

# FOUNDATIONS

for the Spiritually Inclined



by Jason Remfrey



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# WITH LOVE AND THANKS TO

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

~

Everyone in this beautiful country Aotearoa  
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and footsteps with a casual word, look, or action, which  
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giving me everything that I needed to  
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~

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synchronistic meetups, and the divinely inspired  
and blissful spiritual chats.

~

Friends, those I know, and those I have known through  
life who have helped me on my journey, and those  
who saw the value in what I did.

~

And, of course, to you, the reader,  
I am honoured that you would take the time  
to read or listen to what I have written.





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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 deity, 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 too.

This project has been an incredibly positive, creative, and enjoyable process for me, and I have the feeling that if the opportunity, free time, and interest is there, I will always be creating something.

I can't achieve anything meaningful spiritually without some sort of divine help, that's for sure, but with that, dare I say I have the will, inspiration, enthusiasm, and the recognition within me that this book has been worth writing, and that it has its place alongside what everyone else's creative efforts have achieved and accomplished throughout this 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, peaceful, and transformative 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 and what I feel the future holds for all of us 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 both in a worldly and spiritual sense, but I can say from everything that I

know that I've gone a long way, if not all the way towards repaying each one of my spiritual debts, and I like to think I have learned from each and every situation as well, although it hasn't always been easy.

That's not to say I won't continue to make mistakes as time goes on, it's highly likely that I will, 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, or believe in their messiah, prophet, or whatever the case may be.

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.

I accept though as I write this now that in some parts of the world there is extreme hardship, even violence that affects entire populations, and it is difficult to see how “handling life’s ups and downs with more ease” using spirituality can even be a possibility, and I totally get that.

I don't have an answer to everything, if much at all, but I like to think that those in the world who *are* more fortunate, where they have the freedom within society to heal themselves spiritually, can help those less fortunate, especially in esoteric and unseen ways. In fact, that is my experience, where a spiritual principle of “change yourself first then everything else will change for the better” has now become manifest, and is everywhere around this world.

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, the transcript of which I have included towards the end of this book. I feel fortunate to have these experiences to call upon, to express them as best I can, just as will 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 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 brief, 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 eventually 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.

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. Questioning a spiritual teaching or religious movement where there is a self-appointed leader or guru should be strongly encouraged as well, before anyone becomes too involved.

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 and thus turned away from the idea of a Creator, these individuals will have to reflect upon their actions in the future and learn the lessons that they would have set up 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 cast judgement on what anyone else's understanding or conclusion might be, even what is or isn't valid – I only know what I know, and what I have experienced, however limited my experience of life has been.

## 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 our own faults and limitations onto Him.

This falsehood is often written in text and scriptures, and has been spread around the world as an unquestionable religious truth, handed down century after century, 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, error of judgement, or moment of blasphemy.

God shouldn’t be feared. God dismays 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 these beliefs. It is all so unnecessary.

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

It is a process of transformation, where each of us as individuals gains a totally positive consciousness and spiritually mature inner reality. It doesn't matter how old a person may be, or anything about them, everyone is included. Each of us will be affected differently, and amongst other things, we will end up living 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 outdoes a planned meeting on most occasions, I feel. And a happy and loving heart always outshines a holy book, tarot reading, and crystal ball!

In time, everybody will experience the mysterious serendipity and synchronicity of life, gaining peace, true happiness, healing, and everything that's positive, something I know will happen for

everyone, this being what I have learned from my own spiritual experiences. I do recognise though, that in many parts of the world, freedom is but a distant dream, and up to now, there has been little or no possibility of anything really changing, and with so much pain and suffering in this world, hopelessness is a common feeling.

No one has any real answers, at least any which seem plausible, and I certainly don't claim to have all the answers myself – but as I say, I have my experiences where I am aware with absolute certainty that a positive future awaits all of us.

I feel blessed for my life following the path that it has. 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 was that a great healing was taking place, and at a very deep level 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.

Those inner discoveries have continued for me, and just recently 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, as some sort of mystery, 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, mired in illusion and controlled from the day I was born.

Even in New Zealand, as I write this, there are well known religious organisations which obvious to everyone indoctrinate and control their followers, and there will be many groups and sects 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 shine a light on such situations, so that those in control will change their ways. And of course this indoctrination and control is everywhere in this world.

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 perhaps even spiritual insights of how this world will find peace and happiness, and with a bit of divine energy to get things moving, this world *will* change, and 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 Father/Mother, who feels nothing but the most 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 within our innermost Spirit.

God sets up ways so we can learn too, when, where, and how that needs to happen, providing us with the motivation we need so we can make real and lasting changes in our life, empowering us and giving us things to work on, and with that, as we make the changes we need to make, we can only feel a real sense of accomplishment.

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” by Mary Stevenson.

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 all getting through. He listens to everything you have to say, He listens with nothing but unconditional love, and He will never judge you or be offended by anything you say to Him.

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 all 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 unbelievable 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 everyone, and what is waiting for you. I call it Paradise throughout this book, which is to say perfection, and nothing less.

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 enough 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 you, and every person who lives now, or has ever lived.*

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 spiritual 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 yourself. 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, and other experiences can beggar belief, all drug free and unaided, unable (from all that I have experienced) to be measured using scientific methods.

Artists, singers, songwriters and musicians, those who dance and express themselves in the way of movement, improvisers, 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 as you are reading this now.

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, even though I wasn't that good, and I imagine being part of any creatively focused group, no matter what it is, can be a lot of fun!

Then being creative while on your own – you would have experienced creativity in that way as well. 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, and in my case 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 heal, repay, 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 our wrongdoings or experience the consequences of those wrongdoings, and we become fulfilled and happier people with far less effort on our part, far sooner than what we 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

nature 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 spiritual capacity.

There are other mental health disorders as well, of course, but this topic is really only relevant to and focused on the more severe and acute, such as schizophrenia, bipolar, and clinical depression.

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 was – 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. The brotherhood and sisterhood of Humanity, perhaps it could be said.

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. Saying that, I'm far from perfect, with more faults and flaws than I could possibly begin to mention!

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, and have the ability to interact and be part of society once more.

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 spiritually 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. In fact, this is likely to be the case.

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.

## 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 few others, 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, with the help of many others, 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 so much good to happen, for so much to be transformed, 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”.

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.

Even chatting with friends around the table at home, at an event, perhaps a discussion over a zero-alcohol drink at the pub, at a café, bumping into someone on the street, like I say, we are all interconnected spiritually, and that means your conversations might well be touching the hearts and illuminating the minds of people half a world away, as you solve problems and highlight issues even though it might seem unbelievable and unrealistic that you can do anything about those situations at all. If you think it is all too far-fetched and simply some fairytale, think again.

Writing this book, I'm not here to change anyone's mind. I would be genuinely grateful, thrilled in fact, if anyone would be interested in even reading the introduction! 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 this same thing for millennia. I heard it just metres from me by a politician when they said, "The only way the world can change is through politics". I feel that couldn't be further from the truth, and quite frankly, no disrespect intended, but that offers no hope whatsoever given everything I've seen.

It's been said that politicians should work together for the common good and put their egos and differences aside. That's something we could all do with now, something the world could do with now, more than ever.

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 will set up spiritual lessons for the so-called practitioner to learn from as well, where direction and guidance is given that is incorrect or short-sighted, where it is accepted and followed with little or no thought of the consequences. The reference to "God" is usually avoided as well, after all, it is often convenient to not consider that one's actions are subject to the scrutiny of a higher power.

But then there are those who are genuinely talented spiritually, who have a real gift, who are unshakably confident yet humble in their abilities, who appreciate that there can be consequences spiritually when there is ego and the motivations are selfish, 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 literally to the other side of the world 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 thinking that a person only gets one chance at life, and either succeeds or fails, makes no sense at all when looking at it through the lens of correct spirituality. Thinking that way would mean some people were 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’s lives for the most part so much easier than what others may experience? Is it all just a person’s environment, upbringing, genetics, and luck?”

I’m sure you would have heard the word “reincarnation” mentioned somewhere, and the term “past lives” as well, and you will have your thoughts, feelings, views, beliefs, or non-beliefs 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, if you are at all interested, 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 negative or something positive. A meditation routine and moving meditation (see later) can help determine if there is something that might need our attention spiritually.

It has to be said too that it's all too easy and it's done too often to brush off what takes place as "God's will", especially as sometimes happens within religious and spiritual circles, where in essence this becomes a way to avoid personal responsibility and accountability.

Everyone has freedom of choice, while at the same time we are supported and guided by God throughout our lives, where our choices and actions go towards determining what our future might be like, with what we might need to learn, and what we might be able to enjoy, with the aim being to achieve balance, happiness, and healing, especially looking at it spiritually.

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 pre-existing life threatening environment such as a war-torn location or an arid landscape, but again, this might be (or likely will be) something that goes back to the life or lives they lived before this one, as heartless as that might sound.

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 ultimately a positive progression, especially looking from a spiritual perspective when the bigger picture is considered.

One idea of reincarnation that I learned about years ago, something that is widely accepted within some spiritual circles, 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 common sense 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, yet, I have experienced that life exists elsewhere in the Universe in countless varieties of forms. I've seen it in visions, and I also recognise spiritually, therefore what I see as logically, that we, as Humanity, are the only living entities throughout this entire Universe that have an ultimate consciousness. The topic "The fall from grace" (see later) explores this further.

But yes, 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 spiritual transforms the physical, in mysterious and beautiful ways, where the world and life itself has been "managed" and

influenced ever so subtly by God over millions of years to become what's needed, perhaps "tweaking" a gene, or somehow "helping along" DNA, or something that I wouldn't know. Perhaps it could be called "divine intervention", with a term that could also be used that I quite like being "creative evolution". It's not that I'm rejecting Darwinism, quite the contrary, 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 each other's burdens, and make room for something positive, to help bring us balance.

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. It's as though we are a thread of gold which has travelled unbroken through time and all our lives.

As we grow we may have glimpses and gain insights of our previous life or lives, and this awareness is most powerful and profound when we recognise and confirm this within ourselves in a spiritual sense, in a heartfelt way.

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, it is us, with God of course, along with many of our friends and those close to us spiritually as well, who are all involved in planning important events and our “spiritual life path” for our upcoming life.

This includes meeting people that we were always destined to meet who will influence and help shape our lives, setting up new experiences, resolving and healing spiritual debts, and learning the ways that spiritual lessons might play out in our life that will really help us.

There is very much a sense of ownership, with no feeling that we are being punished, or pushed into anything we don’t want to do. There is nothing but love where preparing for our next life on Earth is concerned.

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 a bit out-of-scope of this topic, where we have all had lessons and “time lived” even before our first life here on Earth.

Through a meditation routine (which I cover later in the topic “Learn to meditate”), we can begin to understand our journey from past times to present, and begin to understand what has shaped us from a more holistic and spiritual perspective, gaining insights to help us further understand how we became who we are today.

During what I refer to as the “moving meditation” (which I also cover later), these insights can also be gained during everyday life at just the right moment, in the right situation and setting, where everything aligns so that we can fully appreciate and enjoy the inner discoveries that we make.

We may have feelings or receive visions and intuitive knowledge which makes us begin to question who we truly are, or who we were before our life now, opening ourselves up to greater possibilities, or we may experience a quirky event or two that makes us think laterally, or in different ways.

With all of this, it's easy to have all sorts of ideas about what our past lives may have been, but be wary when listening to others. Like I say, it's often best to use a meditation routine or moving meditation to really get to the bottom of if we are simply imagining something, or if we have found a gem we can cherish, learn from, and reflect upon.

If our spiritual heart and God wants us to know something, it will be an undeniable and unmistakable feeling and experience. At the same time, it might not be important, relevant, or the right time for your spiritual journey to know what your past lives were, or if you even had any. Above all, have no expectations, and if it happens, it happens.

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 guiding 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 now.

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 a completely positive future that is fast approaching, 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 where God's ultimate plan has come to fruition. It is a perfect physical world or worlds, a place for everyone, where everyone is happy, there is no pain or suffering, and nothing ever goes wrong.

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.

We don't have a physical body in the spiritual realms either, we have a spiritual body instead. We can see and look at each other, hear and listen to everyone and everything around us, even appreciate and sense touch and sensations, but none of these to the extent or richness that we can do here on Earth. In other words, we can talk to each other, enjoy each other's company, and do what we need to do.

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 that 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 here on our Earth that helps and heals a person spiritually.

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 would be perfect to help bring about a positive change, often 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 be welcomed 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.

Outside of anything that is really that spiritual, 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 they would like to be treated themselves”*

Expanding upon that simple but powerful guide to life, looking at it much more spiritually than just in everyday terms, we can also say that if we do something positive or benevolent towards another, then at some time in the future something positive will return for us to experience, for us to benefit from.

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 cleared, although invariably it won't be the exact same thing.

Most importantly, we can only learn from our past mistakes, and we become wiser, gain more empathy, and become more forgiving because of it. These are what spiritual lessons are – they are provided

for us with love, compassion, and understanding, and they are a powerful way for us to grow, and to become better people.

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.

A meditation routine (see later) is a powerful tool that allows a process of healing and resolving our spiritual debts to happen in a safe and controlled way, and from there we can take responsibility for our lives and learn our lessons without experiencing anything untoward, or having anything to worry about.

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, at least as far as yoga classes, studying books, and gaining spiritual qualifications go, even a meditation routine, 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, and genuine mistakes are made. In addition, as things are now, we live in an imperfect world, and people can do wrong to other people too of course, a situation that will change in the future as I mention in the later topic, "Crime and justice".

Our spiritual heart, along with meditation and contemplation are ready to provide us with guidance, and in the end, as your spirituality 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 spiritual lessons, to whatever degree.

Simply put, there is not one person who has ever lived on Earth, even if that person is the figurehead of an entire religion, no matter how perfect they may have been mistakenly 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 we share our own divine grace with each other as well, 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, enlightenment, and spiritual liberation.

## Intention

A person's intention has the greatest bearing on what spiritual lessons may be needed to get everything back in balance.

*Intention and trying to do the right thing is everything.*

I will use a few examples relating to intention...

### *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.

## A note

There is always the opportunity to make the effort to learn from our mistakes and heal ourselves so that our karmic debts are less than what they might have otherwise been, or to the point where we have no karmic debts left at all, especially when considering the profound spiritual time that we are living in now, which is providing redemption for everyone.

Looking back hundreds or even thousands of years it would have been truly transformational if a spiritual teaching with regard to the consequences of a person's actions, or karma, had been widely available, and most of all accepted.

If there had been, no matter where that teaching or knowledge came from, or what it was called, living a wiser and more responsible life would have happened naturally, where the teaching "As you sow, so shall you reap" would have become entwined in the fabric of society.

The "Golden Rule" in other words, 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), but 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 and act of giving no matter what that might be will have a good result spiritually for the giver, and a spontaneous action from the heart will always bring more joy and positivity than what is planned in advance.

Saying this, the heartfelt and genuine desire to help, even though the means to carry it out might not be there, is 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. And we can share that joy, our experiences, and our journey with others, to encourage them as they travel their own sacred spiritual path, if and when we feel inspired to do so.

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, a meditation routine, and the moving meditation are all key tools in discovering if we are experiencing a spiritual lesson in our life if something untoward happens. Reflecting, asking ourselves, and contemplating, “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, and intuition can help determine what is what. As we ascend, as we become less and less restricted by negativity, we become more aware, and odd and synchronistic occurrences when they happen become less of a coincidence, and more a case of what we are being guided to know.

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.

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 have within us.

## Disabilities put simply

Before birth, while in the spiritual realms, we can learn, understand, and feel part of how we will learn our lessons, counselled and guided by God Himself with His utmost care, love, and understanding. Higher ascended beings are with us as well, as we are supported throughout our journey of growth and self-development.

We are given opportunities to choose the best ways 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. With each of us being very much a part of our own growth, spiritually speaking we don't feel we are being put into a situation against our will.

With this, 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 will most likely be repaying a spiritual debt.

Importantly, 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, but it allowed me to repay debts from previous lives, one life in particular. It may have only been poor eyesight, but six or seven years of dreading school almost on a daily basis was difficult for me, even terrifying at times.

So yes, 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, even though my experience could well be considered mild. 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, and learn to understand and experience how God guides your life as well. If you can, try to apply the "Golden Rule" to your life where one should treat others as one would like others to treat oneself, if that comes to mind when it's needed, but don't be too hard on yourself if it doesn't all go to plan.

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 spiritual debt themselves, learning the lessons they would have set up for themselves.

Wars and injustice sometimes rage, and in the crossfire innocent people suffer tremendously because of the hate, anger, and negativity that exists 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. The second example “Protection” (see earlier) may have some relevance here, where the intention is to protect or defend.

*Life is sacred, and should be treated with this in heart and mind.*

In situations where a natural disaster or adverse natural event has occurred, people can suffer tremendously, and it can be utterly devastating. Personally speaking, with some of the spiritual experiences I have had over the years, I have recognised that as our new spiritual time evolves, adverse natural events of every variation won't occur as often, or will be less severe, that's if they happen to any degree at all, or are anything of note.

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.

## 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 own best interests.

Although circumstances, situations, experiences, people, and places 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, and nothing spiritual at all.

It can be intriguing though to look back on our lives and contemplate if there *was* any deeper meaning to what we might have experienced, or have gone through, which actually happens quite naturally once we find ourselves on a spiritual path.

We all make choices throughout time, and sometimes those choices affect us negatively because there was no teaching available for us to think about that explained karma, spiritual lessons, and so on.

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”*

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 selfishly motivated choices made over time that were entirely deliberate, blinding a person to any valid spirituality whatsoever, let alone a belief in “what you do comes back to you”, making it difficult for them to find their way back onto a better path, and a better way of living.

But there is more than just hope for everyone. Our redemption and liberation is guaranteed. We are all loved by God, and He will bring

each and every one of us home to a perfect future. No one misses out.

*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 spiritual 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 spiritually, 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.

Your spiritual growth is a journey, of course. 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. It is far too beautiful to even be imagined.

Be prepared to become ecstatic on the reality of all that is to come, and 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, many 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. Many spiritual teachers and spiritual teachings have come from the darkness and have helped guide Humanity into the time we are in now. Not all religious figureheads or spiritual teachers have been or currently are as positive as others, or were as positive as they might have ultimately been, but 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 can replace 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, and I’m not saying mine are in any way perfect either. This would be unrealistic anyway.

Many mistakenly claim that their teacher and spiritual figurehead is God Himself, never to be criticised, utterly perfect, beyond fault, and next to God’s side more than we could ever hope to be. 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 perhaps even that their “holy book” has the answer to all of life's questions and problems. Not that I've ever really read any religious holy book or scripture, or have any interest in doing so.

Thinking that one person's God is the right God, and everyone else is wrong or will 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 now we are trending towards a more secular society, or at least where there are more forms of spirituality available that aren't at all religious, which personally speaking I feel is perfect for the contemporary time we are living in now, and for where the future is taking us.

If God needs to be present in our lives, it should be without the control and fear that many religions foster, promote, and encourage (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.

I looked briefly at the Bible out of curiosity in my late teens, and I went straight to the book of revelation as I thought 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, spiritual 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, and it will never leave us.

With God's grace, with the grace we give each other, and with our own individual efforts, we will all learn our spiritual lessons, and we will all 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 status and divinity goes. This core concept must be reflected unequivocally in teachings and actions, otherwise spiritual lessons and spiritual debts will in most likelihood be created for the spiritual

teacher or leader to learn from and repay. 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, being a few examples, 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 have rightfully claimed to be without fault, or that they haven't made mistakes.

*Many who claim that they have the answers spiritually, who promote themselves as such, sadly from all I have seen are lacking in correct spiritual knowledge and good intention. The light of spiritual truth that brings spiritual accountability will shine upon those who lead others away from a positive spiritual path.*

## The death of Jesus Christ

Jesus of Nazareth, otherwise known as Jesus Christ, was not crucified two-thousand years ago as is commonly believed. He did not die on the cross.

This falsehood and the stories around it were created by many of his disciples, after Jesus chose to return home to the spiritual realms to be with God, yearning to be back with his Creator, simply "leaving his body", without any pain or trauma. His ministry, and the task that God had given him, had been completed.

Jesus's disciples did not understand his death, and they were afraid, not knowing what they would tell his followers, thinking they might be blamed, even though Jesus told them before he left his body and passed away not to fear.

Like I say, most of the disciples then concocted and agreed to the story of the crucifixion, even though there was no need for any of it, where if they had trusted in God everything would have worked out in the best possible way.

*Jesus did not die for anyone's sins.*

I was Jesus's biological father Joseph back then, and the story of the virgin birth was a lie, a fictitious tale. Put simply, as a man, a married man, I would have been devastated and scarred for life if I thought or knew that I was not Jesus's true and rightful father, no matter what the situation might have been.

It is quite normal, and it is always the case, for a spiritual master or prophet, whoever that might be, to be conceived and born of their parents in a completely ordinary, straightforward, and biological way. It doesn't need to be any other way, as God trains and shapes someone spiritually *after* they have been born to become everything they were always destined to be.

*Put simply, we are all daughters and sons of God, with Jesus no greater or more important than anyone else, he simply had a different role to play.*

There are many stories in the Bible which are fanciful to say the least, just like the story of the virgin birth, and not having read the Bible, I cannot even imagine where that one came from, but it is a good example of how scriptures can simply be created from one or more person's imagination.

Knowing that it's not their fault, I feel for the billions of people who believe both the virgin birth and the story of the crucifixion actually happened, who have been led down the wrong path from the very first day.

Going back to the story of Jesus dying on the cross, God would certainly not let any of his family, myself and my wife Mary especially, have to experience or go through what would have been the trauma of seeing our son die in such a horrific way. It goes to the heart of people thinking and believing that God is something other than absolute positivity and unconditional love.

*Religion should turn someone **towards** God, not make them feel that God judges them, or that they don't deserve His love.*

When Jesus was back in the spiritual realms, with utter devotion and humility he thanked God for all the love and devotion he was shown while he was alive, by everyone he knew and had met, and there was no thought within him of anyone having done him any harm.

I have met Jesus in this life now, a number of years ago, and he is a beautiful person in every respect, albeit with a few rough edges as I knew him when I met him then, but then we can all say that about ourselves as we learn, grow, and mature through life, and as we grow from one life to the next. The sense of him being my son, just as it was 2,000 years ago, was palpable for me. It was a powerful meeting.

He has lost none of his beautiful spiritual qualities, but he will have no role in relation to the global spiritual change that is currently taking place in the world, or which is soon to unfold. He will remain anonymous and far away from the public eye, instead rejoicing with everyone in the blissful and unconditionally loving future that he helped make possible.

I have come to understand all of this since I have been travelling my spiritual path in this life now, through a process of heartfelt

contemplation, moving meditation, omniscience, and also with what I already knew, with these spiritual tools being available and readily accessible to anyone wishing to explore life from a more spiritual perspective.

The insights that I have gained as a result have allowed me to write here as I do, and I trust these and my innermost spiritual experiences intrinsically, as they come from the deepest most spiritual part of myself.

## A sense of humility

You don't need to have your name lit up in lights to be a great spiritual teacher, and with social media as it is these days, I feel there is a lot to be wary of. We, as individuals, 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 we need to make for this world to be transformed and made positive in every respect.

In other words, as I say, each of us being "God's hands", where we all heal and transform each other's lives with our grace, transforming each other's negativity into positivity, as has happened throughout the ages.

*Grace is everywhere, and that's what each of us offer each other, with love.*

If one or more people do appear in the future and have a great impact spiritually, I will certainly be one of the first to follow them on social media, or to see them in real life when they are on TV. 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 oneself to be put on a pedestal, or to be idolised.

As a result, recognising there is no high or low with true spirituality, this gives everyone the heartfelt and rightful belief, understanding, and supreme encouragement that they can reach God for themselves.

There is no need to turn away from modern day living or everyday society either – a mistake I made early on in my own spiritual journey. Both spirituality and worldly life should complement each other, and exist together. There's no reason to burn bridges, or turn your back on loved ones.

## Finally

Like I say, it's not a case of any particular religious figurehead being by God's side, and them alone, and the rest of us being beneath or lesser than them. We are all equal in God's eyes, and that means any prophet or spiritual master or spiritual teacher that has ever lived is no more divine than any of us. We are all equally by God's side, equal in spiritual importance, worthy in every respect, and we are all daughters and sons of God.

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 their eternal damnation for going against the accepted way of thinking.

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 come to realise while travelling on my spiritual journey...

*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 acceptance from Humanity to help God 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 that they would be supported and guided in every possible way, knowing that we couldn't fail, where because of how we as Humanity understood God and what He was capable of, the success of His master plan was assured.

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 we are, where we will never meet His expectations. These negative ways of thinking have kept Humanity bound in darkness for far too long, and now everyone will be freed from the judgement, dogma, and control of the past.

Much love,

Jason

# Learn to meditate

Meditation is more than just a way to “quieten or still the mind”.

What’s written next, a “*meditation routine*”, doesn’t have to take much time, and is something that personally speaking I find sacred, powerful, and profound. It’s more deliberate, connecting us directly to our Creator, and I would certainly recommend this as a place to start if you were thinking of introducing meditation into your everyday life.

As well as this, there is also the informal and completely spontaneous “*moving meditation*”, explained further on. This can be used alongside the “meditation routine”, or it can replace it completely if you struggle to find perhaps ten minutes to meditate sitting or seated, or for whatever reason.

I would recommend reading this entire topic either way, if meditation is something you are interested in, as the more powerful “meditation routine” and the informal “moving meditation” complement each other, and will flow naturally from one to the other throughout each and every day.

If the idea of meditation doesn’t interest or appeal to you, that’s quite ok! There’s no need to read this topic any further if you don’t want to.

Above all is that these two meditation techniques are enjoyable, rewarding spiritually, and when it comes down to it, easy to do as well.

## A meditation routine

Meditation is where you set aside some time to connect with your Creator, in a simple and personal way, where your dedication in sitting on a chair, sitting on the floor, or similar for however long that might be, 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,	Despair,	Shame,
Boredom,	Dread,	Fear,
Impatience,	Love,	Bliss,
Anxiety,	Grief,	Frustration,
Peace,	Guilt,	Loneliness,
Anger,	Regret,	Ecstasy,
Jealousy,	Hope,	A busy mind,
Joy,	Sadness,	Visions...
Hate,	Melancholy,	
Happiness,	Excitement,	

These, and more, are all part of the meditative experience.

I don't include any lengthy meditation instructions, but to begin, it is being in a suitable place or location, being comfortable, and when you are ready, it is good to close your eyes. However, there are no set rules. Look forward to going on an "inner journey", and whatever happens, it will be perfect for you.

There are some tips further on, and many insights are woven into this topic that should help you with your meditations, and give you the tools to get the most out of your meditation time.

Meditation is quite a simple process, and it should be seen as such. This topic is quite long, so 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, in the most unusual way.

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 ambient sounds, silence, or music of your choosing, on your own, or with others.

It's not so much a step-by-step process that must be followed and remembered, but rather a learning experience that starts from within, where your enthusiasm grows, and you discover what works for you.

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, you learn more about yourself, and if you are still yet to discover your true worth and divinity, you will, and it will come very naturally.

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, in all sorts of situations negativity may surface in uncomfortable, upsetting, embarrassing, painful, or similar ways,

verbally, physically, emotionally, or 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 to 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 that are holding you back. This might encourage you to meditate further to continue the process of discovery, bringing insights on what might be needed outside of meditation time during everyday life 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.

You might also see visions during meditation, but just let them drift by. Some of these might really resonate and uplift you though, staying with you. Or you might see nothing at all, and that will be perfect for your meditation as well. Everyone’s meditation experience is different, and wonderfully so.

Meditation can also be a place where energy is released and energy blockages are cleared, where a person might cry, move in unusual ways, go into a trance, 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.

God is always ready in anticipation to spend time with you in the most wonderful and mysterious way, to connect with you as your

friend and guide, and the meditation process is one of the most powerful ways that this can happen.

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 sacred meditation journal, something to look back on and cherish, or just to know that that journal is there.

Or perhaps you will find moving on from each and every experience as they happen 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 well into the future.

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

Fasting, meditating twelve times a day, wading through scriptures, getting up before dawn to perform rituals, worshipping someone, wearing unusual attire to show you are on a spiritual path, endlessly repeating prayers and mantras, only eating a particular type of food (although vegetarian is always my preference), attending lavish retreats, practising austerity, going to extremes to save the environment, 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 like to try, which may work well to complement the guidance that I have written here.

## Helping others

If any encouragement is needed for why a meditation routine is so important, what I can say is that as well as all the benefits there are for yourself personally, the more you have healed yourself spiritually through meditation and similar, the more you can be “God’s hands”. God can then use you in the most powerful way to uplift and heal others, and you will also heal this world along with the company of everyone who has transformed themselves just as you will have done, or are doing now.

Thus, millions of people are working as a network of healers all around this world. Don’t think you can’t heal yourself spiritually, everyone will, simply trust that God is with you as you meditate, as He is right throughout your life. Trust that He will lead you to true happiness and spiritual freedom. That's all He wants for you. You and God work together, you being His daughter, or son.

To describe how being one of God’s healers can work, as I have described above being “God’s hands”, during your meditation you may not only be healing and meditating for yourself, but for others as well, as you transform and heal other people’s negativity by experiencing it as your own. In essence, you feel how someone else feels, healing and removing their burdens as a result.

You may experience the emotions I have described earlier, 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 topic further on, “The science of transformation”, explains this in more detail.

## The moving meditation

Formal meditation, a “meditation routine” as I have just described, where a person sits on a chair, on the floor, 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, and to connect with our Creator.

But as well as 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 “moving meditation. It is a way of saying that spontaneous and informal moments of meditation can happen anywhere, anytime, with anyone, or on our own.

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

This can make us aware if we have an imbalance that we need to consider and contemplate, or we might discover something beneficial for our spiritual path that can only move us forward.

These “imbalances” can be emotional, spiritual, physical, mental, and so on, and as these are “worked through” and healed, and contemplation helps with this immeasurably, 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.

And there’s nothing quite like a good honest laugh from deep down – not the sort I’ve seen online where a yogi forced the response and

built up a following doing so – but something that is spontaneous and comes from nowhere, not even from a funny clip on the Internet. That’s a happy healing that when it comes, requires no effort, and it feels great!

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

## Tips

Finding a posture that works well for you, if that’s sitting in a chair or sitting on the floor, being as comfortable as you can be so that your focus isn’t so much on your body, so you feel relaxed, is really important. There are countless people who know more about posture and the body than I will ever know, of course, and I would love to see guidance on what would help a person to get the most out of their meditation becoming readily available, whether that be posture, simple stretching, yoga, or similar.

It’s quite ok feeling like you don’t want to meditate, but it can also be rewarding to push oneself a little just to see if skipping your meditation is indeed the right thing to do, or if there’s a little bit of resistance that needs to be worked through and overcome. It was something I learned over time, and I’m still learning, but saying that, there can certainly be days when there’s just no time for meditation, or it’s just not possible. Your heartfelt intuition and insight is there too, to give you the inner guidance that you might need.

As far as your meditation routine goes, if any distractions happen, for example noises or a knock on the door, know that the meditation energy will continue, so just let these distractions be what they are, and accept that they are a sacred part of your meditation as well, and then return to meditating when everything settles and things are back to how they were before, if that feels right to you to do.

After meditation ends, when you feel ready, open your eyes and become aware of your body and your surroundings. 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.

Try not to compare your meditation experiences with others, where you might say, “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 interesting 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. My meditations were going perfectly, and God was managing everything, 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 and happiness in life. Things that upset you in the past might not anymore. Responding to a difficult situation in a positive way and you never had done that 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 your spiritual path and your meditation journey even more.

Like I say, you may even find yourself craving your next meditation and meditation experience – but there's no need to try too hard. For example, meditating formally to the point where you are neglecting everyday life isn't necessary as God's energy is working with us ceaselessly now, and we are in a new spiritual time.

## 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 divine unconditional love, an experience that will never go away. Each step we take is sacred, beautiful, transformational, and just for us, but our spiritual ascension will benefit everyone.

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.

Like I say, don't force yourself to remember everything that's written here, as you might find what you need will come to mind at just the right time, in the most peculiar way, as often happens with spirituality.

If even after reading this you're still not quite sure if a meditation routine or the moving 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 that might encourage you.

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, myself included.

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

If it is simply just to sit and close your eyes, with your intention to connect to something greater than yourself, to be taken on an inner journey, God will be there with you during that time, for however many minutes that might be.

One day you will look back on your meditation 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, and she is always there for 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 everywhere in this world, 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 spiritual 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 I understand it is extracted, the environmental damage it causes, and the consequences it has to the health and wellbeing of others, and to Mother Earth herself. 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. I feel that globally, where Humanity as a whole is concerned, 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 common sense 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 will be 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 may have your own thoughts of course, and I am sure to be both humbled and enlightened by everything that you know, with your experiences being completely different, probably more expansive, and just as valuable as mine.

## 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 true or valid 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 spiritually 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, and what's done is done. Perhaps, in the past, intentions were noble, but there's no need to seek any so-called benefit from crystals anymore. Personally speaking, while growing spiritually, I went over twenty years without buying a crystal, and in the end when I was guided to own one, 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 attempt to help someone spiritually, or for just a bit of fun? There's nothing wrong with thinking any of those, after all crystals are everywhere in this world, and nowadays completely normalised. Like I say, there is no information (that I know of) which offers an alternative and more thoughtful spiritual perspective, as I feel with what's written here, that would encourage people to think differently.

The way I see it, I feel it's never too late to change the situation, and I would love it if what was already above ground was buried once again, with care and love, even if just beneath the surface, and no more removed. It will certainly help. I recognise just how aspirational, hopeful, and even wishful that might sound.

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 gently, 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 everywhere we live, 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 our Mother Earth has been put through, it could be said that she could well do with a new body! In fact, that's exactly what she will have, in our Paradise of the future, where she will enjoy life just as we will.

Saying that, 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 physical

Earth we are on now was always meant to be a “stepping stone” to something better. Still, she doesn’t need to suffer unnecessarily, and if she suffers, ultimately the way I see it, we suffer as well.

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, sometimes 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 considered than my own, and 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, where you may have made a difference that I can barely appreciate, while others stood by and ignored her plight.

Even if it seems you aren’t recognised, you will be, as the care and love you give to every aspect of Mother Earth and nature will return to you in the most beautiful way, and enrich all that you are, spiritually especially.

Even though it may be that it is only God and Mother Earth who sees you helping the world, perhaps you might feel that that is enough, as it is a sacred and beautiful feeling recognising that we don’t need anyone else other than our Creator to be aware of the important work that we do.

Even as one person, even in the humblest of settings, your positive intention heals and uplifts Mother Earth in profound yet unseen ways, as she senses the care and love that you give to her.

Thanks to the spiritual efforts of many, there has been a change, a shift, one that will soon be noticed, if it hasn't been noticed already, where the urgency to protect and raise awareness for our planet will 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 that knowing 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.

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 if you know of someone who is suffering in such a way, I would like to offer the thought and possibility that your cherished one, or whoever the person may be, 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, spending time with everyone there.

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 to happen.

## When many pass away

In the case where many people pass away in the same life event, for example 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.

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

## 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, most importantly 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, surrounded by God's angels, 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 a yearning in their soul and Spirit that the time is right for that to happen, perhaps even being born within the same "life circle" which they once belonged to, that you belong to. But it could be that they will be cared for, loved, and cherished by another family you will never know.

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.

*God only wants to comfort you, and for you to know that He is with you through all of the troubles you and those you love might have in this life.*

Much love,

Jason

# Children

I have no children of my own, so I could be seen as the last person who should be writing on this subject. Yet, I do feel I have something to offer (in my own way) on the spiritual side of things at least, and as well as this, I've been a father in every one of my past lives, so I feel there is intuition I can call upon carried through from those past lifetimes as well.

In all honesty though, I can't truly appreciate the dedication, commitment, and sacrifice parents, a single parent, or caregivers have for their children, and the bond that exists between them. Like I say, it's not something I have experienced in my current life now, and I don't know how you if you are a parent do it, to be honest.

I am genuinely humbled and in awe of parents for all the love and care they give to their child or children throughout their growing up as well, acknowledging of course that not every situation is perfect or ideal, and in some cases, not in any way at all.

From my perspective, keeping children safe and happy right through to adulthood is the number one reason for Paradise to happen, where the vulnerable can then live without any kind of suffering at all.

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 nothing in the way of formal spiritual tuition or teachings, and their spiritual healing will come naturally, and gently, when the opportunities arise. They have untold gifts within them, and they

share the beauty of everything that they are with everyone around them, and beyond, unconditionally.

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 does the mind no favours, 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 in 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 joy, happiness, and unconditional love everywhere they go. Their inherent 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", or

budding Hermione Granger or Harry Potter 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 that 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.

Children may even find ways for us, as adults, to join in with them, as happens naturally, and we become part of that role play and spiritual transformation, without even trying, just by having fun.

Maybe consider the possibilities when you see role play unfold, and wonder, “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.

Perhaps a child shouting “bang” when pointing their finger could result in many, many soldiers on the other side of the world sensing and reflecting on the nonsense of war, and from there, who knows where that might lead, when that would not have happened otherwise. This is certainly a real-world example.

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.

You *are* a teacher, of course. A teacher of this world. 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 have the awareness or inspiration to focus on what is unfolding, 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 untold examples of how remarkable they are, with 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 judgemental thinking and hateful actions create appalling injustice, trauma, and suffering for women and girls.

Even in the country where the founding principles are liberty and justice, the “land of the free” as it's said, those freedoms in regard to abortion have been taken away from many of the women and girls who live there, with a statistic that 40% of women and girls 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, if anyone was to feel that way.

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 heartbreaking 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.

The mother in particular would have given so much for their now departed baby, who then returned back to its spiritual home. It can

be seen as a gift that the mother has given, a gift of unconditional love.

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, nor does some sort of devil, 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 this "you're going to hell" way of thinking is, other than it being said directly to me on at least one occasion, as well as to a friend of mine as she was simply minding her own business. But religions are always slow to change, if they can even accept change at all.

Saying that, although it only happened once that I know of, I looked on with optimism as I saw new attitudes championed as one particular religious leader did everything he could to be less judgemental, and modest and humble, as an example to others.

He promoted equality and real change within the church, lessening the dogma, fear, and judgment that has created so much pain for millions, if not billions of people worldwide. Like I say, it might have only happened once, but it gave me optimism that each and every religion can change their ways and embrace a new and positive direction, putting an end to negative mindsets and hurtful and hateful actions completely.

Experiencing God as I have, I shudder at the thought of how He feels as He sees untold millions, if not billions 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.

If it was ever something to wonder about, a person who takes 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 in those they have left behind.

For a period of time they may be aware of everything that is unfolding in the world they have just left, 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 here 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 any way out, feeling cornered emotionally and mentally, I attempted to take my own life.

I have also experienced 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 wonderful 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, New Zealand's wonderful 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 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 which will allow them to move on in new and beautiful directions.

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, being 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, as I cover in more depth in the earlier topic, “Passing away”.

God guides people's hearts and minds, but He doesn't take away our freedom of choice. Everything spiritually that could be done will be done to stop a person following through with ending their life, but it could be that the person who committed suicide 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 may well 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? Choosing to take this action just isn't worth it when it is assured that in time all of your negativity, negative emotions, desperation, and feelings of low self-esteem will be replaced by pure positivity, bliss, and happiness. 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. I cry tears as my heart reaches out when I watch the music video "Numb" by Linkin Park. 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, and that isn't just some nice quote, it is the truth. 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 personal and everyday experiences that I have had in this life.

Whether a person is gay, lesbian, transgender, or any variation, 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 can 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 have heard it spoken by someone in that circle, there are some who feel they are in the wrong body. Again, this topic is coming from an entirely spiritual perspective, acknowledging that I don't cover every gender identification, and that I really have very little worldly appreciation or understanding to speak of.

Importantly, there are often spiritual considerations where a person is adversely affected because of their sexual identity, where a profound 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 females who are created by God both as females can have an intimate relationship together, just as two males who are created by God both as male can have an intimate relationship also.

And then there is the terrible situation of sexual abuse, which is another topic altogether, and has nothing to do with a loving relationship.

There are many gender variations that have found their rightful place in society, and they should be recognised and valued. It can come with so much trauma and discrimination 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 from my own experience, that “magical moment” when two people meet and “fall in love”, being the most beautiful and indescribable feeling, might not come around very often, but if it does happen, that feeling and loving awareness might well last a lifetime.

The divine unconditional love that 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, or at the very least provide some food for thought. It’s a complex topic, with countless considerations, and even though I’m certainly no therapist or expert in this field, in an “otherworldly” sense I have my spiritual experiences and insights, which I have written here, and I trust these intrinsically.

The philosophy to “be kind” has its merits as well, it should be said, and this way of thinking can offer a great deal of comfort as well. In a harsh world, kindness, forgiveness, empathy, and living by the “Golden Rule” where a person should treat others as they would like to be treated themselves might be just what everyone needs right now.

With a global, undeniable spiritual change, we will be living in a world in this time now where people don't judge each other, rather, we will rejoice in how we express ourselves, whether that be in an everyday sense or spiritually, without having to feel that we need anyone's approval.

*Everyone should feel safe in any situation, and a time of safety and security where we all have the confidence and reassurance to be free to be however we want to be is exactly what is coming, if it isn't here already.*

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. For me, it sums up this topic completely...

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

If you were to consider that reincarnation is a reality, then a natural progression from that would be to accept that anyone can be born anywhere in the world, as part of any race or ethnicity, with any skin colour, language, accent, physical features, and so on.

If a person directs an amount of racial abuse towards others, they may find themselves in a situation in the future where they experience how it feels to have the same racial discrimination and abuse directed towards them, perhaps in a future life, or in this life now, in whatever way that might come about.

When the tables are turned on a negative situation in this way, where we end up feeling how we made other people feel, this helps us grow and become better people, and is one way for us to learn, understand, and repay spiritual debts. This is a precept that can be applied throughout our life, especially as we grow spiritually.

Most importantly, the cycle of learning spiritual lessons and repaying debts has to end somehow, sometime, and it will, with a great spiritual change that takes place for the whole of Humanity, where this great spiritual change is apparent and is being embraced by everyone, as you might well be reading this now.

Racial discrimination is prevalent everywhere, and the issue won't be truly resolved until this great spiritual change has actually happened, where we will all find ourselves having to take responsibility for whatever negativity we might have 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,

racial prejudices will no longer exist, 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, "witnessing" it, not getting involved or caught up in it, not making conversation of it, just letting it drift away like a cloud across the sky.

This gives us time and some breathing space to reflect, and most importantly it gives God an opportunity to change our hearts and our negative attitudes from within, gently yet powerfully removing our prejudices and shortcomings, uplifting our Spirit and expanding our consciousness as a result.

Our beliefs, understandings, and our thinking – they will all be transformed into positivity, naturally, and profoundly, especially, as I say, when an unstoppable spiritual change transforms this world.

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 this subject, more than I had ever done for any topic 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 on this sentence, 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” myself, 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 some 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 that you will read on too.

With euthanasia, and I feel this is so important, 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.

Euthanasia is where people play God with no spiritual appreciation whatsoever, and is an act of evil. 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. I have total respect for those who wish to have nothing to do with what I see as being a blight on society.

When the person who chose to die is deceased, and they enter the spiritual realms, they recognise that they have the greatest degree of responsibility 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 anything new, sometimes a solution to an illness exists just around the corner, where a person could have then received treatment and lived an extended and meaningful life. There have been some truly remarkable medical breakthroughs, and new medicines and treatments are always being discovered.

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, even those who are religiously inclined.

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 being 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 there to be a delay so family can 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, recovery, or where consciousness will never be regained.

But yes, 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 understand is already on the cards – and personally I find it terrifying to consider.

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.

At the very least, with the explanation I have written here, there is now another perspective that can go towards making 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 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, which gave me a starting point to begin to consider the whole situation.

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 completely 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.

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.

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

*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. I know this because I've experienced it.

You are God's daughter or son, 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", where everyone no matter where or what their situation might be will recognise the true and intrinsic value of life here on Earth, and the joy of being alive.

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 you – the person you are, and without all of us – as Humanity.

My concept that the fall from grace was a planned event (as I covered in an earlier topic) may be a new idea to grasp, 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 an outdated book.

Spiritual ascension is something that happens naturally, and you don't need to attend a course, become a monk, or memorise scriptures word-for-word 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 or vocation, 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 will be created, Humanity alone will be celebrated for this.

*We are 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 cosmic 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, even though there is no physical pain of any kind. 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 someone 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 serious nature.

There is no need to worry. It is difficult for me to put into words, but there will be plenty of time for us as individuals to heal and ascend well before the “pause” takes place (see next), where there is no need to even think about or consider the “void state” at all, plenty of time in other words to enjoy an ascended and 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. When our healing is complete, and we will know this intrinsically and without any doubt when it happens, essentially we won’t need to meditate at all, and there will be no feelings of negativity within us, and we will be happy in our spiritual heart.

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.

With this, 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, wisdom, and spiritual power. 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 the purest spiritual heart, and a perfect inner 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”.

The “pause” is where there is what is known as a “temporary lapse in consciousness”, where consciousness itself is suspended for just a moment, perhaps only a second or so, so there is no fear when the time to move to the new world comes, an event which happens for everyone, at the same time. 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 and appearance, with everything beautiful around you, but you are not aware of how you got there, other than you know it was God who took care of everything.

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.

*No one is left behind.*

It is God who determines when the “pause” takes place, and it is God who will take us from our current Earth to Paradise in that one moment, not any religion, prophet, or power of nature.

There will be an indication of when the “pause” is drawing near, which will come at the perfect time, 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 God’s “master plan” will have been 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 I write this now, I have my share of ailments, and 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, or achieved much at all without your help.

This topic is from a purely spiritual perspective, and is designed to complement any other valid, useful, and respected worldly and fact-based 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, perceived, even seen 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 problems to develop within the body or mind, even if it seems it might only be genetics. As well as lessons and debts from this life, it isn't uncommon for negativity to come from our past lives, as well.

This negativity can be healed through spiritual practice, spiritual healing, counselling, therapy, talking things over, contemplation, meditation, even opening up to a trusted friend, anything tried and tested. Saying all of that, God is the greatest therapist of all.

A meditation routine is particularly powerful, as I have experienced for myself. As an example, with what might have taken a substantial amount of time to resolve traditionally, might instead be healed in a matter of moments during meditation, as God's healing hands works His magic with a person, spiritually, emotionally, and so on.

Without this kind of "inner work", negativity often shifts 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 is in full effect. 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 every respect.

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.

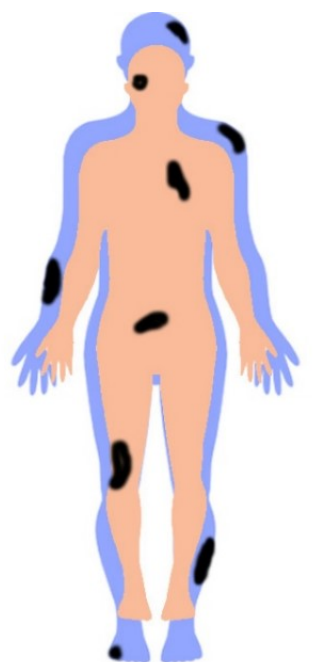
The example on the right shows how negativity can appear if you were looking at the body with “clairvoyant” or “x-ray” vision. The blue (or medium grey) colour shows the “energy body” where blockages usually originate, from where they then shift to the physical body.

The dark areas are the blockages themselves, and if not cleared and healed these may manifest as illness or disease, perhaps in time 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. At the same time, these unwanted happenings might just be ordinary everyday events, but contemplation and then gaining insight from that will help determine if a healing was taking place.

Meditation is one of a number of ways these unwanted happenings can be resolved and healed before they happen, especially in a time of global spiritual change, which might be taking place even as you are reading this right now.



- Physical body
- Energy body
- Blockages/Negativity

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 spiritual debts from past life situations being experienced and expressed so they can be healed, and left behind forever.

Saying that, sometimes sickness is again just everyday life, and everyone gets old, and sometimes only so much can be done, yet age is no barrier to receiving a divine healing.

## Weight loss and weight gain

Obesity is at an epidemic level as well, perhaps even globally, I'm not sure, and diabetes is a condition that comes with it, from what I understand. If you are unhappy with your weight, even to the slightest degree, God will take away the weight you don't need during the time when a profound global spiritual change is taking place, a change which might be happening as you read this now, a positive change that happens for everyone.

Every person's spiritual weight-loss journey will be unique, and perfect in every way, where everything is taken into consideration. It might take time, and it might sound unrealistic as you are reading this now, but know that God is able to make it happen.

As I consider my own situation (reflecting on the past as well), a sentiment shared by millions is wanting to be a healthier and more suitable weight, and it can be a huge focus in life. Saying this, you might be perfectly happy as you are.

On the same theme, God is able to sustain, nourish, and even fill the bellies of those who struggle to gain weight for whatever reason, whether it's because of starvation, famine, an eating disorder where there will also be an upliftment of spirit, or whatever the case may be. Again, it might sound unrealistic, yet it might be realistic as it might be unfolding even as you read this now.

With a staggering amount of people globally facing acute hunger, over 350 million people in fact, and the devastating and unprecedented situation where two famines were declared in the same year just last year as I write this now, I can only think that this is one of the most pressing issues that God and His healing power will resolve.

This situation in particular where thousands, perhaps even millions of people are unceasingly, tragically, and needlessly losing their lives, I feel should be highlighted more often as a sobering reminder of the state of the world, and it highlights just how desperate Humanity's plight has become, where no one and no organisation has any real answer or solution. There is certainly a feeling of hopelessness in the world.

## To continue

God is there for all of us, from baby to centenarian and beyond, through all our struggles, no matter what the ailment or ailments might be.

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

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 everywhere, allowing God to work His magic and heal all of us, in nearly every situation, in the most incredible ways imaginable.

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, religion, or movement.

For me, a world free of negativity can be more than just a pipe dream, as I have witnessed and experienced just how spiritual 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

# The science of transformation

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.

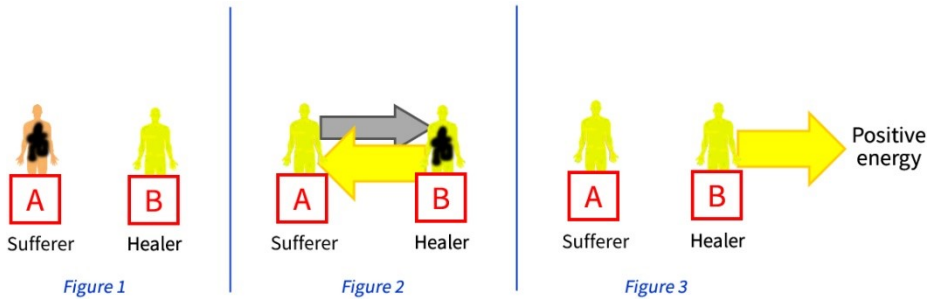
But for so long, people have called themselves healers when, dare I say, they are anything but, simply playing games with the idea. True healing happens informally, without any qualification, training, method, location, time, or payment in return.

Genuine spiritual healing that is blessed by God, especially in this time now, 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, from within, and no one else might know that this training is taking place.

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 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 my 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 either 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. That even means the greatest of all spiritual and religious figureheads throughout time. 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 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 glad 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.

Like I say, going out too early and playing games with spirituality will often create lessons and spiritual debts for the so-called practitioner, where they create problems and negative outcomes for those they are leading astray.

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.

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

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 need for medical reasons.

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, LSD, and so on. Alcohol is also included, but to a lesser degree. I am not referring to products such as tea, coffee, nicotine, tobacco in general, or vaping.

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 may well 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. Basically I was led down the wrong path. But even this drug, which is considered harmless by many, can cause real problems when considered from a spiritual perspective especially.

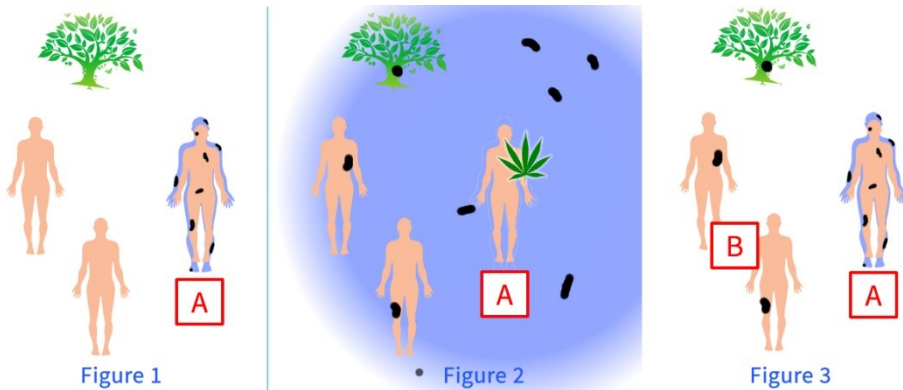
A lesson I learned, thankfully, was to quit my recreational drug use before things got out-of-hand, but I can only think from what I have heard that this drug use might have affected my mental health later in life, perhaps even contributing to my mental illness, or being a factor at the very least. I imagine there’s been research on this, I’m not 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 nowhere, ten steps back.’ It’s no way to achieve 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 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. their 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. In essence, the recreational drug user affects and impacts others negatively.

*Note:* In addition (but not shown), some of the negativity from people the drug user affected [B] is drawn back into the drug user [A], so the drug user is adversely affected as well. Put simply, everyone is worse off spiritually than they were before, and more healing is required.

So yes, if it needs to be said, addiction is a curse and a scourge on society. As time moves on, as a spiritual change takes place, everyone will be gifted the most powerful spiritual energy for the most blissful and ecstatic conscious and cosmic awareness, and recreational drugs won’t be needed to give anyone a “high”, and they will pale in comparison to God’s love in any case.

Personally speaking, 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.

## 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 may well 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, other than knowing it is a terrible problem.

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 come down to a person's mental 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 appreciate this might be difficult to accept, or perhaps grasp.

I smoked tobacco for twelve years, but I'm incredibly glad that I managed to 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 can be to free oneself from addiction.

## Relief and release

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 God’s grace works with each person who has an addiction, such as recreational drug use, alcoholism, smoking tobacco, vaping, and so on, those terrible withdrawal symptoms (which I remember all too well from smoking cigarettes for twelve years) will no longer be experienced, so will no longer be a barrier to quitting and enjoying the freedom that would have been present in the past.

## Medicine

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

*A person who relies on their medication should continue their treatment unless advised by their doctor or health care professional. 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 they are.*

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 cover in more detail 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 I have written here 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 for the money that was stolen, *as well as experiencing for themselves the emotional turmoil, or equivalent, 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.

Social media has the potential to devastate the lives of millions, children especially, if that hasn't happened already in this world. One of my family members was a victim of online hate and abuse, which led him to a place of darkness, hopelessness, and despair, and documentaries, television, and the media have highlighted this issue as well, sometimes in a disturbing and heart wrenching way.

Parents and schools have such an important part to play as well, dare I say, although perhaps in many cases only so much can be done to protect the hearts, minds, and lives of the most vulnerable. But we should all do our best.

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 top priority over profits and self-interest.*

In the case where malicious content, activity, or similar is created by someone, and it is distributed and it reaches many people, depending on the impact, the consequences for that person or people 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, but in the most beautiful way. Yet people will judge themselves for their actions that are intentionally destructive, and spiritual lessons are likely to be created that will need to be learned, beyond what our current system of law and order could ever achieve.

So yes, spiritually, and in an everyday sense as well of course, we learn from our past actions. God doesn't punish anyone. God has nothing but unconditional love and compassion for each and every one of us, and He only wants the best for us, and that is what we will receive.

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, the life a person has lived and the wrong choices they have made throughout time may have 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, desperation, even fear. No truer statement could be made than to say many people have lost hope, seeing no way out of the situation.

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 here.

Not only with climate change, but with everything I write, I have a spiritual understanding and awareness that comes from communion with God, where I recognise the incredible and limitless potential that spirituality and spiritual energy has. With this, and knowing part of what the future holds and where we are all ultimately heading, I find I have the confidence, drive, and what I feel is the necessity to write here as I do.

Knowing what I know, if you were to appreciate my perspective that this Earth will be healed and transformed 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 of course with how the world is now it gets worse every year and every season, and I’m sure the number of people affected ever-increases.

There are always ideas of how we could resolve, mitigate, or improve the climate change situation, whether through technological, societal, or political means, or within spiritual and religious circles, all of which forgive me for saying are likely to be unrealistic and unobtainable.

So, here's me throwing my hat in the ring, knowing that a purely spiritual solution exists, a recognition that comes from an unshakable inner experience, 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 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 seem 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 just 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 dare I say I have the same.

With what I see as a positive future that is fast approaching, with everything I have experienced spiritually, just like the Buddhist teacher I just mentioned, 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 utterly 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, as well as environmental issues generally, without so much positive action having already been taken, the situation would have been much 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 I have experienced is a spiritual solution.*

## Healing and transformation

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 have an appreciation as to the potential and method as far as spiritual power goes, but saying that, some of it is still theory for me, and I don't know the finer details.

Being the Creator of the entire Universe and all life forms, God 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, and it did, and it has.

As I say, I am unsure of how God's power might be applied as far as specifics go, but pollution, microplastics, diseases globally, and global warming are examples I can think of. With the power of manifestation also comes the ability to cleanse, transform, and heal the environment.

I don't have all the answers, very few in fact, and everything here will seem like a pipe dream for many, but I have experienced and seen God's magic and utter brilliance in front of my very own eyes, and I have an appreciation of the unlimited power that He has.

It can't be denied how incredibly devastating Humanity's actions have been with our utter disregard for our planets wellbeing, 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 one of the most enlightening spiritual experiences and awarenesses I have ever had.

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, and you understand and live the truth of spiritual transformation where you realise us as Humanity have God behind us, and just how easily the world can be changed.

Like I say, it may all seem impossible, or at the very least implausible, and 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 affect and change everything around us in a profound and positive way.

*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 who live upon it?

In all truthfulness, if any of this sounds plausible, and from what I know personally from some of my spiritual experiences, 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, and we won't.

Know that God is going to give you a future so great that 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, beautiful, expansive, magical, and ecstatic.

Imagine experiencing nothing but divine love, seeing nothing but the golden light of the Universe as you feel utter bliss and ecstasy within you. Imagine the thrill and feeling of freedom knowing that the ability to choose either to step left or step right is what it feels like to make your way to and from anywhere in the Universe.

In all truthfulness, words can't describe just how wonderful it is, but it will be yours, all of it, for eternity. 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

# Crime and justice

From everything I know about the current criminal, justice, and penal systems, as they are everywhere in the world, there is never any consideration as far as if there was more happening on a spiritual level which hadn't been appreciated when someone is under the scrutiny of the law. Or, when a spiritual lens could have been applied when someone intentionally carried out a negative action, or on the other hand if they made a genuine mistake where they had no intention of doing anything wrong.

*In addition, with the case of some religions, religious law, and religious thinking, there is hate, anger, judgement, subjugation and control of women, callous punishment, and more.*

Such destructive ideologies need little comment from me, as the way I see it, it is self-evident that this goes against everything that God is and must be, with His loving nature, and how He wishes each of us to treat one another, with the utmost love, compassion, caring, and forgiveness.

The oppression, control, misogyny, and violence directed towards women and girls with all their vulnerability, by men of all persuasions, within religious settings and generally, and all the pain, suffering, and inequality women and girls have to endure as a result where they needlessly suffer, feeling fear in their hearts, must affect untold millions. It creates spiritual debts and difficult lessons for the person or people responsible.

Gangs and organised crime groups live in the shadows, dedicating themselves to endeavours of violence, hate, greed, peddling misery and addiction, undermining society as a whole, and not to mention knowingly intimidating many who simply want to go about their daily lives.

We all have spiritual lessons to learn, or have in the past, and have or have had spiritual debts to repay, and those who engage or participate in criminal organisations are no different, where they may have to do more work spiritually to pay back the karma and the spiritual debts they would have accumulated.

As far as a global spiritual change goes, it doesn't mean our legal system will suddenly become defunct, rather it will take care of everything that our current system of law and order currently can't, and in time, I can see it superseding the justice system completely.

*Importantly, we will all be afforded the spiritual protection we need so that negative actions that might have been directed towards us don't take place.*

In the end, everything will come into balance in ways that can't possibly be known or appreciated right now, and even though some will have more difficult lessons to learn than others, a healing is provided for everyone, and everyone reaches that place of perfection and true happiness.

*God is unconditional love. God is your teacher, and guide.  
God will light the way.*

Much love,

Jason

# Business ambition

It is fair to say some people look upon the business-minded and those who strive to create wealth as creating a situation which is an obstacle to peace, love, and equality for everyone. This is not the case.

Some people are driven to succeed in business, and entrepreneurs should be celebrated. With being ethical, having good intent, and fairness and honesty for customers, workers, and everyone associated being given priority, the endeavour will be positive on a spiritual level without any doubt.

And there is nothing wrong with making a healthy profit and having wealth in itself, and many business owners and businesses if they have the opportunity foster a sense of altruism and have the ethos of “giving back”, which if genuine in its intent is sure to return dividends both in a business, and a worldly sense, and spiritually as well of course, as with the spiritual precept simply put, “What you do comes back to you”. It’s all about appreciating that there is a spiritual element to everything in life.

I feel it would be beneficial for everyone, and positive on every level, to encourage, support, celebrate, and nurture any efforts that anyone makes to further themselves and those they love and care about, where they are inspired to follow their hearts. If that is to start a business, or maybe even going into an existing one, that can be the greatest thing ever.

Every person and group of people are different, and everyone has their hopes, dreams, and motivations for their special endeavour as well, and I imagine every venture must be incredibly close to the owners and each person’s heart.

When it comes down to it, businesses of every manner provide livelihoods and income for countless millions of people all around the world, and they allow communities, societies, and countries the

ability to flourish, and I feel it can only promote freedom and democracy generally.

Without this, without those who strive to do well financially, I don't know where this world would be, but I know we would all be worse off.

Where I feel it can go wrong is where outright greed becomes the primary motivation, where a person's aim is to gain more and more, with no regard for those who are affected.

I feel it's all about balance, and not falling into the trap of thinking that creating wealth and enjoying the spoils of hard work and sacrifice are an obstacle to making the world a peaceful, kind, and caring society generally.

Much love,

Jason

# War and the military

War and the military is a topic that is too complex and foreign to me to be able to make any real knowledgeable comment. I have absolutely no appreciation of this side of life at all, although I am proud to say I have a cousin and other family members, both now and some who have sadly passed away, who have served their country and helped protect its people.

I'm not saying I have all the answers, I have very few, but if change in the world and the unravelling of the “war machine” was even welcomed, I feel what would be needed is people who are spiritually aware, gifted you might say, within the military itself.

They would be able to provide the direction, knowledge, and have the confidence, love, and most of all the spiritual energy to steer this important facet of government and society in an altogether more positive and constructive direction, into a time of true and lasting peace, which has surely always been the aim for any country, and from there the world.

Intuitively speaking I feel that these people are already there, and just as there are always people who have an incredible amount to offer and wait to be noticed, they wait in the wings for their time to shine.

It is only a matter of time, if that time isn't here already, where going through the process of true spirituality each of us will judge ourselves and our past and present actions with compassion, love, wisdom, and understanding. For some, especially those who wield power and use it in a destructive manner, the reality of spiritual accountability seemingly doesn't register in their mind, so they see no real reason for them to check or change their behaviour.

When the “chickens come home to roost” as it is said, some will be stood aside, and the right people will find themselves in the right

places, in the right positions of influence. It's something spirituality can do.

Wars are an utter tragedy in every respect, of course, often being forced upon innocent people and peaceful nations, and even as I write this now, hate, aggression, and self-interest runs amok, where as a result people need to be protected from the evil actions and wrongdoings of others.

It could be said that sometimes the lines are blurred as to who is a peaceful nation and who is not, who is good and who is supposedly evil, but God Himself knows the motivation and most importantly the intention behind every thought and action that we have.

In the end, everything comes down to us as individuals, and everyone will be held responsible spiritually for their actions and the choices that they make, in the most loving, understanding, and compassionate way. Thus, peace and nonviolence will exist everywhere, in every possible way, eternally.

There is more than just hope. Humanity has now entered a time where we are all ready for peace to reign across the world, and that is exactly what will happen.

The need for any kind of military force anywhere in the world will naturally fall away, and those who serve their country and the resources that exist to support them will find a more constructive and peaceful purpose in society.

Peace on Earth, Heaven on Earth. Let's all be God's hands.

With love,

Jason

# Miracles

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 apply 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 millions perhaps even billions of saints in the 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 being performed unceasingly right now, unbeknownst to everyone as God works His magic in many subtle and not-so-subtle ways, even more so as a global spiritual change takes shape and in the end becomes an undeniable reality.

Physical ailments often, if not almost always, originate from spiritual and emotional issues, spiritual debts, and negative energy generally, something I illustrate in “Health and wellbeing” earlier, so when these energy imbalances are healed, a physical healing will naturally follow, even though it might not seem that anything incredible has happened. That is a miracle – *and this healing is what you do* – and you probably have no idea that it's happening, or just how profound it is.

The process where you complete your own inner healing first, and are then able to help many others with your grace has meant that a radiant future is assured for everyone. It is known as the “domino effect”, where for a global healing to become a reality, one person is healed completely, then they pass that on to others, and those others then pass that on to even more people, and it spreads all around the world. It all happens under the surface, with very few aware of what is going on, where it prepares the way for a peaceful yet powerful global spiritual awakening.

A world where this takes place is a world that changes for the better, and quickly too. The spiritual groundwork has already been completed, so now, like I say, when the time is right, obvious miracles will follow, and people will be healed in a noticeable and profound way physically, all around this world.

You only have to go back two-thousand years to the time of the great spiritual master, Jesus, to consider what is possible. For myself, the miracles that were documented and attributed to Jesus back then were more than just a wonderful story, rather, they actually happened. That is not to say that I believe everything the Bible says, of course.

Miracles such as those, healing the blind, deaf, ill, lame, and more, are straightforward for God when you consider what His capabilities are, limitless in every respect, as He manages and orchestrates the most profound and powerful events that have ever taken place in human history.

But the situation has changed, and the world has changed, and the world has progressed over the past two-thousand years. No disrespect intended, but it's no longer about one person wearing white robes and living in the same town as those they are healing.

This time around it is where genuine, life-changing, and obvious miracles will happen globally – in every country and every part of the world, like I say.

We are all part of performing those miracles in this time right now as God uses us to work His magic, even if it's not apparent that anything is taking place. But when it does become apparent, when it does become obvious, you might well stand in awe knowing just how powerful spiritually you really are, and how much you give and have given to make it all possible.

Like I mentioned in the earlier topic “The science of transformation”, we don't control who is healed or when, it is God who works through us, and we become “His hands”. This would have been how it was

for the great master Jesus also, with him both being incredibly powerful spiritually, and being completely in-tune with his Creator as well, and as a result God was able to “move him” as He needed, so He could do the work that He needed to do. This is the way God’s work is done by every true healer and spiritual master – where they “step aside” and put ego on the shelf.

And the same goes for women also, it is not a case of the most powerful spiritual people always having to be male, quite the opposite in fact. My first spiritual teacher was a woman and she was exactly the right spiritual teacher that I needed at the time, and years later I was taught by another woman with regard to spiritual matters, and she was the most spiritually gifted yet humble person I had ever known.

There is no high or low with spiritual matters, rather, we are all equal in God’s eyes, everyone has the same divine and spiritual potential, and that is the only true way it can be seen, and that is the only way it should be promoted and reflected in spiritual teachings of any kind.

Depending on when you might read this, this writing could be seen as either a fanciful collection of hopeful ideas, or on the other hand a guide to an incredible unfolding that is happening right now where everyone is included, and where no one is missing out. I prefer the latter, and I’ll stand by that as well, but then for everyone who is reading this, only time will tell.

It *is* possible to be free from every trace of negativity, and when it happens, and it will for everyone, it opens the door for God to take you by the hand, and for Him to step through that door with you, and then all those you love, and all of Humanity, will follow.

Whether being a worker of miracles healing people's physical ailments, perhaps healing everything around you with your all-positive energy, or simply and beautifully living life in happiness and bliss being an example to everyone you meet, your spiritual heart knows what it wants to be and the best way you can help. There is no ego involved, as it is God who manages the task of healing the world.

*We are all atoms and molecules, after all, and nothing is truly solid. God can, and will, heal and transform this physical world.*

Much love,

Jason

# Paradise

Consider if I said 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, and 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 about its possibilities, or how it will unfold in the “here and now”, very little in fact – but I can't wait to learn and discover 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 signed. 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 that's where our heart, our spiritual centre, takes over.

Like I say, I have had some spiritual experiences which make me feel that I have something to offer, whereas before my “Stargate” experience all the way back in 1998 I wouldn't have even attempted to write this topic, in fact, it wouldn't have even entered my mind.

Once being a wishful dream shared by others, 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 that has come from someone or somewhere else.

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 that, feel free to gloss over or skip this topic entirely if it all seems utterly unbelievable. I won’t mind! But just as I’ve found my feelings and insights take shape over the years, I feel one day this might be worth revisiting.

Looking at a situation *before* we are in our “new world”, Paradise, there will be those who will naturally find themselves gaining attention, because when a powerful spiritual change happens, they will be both inspired and capable of applying this spiritual change to the real world, in a practical sense. It’s because of these people, with all their humility and love, that the processes that keep the world running on a day to day basis will be enlightened and transformed.

This topic has taken years to evolve, and what follows would be best described as predictions, but with all I have experienced spiritually, I believe that everything I have written in this topic is not only possible, but that they will be there for all of us to experience and enjoy.

If any of your own ideas and dreams for the future surface, if you have an experience, an insight, a feeling in the heart or a vision, if you find yourself “filling in the gaps”, why not note them down, perhaps share them with others in a way that feels right for you, or even collaborate with others?

Your insights might be just what someone else needs to hear, and what you have learned might be the missing piece of the puzzle, for everyone.

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

I hope you enjoy what you are about to read!

## A new world

Paradise is on a new physical world (and worlds). It may be difficult to comprehend, but the entire world, including every world that will be created in the future, the expanse of creation, and everything that exists and ever will is free from any negativity, pain, and suffering. The laws of physics and nature will have been turned upside down, or perhaps made redundant completely.

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.

*Our new world is a place to have fun.*

Above all, no matter what, we are worthy, and a completely positive future is rightfully ours.

## Pure spirit

There are no limitations, and freedom is greater than your mind can possibly imagine. It’s not only being free to do whatever you want to do, whenever you want to do it, but as I have said, with an experience I have had, it’s the freedom and ecstasy that comes from having the choice as simple as whether you want to walk left, or walk right. Creation is infinite – and so are your choices. And you will never lose that feeling, or any of the incredible and completely positive feelings that you will experience.

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 nearer. But saying that, you might not want much changed at all – in Paradise 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, something you will never forget, a gift from God to you. At the same time, we will all gain the maturity and true sight to recognise our absolute beauty right here, right now, as we are, no matter what we might think right now.

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

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

Everyone is unique and different in the most divinely 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 wish, even if that is for hundreds of years, thousands of years, or even longer.

It will certainly take that long, if not longer, to discover everything about your partners divine nature and all the gifts they have within them, and about them. You will never cease to be amazed, enthralled,

and delighted by everything they are and everything they do, in the most beautiful and life-changing way.

Or you might like to continue your current relationship from our Earth here and now, if you are in one, and in the same way, discover everything you haven't yet had time to learn about each other, and do all the things you always wanted to do together. In Paradise your relationship will be transformed into perfection, where you experience love, happiness, and gain all the time together that your hearts had always wished for.

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

There are no children in Paradise, but there is no feeling of missing out or yearning for this, either. No one is born, instead, we are created as adults, ready to explore the new world, and no one dies... Everyone lives in perfection, being the perfect age, mature within ourselves, 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 spiritual 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, something you'd like to choose yourself, even for a little bit of fun. 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 have for each other will be unconditional, and you will never be let down, feel upset, be deceived, be cheated on, or feel betrayed.

Like I say, 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, fun, and meaning, with a richness that brings bliss to your soul. Everything is positive and understood without confusion.

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. And there is no fear or concern that you will never see a particular person again, as they can be by your side whenever and wherever you might like.

We will live with each other in complete harmony. There is no judgment or negativity of any kind, there is only joy, happiness, and acceptance. You are free to be whatever you want to be, for as long as you might wish.

## Family

The idea of family life, having a mother, father, children, siblings, cousins, aunts, grandparents and so on, doesn't exist in Paradise, as we are all at the same level of maturity in every possible way. To put it simply, we are all the same age as each other, the perfect age, and no one has to grow up, and no one grows old.

In fact, the concept or idea of “age”, how old someone is, or how long a person has left to live, will be concepts of the past as we live in our new perfect world.

There is no such thing as genetics, generations, or genealogy either. The joy and delight of family life as we know it now, acknowledging just how beautiful it can be, is replaced by unconditional love, happiness, equality of Spirit, and acceptance for everyone, and no one misses out.

The idea of growing up with the same few people will be replaced with the complete and utter freedom of being able to be wherever you want to be, whenever and for however long you want to be there, enjoying with the most supreme happiness the most incredible relationships and friendships, bonds that last forever.

The greatest gift is knowing that even though you might not know where your past family members are or what they might be doing, you know that wherever they are they are supremely happy, living forever without any pain or suffering, and that the perfection and bliss that you are experiencing is what they are experiencing as well. That puts your heart and mind at ease, especially when you first enter Paradise.

## Manifestation

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

Have the most amazing dream home, perfect for you, designed with your own energy, or to be crafted by God to be waiting for you when you 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 spiritual heart could imagine. With that, have as many homes and residences that you could possibly dream of having.

Our new world is purely a place of fun, a place of joy and limitless possibilities. And why can't a home or entire city simply hover in the air? Gravity is optional in the new world, and everything is entirely self-sustaining.

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 remembered it. Why not every car, motorbike, bike, skateboard, or surfboard 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 reflect, for as long as you want, never decaying or needing maintenance or care of any sort.

Create 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. You eat, drink, and taste purely for pleasure, satisfaction, and joy.

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 nothing ever needs cleaning, even dust doesn’t exist. We don’t have to do anything we don’t want to do. Everything is a joy and a dream come true.

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

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. God has always wanted to give this to you, and it is at hand, and it is assured.

## Travel

You can travel anywhere, however you might like. Travel in the coolest spacecraft, or get around on your hover-bike, or be like Supergirl or Superman and fly around like a bird.

If you have (or once had) a particular car, bike, boat, skateboard, or anything for that matter, or more than one, and you loved them, they can be with you in the new world just as you remember them.

Drive the car or vehicle of your choice not only on the road, but in the sky as well. Like I say, gravity is optional, and there are no limitations. Enjoy the thrill, power, and everything you love about the ride just like you used to. You have absolute control of how you get around – and even how fast you'd like to go to get there (in Paradise, mind you).

Or maybe you always wanted a Ferrari, a yacht, the rarest motorcycle, or whatever, they will be there for you in Paradise too – 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. Nothing gets damaged either, it's all about *what you want* – and if what you want is for your cherished item to stay pristine and new, that is what will happen, with no effort on your part.

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 actually there – it will all be second nature and feel completely natural.

## Senses

Everything tastes divine. As I mentioned earlier, eat as much as you'd like, as often as you want, purely for the sensation and satisfaction of the taste itself, and never put on weight. 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 as well, and you won't need earphones or a CD player or smartphone to listen to your favourite music or podcast, it will just be there and ready-to-go, just a thought away. You can share it with whoever you like, even if that's with thousands of people – without speakers. But then you can go retro and hook up your turntable or favourite cassette player. Everyone can sing, and dancing comes naturally.

There is no pain, no suffering, no ageing like I say, 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 is malleable, and everything can be changed, and when you have the power of God within you, a completely positive creative force is yours to use whenever and wherever you might like.

## Gatherings

Go to the most incredible concerts. Be the main attraction. Be a legendary singer, musician, and entertainer. Learn and master every musical instrument imaginable, and those yet to be created – you have eternity to do it all. Millions of people at any one event. Planetary celebrations will be the norm. Or hold a party, event, 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. Saying that, you can still play every sport you want to and have fun 24-hours a day, but being competitive and trying to do better than someone else won't be in your nature.

All you'll want is the best for everybody, and all your friends will be watching and cheering you on as you achieve a piece of sporting or recreational brilliance. Having fun and enjoying every moment is all that matters, and that's exactly what will happen.

And when gravity is optional and you have no limitations, well, doesn't that take the competitive aspect away anyway? You'll never feel you are missing out of the thrill that competitive sport provided, as that thrill is replaced by a feeling of ecstasy that comes for no reason at all.

You'll never get bored. There will be plenty of things to do in Paradise, everything will be fun, but there is also plenty of time, millions of years, eternity, just to relax and take it easy. Like I say, no one needs to work, and every day is like the most incredible holiday, greater and more fun-filled than could be possibly imagined or dreamed of.

## 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 or 2000's and *feeling like you're there*.

Look back and view anywhere in the past, 500BC, 23AD, 1812, or whenever, in fact anything that once took place on our past Earth, feeling as though you are right there as it is "replayed" for you and all around you like a magical interactive experience, seeing it from the perfect perspective, at just the right angle, with no negativity, it all having been recorded in the archives of all time.

When creation is limitless, it's not like there is a massive hard drive recording everything where it will eventually run out of space, rather, anything and everything is there for you to experience at a time of your choosing. In Paradise however, the need or desire to record every moment doesn't exist anymore – the work to reach our perfect world has been completed – it will be time to have fun.

Consider this. You have millions of years, billions of years, in fact eternity ahead of you, not that time will even exist in the future. 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 your story is being recorded even as you are reading or listening to this now. When we watch these stories in the future, like I say, we will see them unfold from just the right angle, from the perfect perspective.

You will see every moment of your journey through life – your own sacred story – and it will be utterly incredible. It will be there for everyone to enjoy, and it will be seen in the most positive way possible.

See what shaped you, how your love and positivity affected others, what you experienced and everything that you learned, and how your journey to perfection unfolded. Share this journey and every insight that you gained in Paradise on your own personal cosmic cinema, inviting others around who love you, but then saying that... *Everyone* loves you.

Learn about and enjoy other people's journeys as well, and understand how other people influenced your life, and how you helped shaped theirs. You may have said or done something truly wonderful that helped someone profoundly, yet you had no idea of

the positive impact it had on them, as it happened in a mysterious and synchronistic way. Finding this out when you are in Paradise will become a wonderful, magical, and joyous surprise.

Then there are those things you weren't even aware of which may have changed the course of your own life. In other words, how God set up events and where others guided you "behind the scenes" without you even being aware of it, as well as how entire countries supported and helped heal you, as New Zealand has, with this beautiful place called Aotearoa being where a global change began.

With this, you will see just how God, your loved ones, and even complete strangers helped and healed you. Nothing is seen as negative – there is only joy and understanding from the most positive perspective.

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 new home or anywhere you might like, it will be there, molecule for molecule as it was on Earth.

And don't think everything has to be "quiet and peaceful". Enjoy the wildest death metal music in Paradise where it is heard, seen, and enjoyed with nothing but bliss, as you feel and get in touch with everything that is positive about it. And that goes for anything that might be considered "alternative", anything that is close to your heart, anything you might love. Like I say, nothing is seen as negative, rather, everything that is negative has been left behind.

Children of all ages are often fascinated with dinosaurs, I certainly was, and it will be possible to look back on those times and understand and witness how these ancient beasts lived and roamed.

## Beauty

You will have the perfect physical body, just as you and your spiritual heart has always hoped and wished for. And with your spiritual heart, that deepest and most loving part of yourself, you might find that what you think and imagine now is nothing in comparison to how you will actually be!

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 here on Earth, this divine radiance will be visible in everyone and everything *now*, before we even go to Paradise.

## Time

Time does not exist in Paradise, all that exists is “the moment”. The concept of days, weeks, months, and years simply doesn’t exist, and the same goes for seconds, minutes, and hours. For a few short moments many years ago I had the experience and lived the truth that time is an illusion, and an experience like that quite naturally comes with a sense of eternity.

There is no need to wait for anything, as the idea of waiting is replaced with the bliss of knowing that everything is perfect just the way it is, where you will have everything your heart wants, whenever you want it. We will never need a “to do list” or have to worry about deadlines, and no one needs to go to school, find a job, have to go to work, or try and learn skills or gain qualifications. We will already be everything we could ever hope to be.

## The physical body

The physical body we will have in Paradise is not the same as the physical body we have on this Earth now. Internally we will be very different.

There will be no need for internal organs, “toilet breaks” will be a thing of the past, where you will never need or ever see a toilet again, sickness and decay don’t happen, and we will never age. We won’t even have blood, yet we will look perfectly natural and normal.

We will all have the perfect form, having the body and appearance we always dreamed of having, and we will all enjoy the ability to touch, feel, hold, and love, just as we do now, but in the most divine and incredible way.

We will look the same as we do now as far as the typical human form is concerned. Two arms, two legs, two eyes, two ears, mouth, nails, hair, everything sexual, basically all that we know and love about ourselves – without anything negative. Fit and ready for anything, we will never feel weak, tired, or exhausted, and we will never need to exercise, for any reason. Nothing decays, and that includes the perfect teeth we will have too. Everything about us looks incredible.

We will have no limitations, no disabilities, and not even the laws of physics or nature will apply to us. It is true to say that we will be perfect in every way. We will have the power of creation within us, and there will be nothing to hold us back.

You never have to worry about personal hygiene, as bacteria, decay, unpleasant odours, illness, and any kind of physical imperfection simply doesn’t exist, so you will never need to do anything like we do now to be exactly how you want to be – clean, pristine, and ready for anything. Even the term and idea of “health” becomes redundant, as it was something we had to worry about during the times before perfection was attained, on our old Earth.

As I have said, we will be how we have always wanted ourselves to look, for we are perfection embodied, forever renewed by the power of our own eternal Spirit – forever new. It is an incredible feeling, as you realise life will never end.

Imagine experiencing physical sensations and pleasure in the most divine and incredible 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, just for fun.

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, they can even glow or sparkle if you want them to, and more that I can't even imagine, and you will experience no pain, and you never will.

Incredible clothing, perhaps even jewellery from distant worlds, everything you loved about make-up (which you wear to be creative), change the length, style, or colour of your hair in moments, the colour of your skin, be the height you always wanted, anything you can think of. It only takes seconds, if that, and then change again or start afresh with just a thought.

Your body will be your canvas, or you might like to keep things simple. You will feel truly ecstatic with who you are, and you will be happier than you can possibly imagine.

## 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, and I imagine we will be quick learners too.

There will be people who teach, for fun and fun alone, and learning will be a beautiful and exciting experience. We will learn from each other just like 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. We will learn simply for the joy of learning.

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 more. Even craft a whole new language if you want, 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 right now, nor feel pressured or obliged to either, as there will be plenty of time in Paradise to achieve everything you can possibly dream of, or ever wish to do.

With that, if you are inspired to learn either of these universal languages in this time now, 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, our Spirit can speak without the need for words, and feelings from the heart will communicate in the most powerful way, like I have mentioned. Sometimes there are no words for a heartfelt moment, as happens

even now, but the spiritual heart will say it perfectly, with none of the meaning lost.

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. These may even begin to develop in this world before Paradise comes.

The Internet won't exist, neither will phones, social media, or artificial intelligence, as everything is already interconnected, and everything is available through the infinite resource that are the archives of all time, where every aspect of knowledge is free and forever ours, instantly available whenever, wherever, and however we might like. Simply put, computers, anything electronic, and everything related to technology isn't needed, and won't exist in the future, other than what we'd like for nostalgia.

## Wealth

There is no need for money in Paradise, as everything can be created out of nothing with the power of manifestation. You will never have to pay for anything ever again.

There are no locks on doors, no locks or passwords anywhere for that matter, just absolute freedom knowing nothing can go wrong and manifestation can create anything, where everyone has a sense of fun, everyone is your best friend, and the world is a place of play for everything that brings happiness and joy.

You feel as though you own everything in the world, in a purely spiritual way, yet you don't own a thing. It is a bit of a spiritual paradox. It is both an unusual and incredible feeling to experience, and comes with a feeling of power and bliss knowing that you don't need anyone's permission or approval to do anything.

Greed is rife in our world right now, but in Paradise, greed and every other negative emotion no longer exists as everything is free and

freely available. No one struggles with life, instead there is freedom, unconditional love, happiness, and every positive emotion that has ever been experienced, and will be experienced in the future.

## Pets

All forms of life will exist alongside us, but some we have today will become redundant, such as creepy bugs, flies, those awful looking creatures of the deep oceans, and so on. Yet everything in our new world is in perfect balance.

Your pets, your pets of the past, and many other animals that live today, even species that have become extinct will all be in our new world with us, and there will be entirely new and fantastic and beautiful forms of life that I can't even imagine.

Animals and all forms of life will rejoice in ecstasy in our new world just like we will, free from the need to hunt or struggle to survive – experiencing the joy of knowing they have eternal life, without fear or limitation. They will be of no danger to anyone, being utterly devoted to everyone they come across and that they are around.

You won't need to take time out to care for them, feed them, or do anything which requires effort to keep them healthy and looking wonderful, as they will always be perfect just as they want to be, happy, and carefree.

If your past pet companion had a nature which was less than perfect, for example perhaps they had an aggressive streak, all those imperfections will be gone and they will be entirely placid and friendly, without losing their unique and now completely positive personality, nature, and Spirit.

Every animal and creature in Paradise will have the most benign and loving nature, full of fun and joy, by our side as the most loving friends, throughout life. A rare, beautiful, gentle, and devoted tiger,

puppy, eagle, dolphin, or unicorn might be your trusted friend and companion!

Like I say, there will be all manner of existing, past, and future species, and they will exist in their most perfect form, alive and right in front of our very own eyes for all of us to adore and enjoy life with. Don't be surprised if you even see the cutest, most playful, completely harmless dinosaur or two!

## Life

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 oceans on our planet Earth right now 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.

These pristine oceans in our future world will be free from any contaminant and impurity, they will have no salt either, perfect for any kind of fun activity – and the ideal temperature for you, just as you'd like.

Nothing needs to be done to keep the world's climate in balance, in fact it's not even a consideration as the entire world remains stable and free from any untoward natural event such as earthquakes, tsunamis, or climate change, in perfection, for eternity. Nothing goes wrong.

Stay underwater for days without needing to take a breath – we don't need oxygen or anything else for that matter to survive, as our physical bodies have no limitations. Rejoice in the experience of being part of everything God has created for you. Even water will have a divine quality to it. I imagine there might even be underwater cities! There's no reason why not.

There's no longer any need for evolution, as evolution is replaced by manifestation and creation. The need for a woman to give birth or to go through pregnancy, or for anything in creation for that matter to have to give birth to bring life into the world is no longer there, and menopause is a thing of the past.

New beings and creatures are created purely from Spirit, without the need for a physical mother and father as I say, and genetics and DNA don't exist either which means family resemblances and physical similarities no longer happen, which we won't miss, but there will be the most profound sense of love, belonging, and a collective spiritual bond between all of us that will be too beautiful to imagine.

There is no taking years for someone to grow from young to old, rather, people and every living creature are instantly mature and fully grown, intelligent and loving, perfect in every way, from the moment God creates them in the world.

Yet that doesn't mean we miss out on love making and intimacy, rather, that becomes everything we always wished it to be, and more than we could have ever possibly hoped for.

Nature will exist with such beauty that I can't even imagine, without any negativity or anything unwanted in any way whatsoever. Vast forests and everything beyond what could possibly be thought possible is there for everyone to enjoy and marvel at just how incredible it all is. The struggle to survive is replaced by eternal life, and nothing requires any effort, and everything is a joy.

Nothing negative happens, nothing goes wrong, and there is no thought that anything will. Life is simple, life is all about unconditional love and fun, and our lives will be truly and honestly beyond anything you could possibly dream of. I don't refer to it as "perfection" for no reason at all.

## 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.

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, or equator on our new planet, 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 are scattered everywhere, just as the people who are there are wanting at the time. For example, some people might want it nice and hot to enjoy the sea, surf, and sand, yet just a short distance away it is snowing, and people are skiing and snowboarding. Walking between the two would surely be incredible as the conditions changed!

There is no need for science or physics to explain the Universe either, as everything is self-evident. In other words, we will never have to think about the mechanics of life, nor will we want to, as we know we made it to Paradise because of the lives and times we had on our old Earth, and that explains everything. It will be time to have fun, leaving intellectualism behind forever.

Rain or a gentle mist can come and go as we'd like, 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. There are sure to be rainbows and more that I can't even imagine, that will be beyond beautiful, something to truly behold.

Countries will no longer exist, nor will there be any borders or boundaries, in fact politics, people leading people, ideologies, and the idea of who is important and who is not will be things of the past. There are no gurus or spiritual teachers in Paradise either. We won't need them.

There's no need for any man-made satellites to be circling our world in space either, and there won't be a moon as it will no longer serve a purpose – yet there will be perfect balance in every way as far as our new planet and creation goes. A finite Universe as we know it now will be replaced by infinity.

*The future will be a case of what we once thought impossible becoming reality.*

## The Earth replica

I started this topic by saying...

*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, 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 times we loved that we remembered, doing so with all the positivity, fun, and joy imaginable.

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 it will be known that way forever.

Although it will be in a state of disrepair in many ways, being a mirror of the Earth as it is 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, and to share our story with others as well.

That is by no means glossing over the tragedies and suffering that has made much of the world what it is today, rather we will be aware of just how much we gave to help God, and everyone who follows in our footsteps will learn and have that same awareness also.

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 who never knew what it was like to experience reincarnation, and who weren’t part of the “greatest story ever told” – the story of us, as Humanity, and how we helped God.

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 you gave and sacrificed for God, and being a member of Humanity alongside you, I am humbled by the thought.

You may ask, how can an entire planet be “copied?” How is this even possible? The answer is that 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. Everything is atoms, molecules, energy, and probably more, so everything is malleable, and creation and its possibilities are infinite.

But most importantly, and truthfully, we, collectively as Humanity, under God's guidance, made creation, manifestation, and life free from pain, suffering, and negativity a reality. Now, God can do what He needs to do, whenever and wherever He needs to do it, to work with us here and now *and free us all*.

## Finally

Not everyone will read or listen to 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, devastated by war, impacted by 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, understandings, insights, and inner truths across in this book.

As a global spiritual change becomes evident and is accepted as reality by everyone, 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.

Follow your spiritual heart, as I like to say. A meditation routine, moving meditation, and your own heartfelt guidance and intuition are key tools in determining what is divinely inspired, and what is the mind going on a little journey in an entirely different direction.

It may be interesting to consider, but there will be no need for spirituality in Paradise, or anything spiritual at all. Spirituality is something we have now to get us *to* Paradise, and when we are *in* Paradise, we will have attained everything we could have ever dreamed of, and more, and we won't need to strive for anything. In essence, spirituality will be something we once did, that we then outgrew, and then left behind forever.

It may be some time before everything comes into balance and everyone is healed spiritually, but in the meantime, go about your daily life as you feel you need to in a kind and positive way, and if the opportunity arises and your spiritual heart guides you in such a way, help your fellow woman, man, and child however you can.

If you have the inclination, why not create your own book, journal, or social media post on what you see are the possibilities and probabilities of the future, as you have been divinely inspired to know? In effect, recording or sharing your dreams for the future. It's something you can take with you into Paradise as well – and then when you're there, it will be fun to match up your predictions with what reality in the new world is actually like!

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 and so on, where the focus is in the real world, is so much better and healthier in my opinion.

It was a great comment though, it got me thinking, and prompted me to update this book. It was an idea that I never would have thought of myself, and I love hearing people's ideas! And there are trillions of other ideas out there as well, of course.

Rather than inspired through something like a computer game though, something peaceful, beautiful, and mystical like the movie *The Hobbit* for example, or going back to the 1950's like in the American TV sitcom *Happy Days*, or even Edwardian England,

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 is absolutely thrilled to take part in the fun.

It is as easy as knowing the fun will be there, and it's all about fun, joy, bliss, and the freedom to be able to do whatever you want to do.

There will be forever to create anything you might like.

With love,

Jason

# You won't miss 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, no matter what they have or have not done. As I have recently been asked, "How can the worst individuals throughout human history, those who have been responsible for the most terrible atrocities and crimes against Humanity, how can they be included?"

*Paradise is not just for a few. No one misses out.*

*If any part of you thinks that you won't make it to Paradise, if in any way you think that what you have done in the past is so terrible and evil that God will never welcome you, if in any way you think that you will be left behind and forgotten – I can tell you with certainty that you are wrong. You **will** reach, live, and enjoy Paradise for eternity – alongside everyone else in love – and everything that is perfect and blissful will be yours, forever. I will be humbled and honoured to live in the new world alongside you, to share a loving conversation and share in the joy of perfection with everyone, and above all, to thank you, knowing that none of us would be there without you, knowing all that you have given.*

I can't stress that enough, which is why I repeat it throughout this book.

Do not doubt that you are God's most precious child, and that you are as important as even the greatest spiritual figure or spiritual person that has ever lived. Paradise and true happiness is your birthright, and it can't be taken away from you.

We will all live alongside each other in love and harmony.

*Everyone will have repaid their spiritual debts, and you are truly worthy.*

There is more you can discover in my topics, "The fall from grace", and "The gift that is *You*", earlier in this book.

With all my love,

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 generations, back to her own guru, Baba, and perhaps even to his guru as well, Bhagawan, and even earlier. I had already been “bopped” a day or two before.

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 influential spiritual (and political) figure, and he was tutored by Yogananda in spiritual ways as well. Forgive me for continuing on about such things! I find it all so fascinating!

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 that they could feel within them, without there being any doubt, where a positive change would then be the result. These spiritual teachers, masters of energy and genuine in their intent, were treated as living treasures, and had other’s spiritual wellbeing as their highest priority.

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 true 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 and synchronistic moments 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, which was such a blessing, 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 goodness!

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, and after having gained fulfilment as they needed it, moving to the side so the next person could receive their blessing. 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.

I asked myself where exactly did those words come from? Were they from God? Were they from the guru? When I contemplated that question, I recognised that those nine words were from the highest spiritual part of myself, my innermost Spirit, the ultimate aspect of divinity that we *all* have, that is always with us.

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 have more faults than I care to consider, and 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, friendships are rare, and girlfriends and dating never really happened. Spending 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 any need for them to claim that they were, or anything material 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.

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, 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, and this is what needs to be taught.

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? 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!

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, serenity, and guidance 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 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 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.



# My “Stargate” experience

This is an accurate written account of what I consider to be one of my most powerful spiritual experiences.

On the 1st of June 1998, in the darkness of a Wellington evening, I was at a train station waiting to catch a train back to Wellington. All of what I had gone through in the previous weeks would come to a head, and it seemed I would be rewarded for my spiritual efforts, and everything I worked so hard to achieve would bear fruit. What was to happen will stay with me for the rest of my life.

It was a cool, crisp, calm evening, dark given that it was winter, and there was no-one else about. It was quiet too, and still, still for what felt like hundreds of miles around me.

My mind turned inwards, and I began to see and sense with a clear spiritual vision. As I looked upon an ordinary bush on the side of the tracks, I saw Paradise in that bush. How long had I been blind to the beauty around me? I realised this would be a vision everyone would one-day share, the beauty of Creation.

Then I turned further inwards and began to experience nothing but positive emotion. It was as if every positive emotion that was in existence was coursing through me, each for just a fraction of a second, so briefly I could not tell what each emotion was. It was exhilarating. Then there was pure positivity, an experience of what is known as “beyond the duality”.

Then I became aware of my heart – my Spirit. It was constantly renewing itself, forever new. I knew then that Spirit was eternal, and although the physical body grows old and eventually dies, Spirit lives on. From there, I felt that time, and the concept of time, did not exist. It was surreal, and there was a feeling of solidity within me.

Still these spiritual experiences were flowing through me. Next, I became aware of my utmost importance in God's Creation. I recognised that God and His Creation would be incomplete without me, and I was His most cherished soul. I realised that this was how God felt towards *all* of His children, without exception.

I became aware of how truly fortunate we all are to have a God as benevolent as the one we have – one that is totally positive in every respect, having only our best interests at heart, loving us unconditionally and only wanting the best for each and every one of us. With this, I was able to experience such an important aspect of God, leaving me feeling truly grateful and fortunate to have been created by a Creator such as He.

Then I saw the world, vast, yet big enough to manage, and all that was required to remove all the karma from Humanity was a line, a golden line, from God to a soul, free from any negativity. I saw the most troubled souls who were so lost in the darkness that they couldn't find their way free from the cycle of rebirth after rebirth. I knew something could be done about this.

The strongest sense of compassion then came over me. Because this highest spiritual perspective had been experienced and attained at this point, I recognised that this highest perspective meant any problem or mistake would be seen and understood with the utmost compassion and understanding, meaning there is no judgment, and that there is nothing or no one that couldn't be healed.

Next, I saw myself as a soul amongst billions, and it felt like I was a grain of sand on a beach. It was an extremely humbling and beautiful experience. Then there was the absolute brilliance of God, and I recognised that God was beyond our concept of intelligence, masterminding Creation in every respect.

Seeing through God's eyes, I recognised that every soul is equal. Every person in this world seems to have a status, either high or low, but in reality, *all* are equal in God's eyes.

Just for a moment I had a feeling of enlightenment, but this was very much just an acknowledgment, like a “mark in the sand”, and then it was left behind.

Becoming aware of the expansiveness of the Universe, I recognised how insignificant my knowledge was in relation to the grandeur and infinite nature of Creation, and I knew I knew nothing at all.

Moments later, I had a feeling of the absolute truth of all that I was going through.

I realised that with all my imagination could dream up, it could not come close to how incredible and amazing the truth, and this experience, really was. It is as though God has something so great in store for us, we could not imagine how great that really is, and I got to experience it.

Words could not describe all that I was experiencing, as it was beyond words, and I realised that in the future, conversations of the heart, and emotion without words, would be the most powerful form of communication.

An experience of leaving the past behind came over me next, as if all the bad I had gone through no longer had any meaning or could influence me. It was liberating, and I sensed I had “wiped the slate clean”.

Following this I became aware of other dimensions of existence around me, life forms such as the Devic kingdom, where fairies, unicorns and other non-visible beings lived.

Finally, I saw a vision of the future. A “sixth sense” showed me a portal, and I knew this was a link to the next world where we would all be transported to.

After these experiences subsided, I slowly came back to “reality”. I realised that one day I would be recognised for this achievement, and

I would not walk around in white or red robes, rather, I would be in normal, everyday attire. This made my heart happy.

Deciding not to go to Wellington, I headed my way to a friend's house instead, about a 15-minute walk away. It was at her house that I would have one of the most memorable moments that made this experience complete.

In her kitchen, music was playing on her computer. The kitchen was beautiful, where she had painted all the cupboards in bright colours so it looked like a perfect Universe was everywhere around us, with swirls of gold, and criss-crosses of colour making it a truly sacred place.

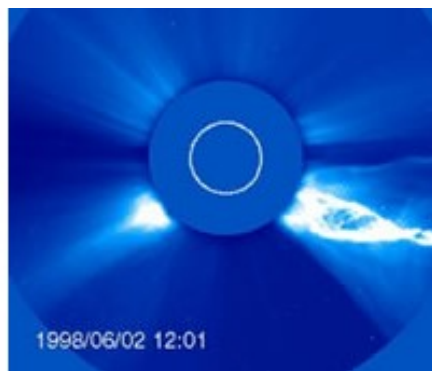
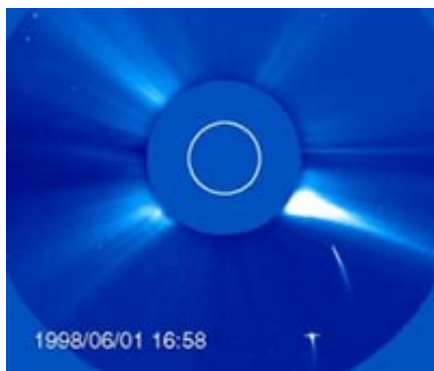
The music that was playing was Roy Orbison, but I was not particularly attentive to the lyrics. As Roy's song played, I heard the word "love" and I went into a state of cosmic ecstasy. I was no longer aware of the room. All I was aware of was a feeling of bliss and what I can only imagine is "nirvana". It was intoxicating, divine, unconditional love. My vision faded and all I could see was an incredibly brilliant light, and nothing else.

It only lasted a few short moments, and as the experience ended, there in front of me was my friend, asking me a question. I remember thinking to myself as I looked at her, aware that she had not experienced this for herself as I had right then, that if I were to be the only person to experience this, it would be of no use at all, and totally selfish.

I knew then that I would like to, if at all possible, gift this experience and all the other experiences I had just had to everyone else.

## Sign of attainment

On the 2nd of June 1998, there was a celestial event to signify the attainment of this high level of consciousness, the “beyond the duality” consciousness. Below are images showing what took place.



*The twin comets of these SOHO “sungrazers” signified the male/female energies that were needed for this event to take place. Following this, a bright coronal mass ejection (CME) with an enormous erupting prominence appeared from the lower right of the Sun. The reason I was aware of this was because it was reported on New Zealand television a day or two afterwards.*

For a video of this event, you are welcome to visit my YouTube page...

[www.youtube.com/jasonremfrey](http://www.youtube.com/jasonremfrey)

## Finally

Thank you for allowing me to share my experience with you. Everyone's experience will be different, this is just mine. You will see, feel, and experience that all your dreams, and more, have come true, that you are finally happy in the heart, and your heart will rejoice knowing that everyone will experience true freedom, just like you have.

You will never be alone.

Much love,

Jason



# 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, a member of the national rugby union team, 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. I even drew one complete book of cartoons to help 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 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, even though I wanted to play much more, 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 how far the ball cleared the boundary – 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 Computing 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 so 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 much 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.

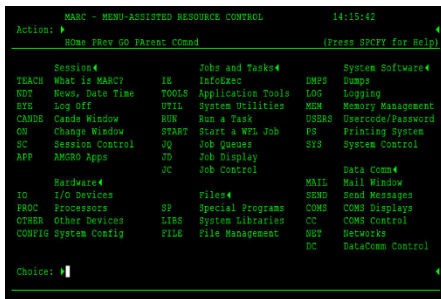
My bad eyesight was identified when I was eleven, quite late in life I think, and as a result I never felt comfortable with the whole "four eyes" thing. I tried contact lenses when I was about nineteen, gee

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 Computing 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 to study 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, where perhaps they felt in some way that I was still one of them, and in many ways I felt that I was.

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. My memory on this is a bit sketchy, but I even came second for the company’s employee of the year award thanks to being nominated by my operator colleagues. Strangely enough I was relieved I didn’t win, as I would have freaked out needing to say a few words in front of what for the most part would have been dozens if not hundreds of strangers. Being runner-up I received a voucher, which was a lovely acknowledgment, so we as a family had a lovely dinner out.

I made some big mistakes though, but then everyone did – that was just the way it was. I never held any kind of leadership position, the closest I got was when each of us had a week as the team leader to see how we would get on, but that led nowhere and I never heard anything more about it. In fact it was obvious even to myself that the way I tried to keep an eye on things was a little bit annoying.

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 for me 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. While I was there I worked with someone who was deaf, and it was great finding solutions when it came to communicating, and working with computers really helped in that regard I think. We were both highlighted as a success for the MSD initiative. For the most part I have been on the benefit because of my bipolar since I was twenty-eight.

That job 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.

I first became interested in web design in 1997, but these days, along with writing my books with a word processor and Microsoft Publisher, I tend to use online tools to help with my creative projects, as well as tinkering with social media, blogging every now and then, nothing that unusual. Thankfully I no longer need to do any coding whatsoever – my capabilities just couldn't manage that anymore, even with AI and how easy it seems to have become.

## 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. But 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 difficult 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 meds 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, clarity, and sanity" 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 a podcast where I realised that for the seven years since 2003 when I first started on my anti-psychotic injection (600 "jabs" administered so far and counting), I was suffering from depression, and clinical depression at times as well. 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 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 kind of teaching, where my “inner life” was tested on occasions as I learned, grew, and unfolded spiritually, but it was all worth it, and it changed my life for the better.

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.

From 2005, I began to travel my own spiritual path without any sort of formal teaching or spiritual support whatsoever. Since then, I have had many profound and beautiful experiences which have kept me moving forward, and I've gained more confidence as I found an inner strength, where God was in my life in a much more noticeable way.

## Exercise

For so long I 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, on and off for a year or two, so I guess that's something.

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 an annual subscription fee 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, rather I loved the idea of not being out of breath if I ever had to run for any reason, so I focused on the "circuit", a collection of different exercises which suited me much better.

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 shouldn't 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 for myself I enjoy getting out

in the fresh air when I can, which I like to think is something 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 wonderful 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.

In essence, 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.

I started off by struggling even to walk just around the block, but by building myself up to 8km circuits that I try to do as much as I can, I like to think I can manage 10-20km's in a single day at the cricket, and I don't feel too tired at all, and from there, all around Wellington's CBD to make the most of the outing. A little bit of resilience never goes amiss, I feel, even though I still have a long way to go.

So yes, I may not be able to manage a marathon quite yet, but I'm doing better than I used to, and on top of that, daily walks with my 86-year-old mother which she absolutely loves is wonderful to be able to do, knowing just how beneficial it is for her especially, and it's fun at the same time.

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, including ideas I have had for this book.

Considering I'm fifty-five 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, and I'd love to, 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

# About 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, working on it diligently for eight years when eventually in 2018 I put it all 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 over twenty years in the making. It is free to download and share, without any restrictions.



In 2025, after some interest from others, and what seemed like a natural progression, I transferred, refreshed, and greatly expanded much of that 2011 writing into the book you are reading now.

Writing this book has been a wonderfully enjoyable process for me. I first shared an early version amongst friends to gauge their reactions and gain feedback, and from there I reviewed the book thoroughly over many months, updating and reworking it significantly.

When the time was right, and when I was sure that everything that needed to be in the book was included, if it hasn't been submitted already, I have prepared it for the National Library of New Zealand.

It is satisfying for me to know that this book will forever be available for anyone who might be interested, for free, without restrictions.

With thanks and gratitude.

# Thank you

I hope you have found this book interesting, thought-provoking, and enjoyable to read. I imagine there have been plenty of new ideas and concepts to consider, and just the fact I have been able to share this book with you, that you would listen to my words, I feel honoured.

All I have are my experiences, insights, and understandings. I do the best I can to convey these, but then there is a common language that communicates from deep within each and every one of our spiritual hearts. That is what I have experienced.

These are my words that come from my heart, but my words are no more valuable than yours, and that goes for everything you write, say, or sign. 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. Even if you disagree entirely... You may have read it!

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 genuinely enjoyed the process.

We are all students of the University of Life, and collectively we will learn from each other, unite our hearts and minds, 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



# Links and social media

**Website:** [www.jasonremfrey.com](http://www.jasonremfrey.com)  
[www.jase.kiwi](http://www.jase.kiwi)

**Audiobook:** [www.audiobook.kiwi](http://www.audiobook.kiwi)

**eBook:** [www.ebook.kiwi](http://www.ebook.kiwi)

**Discussion:** [www.reddit.com/user/jasonremfrey](http://www.reddit.com/user/jasonremfrey)

**YouTube:** [www.youtube.com/jasonremfrey](http://www.youtube.com/jasonremfrey)

**Meditations to try:** [www.jasonremfrey.com/meditations-to-try](http://www.jasonremfrey.com/meditations-to-try)

**My 80's Cartoons:** [www.flickr.com/photos/jasonremfrey](http://www.flickr.com/photos/jasonremfrey)

## 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

**Some official Down syndrome websites:**

[www.nzdsa.org.nz](http://www.nzdsa.org.nz)  
[www.ndss.org](http://www.ndss.org)  
[www.downsyndromeuk.co.uk](http://www.downsyndromeuk.co.uk)

**I have read this, and even though I am not a parent, I found it  
invaluable, and I can recommended it:**

The parent's guide to Down syndrome.  
By: Jen Jacob, Mardra Sikora  
ISBN 9781440592904. 255 pages





DAD



You're with me now as much  
as you were before.  
Love you.







Aimed at anyone with a spiritual interest, or those curious to explore how a transformative view of spirituality can be applied to everyday life, where we *all* make it to a perfect future, without exception.

What has shaped my life more than anything has been my innermost spiritual experiences. Putting these experiences into words is often easier said than done, and you will have your own experiences, and more, to offer with love.

Essentially, what's in this book doesn't matter, as there is spiritual energy within everything, guiding and connecting all of us, expanding upon everything we write, say, and sign.

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.

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