reasons I wasn't as focused at college as I should have been, just scraping through most of my exams, as my mind was often occupied with the computer games and graphics I was designing. But at least it was something creative and intellectually stimulating I guess.



I studied the usual obligatory classes in forms three and four (i.e. Maths, English, Science etc.), and also Tech Drawing, and in the fifth form I began taking Computer Studies classes which I excelled at. I didn't get on that well with my Computer Studies teacher actually, it has to be said. I was good at my work, but he knew my ego was a bit inflated with me thinking I could help out my classmates just as well as he could.

I also took fifth form art, and I passed my fifth form School Certificate qualification with a little bit of room to spare, but then most did. In the sixth form (year 13), I failed to pass the Sixth Form Certificate, so naturally I was disappointed when I found out that even with my best efforts my results were pretty average. The exception was that I was second best in the school for Computer Studies. Ahh, those assembly hall exams and BBC Micro days...

I had various sporting interests during my college years. I won a tennis trophy at my club for the most improved junior, and I often played tennis with a friend or two during lunch breaks, bringing our tennis rackets from home, with inter-school and club competitions as well. Handball during lunchbreaks was a favourite. It was so simple I think that was why it was so appealing.

I was also part of the school badminton team and would sometimes be driven after school to various other schools and locations to compete, thanks to my wonderful maths teacher who was also our coach.

I think I managed one or two games of outdoor cricket, but then I couldn't see very well as I was so self-conscious I was terrified to wear my glasses. I still managed a six though! Staying overnight at a friend's house he told me to shut up because I couldn't stop talking about it – and thank goodness he did!

I enjoyed playing table tennis when I could, and I played backgammon and belonged to the school backgammon club which I enjoyed too. I still have that backgammon set even now, which I'd love to dust off and be inspired to play once again if I could find an opponent who could also give me a refresh of the rules.



I wasn't very athletic, and I wasn't that keen on contact sports either as I was always a bit chicken, afraid I would come out second-best and be squashed, so it's all probably just as well. Signing sporting equipment in and out on lunchbreaks happened occasionally. Ahh, the simple school days!

I wanted to leave school before I began the seventh form (year 14), as my heart wasn't in the whole "structured education" thing anymore. I applied to do a computer course at Wellington Polytechnic, and even though my exam results were 98% for year 13 computer studies, I wasn't accepted.

This was perfect, so perfect, as better things were to come, even though I have no idea to this day how someone who is second in the

school for computers, scoring 98%, could be rejected for a computer course.

I was told my maths and English wasn't good enough, and I imagine they had set criteria, but I prefer "divine intervention" as an explanation.... If I had been accepted it would have been an absolute nightmare!

## Work

In 1988 my father found a job vacancy notice asking for trainee computer operators for the Government Computer Service (as it was known then). I applied for the job, and along with several others was given an aptitude test to see if any of us would be suitable. The building was daunting, an absolute monolith.



I received a letter not long afterwards saying that they would keep me on file, which was disappointing, but there was nothing I could do about it.

I knew I would have to get a job otherwise return to school for the seventh form, and my father basically mandated that school was the only other option. Job or school, it was as simple as that.

I think it might have been dad again, he was (and still is looking down on me) a Godsend. He found a job vacancy from Westpac Bank looking for trainee bank-officers. I applied for the job, went for the interview, and was successful. It was in the big city, Wellington, on Lambton Quay, and at seventeen with train travel every day I took it all in my stride.

Initially, I found the days long and very tiring as I wasn't used to working full time, but the people were great and after a few weeks I was reassigned to the "ledgers" department and the job became more interesting. I got used to the hours, and I continued to learn – and I got paid!

I made some great friends, and occasionally a chocolate fish would be sent through the internal mail to say thanks for something, all good fun and everyone always seemed to be in good spirits – each of us young and full of the joys of life.

The social aspect was "interesting", good fun again, with cheap (and too many) drinks every Friday night, and a group of us even travelled up north to Whakapapa, a world class ski area, which I barely managed to survive after having a minor mishap or two, but it was such an incredibly memorable experience. I can sense the snow even now.

The whole time I worked at Westpac no one knew that I wore glasses. I was so self-conscious I never put them on, let alone take them to work with me. God only knows how I managed to get away with that! A miracle for sure.

My bad eyesight was identified when I was eleven, quite late in life I think, and as a result I never felt comfortable with the whole "four eyes" thing. I tried contact lenses when I was about nineteen, gee that's nine years of being completely self-conscious, but I discovered while I was at the optometrist that I had an eye condition which meant they weren't an option. It's a different story these days though, all those insecurities are gone, thankfully.



Eight months into the job at the bank I was thrilled to receive a letter from the Government Computer Service (GCS) asking if I would like to meet for an interview, as my scores from the aptitude test must have been quite good, and they had an opening.

After the interview I was offered a job as a Trainee Computer Operator, which I eagerly accepted. I was in heaven!

The period before a Trainee Computer Operator lost the “trainee” tag was twelve months, but my enthusiasm and interest in the job meant I completed my trainee period in just eight months, the first time that had been achieved. I used to take 300 page manuals home for something to read and then take notes as I went through page by page – I just loved the whole thing. I wanted to learn, and apply what I had learned. It would be fair to say that I amazed some people.



Eventually, thanks to a really good friend who “sang my praises”, I was approached by the programming team upstairs and asked if I would like to apply to become a Systems Programmer, as I showed such promise and enthusiasm.

I was excited, to say the least, and after a brief and very informal interview I landed the role and found myself upstairs as a Trainee Systems Programmer, with my own desk and computer screen which was wonderful! The operators who I used to work with were delighted with my promotion, not just for me, but now they had someone who could champion their cause and give priority to their needs.

The first year was training to use the systems and learning to code in the core language called ALGOL. The team around me were very supportive and my enthusiasm never waned. I created my first Unisys

“A-Series” computer software system called POX25 (Post Office X25) which would be used for many years.

After that first year, again I lost the “trainee” tag and became a fully-fledged Systems Programmer. A few years later GCS transitioned to be owned and operated by the American computer giant EDS, and my title changed to “Systems Engineer (Software Advanced)”. Very flash! Business cards too! Although I think I might have only given out five. I even wore a suit, although I’m not sure I looked that good in it, but it seemed like a good idea, and it made choosing what clothes to wear each and every day a lot easier.

The work was always interesting, I loved it. I achieved a great deal, and helped a lot of people. I even came second for the company’s employee of the year award thanks to being nominated by my operator friends.

I made some big mistakes though, but then everyone did – that was just the way it was. I stayed in that job until the middle of 1998, having to leave because of my mental illness flaring up (which I explain further on). It was the best job I could have ever hoped to have.

In 2001, I worked for Unisys (another American company) doing the same kind of work I had done at EDS, but I was a little out of my depth as it was a completely new area of expertise, one that I wasn’t that accustomed to. Being a contractor brought with it a number of new and important responsibilities as well, including looking after my own tax.

Because I had been out of the picture as far as the technology was concerned (I hadn’t been involved in those systems for three years), I was a bit rusty. However, I worked there for eight



months until my contract ended. It must be said that I didn't actually achieve that much! And even though I was very well paid, I didn't manage to save much either.

In 2005, I started working doing general duties at a printing firm (owned by my then brother-in-law). It was pretty much manual labour, driving from one place to the next, delivering heavy boxes etc, and running machinery. I'm glad I took the leap and did it though, but it was really just a stopgap until something more suitable came along, and eventually something did.

Later that year, I landed a job as a web designer for a small local Russian owned company and worked there for about six months. The job came about because of a work scheme run by the Ministry of Social Development to help people with disabilities get back into work. I have bipolar disorder and was genuinely grateful for the opportunity. For the most part, I have been on the benefit since I was twenty-eight.

It was perfect for me, and I learned some fascinating and very useful web design techniques such as PHP, MySQL and JavaScript, to name a few. Even though I was on the minimum wage, it was like paid training, something I would find beneficial in the years to come.

In 2008, I started my very own small-scale web design endeavour, gaining work through word-of-mouth and the occasional newspaper advertisement, where I am most grateful to a property developer I helped who gave me work opportunities for many years.

Web design has been an interest of mine since 1997, even though I would call myself more of an enthusiastic amateur these days, rather than a programmer, designer or entrepreneur. Now I just check my emails, tinker with social media, write and blog, do what I need to do, and enjoy being creative when the creative energy and inspiration is there, doing no coding whatsoever. I am appalled that Microsoft have chosen to discontinue Publisher!

## My experience of mental illness

At the age of twenty-three I suddenly left my well-paying job at GCS and travelled to the South Island, with no thought of how I would support myself afterwards. I felt as though I could “hurry up” my spiritual progress, but it certainly wasn’t altogether rational.



After I returned from my unplanned excursion, I felt utterly lost, and after contacting my then manager, hoping, I was able to get my job back. He was delighted actually. I didn’t realise it then, nor did anyone else, but this was a sign that not everything was how it should be in my life.

A year later when I was twenty-four I experienced mental illness for the first time, and went downhill rapidly, quickly going into a state of psychosis and what I would describe as “serious mental trauma”. I ended up in Wellington Hospital on the mental health ward where I needed to stay for three months, being diagnosed with a psycho-effective disorder.

I didn’t recognise the importance of medication thinking because of my spiritual interests it was a chemical that would be bad for my spiritual and physical purity, so I chose not to take it, with no-one being any the wiser. This was the reason I was in hospital for three months, even though thankfully everything worked out in the end.

My parents were incredible. They drove thirty minutes nearly every evening and on the weekends to see me. On one or two occasions I turned them away thinking I would give them some sort of terrible illness just by being around me, which was traumatic for me, and it would have been hard for them too of course. It was an indicator of my unwell mental state, being completely out-of-touch with reality.

It was awful. The whole situation was so incredibly difficult for everyone, as you might imagine.

After coming out of hospital I returned to work. I decided to start taking the medication, strangely enough for the first time ever, trying to do the right thing, but this only lasted one day as the side-effects were so awful I could barely function, with no chance of being able to work. The medication was totally wrong for me. I needed an alternative. Rather than talk this over with my psychiatrist, I chose instead to come off that medication completely, meaning once again I was on no medication whatsoever.

I was fine until 1998 until I became unwell again and chose to leave my job once more, and as a result I ended up back in hospital, this time at Hutt Hospital, suffering from delusional thoughts and having some very strange ideas.



In 1999, when I was twenty-eight, I experienced my first depressive episode where I often thought of taking my own life, and feeling worthless for much (if not all) of the time. I was like that for eight months. My psychiatrist was wonderful though, and she and my incredible mental health support team helped see me through.

Gradually I came right, but I was still refusing to take my medication even though everyone thought that I was. In 2001, I landed a job with a computer company in the city, Unisys, like I mentioned earlier. I was there for eight months and then became unwell again.

This time I experienced mania – a manic high. I was readmitted to hospital, and my diagnosis changed to bipolar disorder.

Between 2001 and 2003 I must have been admitted to hospital six or seven times, every time with mania or psychosis. On two occasions

I even disappeared from the ward and somehow ended up in Auckland, with some stories to tell from those episodes as well.

Let's just say I had everyone including the police looking for me, not that I had done anything terribly wrong, but I was a risk, nonetheless, more to myself than anyone else, and having the police trying to track you down is standard practice if anyone "gets away" while under the mental health act. I was even chaperoned twice on a plane from Auckland straight back to the mental health ward at Hutt Hospital.

I was still deceiving everyone and not taking my medication, but finally the doctors caught up with me. Realising I wasn't taking my medication they gave me an anti-psychotic injection, and for the first time in three years, I saw clearly.

It was like looking into a mirror, where I could see all my inappropriate, embarrassing, and out-of-control behaviour. It was a revelation. I can even now remember the exact moment that "reality" took hold for me. Since 2003 I have had three other admissions, one of these for not taking my medication, going against everyone's advice, the choice to do so being rooted in delusion for a reason I can't even remember.

In 2010, I had the good fortune to listen to an audio podcast where I realised that for the seven years since 2003 when I first started on my anti-psychotic injection (550 "jabs" administered so far and counting), there was a good chance I may have been clinically depressed. I talked to my psychiatrist, and she recommended that I try an anti-depressant, and this helped greatly. Even though I still had my "ups and downs", I was much more settled than I was before.

It is difficult, and it has been traumatic at times, but I wouldn't want to change anything that has happened to me. If someone was to say, "I can take it all away Jason as if it never happened", I would say in return in no uncertain terms, "No thanks, everything that happened was perfect for me, and I wouldn't want to change a thing. I have

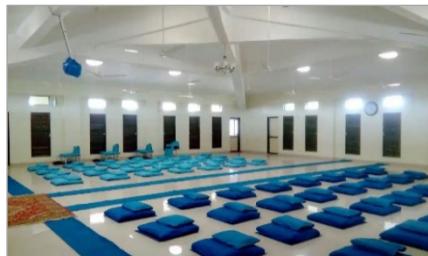
learned so much, and I'm a better person now than I could have ever been without it.”

I have seen a different side of life that I feel fortunate to have experienced. It has taught me a lot about compassion, tolerance and understanding, and of course I'm not alone in feeling this way.

## My interest in spirituality

I have been interested in “all things spiritual” since I was twenty-one, when I became involved in an eastern-style meditation group in 1992 through a friend. I was captivated by the stories of Indian saints and so on, the mysterious powers they had, and a whole new world of wonder opened up for me.

As I wrote in my story “Ganeshpuri” earlier, I even travelled to India to meet the leader of this eastern spiritual group, the guru, and spent a month there in the ashram. It was an unforgettable experience.



In 1994, I moved away from this yoga-based teaching partly because I had grown out of the whole “bow to the guru” philosophy, but also because my life and spiritual situation had changed, and a new spiritual opportunity presented itself...

Between 1994 and 2001 I followed a different teaching, which could easily be considered extremely unusual, but it was perfect for me at the time. There were times during these years when my inner life was extremely difficult, as I was learned, grew, and unfolded spiritually. It was challenging on a spiritual level, and I struggled at times, but it would all be all worth it.

In 1998, I had one of my most powerful spiritual experiences where I experienced a new way of looking at things, communed with God

and understood His nature, and I discovered some of what lay ahead in the future. Basically, it was a short amount of time being in a high state of consciousness.

In 2005, I began to travel my own spiritual path without any sort of formal teaching or spiritual support whatsoever. During this time, I had many profound and beautiful experiences which kept me moving forward, and I gained more confidence and felt happier knowing I was gaining an inner strength, and that God was in my life in a noticeable way.

## Exercise

For the most part I've never really made any concerted or deliberate effort to exercise, to my detriment I imagine. The closest I got to really trying to improve my fitness was when I belonged to a gym, which may have been for about a year.

Getting up at 5:30am to do my reps and use the equipment before I went to work was a challenge at times, but I enjoyed it for the most part, although I struggled to stay motivated towards the end. Paying the full subscription cost for what became infrequent visits didn't work that well for me either. I did feel better for it though, although I wasn't too inspired by the weights as I loved the idea of not being "out of puff" much more.

Sitting behind a desk for a job and not having too much time to spare meant I never really got to put the fitness I gained into practice, but I've seen people really enjoy their gym sessions, which makes me wonder if I should have persisted a little longer.

If you exercise or keep active yourself, you will know what works for you, and I have what works for me, but regardless I enjoy getting out in the fresh air when I can, which is something I think most of us have in common.

I found myself doing lot of walking in the late 90's and early 2000's, which I really didn't think too much about, I just did it. I felt like every day was an adventure, I just wanted to get out and about, do things that inspired me, have experiences, and see where life guided me. It was a very spiritual time for me, and feeling like I was connected to something greater than myself was a real motivation.

From 2004 my mental health went downhill significantly, so I didn't do much walking at all, although I'm sure it would have helped if I had made the effort. My mental health support team tried to get me motivated, but I found it all too difficult.



Part of that time I was suffering from clinical depression, which would have been the main contributing factor towards my lack of enthusiasm I think. During those years while I stayed at home most of the time, the world moved on.

I put on weight too. In the end, around 2010, I made a concerted effort and lost about 17kg. Some people remarked how much better I looked for it, and I felt ten times better for it too. I still wasn't making any concerted effort to exercise though, but I was walking without thinking about it as part of everyday life, which was positive, but choosing to use the car everywhere I could.

So yes, a couch potato, that was me for so many years. It changed around 2016 when I found myself motivated to explore more of the region by train just like the good old days of the 2000's. I loved it, and still do, and walking and public transport became a "thing" for me again.

In the end, from struggling to walk around the block, with some foresight and preparation as well as my regular 8km circuits I like to

think I can manage 10-20km's in a single day at the cricket, and all around Wellington's CBD as well to make the most of the outing.

I may not be an Olympian, but I'm doing better than I used to, and on top of that, daily walks with my 85-year-old mother which she absolutely loves is wonderful to be able to do, knowing just how beneficial it is for her especially.

From what I have heard, walking is the best form of exercise, and that there is so much to be gained, and I wouldn't argue. I find it quite meditative too, a chance to clear and refresh my mind, and new ideas arise from seemingly nowhere on occasions as well, even some relating to this book.

Considering I'm fifty-four as I write this now, that and the fact that I wasn't overly active in my earlier years, these might be the two main reasons why walking suits me so well. Saying that, I know I could do something more intense if it wasn't for a slight niggle.

Having had another health issue for six months where I wasn't able to do much walking at all, walking for the most part isn't something I take for granted as much as I might have in the past. The treatment I received was another example of where the healthcare service, my GP, and the nursing team worked wonders to get me up-and-going again.

## Finally

Why not write down your own life's highlights and moments of change that helped shape you as a person and share these to inspire others? Only as you feel comfortable of course, and as you feel inspired within yourself to do.

Your story is as important as anyone else's, and mine is no more important than yours.

Thank you for listening,

Jason

# This book

In 2011, I began writing down my thoughts, feelings, and experiences relating to spirituality.

This covered many of the insights and understandings that I had gained throughout my spiritual journey, as well as what I had learned and understood while in communion with Spirit.

This writing evolved over eight years until 2018 when I then put it aside, with no plans to look at it again.

In 2024 I self-published my first book, “Fuel for the Mind and Soul”, a project twenty years in the making. It is free, and can be printed commercially by anyone, and you are welcome to use the download link on the social media page (see later) if you would like a copy.

In 2025, after some interest from others, and what seemed like a natural progression, I moved, refreshed, and expanded upon much of the 2011 writing into this book you are reading now.

I have loved writing this book, and now I can say it is done. My first priority was to share it with others to gain some initial feedback, then to revise it thoroughly over many months to apply any changes that were needed, and finally, to submit it to the National Library of New Zealand. I am delighted to say that these have all been achieved. This book is free to download or print, for anyone who might like a copy.

With thanks and gratitude,

Jason





# Thank you

I hope you have found this book interesting, thought-provoking, and enjoyable to read too. Even somewhat controversial at times? I love that! I imagine there have been plenty of new ideas to consider along the way, and just the fact I have been able to share this with you – that you would listen to my words – I feel honoured.

Like I say, all I have are my experiences. Finding words to convey those experiences, well, I have a long way to go, but then there is a common language that communicates from within each and every one of our spiritual hearts. That is what I have experienced.

These are my words, but my words are no more valuable than yours, and that goes for what you write, say, or gesture. We can learn something from anyone, in any situation, and if our attention is drawn magically in just the right way, at just the right time, it might be a moment that changes our perspective forever.

Knowing that you have read this book, or even part of it, if a topic or two has struck a chord, if there is something you can relate to, even if there's something you can take away from this and say, "I hadn't looked at it that way before", that is the greatest acknowledgment that I could receive.

Saying that, I have no expectations, and if this book never leaves the bottom shelf, or never gets to any shelf at all, that's ok by me, I've had fun and have loved the process.

We are all students of the University of Life, and collectively we will learn from each other, unite in heart and mind, and move to a place greater than any of our most optimistic dreams can imagine, where the future is nothing but positive, and our pain and suffering is left behind forever.

Jase

# Social media

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<b>Audiobook:</b>	<a href="http://www.audiobook.kiwi">www.audiobook.kiwi</a>
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<b>YouTube:</b>	<a href="http://www.youtube.com/jasonremfrey">www.youtube.com/jasonremfrey</a>
<b>Meditations to try:</b>	<a href="http://www.jasonremfrey.com/meditations-to-try">www.jasonremfrey.com/meditations-to-try</a>
<b>My 80's Cartoons:</b>	<a href="http://www.flickr.com/photos/jasonremfrey">www.flickr.com/photos/jasonremfrey</a>

## Downloads

**Fuel for the Mind and Soul**, and  
**Foundations for the Spiritually Inclined** (this book):

[www.linktr.ee/jasonremfrey](http://www.linktr.ee/jasonremfrey)

## Down syndrome links

**Down syndrome official website (New Zealand):**

[www.nzdsa.org.nz](http://www.nzdsa.org.nz)

**Down syndrome official website (United Kingdom):**

[www.downsyndromeuk.co.uk](http://www.downsyndromeuk.co.uk)  
[www.downsyndromeuk.co.uk/resources/](http://www.downsyndromeuk.co.uk/resources/)

**Recommended reading:**

The parent's guide to Down syndrome.  
By: Jen Jacob, Mardra Sikora  
ISBN 9781440592904. 255 pages



# A SPECIAL MENTION

Gemma, for her boundless enthusiasm and positivity



My dearest cousin Annette



Alissa, for her expert writing tips, and the founder of Fuel Box – my place for inspiration



[www.linktr.ee/foufb](http://www.linktr.ee/foufb)





Essentially, what's in this book doesn't matter. I don't know anything other than what I have experienced. Putting experiences into words is often easier said than done, and you will have your own experiences, and more, to offer with love.

What matters is that you matter, and if what you read here compliments or adds to your own life story, beliefs, or understandings, that's all that I could ask for.

Aimed at anyone with a spiritual interest, or those just curious to explore what a different view of spirituality might be, or to simply pick this up and flick to a page. I would be honoured with any of the above.

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