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 could continue creating, together enjoying times that are never dull, times full of love, fun, and joy.

~

To everyone in this beautiful country Aotearoa New Zealand, for being there, guiding my ears, eyes, and footsteps with a casual word, look, or action, which may have been the most important moment, giving me everything that I needed to move me forward spiritually.

~

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~

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~

And, of course, to you, the reader, I am honoured that you would take the time to read 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, or a bit of what I am 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 feel worthwhile.

I don't have any particular expectations as to where this book might end up, in fact, referring to one respected online resource, I counted close to two hundred well documented individual, spiritual, regional,

and religious offerings globally, and there will be thousands more that don't make the headlines for sure.

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

Who knows, this may not find favour with too many people, but with that, a friend once said to me, "As long as you're having fun". I'm pleased to say that I am, and that is the goal with most things, I feel. And keeping things simple.

This has been an incredibly positive, creative, and enjoyable project for me, and I have the feeling that if the inspiration and opportunity is there, as well as the free time, and with that the belief that there will be real interest, I will follow that inspiration and start creating whatever that might be.

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, 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 naive, 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 that 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 almost always is.

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 in a worldly sense, while only barely managing to scrape by spiritually and achieve something in that regard, but I do recognise that I have been, and continue to be, supported on a spiritual level in a myriad of mystical and otherworldly ways.

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

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.

I'm certainly no life coach either, and appreciating everyone who does that and just how skilled and talented they must be, I realise with all my limitations that I'm just happy being me, trying to bring a little bit of light into the world in the simplest of ways.

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. Saying that, I felt driven and inspired to write what you are reading now, so with how inspiration often works in a magical way, I feel there will be an audience, however small to begin with, and also that I won't have to try too hard to make everything come together.

With this, I trust my spiritual experiences, and I know they will get me to my next step. I can't recall a single time they have let me down – even though I've got in the way of them more often than I care to remember!

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 moving meditation as well (which

I explain later), 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, not in any way at all.

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 of this writing, in any case.

As far as ordinary "worldly" knowledge goes, I am severely lacking, having spent too much time trying to do "God's bidding" – mostly unsuccessfully, and there are far cleverer people than myself. 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 that 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 that He has for all of us doesn't stand a chance given how He has been portrayed, with every corner street preacher, pair on a bicycle, missionary and evangelist trying to save us, giving us no hope for salvation if we don't take up their offer, or believe in their spiritual lord, messiah, prophet, king, messenger, 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, what with 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 offers thoughts on how 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 and war 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, even though it may not be apparent as I am writing this now.

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 many, 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 that 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 you will have your own.

If you feel inspired to, why not write down your own thoughts, ideas, and experiences? 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, as well as useful when it comes to remembering things that would be forgotten otherwise.

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.

If looking at life in a spiritual way is something new for you, and as you are reading this you start having questions, that questioning wouldn't be unexpected. By reading this book in its entirety, if you ever manage to find the time and it's interesting enough to do so, then I like to think that some, perhaps even all of those questions might be answered.

We all have something to offer, each of us one part of a puzzle with eight billion other pieces that complete the full 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, artificial intelligence and probably more 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…? Is there even the thought that there might be something more?

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 that He has a plan for all of us, but in the end, I wasn't brought up in any religious or spiritual way that led me to

believe this, and it's not something that I've researched or tried to discover.

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. I have met Him, and I know what He is like – His true nature.

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, doesn't mean that 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 judge anyone on what their experience, 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 a worldly 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 our all-positive and eternal Spirit 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 personalities. It has been a great mistake though, and something that has happened since time immemorial, for Humankind and religious leaders especially to portray God as being *in the image of Man* – projecting and applying their own faults, imperfections, negativity, and limitations onto Him.

Such falsehoods are often written in text and scriptures, and have been spread around the world as unquestionable religious truths, handed down century after century, believed by billions.

As some religions (and various teachings) believe and spread amongst their followers, they teach that God is a God of anger and wrath, who judges us, and who will punish us. These are the most destructive and negative of all spiritual and religious beliefs and teachings, and have been around for far too long.

With this, so many people must be afraid, living their lives thinking that God will "strike them down" or banish them to a hellish existence under the control of some sort of devil for any minor indiscretion, moment of blasphemy, or indication of irreverence. All of this is wrong, and utterly untrue.

God shouldn't be feared. God dismays that He has been portrayed this way. He is the unconditionally loving spiritual parent 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 inner transformation, where each of us as individuals gain a totally positive consciousness, a spiritually mature sense of being, and the joy, happiness, and loving nature to go with it. It doesn't matter how old a person may be, or anything about them, everyone is included.

Each of us will be affected differently, in the most beautiful way, 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, without needing to make any effort at all.

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, and if not, then you will in the future. 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, or 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 that I know will happen for everyone, this being what I have learned from my own spiritual experience, and what I know of the capabilities and abilities of our Creator.

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 completely positive future awaits all of us.

I feel blessed for my life following the path that it has, although it has been difficult at times. 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 whether a supreme being existed or didn't exist. Because my family was a secular one, my upbringing from my dearest mum and dad meant they brought up the three of us with a philosophy 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 great interest in spirituality or religion themselves.

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, thinking it might not need attention. 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 perhaps twenty 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 knowing 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 pretty much 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 be moved aside making room for something positive, if that is even possible, or where there is a complete dismantling of the situation. 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 which must

be 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

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.

> *There is no reason to fear God. There is no need to fear our Creator.*

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 is the most loving parent. We can look to them for support and guidance, knowing they only have our best interests at heart.*

God sets up ways so we can learn and grow, 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 lives, empowering us while giving us things to work on as well, and with that, as we make the changes we need to make, we can only feel a real sense of accomplishment.

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 actually very relatable, and He is always looking for opportunities to show us just how personal and relatable He is, and this often happens in everyday life, which can only strengthen our divine relationship with Him.

God is not sending us someone so they can rule the world, a messiah, some kind of Christ, a spiritual lord or king, or a saviour or prophet of some description that we should all bow down to and try to please at all costs. In no way at all.

Waiting for someone to "turn up" and do all the work for us, or for a great spiritual figure to "save us" as some religions believe takes place, the reality is that along with God's energy and the grace that we give each other, we learn and grow from life experiences, self-inquiry, spiritual self-development, healing and so on, in essence "saving ourselves".

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 and experience our own truly divine and ecstatic 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. Complete freedom, limitless power (for the right reasons), bliss and ecstasy whenever you might like it, a sense of expansiveness, humility, and more. I am fortunate enough to have experienced all of these, and you will too, which 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 in the past.*

If you have them, shed those feelings of fear and guilt. Instead, look at God 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! Perhaps it's all about what moves you and how your heart moves you too, but then it can be great to push ourselves a little, and it's incredible when we gain encouragement from others, all of these creating memories that can last a lifetime. I remember fondly my art classes at school, and I imagine being part of any creatively focused group, no matter what it is, can be a lot of fun!

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 can be achieving even

more than this, more than fame can achieve, more than we might appreciate and in a positive way as well, just by living humble, yet extraordinary lives.

"The meek shall inherit the Earth" is a another saying 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 difficulties, 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, much of our wrongdoings and the negativity that we might have within us is taken away from us without us even realising it, while we still have the benefit of learning our spiritual lessons, in a much gentler but no less powerful way. As a result, we become fulfilled and happier people with far less effort on our part, far sooner than what we could have ever 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 others. 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, and in a very profound way.

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 spiritual subconscious of countless others who, as a result, no longer have to carry that burden and negativity themselves. Over time, even if it isn't until there is a great spiritual change which brings people's positivity to the fore, the healing that those people have received will become both evident, and life changing for them.

One more example, where wellness is paramount and where wellness is achieved, 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 any negative effects. Simply put, along with what is known and achieved medically, their medication saves them from any unwanted and problematic spiritual experiences which might well 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" so to speak, where I had plenty of time to absorb and reflect on my experiences, although it definitely wasn't easy due to my very unwell mental state.

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 I imagine you will have too – perhaps you have had many challenging life experiences in your own life. 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 fear, they have their spiritual 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, gain enjoyment, 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, or where the focus has been shifted away from the mental health consumer and what they need, and more towards the needs of those providing the support, 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.

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 recognised the importance of 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 their 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 Spirit 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 those who love them, so they are not only healed on a spiritual level, but they 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 and love 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 don't even consider that 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 in the world 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" (so to speak).

> *The next person we might meet, as innocuous as they might seem, might be the most important person that we could know, giving us all we need to get us to our next step, spiritually, and in life.*

I have used the term here "The unknown soldier", it just feels right for me, but this is what these people are – God's workers, through and through.

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 over dinner, at an event, perhaps a discussion over a zero-alcohol drink at the pub, at a café, talking to a complete stranger, finding inspiration during a business meeting, like I say, we are all interconnected spiritually.

That means your conversations might well be touching the hearts and illuminating the minds of people half a world away, as you discuss 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 nothing more than wishful thinking, 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 centuries. 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 sometimes said that politicians, even decision makers generally I imagine, 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 they give direction and guidance 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.

I feel it is wise for anyone who considers that they can guide someone else in the way of spiritual matters to start with the knowledge and awareness that in fact we know nothing at all. When there is no tangible evidence or continual and consistent accuracy with the information or guidance being provided, there should be a sense of wariness, and scepticism.

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 in one way or another, 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 and spiritual teachers who add to the fabric of true spiritual change, making the world a more positive and enlightened place.

You yourself are a healer, and we all heal one another. That is what grace is. 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 spiritual gift, and it is likely we won't even know it is happening, as it is God who manages the entire healing process.

I feel that that concept of our healing and grace going to the other side of the world might be easier to accept when we consider the vastness and expansiveness of the Universe, and just how minuscule our planet is in the scheme of things. 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, our transition to enter into this, the "new time", would likely have happened in an altogether different, and far less ideal way.

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, or consider it nonsense, 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.

> *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), as well as spiritual awareness and insight 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, or to shy away from reality.

Everyone has freedom of choice, with our choices and actions going towards determining what our future might be like, either in our life now, or in a future life, while at the same time we are supported and guided by God right throughout all our lives.

Learning what we need to learn spiritually with the spiritual lessons and spiritual debts that we experience through life, as well as what we might be able and destined to enjoy with all the good that we have done, all goes towards achieving balance, happiness, a sense of inner freedom, and positivity in every respect, especially looking at things 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 difficult as that might be to consider, appreciating just how heartless this might sound if looked at in a purely worldly non-spiritual way.

Above all, no matter what situation another person might be in, it is up to us both as individuals and collectively to do everything we can to help others in need, where circumstances and other factors allow. We ourselves might have been in a similar situation in a past life, where all we wanted and needed back then was someone who could make our lives easier.

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 with that, we may 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. Naive and extremely strange 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.

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 by "altering" a gene, or somehow "adjusting" DNA, or something similar. A term I like to use for this is "creative evolution". It's not that I'm rejecting Darwinism, quite the contrary. Personally speaking, I prefer to think 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 into 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 spiritually we may have glimpses and gain insights of our previous life or lives, that's if we've had any, 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.

While we are in the spiritual realms, it is God first and foremost who "calls" us to consider a new life. Once we recognise the benefits of what will be our new life on Earth, and we always do and we do in the most profound way, with many of our friends and those close to us spiritually, everyone is involved in both watching the process of our life plan being made and actually planning our important life events.

This includes meeting people when we are on Earth 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 taking responsibility for our life, which is such an incredible thing, as well as joy and celebration, with no

feeling that we are being punished, or pushed into anything we don't want to do. There is nothing but love and divine wisdom as we prepare for our new life on Earth, all seen and understood from the highest possible spiritual perspective.

Another question might be, "We must all have started with one life, our first, so where did our lessons and spiritual debts even come from? Shouldn't we have all been perfect having had no previous lives to have got anything wrong?" There is an esoteric explanation, where we all experienced the laws of karma before our first physical lives.

Through a meditation routine (which I cover later in the topic "Meditation"), 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.

Of course we never stop learning, but one day, with a bit of "help from above", we might well gain the full picture of our journey through time, and exactly where that "thread of gold" that we are has travelled, and it will be seen in the most positive light. Above all, have no expectations, and if it happens, it happens.

Don't be discouraged if you think that spiritual growth is too hard, that it might take too long, or that you won't "make the grade". It *is* possible to be healed spiritually in every respect, not only with our own efforts, but also with the help of everyone we know and meet in our everyday lives too, with God's workers, God's guidance and love, and the grace we share with each other lifting our burdens and enlightening us every step of the way.

One of the greatest gifts, if not the greatest gift of all, is caring and sharing with our fellow woman, man, and child. As our world enters a time of accelerated spiritual growth, if that time isn't already with us now, we will rejoice in other people's ascension, transformation, and spiritual growth as much as we will our own.

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 for ourselves as individuals and spiritual beings.

Enjoy your process of discovery! Sharing what you learn with a friend, partner, spouse, 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, if not all of us will have considered the afterlife, so you may have your own thoughts and feelings that are no less valid than mine. If you don't believe that an afterlife exists, that is perfectly ok as well.

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 perhaps repay some of what is owed spiritually, although it is here on Earth where we are healed most significantly. 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, and with everything I sense spiritually, even appreciate touch and feel, but none of these to the level of richness and intensity that we can do here on Earth.

We can talk to each other, enjoy each other's company, and do whatever we need to do, enjoying the feeling of having God around us, and with us, whenever we need it.

There are gatherings, meditations, celebrations, and more, 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 arrive after we have just died, 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.

I have a dear friend who once said to me, "I'm not sure if there is life after death". All I could offer her in the way of a reply was to say, "That's because you haven't had any genuine spiritual experiences yet". I'm not sure if that helped her, but for me, experiencing something is different to thinking and learning something, and an inner spiritual experience that comes from a change in consciousness,

when it happens, will shape and transform a person's understanding and awareness, opening them to new and life changing possibilities.

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 and complement each other in many respects.

Whether we are on Earth, or within the spiritual realms, when the time comes, each and every one of us, without exception, will find ourselves in 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 they have done in previous lives that is yet to be reconciled and healed, whether that be positive or negative.

Outside of anything that is really that spiritual, there is also the "Golden Rule", a cornerstone principle for life in general, something that if the awareness is there 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 all happens 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, denting your car, or finding yourself feeling anxious for days. Is it always just an accident or random event? With hindsight, I feel it's so 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 far less often.

To my detriment, for many years I wasn't disciplined enough to regularly practice a meditation routine, hence on some occasions I was consciously blind to the consequences of my sometimes dubious actions and choices, then having to pay those debts back later, often in a difficult way. Still, I always learned from the spiritual lessons I was given and from what I got wrong, growing as a person, but looking back, I feel I could have made it easier for myself.

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 topics, "Crime and justice", and "Love and protection".

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 unconditional love, support, and guidance 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 two examples…

Example 1 - Accident

A person is walking outside, in the dark. As they are walking, they hear "Crunch!", and they realise they have accidentally stepped 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, who had no intention to do anything wrong, has nothing to learn and no lessons 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 spiritual 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.

Theft

With theft, as well as any deliberately negative action, it isn't only about what is taken or what is done, but as well as this, it's also all the emotional, mental, and other upset and turmoil that the victim had to go through.

The result is that a spiritual debt may well be created for this upset and turmoil that the perpetrator will then need to repay, as well as

learning any spiritual lessons that are needed as well, with the intention behind any action being the most important consideration, like I say.

In this world now, greed is rife, and theft is pervasive throughout society and is common everywhere, but if we ever do something wrong, no matter what that might be, a meditation routine, which I cover later, is an important tool that we can use to heal ourselves spiritually, lessening our karmic debts.

With our life experiences, any spiritual lessons that result from our choices and actions will allow us to gain empathy, wisdom, insight, humility – and we will become more positive than we ever were before.

A note

There is always the opportunity to learn from our mistakes, which tends to happen naturally in any case as we try to become better people, healing ourselves and clearing our karmic debts to the point where we have no karmic debts left at all. This is especially relevant when considering the profound spiritual time that we are living in now which is providing redemption for everyone, quickly too, no matter what we have or have not done.

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 might have been 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 and all the benefits 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 or 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 bring even more joy and positivity than what is planned well in advance.

Saying this, the heartfelt and genuine desire to help, even though a person might not have the means to make it happen, is just as beneficial spiritually for them 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.

As far as our ascension goes, we might not know what our upcoming lessons might be before they actually happen, but we may feel a wonderful and positive sense of detachment when they do arrive, as we recognise with absolute certainty that with each "healing" we have we get closer to the divine, and true happiness.

And we can also share our experiences, our journey, and our joy 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 experiences are 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, and at the same time, we may think there is nothing at all spiritual taking place with the experiences we might be having during our everyday lives, and in fact we might have never even considered that as a possibility, and that is absolutely perfect.

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, beautiful, yet seemingly ordinary ways.

As we grow spiritually and gain a greater awareness, recognition of why events take place become more intuitive, even if we don't get the answer straight away, 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, and it may also on occasions be challenging when we have to consider what a lesson actually relates to and what we have done, but this is all part of growing spiritually, and is actually quite wonderful.

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, or soon afterwards, 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. With this, don't be frustrated or disheartened if you feel you are not gaining any "inner answers", or they are taking longer than you'd like them to come, as everything comes at the perfect time, especially looking at it spiritually.

As we ascend, as we become less and less restricted by negativity, our awareness is more and more finely tuned, 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, or where we are receiving the spiritual encouragement and upliftment that we might need at that moment.

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, like I say, but then that will make our achievements something to savour even more. These are true milestones, and what we accomplish in the way of personal spiritual growth will be ours to cherish for eternity.

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 material in return, or where recognition isn't a priority or is seen as contrary to what was intended.

Sometimes it is enough to know that God is with us in every moment, witness to every good deed that we do, something that makes us richer on the inside, yet, without denying ourselves the praise that we might receive from others.

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.

The greatest thing that 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 we are still in the spiritual realms, we can learn, understand, and feel part of how we will learn our lessons on Earth, counselled and guided by God Himself with His utmost care, love, and wisdom, with many of our personal friends alongside us, helping us as well.

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 involved in deciding how our life will unfold, spiritually speaking we don't feel we are being put or pushed 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, a debt we chose to repay in that particular way.

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 earthbound 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. 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

Compassion is a quality that can't be overstated, and personally speaking, 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. I recognise that all you might need is a helping hand."

Sometimes, even the act of saying a heartfelt "hello" to someone, or giving them a wave, or spending time talking with them, where you have no idea of just how much they needed it, can open their heart, showing them that someone cares, and it might be something that they 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.

> *Above all, don't be hard on yourself in any way at all if it doesn't all go to plan – we are all learning after all.*

I've been there myself. I've made poor choices and managed to get things wrong throughout my entire life. I have been using the above quote since I included it here, and it is helpful, because it is true.

A time of great healing is taking place for everyone right now, as I am writing this book, before an obvious worldwide change becomes evident, where a powerful yet gentle healing energy drifts over all our lands making everyone's transition to a completely positive existence easier than could ever be 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 other people, for no good reason whatsoever, perhaps out of their own anger, selfishness, or greed. For this, the perpetrator or perpetrators will be held solely responsible, and they will need to repay any resulting spiritual debts, and learn any 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) will likely have 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.

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, as I say. 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 had gone through. Essentially it is a process of self-reflection, which will happen over a period of time quite naturally and spontaneously, without any real effort on our part once we find ourselves on a true spiritual path. It is certainly a case of God guiding

us to know whatever we need to know, just when we need to know it.

We all make choices throughout time, and sometimes we make those choices because there was no teaching available that explained karma, spiritual lessons, and so on. If those teachings were there, we may well have thought twice before making wrongful choices and decisions.

There is the biblical saying of course, like I mentioned, 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 a younger age where there are real choices with what a child or young adult thinks through and decides to do.

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 He 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 with us and evident already, taking everyone in the world on the inner journey that they have always dreamed of, even if they didn't even know they wanted it, needed it, or knew of its possibility.

> *You offer real hope without you needing to do anything seemingly spiritual at all, just by being yourself as you have grown and become more positive throughout life.*

If you think you live an everyday life and there is nothing spiritual about you, your spiritual awareness will grow naturally, without any need to try to do anything, especially as positive spiritual world events become apparent to everyone.

As this global spiritual change unfolds, 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 stories from your life with great love and respect, where and when this feels appropriate.

You are the light, where no hope may seem to exist for someone who is 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 divinely 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 and 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 "receive" some of the deceased's negativity, spiritually speaking, perhaps all that remains.

The person who has passed away and has left for the spiritual realms then has little or no burden to bear. Looking at it esoterically, it works because it is much faster, easier, and more powerful to heal negativity here on Earth than in the spiritual realms.

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 spiritually than they would have had to do otherwise, as an offering of love to their loved one. This may also mean that the person who has passed on will not need to reincarnate again.

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, but again, this is where meditation and contemplation can help provide some insight, if not the whole story.

The real "trick" is to raise your own energy capacity or energy level through meditation, spiritual self-development, or with the help of those who are already advanced spiritually, and your spiritual accomplishments from past lives will also help. From there, you will be able to collect and heal even more negativity and karma from those around you, with 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 utmost degree, with everyone involved, allows for all of 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 help us learn from 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's 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 and powerful 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, and what I feel intuitively, 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 of these and those who are in control 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 knows exactly where we are coming from, and our intention in relation to where we stand and what we do, where so importantly, and intrinsically, His compassion, understanding, and unconditional love flows as He sees us from the single point of perfection and divine light that we truly are.

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 spiritual teachers, religious leaders, or any particular leader or prophet of an entire religion 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*, or what they have felt, 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.

As well as this, it is a common occurrence where people try to educate themselves into finding God, where they have had no true heartfelt spiritual experience to speak of, to learn everything there is to know about Him using scriptures and so on, where those scriptures are essentially misleading and shine no light on God's true nature.

Trying to find God where there has been no effort or time taken to "step back" and allow God's grace to reveal itself, which will be an undeniable and powerful experience, is a futile intellectual endeavour, and this happens with untold millions of religious adherents, everywhere. Where there has never been an actual heartfelt experience of God, believers judging nonbelievers and the propagation of fear is often the result.

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 God's actual words, rather, accurate spiritual teachings are created by people who are ***inspired*** *by God, and who reflect His true nature.*

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, which is perhaps to my detriment, or perhaps not, but regardless, I like to think that something can be learned with almost anything.

Saying that, I feel sorry for those who have spent their entire lives trying to highlight, learn word for word, and from there attempting to justify everything that their religion or spiritual teaching teaches, which in every situation that I can think of, where the teaching is essentially negative in nature, is a futile effort.

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 spirit 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 and God 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 most 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".

Essentially, spirituality should be seen as something that can be explained logically, something that makes sense, although new concepts may need to be learned and absorbed, or seen from a different angle.

Trying to believe in something because we think we should, or where we are told by others that we need to believe in something when we can't make any sense of it, makes no sense at all.

God wants us to be aware of and appreciate how true spirituality can help us, not just in a spiritual way, but how it relates to our everyday lives as well in the "real world", in real life situations.

Praise and worship

It is a waste of time praising or worshipping God, or a religious figurehead such as Jesus, Krishna, Muhammad, or any prophet, spiritual teacher, or deity for that matter, as happens within religious circles especially.

Quite naturally, and in every way, God feels that praise and worship shown towards Him is unnecessary, the humble Creator that He is. Consider how we ourselves would feel being the subject of worship – it would be pure ego to enjoy it, or to even feel that we should be idolised in any way – and God has no ego.

Seeing through God's eyes, which we will all do when we have fully ascended, is to see that there is no high or low, and that worship and praise goes against everything God wants for us, and what He wants us to realise about ourselves, which is just how incredible we are.

God is your friend, and from all that I know and have experienced, we don't put our friends on a pedestal, or at least we shouldn't. Instead, we see and treat them as equals, in a very mature yet informal sense, cherishing our time and lives with them. Saying this, there is nothing wrong with adoring a rock band, or praising a student or a sports team!

God created us in His image, so looking at it that way, we can say that once we have removed the debris and negativity from our spiritual heart, mind, and everything that we are, we will see and feel the same way about life as He does. I feel it's only natural.

Seeing people working themselves up to a fervour, or singing hymns of praise as happens in so many religious events and situations, it is subservience, and it's all completely unnecessary.

Spiritual worship and praise is a futile effort, and it demeans the worshipper. I summed this up with one of my quotes from many years ago…

> *God doesn't need or want your love, He has plenty already. He would rather you found everything good that's within yourself, loving yourself for everything that you already are.*

Prayer and time in meditation are two of what must be many genuinely sacred and beautifully personal ways for us to communicate and commune with our Creator, and they are certainly a better alternative to what achieves nothing at all.

The idea of mercy

The idea of God's mercy is wrong and wasteful thinking. God doesn't judge anyone, and He doesn't punish anyone. He never has, and He never will.

> *Where there is only unconditional love, and God is unconditional love, punishment never happens, so mercy isn't needed when we were never going to be punished in the first place.*

There is only healing, especially when looking at it spiritually, where we learn from our life's and our spiritual life's lessons, taking responsibility for our own lives, essentially becoming more positive

and happier people, becoming more aware of God, feeling closer to Him, until that feeling of connectedness and bliss never leaves us.

God's unconditional love sees everyone and everything in the most loving and positive way, seeing us through "God's eyes" (so to speak), only seeing our utmost divinity and completely positive nature, seeing that we are already perfect, just how we are.

With God never providing mercy, if this is something new for you to consider, it is not a case of God not caring. Quite the opposite. He simply doesn't need to provide something which isn't needed.

We are all God's children, and He cares about all of us. He only wants the very best for us, and that's exactly what we will receive with the Paradise that He has created for us, where we are all going to live.

Reaching God

We all have the ability to judge ourselves, spiritually speaking, and with a level of supreme compassion, the grace we give each other, our spiritual maturity, understanding that comes from within, and with God with us every step of the way, we will all find our way "home", and it may come sooner than we might think. 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, religion, or book.

In the end, everyone will know and experience His true, all-positive, and completely benevolent nature, and it is an *objective* experience, which is to say that God is beyond any preconceptions, beyond any of our expectations, beyond any preconceived ideas, and beyond what anyone's imagination might create. In other words, He is the same cosmic being for everyone.

We will all discover God, or perhaps I should say, "reunite with" or "rediscover" God, when it may have seemed an unreachable and unobtainable goal prior to the global spiritual change that is taking place now. It is something I have experienced myself, and it is something to behold, beyond words, never to be forgotten, and that connection and experience will never leave you.

With grace, and with our own individual efforts, we will all learn our spiritual lessons, and we will all take responsibility for all that 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 religious figure is greater than their followers, that they have attained something that no-one else could possibly hope to attain, that they are more precious and important to God than anyone else, 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 religious leader to have 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, Yogananda, 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 in now.

With these individuals, being just 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 figure, or leader of an entire religion 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 there is a lot of ego involved.

The divine 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 a number 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 that they would be blamed, even though Jesus told them before he left his body and passed away not to fear.

Like I say, a number of the disciples then concocted and agreed to the story of the crucifixion, the resurrection, and perhaps even more, even though there was no need for any of it. 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 have met one of Jesus's disciples in my life now who contributed to creating the story of the crucifixion, and I also know of another of those disciples of the past who, back then, chose to have nothing to do with the whole charade, both of whom are alive and well today. Because of those very different choices that they made back then, their lives are now markedly different from each other as a result.

The one who chose to have nothing to do with creating or affirming the story of the crucifixion those two-thousand years ago is living a far, far easier life with great enjoyment, even though he has no knowledge of his past association with the great master Jesus, or that he even lived during that period of time.

I was Jesus's biological father Joseph back then, and the story of the virgin birth was also 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, prophet, or similar, 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 that 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 had simply been given the gifts that he needed to have, to play the role that he needed to play.

He was certainly not a king of any description, and no spiritual person ever is.

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 other than for a few pages, I cannot even imagine where that one came from.

It is a good example of how scriptures and religious teachings can simply be created from one or more person's imagination. I have to say also that the idea of the "holy spirit" (i.e. the "holy ghost") is completely nonsensical.

Knowing that it's not their fault, I feel for the billions of people who believe that the virgin birth, crucifixion, and the resurrection 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 beautiful son die in such a horrific way. It goes to the very heart of people thinking and believing that God is something other than complete positivity and unconditional love.

It is no wonder that people think God is cruel when stories such as this are created.

> *Religion should turn someone **towards** God, not to make them fear Him, not to make them feel that He will judge them, or that they don't deserve His love.*

When Jesus was back in the spiritual realms, he knelt at God's knee and was overwhelmed with devotion, thanking Him for all of the love and devotion that he was shown while he was alive, by everyone that 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, although he had a few ideas that

needed to be reshaped when I met him then. The feeling 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, even though in many respects his spiritual abilities are not obvious to him, where he will have no role to play 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.

Like so many people, it is likely that he now has a wife or partner, and perhaps even children, most certainly a job and responsibilities of some description, plenty of friends, enjoying his favourite sporting teams and activities like all of us do, and no doubt he would have travelled to wherever he might have found interesting to visit, whether by car, plane, or whatever the case may be.

Yet, his spiritual nature is there just as it was, ever-present, in the most beautiful way, now though in a different time, in a contemporary and more secular world, with myself knowing him well enough so that I can say that He has little or no interest in Christianity, or any religion, whatsoever.

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, with what I was being guided by God to know, with what I already knew, and interacting with people, like we all do. In this time now, more than ever, this is all available to anyone wishing to explore life from an even more intuitive, spiritual perspective.

The insights that I have gained 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, just as you will have your own innermost experiences and heartfelt

understandings that you have gained and learned, that you know are unquestionably true.

Islam

I knew the prophet Muhammad in this life now, a number of years ago, although that is not his name today. We were really good friends and spent a great deal of time together, enjoying life and having all sorts of fun, and we had a lot in common.

Centuries ago he was the founder of the Islamic religion, and an incredibly spiritual person, even though he no longer has any interest in any kind of religion or religious teaching in this, the life he is living now. He certainly has no memory, recollection, or thought that he was once Muhammad, the leader and figurehead of the Islamic faith.

When he founded Islam centuries ago, as I say, he was a powerful spiritual teacher. Unfortunately, he lost his way after choosing to take a mind-altering substance for a short period of time, drugs in other words. He thought it would help him spiritually as he was frustrated because he wasn't receiving any spiritual experiences, which is entirely normal for spiritual masters to have to go through, and nothing to have to worry about.

I made the same mistake. I took recreational drugs for a period of time, but that was well before I started on any kind of spiritual path, before I even knew about God. Hence, the consequences for myself weren't as severe as they might have been if I had been active spiritually, as Muhammad was, who took recreational drugs at, or around the same time that he was influencing and teaching others.

God "shocked" me into quitting my drug use when I was in my early twenties, with a dream, just as He "shocked" Muhammad centuries ago, with a dream also. With that, God's guidance changed the direction of both of our lives.

In the same way, God can steer anyone's life in positive and beneficial directions, in an unlimited variety of ways, even though we might not realise that God is the reason behind it, in fact we might not even believe that God exists. As a result, we are inspired to make better choices, and we become better people.

Even though when he quit drugs he never took them again, Muhammad's teachings never returned to be as positive, innocent, or genuinely spiritual as they were before, being negative in many respects, and anything but perfect, with his consciousness adversely affected by the delusions, and more, that the drugs elicited.

What Muhammad taught was *not* the word-for-word or exact and literal word of God, nor was it coming from an angel, although he may have seen visions, and he may have wondered where his knowledge was coming from.

It would be closer to say that Muhammad spoke not only from what he learned in life spiritually, but also from his significant amount of spiritual subconscious knowledge, where on occasions he would have surprised even himself, but this often comes from the mind, and not from the spiritual heart.

I understand from what I have learned that Islam forbids the use of recreational drugs, and that would have been a teaching that would have certainly come about from Muhammad's own life experience, but I stand by what I say. The perils of recreational drug use would have been a lesson that Muhammad learned, and he would have wanted his followers to learn that as well.

I have learned and understood all of this from the awareness, contemplation, and insight that I have gained in these recent years, especially looking at things spiritually, as well as knowing him very well from the time we spent together in this life.

I have held a copy of the Quran in my own hands, and opening even just one page, I found no inspiration or positivity in what I read.

Even though I know very little about it, and I haven't read it in its entirety or in any way at all, from what I feel intuitively and spiritually, the Quran lacks what is needed to be of any real use in this time now, if of any use at all, as revered as it might well be, as we all progress and move into our perfect and limitless future.

Muhammad, not that that's his name today as I said, is perfectly happy and living a good and rewarding life. He learned all the lessons he needed to learn, and he has repaid all of his spiritual debts. He now looks forward to moving to Paradise with all of us, when that time comes. He will remain unknown, play no public role, and he will do no spiritual teaching either, in this, Humanity's transition to perfection.

In conclusion, most significantly, Muhammad's teachings weren't as perfect or positive as they might have otherwise been or are believed to be. Yet, everyone has freedom of choice, and even though wrong teachings can lead people astray, there is no excuse for violence of any kind, by anyone, anywhere, and I make mention of this in my later topics, "Sexual discrimination", and "Crime and justice."

Knowing him as I have in this time now, Muhammad (as he was named back then) certainly wouldn't adhere to, or even be interested in what he thought, taught, and believed all those centuries ago in relation to the Islamic faith and religion which he founded.

My experience is that we remember what really resonates for us, *feeling* something in other words, where feeling an emotion or having a powerful inner experience can stay with us for life, and even from one life to the next in the way of inner direction and intuition especially.

From my perspective it's no wonder that the Islamic religion means nothing to him now – because what he taught back then came from his mind, thoughts, and thinking, not the beautiful "spiritual heart" which is the source of true spiritual knowledge and love, which we all have access to as we grow and develop spiritually.

I myself have had a number of spiritually focused lives, as well. These were the Hindu spiritual figurehead Krishna, the biblical figurehead Abraham, the Hebrew prophet Moses, Siddhartha Gautama (commonly known as Buddha), Joseph the father of Jesus (as I've mentioned), and most recently, just last century, Mohandas Gandhi (where I was known as Mahatma Gandhi, although that title does sound a bit over-the-top to me).

In the end, it's the life we are living now that matters, everything else is just something interesting that we can then put aside and move on from, taking from them any relevance that they may have had in relation to the life that we are living now. How they helped shape us, in other words, each of us a thread of gold that has travelled unbroken through time, as I like to say.

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, to make the effort to watch them on TV, or to catch them on the radio. 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 to not allow oneself to be put on a pedestal, be worshipped, 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 and a lesson I learned 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.

Religious followers

Above all, as I described earlier with how some religions have promoted incorrect and destructive teachings from the very beginning, there is in fact nothing but compassion and unconditional love that flows from our Creator towards all of us as He understands each of our situations and circumstances, perhaps more than we ourselves could possibly appreciate or know.

He understands and empathises with how in so many cases, with someone who has been devoted to a religious path and has searched for God using all that that particular religion has to offer, they will, in all likelihood, be in no way responsible for finding themselves in that religious or spiritual situation.

Perhaps they may have been controlled, even if that was just subtly, subjected to falsehoods and negativity, or even finding themselves in

a religious situation from birth, or early on in life knowing no other way, or where they may have been "converted" and misled when they were at their most vulnerable.

Trying to live in an honest and positive way, accepting that all of us are human and we all make mistakes, for this, a person's humility and good intentions toward others will see them attain all of their greatest spiritual hopes and dreams, and more, with what might be very little effort at all, sooner than what they might have ever dreamed possible.

> *Those from a religious background who are devoted to God in whatever way that might be, who have humility in their hearts, will find that as the negativity from each and every religion falls away, having no relevance or holding any interest, they will find all that they have been looking for, and more.*

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 anyone else.

> *We are all equally by God's side, equal in spiritual importance, equally worthy in every respect, and each and every one of us the daughter or son 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, embrace real change, and find commonality and positivity 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 that 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 established thinking and scriptures that have existed for centuries.

Given you are reading this book, perhaps you have a feeling, intuition, awareness, or belief that inspires you to ask, "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 so many people suffer?" I have a curious answer, something I have come to realise while travelling on my spiritual journey…

> *All of Humanity, every single one of us, 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.*

This "Master plan" (for lack of a better term) is a way, like I say, for God to make every aspect of creation perfect and free from limitation, 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 could 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 of the future 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.

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 as a whole 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, we love You so much".

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 the power and utmost brilliance of God, and what He was capable of, we knew that 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 "Master 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 far more spiritual and purer than we are, where we will never meet His expectations. *All of these are lies.*

> *Negative ways of thinking have kept Humanity bound in darkness for far too long, and now, as God's light shines upon all of us, everyone will be freed from the judgement, dogma, and control of the past.*

Much love,

Jason

Meditation

Meditation is more than just a way to quieten or still the mind, or to relax, recharge, or feel at peace.

This topic has been designed for anyone new to meditation, and for experienced meditators alike. New concepts and ideas are covered, in what I hope is an easy to understand way.

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 a "meditation routine", or it can replace a meditation routine completely if you struggle to find perhaps ten minutes to meditate sitting or lying down, or for whatever reason.

I would recommend reading this entire topic either way, if meditation is something you are interested in, as the 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 lying down 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,
Boredom,
Impatience,
Anxiety,
Peace,
Anger,
Jealousy,
Joy,
Hate,
Happiness,
Despair,
Dread,
Love,
Grief,
Guilt,
Regret,
Hope,
Sadness,
Melancholy,
Disappointment,
Embarrassment,
Shame,
Fear,
Bliss,
Excitement,
Frustration,
Loneliness,
Disinterest,
Ecstasy,
A busy mind,
Visions…

These, and more, are all emotions and happenings that might be experienced during meditation time, where a healing can happen, or you can feel uplifted as you find yourself growing spiritually.

I don't include any lengthy meditation instructions, but to begin, it is being in a suitable place or location, and that can be outside too, being comfortable, and when you are ready, you may like 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 longer, 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.

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.

It is a process where, in time, all of your negativity is healed and transformed, you become happy and positive in every way, you gain an enthusiasm for life like you've never had before, and you discover and experience your true worth and divinity.

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, feel physical sensations, or speak in ways that can't be understood, as examples. Known in eastern spiritual traditions as "kriyas", I imagine 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 for the future.

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, attending lavish retreats, practising austerities, having a set in stone and regimented day or time for anything that is done spiritually…

Essentially 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.

Towards the end of this book, in the appendix, you will find some guided meditations if you ever need some ideas or inspiration, which should work well with what I have written here.

You are worthy

Meditation is accessible and available to everyone, and God is too. It doesn't matter what you have or haven't done, you are everything God has ever wanted you to be, where meditation will smooth any rough edges that need healing, and the precious gem that you have always been will be revealed.

You are truly worthy to spend time and communicate with God Himself, despite what you may have been taught in the past, where you may need to unlearn beliefs such as that you will be judged or punished for the slightest sense of irreverence, or the thought of some kind of blasphemy about Him. He doesn't care! He cares about you, and that's all that matters. You can't upset Him/Her.

You are His most precious daughter or son, equal to everyone else, equal spiritually and in every respect to the greatest spiritual teacher or prophet that has ever lived. There could be no more truthful statement made.

You are divine in every respect. Allow those misplaced feelings of guilt, shame, and unworthiness to be replaced by joy, excitement, and complete and utter positivity, as you learn to accept that God is waiting and anticipating the opportunity to spend time with *You*, in meditation.

Helping others

If any further 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" and heal others.

In essence, God can use you in the most powerful way to uplift and heal those who need it most, where you 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.

To describe how being one of God's healers can work, 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 or other people feel, experiencing what they have within them that is holding them back, healing and removing their burdens as a result.

You may experience one or more of the many emotions that I have described at the beginning of this topic, 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 entire process of healing others is very much a learning experience, and can be something you can share and talk over with others.

The moving meditation

Formal meditation, a "meditation routine" as I have just described, where a person remains sitting or lies down 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 happens, 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, sitting on the floor, or lying down, along with whatever you might need so you are comfortable and your focus isn't so much on your body, where you feel relaxed and at ease, is really important.

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. Saying that, there can certainly be days when there's just no time for meditation, or you might not be feeling well, or you might be too tired, or it's just not possible. As I have found though, God may well guide your heart or find a way to let you know that He would really love to spend some time with you.

If meditating feels like a real struggle, it may be that there needs to be some time away from meditation for a while to recharge, reflect, and then simplify things. Your heartfelt intuition is there for you too, which may well give you the guidance and insight to know when it's the right time for you to restart your meditation routine.

Above all, if you can't meditate for any reason, or you just don't feel like it, God understands, where His energy is there in any case, and will work with you anyway, even if it is very subtly, especially with the world changing spiritually for everyone as it is right now, in every situation and circumstance.

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.

If you choose to meditate by lying down and you find yourself falling asleep having no meditation at all, you might like to choose to meditate at a time during the day where you don't feel so tired, or sitting in a chair or sitting on the floor might be a suitable alternative.

You may find that you intuitively know when your meditation has finished too, and that might change from one meditation to the next. You may even start in a certain way, or finish in a particular way, making it something more personal, even more special, and your meditation routine becomes something that is uniquely yours.

For myself, when my meditation ends, if I remember (which doesn't always happen), my thoughts simply turn to thank God in a very informal way for the time I have just spent with Him – but then He rejoices in whatever you do, or if you say or do nothing at all! He will simply be ecstatic that you had both spent that time together.

After meditation ends, when you feel ready, open your eyes and become aware of your body and your surroundings, sitting up slowly if you have been lying down. As you sit, stretch to loosen your body for five or so minutes, or for 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 "you're so much more enlightened than me."

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.*

If you doubt that God was with you during your meditation, perhaps you felt that nothing obvious happened, rest assured, even if you might think otherwise, He/She was present, and with you through each and every moment. God is with the billions of us at the same time, such is the wonder that He is, this being something that is beyond the human mind to fathom.

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 had never 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, enlightenment, and more. 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 own personal spiritual ascension will benefit everyone, it can be no other way.

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 right 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.

It might seem a bit fanciful, but even where there is a lack of interest, if you ever feel that way, or meditation is simply impossible, it is likely that you are undergoing a spiritual transformation regardless, at a deep and perhaps imperceptible level, one that requires no effort on your part whatsoever.

This is especially the case in the time that we are in now, where a profound spiritual energy is being gifted to everyone around the world, no matter what their situation or circumstance might be.

Perhaps this might be of some comfort to those who feel that they themselves can't meditate, or perhaps there are others close to them who aren't able to meditate for whatever reason, or there may be those who don't even want to meditate at all, where for all of these situations there might be the thought that someone will be left behind in some way.

Rest assured, God brings everyone home.

Meditation might not be for everyone, but we are all connected to a supremely intelligent and benevolent power that never leaves us.

You can't meditate wrongly, 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.

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 long that time 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 might be 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 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 remains, until something alternative and altogether positive 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 brand 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 open to the concept of a new world in the future, as I affirm throughout this book, where if you follow my thinking, even though I am not aware of the exact timings, we have more than enough time, as our transition to Paradise might be closer than we might think.

You may have your own thoughts of course, and if we were to meet, I am sure to have my views broadened by everything that you know, with your experiences being completely different, probably more expansive, and no less 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, that benefits all 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 spiritual healing and balancing 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, people thought they were doing the right thing, but working with crystals has always been a waste of people's time and energy.

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'm aware of as I write this) which offers an alternative and more reflective spiritual perspective, as I feel I have written here, that would encourage people to think differently, although I am sure I'm not the only one who feels the same way.

The way I see it, I feel it's never too late to change the situation, and I would love it if what crystals and geodes were above ground now were buried once again, with care and love, even if just beneath the surface, and no more removed. It can only 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, 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. I recognise that it can only bring a positive result, where, personally speaking, I know that I will benefit spiritually or in some other way, helping to bring balance for both myself and Mother Earth, with the feeling within myself that I have "done the right thing".

Even when I have been given a crystal as a gift, I consider it something very special to be able to carefully bury it somewhere, even

if that's not straight away considering the sentimental value the gift may have, 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 either, but considering it in a particular way I see how this could cause Mother Earth suffering and pain.

Perhaps this could be comparable to having part of the body bruised, hurt, or cut, or being punched where it takes weeks to recover, I'm not sure, but she feels pain nonetheless, and I imagine that she may not heal fully, either.

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

Finally

Mother Earth is so much like us, as she feels and senses everything around her. 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, and there is far too much suffering, everywhere.

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, often people don't like to be told what to do or what to think, and there is nothing wrong with that. It is far easier and more enjoyable to share ideas and experiences, and learn from one another in that way.

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 took little or no notice of her plight.

Even if it seems you aren't recognised, you will be, as the care and love you give to 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 yourself and God who sees the good work that you do, whether that be for Mother Earth or in any situation, perhaps you might feel that is enough, as it is a sacred and

beautiful feeling recognising that that we don't need any other person to be aware of the important work that we do, as the rewards we will receive are beyond this material world, and truly heartfelt.

Even as one person, even in the humblest of settings, your positive intention heals more than you might know, or can appreciate right now.

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 entirely natural of course, but I feel that knowing there will be, at the very least, a wonderful and uplifting experience for the departed when they are on the "other side", or where there is a belief and inner knowing that the "other side" even exists, this will make the grieving process that much easier to work through and heal.

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, "invisible" you could say. 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 that is, as they may have reincarnated, or God may have given them a task to do.

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, finding healing, comfort, and reassurance.

Amongst other things, it gives an opportunity to share and communicate with each other about what has happened, to console each other, and to share common 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 their life unexpectedly they do not lose their childlike nature when they return back home to God. In many cases, they will remain a child for quite some time, and will enjoy their life happy in God's love and care.

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 that results from such a loss.

For those who have gone through the terrible ordeal of losing a child, they 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 real and living

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 in this way, in this place of play, they will grow from there into a healed, complete, and fulfilled spiritual being, spiritually mature within themselves, happy and content as they continue to spend their time living in the spiritual realms. And that transition from healing emotionally to happiness and moving on 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, given that I know that it is correct and true.

Even though you didn't see them grow into an adult, your child, now grown or soon to grow spiritually, is still there. Perhaps with a sign, in a dream, or where someone you know may have an experience that they will share with you, nurture the awareness that something remarkable or unmistakable will happen to show you that they aren't that far away.

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, grandparents, 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 or try to 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.

Keeping children safe and happy right through to adulthood must be the most important reason for Paradise to happen, where those who are vulnerable will soon live without any kind of suffering at all, acknowledging that we are all vulnerable, no matter who we might be, or our age, when considering the fragility of life.

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.

The brightest lights

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, 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, even though I would consider myself the last person to be interested in anything religious.

I saw children made to participate in a religious play, drama, or whatever it might be called, and given instructions on what they had to do, 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 or embarrassed, it just wasn't right.

Actually, it saddens me. No child, a precious flame of God, should ever be subjected 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, and spiritual debts and spiritual lessons may well be created for the adults or caregivers responsible to have to repay, and learn from.

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 perfection 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 of 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 everyone and everything around us.

As a parent, you are God's vessel guiding another vessel of God, and children can 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.

I'm all for some sort of meditation in schools too, but I have no knowledge of how schools operate, so I wouldn't dare to make any suggestions on how this might happen, although I do know from an article that I read in the New Zealand media many years ago that it's happening already, and the children who gave feedback said that they were really enjoying it, and that it made them feel peaceful.

Children who find meditation inspiring, where they gain enthusiasm from the experience, can only help to inspire others, I think that's fair to say, and in a "new time" where God's energy is evident everywhere, I feel that meditation in schools can only benefit everyone, in an even more profound and powerful way than feeling peaceful, where it facilitates a true and lasting change. It can only help prepare children better for the future as well.

Role play and imagination

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 grandparents place in Guernsey when I was just six years old. 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 everyone and 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 what their imagination is creating, where without even trying, that role play results in a spiritual transformation, as I describe next.

Maybe consider the possibilities when you see some form of spontaneous 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" (so to speak) to try and discover the otherworldly significance, if there might be any. Insight may well follow, and it might be the most blessed and inspiring moment of your day.

As unrealistic as it might seem, 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, and with this entire world interlinked spiritually, the possibilities are limitless.

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

> *We are all interconnected, each of us a golden thread in the tapestry of Humanity.*

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, 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 in an everyday, religious, or spiritual sense.

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 their true spiritual potential will be realised without them having to do anything.

Even one inspired word from a child that goes right to our heart 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 get in touch with everything that is fun and joyous within, and about ourselves.

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 valuable to offer, we might miss out on something significant.

Personally, observing what I can with the delightfully quirky things that children of all ages say and do, when I have the awareness or inspiration to focus on what is unfolding, I try to learn and gain insights, even if it is simply to consider the possibility that something might be happening without actually knowing what that is.

Put another way, if even when something delightful is happening we don't think that anything spiritual is taking place, keeping an open mind and being open to possibilities might be a better first option than jumping to an ordinary everyday conclusion and leaving it at that. At the very least, that will leave the door open for some sort of divine insight to come to us later, which is something that will happen naturally as contemplation arises from seemingly nowhere.

We can also trust that we won't miss out on anything that we need to know or see spiritually. This is to say that we can suddenly focus on something for seemingly no reason at all, at just the right moment, and we can learn something new or follow a new train of thought 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 once 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 in 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.

> *If you are a parent yourself, or you soon will be, know that your baby, child, children, or the children that you love and care for will soon never again feel any hurt, pain, suffering, illness, disability, or anything negative whatsoever, as they enjoy their brand new adventure all grown up in peace, love, and happiness, in our Paradise of the future, for eternity.*

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

For the youth

You don't have to be old to be wise, as being much older in age doesn't guarantee wisdom at all, in fact you may have more to offer than most, and certainly will do in the future, spiritually especially.

I don't know if it's mainly a "guy" thing, but I've been reckless too many times to remember. There's no need to be, and a change in consciousness settles the mind and uplifts a person's Spirit, making wise choices come naturally. With feeling a great sense of achievement and pride as personal and spiritual change is embraced and celebrated, a person's false pride naturally falls away.

You may think that living in the kind of world that you are living in now makes it impossible to find love, and true love. With great humility, I can say that the love that will be yours in the future, and with whoever you share it with, is something that can't be described, or explained. It is simply too beautiful, simply too wonderful, and it will never leave you.

You have everything to look forward to.

Much love,

Jason

Abortion

It is not a crime against God to abort a pregnancy, 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 the appalling statistic that 40% of women and girls in the world have their rights oppressed when it comes to abortion.

A soul that is preparing to be born creates a spiritual connection with the foetus, 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 expectant mother or the couple may have. The expectant mother or couple have every right to make this choice, and they 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, that's if there was even a possibility of it being born in the first place, if that was a consideration. It will be included within a new family, 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 might 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, or I don't know too many people, but I haven't had any real-life experience with the trauma that is miscarriage or stillbirth in any way, or know of anyone personally who has gone through it. But I have read a moving account written by a woman (who had spent a lot of time in the limelight) of her own miscarriage experience, and it was both heartbreaking and traumatic 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, 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 just 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 spiritual gift that the mother has given, a gift of unconditional love, as difficult as it must be to have to go through.

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 that it, and God knows best.

Looking at it spiritually, we are all immortal.

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 in its own sacred way for the limited time that it was, aware that baby will now be happy back in its spiritual home, more spiritually mature and healed than it was before its experience took place.

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.

I imagine 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 without much discussion, as far as I'm aware at least, perhaps justifiably so. But one thing's for sure, everything that currently exists that attempts to "reduce the numbers" doesn't seem to be working, from everything that I have seen.

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 any meaningful 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 that he could to be less judgemental, and with being a genuinely modest and humble person, he was an inspiration, and became 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, and only to a limited degree, 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, guiding their followers and adherents so that they can find God in a genuine and beautiful way, and release the shackles that has seen them bound in subservience for far too long.

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 our life, 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 to consider, 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 take's their own life doesn't have to worry when they are in the spiritual realms about any spiritual implications or lessons being created for the emotions they would have triggered 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 or within 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.

A suicide, when it happens, affects the person who passed away's family, friends, and everyone within their circle, leaving such a sense of loss, and it is such a tragedy, and so unnecessary. I have had some indirect experience when it comes to others who have chosen to end their lives, with two friends that 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, and not wanting to face a life situation, 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 incredible psychiatrist and wonderful mental health support team were critical in getting me through.

With all of this, I can say that 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 one's 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, others who they will now call friends.

Even though they will surely have wished that they hadn't taken the step that 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 with all of His unconditional love into a healed and complete spiritual being.

From there, they might reincarnate and start a new spiritual journey back on Earth, and work on those issues they found too difficult to manage in the life that they chose to end, or perhaps return to Earth with little or no issues to speak of, having undergone a transformational healing in the spiritual realms.

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 the grace of everyone around them through whatever 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, and they will make new spiritual friends, like I say.

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.

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, poignant, and full of love that 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. That'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, like I say, 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 you are in crisis, 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 profound and exciting spiritual time that we are living in right 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, depression, desperation, and feelings of low self-esteem will be replaced by pure positivity, bliss, and happiness.

The excitement as a positive transformation grips this world will mean that being alive you gain a front-row seat to everything that takes place, and you don't get that while in the spiritual realms. As the world changes, and it might be right now as you are reading this now, it's going to be more fun to be part of it here on Earth, interacting and being involved, where the most incredible memories will be made, memories that will last for eternity.

Please, if you are a person considering this path, consider again. Hold on. I acknowledge it might be a crisis, and perhaps nothing that 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 videos "Numb" by Linkin Park and "How to Save a Life" by The Fray. 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 innermost 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 suicide 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 that 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 someone, and the audiobook for this topic might be a suitable alternative, as I have found that confusion and the inability to focus is often experienced when someone is in crisis, and the effort needed to read something as lengthy as this might be quite difficult to do, whereas listening might be much easier.

With all of my most sympathetic, as well as optimistic and positive thoughts for the future,

Much 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 more than one life, it is likely to be this way just the once.

This may make some 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 when a person is adversely affected because of their sexual identity, where a profound spiritual healing takes place for them as a result, 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 and loving relationship together, and two males who are created by God both as male can have an intimate relationship.

And then there is the terrible situation of sexual abuse, which isn't covered here, although the earlier topic "Learning and karma" may prove relevant.

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, or those who have been led down a path which wasn't right for them, which can have serious implications.



Love is love, as they say, regardless of anyone's sexual orientation or gender identity. From my own experience, that "magical moment" when two people meet and "fall in love", being the most beautiful and indescribable feeling, where the wonderful feeling of love is given and received, might not come around very often, but if it does happen, that feeling and loving awareness might well bring about a commitment that lasts a lifetime, and there's every reason for that to be forever.

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.

No matter what, everyone should feel safe in any situation.

A time of safety and security where we all have the confidence and reassurance to be free to be however we want to be may already be here as you read this now.

God welcomes all of us, unconditionally, and no one misses out on a perfect and all-positive future.

With a global spiritual change and in our new world as well, everyone will be accepted and feel part of more than can possibly be imagined, and we will all feel comfortable with who we are, in every respect, and we will be able to express ourselves in any way we would like, in any situation, as well.

Much love,

Jason

Racial discrimination

I love this quote. For me, it sums up this topic completely…

We are spiritual beings living in 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.

Shining a spiritual light where racism exists, 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 learn, grow, and become better people, and also allows us to repay any spiritual debts that there might be. This is a precept and rule of thumb that can be applied throughout our life, and is something that we will notice 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, which will be accepted and embraced by everyone as the realisation comes that no one misses out, and that everyone is loved unconditionally.

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, although I was in fact Indian in my previous life, judged and persecuted for being so, 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.

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

Sexual discrimination

I am no activist, but I am humbled and in awe of all of those who have championed change and have highlighted injustice in regard to sexual discrimination and equal rights for women, who have accomplished so much, and who have worked and fought so hard for what I consider to be the most pressing problem in the world, perhaps with the knowledge that so much more needs to be done.

This writing is offered in my own way, with humility, coming from everything that I have learned, understood, and experienced. My words and thoughts here pale in comparison to everything that others have done for women's rights and gender equality, and I recognise that I know very little at all.

Some of what the media has highlighted about the treatment of women in some parts of the world is shocking. Entire countries which are under the control of oppressive religious regimes promote hate, abuse, violence, and control towards every woman and girl who lives there, creating nothing but misery, and that is often just the beginning of how deep the negativity goes. In addition, whole societies treat girls and women with contempt, disdain, and being of no value.

These precious flames of God, these women and girls who find themselves in situations where they have no way of defending or standing up for themselves, let alone changing their situation, instead live under the constant threat of abuse and violence for showing even the slightest resistance.

Even in modern, democratic, and seemingly progressive societies, and this will be the case globally, inequality, discrimination and abuse is often rife. It is well known that this is the case, yet not much seems to change in many respects, but then at the same time I appreciate that perhaps things have in fact changed to some degree. Still, change

and freedom often comes only after a real struggle, perhaps often politically, and often with an incredible amount of bravery as well.

As well as this, so much that is deeply troubling goes on behind closed doors, and domestic violence is a huge problem I imagine everywhere. But God witnesses everything, and a divine light will illuminate every situation, without exception, and a healing will follow.

With this, dare I say I feel that I have the right to write here as I do, even if just with one of my spiritual experiences in particular, from many years ago. In essence, with my experience having a degree of intensity, being just what I needed for my personal and spiritual growth at the time, I felt and understood what it is like to feel and experience the vulnerability, physical weakness, anxiety, even paranoia that might well be felt by a woman or girl, especially where males and their stronger physical presence is concerned, as well as whatever negativity might also be part of the situation.

That experience was more than just empathy. It opened my eyes and my heart, and it helped to further shape me as a person, spiritually especially, in a profound and undeniable way. It was an experience that I will never forget.

Perhaps there may be some who might question just how this could be valid or genuine, how could I even sense, or appreciate this. With that, I have found that God will always find a way of helping us understand or appreciate something that we had never considered before, which may well change our outlook on life forever.

The oppression, control, prejudice, 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, exploitation, and inequality women and girls have to endure where as a result they suffer needlessly, feeling fear in their hearts, must affect untold millions. It creates spiritual debts and lessons for the person or people responsible.

Above all, there is a time of healing and protection coming, if it isn't here already, as a global spiritual change becomes evident and obvious to everyone.

Equality, and a recognition of just how important and precious we all are will come for all of us, as God takes us by the hand and helps us to learn the lessons we need to learn to rediscover and regain our divine identity, purpose, and loving nature, which will remain with all of us, forever.

With great love, and respect,

Jason

Euthanasia

This is such a hugely polarising and emotional 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, or assisted dying as it is otherwise known, 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 deceased and their choice, perhaps coming 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 physical or medical situation was for the deceased, 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 testimonies to learn from, and I can truly empathise. My father passed away peacefully, and I am grateful beyond words for that, appreciating that that doesn't always happen.

My perspective on this topic may upset some people greatly, depending on which side of the fence you as the reader are on. But

I will carry on and explain what I know and understand, hoping that you will read on as well.

With euthanasia, and I feel this is so important, the opportunity for so much spiritual healing and repayment of karma is lost, as living here on Earth gives a unique and much more powerful opportunity for healing and transformation that the spiritual realms don't offer.

Euthanasia is where people play God with no spiritual appreciation whatsoever, and is an act of evil. Spiritual lessons, from everything that I know, are incurred by all those responsible, from those who were actively and vigorously 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 medical professionals who wish to have nothing to do with what I see as being the ugliest blight on a society's system of law and order, and the same goes with the death penalty in those countries which allow that to happen, where karmic debts are incurred by everyone who is in any way responsible for the killing of someone else, no matter what they may or may not have done.

When the person who chose euthanasia to end their life is now 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 now 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 that 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 and for everyone's sake I feel it would be best if this wasn't an option in law, or if somehow the practice was discredited in one way or another.

At the very least, with the explanation that 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 looking at it spiritually, 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 that you have when you are asleep? For me, this refers to everything that God ultimately wants for us, everything that He will give to all of 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.

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

No matter what your occupation, appearance, background, race, gender, location, interests, abilities, disabilities, or situation might be, being "God's hands" knows no boundaries.

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 are in the limelight adored by millions, it doesn't matter. God sees the full picture, that you are His cherished child, that you are as important as anyone else, where there's no high or low in His eyes, and that 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.

In truth, you *have* served God, from the beginning of time. We were created by Him, and we consciously and deliberately *chose* to "fall from grace", as an offering of love, so that He, our Creator, working in partnership with us, could bring balance and nothing but positivity to this world, the physical Universe, and every aspect of Creation, now, and into the future, for eternity.

God couldn't have done it without you, and without all of us as Humanity – even if you think that this couldn't possibly apply to you. You are more important than you might currently believe.

My teaching that we chose to help God (as I explain in the earlier topic "The fall from grace"), perhaps might be a new idea to grasp, but for this reason alone we can all be considered *truly worthy* of the great future that lies ahead of us, every one of us, without exception, where no one misses out.

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. It couldn't have been done without you.

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 trauma that came with it.

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 that spoke of what happened a long time ago, a book

that will nonetheless stand as an eternal and inspiring testament to all that you did for God during the time of our "Earth", and to just how divine, perfect, and unconditionally loving you have become.

Spiritual ascension is something that happens naturally, and you aren't required to attend a course, become a monk or a nun, or memorise scriptures word-for-word to live your spiritual dream, far from it. And you certainly don't need to be what is traditionally thought of as "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 that 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 try to recognise the same in others.

You will meet God personally, and you will discover for yourself who He really is, a living, fathomless, and unconditionally loving cosmic being, and with that, just how precious you are.

I know just how powerful and profound the experience is, and knowing that you will experience the same, it fills my heart with joy, anticipation, and humility.

You are more than you could ever hope to be.

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" takes place (see the next topic). 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 person, 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, bliss, and positivity that everyone else will be 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 that 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 (as I explain 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 consciousness while here on Earth, before Paradise even arrives.

Making the effort to take responsibility for our past actions through meditation, spiritual and everyday self-development, and so on, means we will enjoy the future of bliss, happiness, and positivity sooner and easier 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 any more.

With this, we will have no feelings of negativity within us, and we will be truly ecstatic. We will be an example of what it's like to attain and enjoy spiritual perfection, just by being ourselves, naturally and effortlessly inspiring others on their own spiritual path. We will truly and profoundly be able to help others find their way home to God, so that they find true happiness and the most incredible spiritual freedom, just as you will have.

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 that 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 or additional purpose here.

With this, it is not a case of God saying to a person, "I have judged you – go to the void state". Rather, 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 that 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 everyone else 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, 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 on a task of some description. 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, feeling the most incredible bliss and happiness, 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 the joy in knowing that you have arrived safely at your destination, with no concern for the world you left behind. You know that everyone is safe. Everyone, a whole planet of people, as well as everyone who were in the spiritual realms, have all arrived with you.

No one is left behind.

Women who are pregnant at the time that the "pause" happens have nothing to worry about, as the physical bodies from every person in this world are "left behind", for lack of a better term, when we are all then transported to our new world. Any unborn children will enter Paradise at the same time that everyone else does, but as fully grown and spiritually mature adults, enjoying everything that is perfect, loving, and positive.

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, messiah, 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 that the world has been experiencing and rejoicing in is almost complete, which can only build the excitement, anticipation, and the thrill of knowing that all of us will soon be in Paradise, enjoying bliss, supreme happiness, and absolute perfection, 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 that as I write this now nearly 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, insensitive, and out-of-touch.

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 and health related 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 that's left to the untold qualified medical practitioners all around the world 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" work their magic with a person, spiritually, emotionally, and so on.

Without this kind of "inner work", negativity can shift from the energy body to the physical body, and over time, it can become an ailment, disease, illness, etc., as I illustrate on the next page.

Saying this, a physical illness might be inevitable, and might need medical intervention regardless, and this will always be the case until a global spiritual change 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 way.

I accept that 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 imagine, this type of knowledge exists both now, and also going back thousands of years within cultures whose focus was more on the spiritual, holistic, and transcendental way of life, compared to our own everyday modern and scientific 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 can 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 negative energy which caused that illness has now 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, we have something stolen, or we feel day after day of anxiety, as examples. At the same time, these unwanted happenings might just be ordinary everyday life events, but contemplation and then gaining insight from that will help determine if a healing, or repaying a karmic debt was taking place.

Meditation is one of a number of ways these unwanted happenings can be resolved and healed before they happen, and in a time of global spiritual change, where that global change has become obvious to

everyone, meditation will become the most powerful yet personal way of transforming ourselves, from within.

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 so that they can be healed, and left behind forever, as I explain in more detail in "Disabilities put simply", in the earlier topic, "Learning and karma".

The golden years

Sometimes sickness can just be everyday life, and everyone gets old, and in some cases age catches up with us and only so much can be done.

Yet, age is no barrier to receiving a divine healing, where the fountain of youth is now a reality, where eternal youth and life without death will be yours, and everyone's to experience, enjoy, and rejoice in, forever.

Whether we might be here on Earth right now, or within our Creator's arms alive and well in the spiritual realms because our Earthly life has ended, Paradise is where we will live together in peace and happiness for eternity, where our future never ends. It will be enjoyed by everyone, and no one will miss out.

Weight gain to save lives

In the time when a profound global spiritual change is taking place, God will be able to sustain, nourish, and fill the bellies of those who struggle to gain weight for whatever reason, or are unable to gain weight at all.

Whether it's because of famine somewhere in the world, a situation in someone's life, an eating disorder where there will also be an upliftment of a person's spirit, or whatever the case may be, again, it might sound unrealistic, yet it might be a reality 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.

With this hunger crisis, where more people than I could possibly comprehend are unceasingly, tragically, and needlessly losing their lives, for me, this serves to highlight just how desperate Humanity's plight has become. No organisation and no one in power has any real answer or solution when it comes to resolving our worlds suffering, or even where just a small part of the world's problems have been resolved, never to be a problem again.

To continue

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

> *Medical help, medication, and medical treatment are essential aspects of healing, on every level, whenever they are available.*

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, or to no noticeable degree, if at all, for you, me, and everyone.

From there, what I know spiritually is that if you clear *all* of the underlying negativity (or the "dark areas" as on the previous page), then that leaves plenty of opportunity for *genuine* miracles to happen everywhere, for everyone.

This allows God to work His magic and heal all of us, in what I imagine is in all but the most difficult of physical situations, where even then, every trace of negativity is healed and transformed for a person, where from there they gain a divine state of being and consciousness which will never leave them.

> *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 spiritual capacity and power to do so depends on how much we have bettered ourselves spiritually, i.e. how healed spiritually we are within ourselves, and from a spiritual perspective, how little negativity we have left that we need to deal with, if any.

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 course or subscription, designated time or location, 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 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 made aware by God of what they have just achieved, then there will certainly be a feeling of warmth, satisfaction, and humility in their heart knowing that they have helped Him do His work.

I have done my best to describe "energy transference" and how it works with the diagram below…

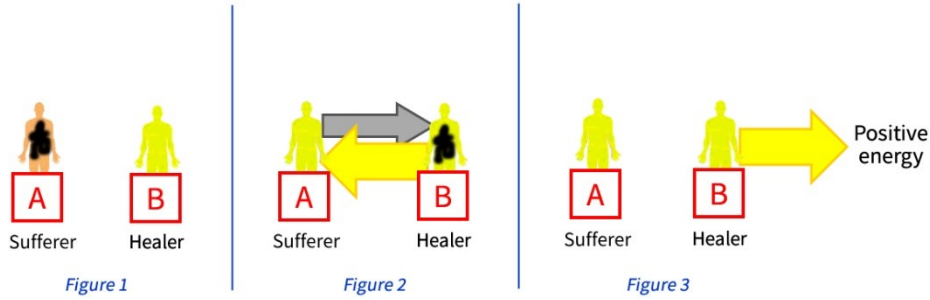


Figure 1: The sufferer [A] has negativity, while the healer [B] has no negativity, or nothing which holds them back from healing.

Figure 2: God transfers the negative energy 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, without any effort needed, leaving the sufferer [A] with a permanent change, allowing their life to become more positive than it ever was before.

From a spiritual perspective, this "energy transference" is what grace truly is. This is how the world is being prepared for a global change, and it's happening right now, everywhere in the world, and it is something that we are all part of.

We provide and give this grace to each other for each other's benefit without even trying, or even being aware that it is happening, as it is God who manages everything.

When the time is right, God will then work His magic in its fullness, in obvious and visible ways. He has been anticipating this since the beginning of time, and I say that quite literally.

> *Healing one another with our grace in preparation for when God will visibly transform this world has been taking place for thousands of years, if not longer.*

God can't heal this world without us, and we can't change or heal this world without Him. Perfection and Paradise comes from a partnership between God the divine and us as Humanity, where each and every one of us, without exception, is part of the unfolding of "God's dream", going back to before time began to "The fall from grace", which I explain as part of the "Primary topics", earlier.

We have all benefitted

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 teachers and religious figures throughout time. There have *always* been others that have healed us, often, if not always, without us even knowing.

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

Spiritual healers

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 some spiritual advice that 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 on one occasion I wondered if I should be doing some sort of spiritual teaching, but it all worked out well, and being the slow and patient tortoise was the right thing to be.

Still, I can see just how tempting it is to "get out there" and work spiritually, there certainly isn't any guidance that I know of that warns otherwise, and many seem to be doing it.

There's nothing wrong with learning a spiritual craft with others though, practising and trying things out and discovering the spiritual and psychic gifts that we have, contrary to the fearful and restrictive beliefs that some religions have, but I feel it's important to be wary if we were to ever consider guiding or trying to help others spiritually.

There are those who *do* know what they are doing, where they are aware of the pitfalls and their spiritual responsibilities, but I would say that is the exception. With the global spiritual change that is here and with us now, I feel it is far better to foster and rejoice in the

awareness that God is always with us on our journey, being open to Him guiding us to know, learn, and experience what we need in our life and on our spiritual path, being open to Him opening the doors that need to be opened, all the while knowing that our divine and sacred "inner teacher" is always with us.

This "inner teacher" is where our innermost beliefs and ideas about the world and spiritual life are changed and transformed without needing the help of anyone else.

It's where we have our most important inner discoveries as they arise from within us, where we feel an innermost sense of ownership along with elation for the newfound knowledge and understanding that we gain, and it becomes part of us intrinsically, at our deepest level. In essence, it is where we feel that we have learned something on our own, with no one else's help.

It's something that no self-help book, podcast, spiritual teaching, or spiritual teacher can offer. It is the most profound form of inner change, and it can change our whole outlook on life in just one moment. It can happen in any situation, and it is working with everyone in the world right now, where it was rarely if ever available in its fullness before.

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 might also create problems and negative outcomes for those they are attempting to guide.

Ultimately, 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.

Ego within spirituality

Spiritually speaking, I have experienced that it's not all about telling everyone how gifted and wonderful we are, or letting everyone know all the things we can do to transform their lives, or doing what we can to gain a large following.

In addition, with how easy it is to reach people using social media, shudder the thought at everything that might go wrong if we get carried away or become overexcited, looking at it spiritually especially, and it's all too easy to do.

Ego sometimes has a way of playing tricks with us, leading us down a path that isn't in our best interests, especially looking at it spiritually. I've let it happen to me on a fair few occasions. God is always with us though, and He is always helping us and guiding us, and He never leaves us.

It is really just a case of being open to the idea that we *can* be guided, then taking a figurative step back and looking at the bigger picture, contemplating the consequences of any actions we might take, and then "putting ego on the shelf" so to speak, ultimately letting God guide a situation to be what is needed, if anything is needed at all, by the person or people who need to do whatever it might be, even if that's not ourselves.

If something doesn't go that well, or you look back on a situation and say to yourself, "I could have done that differently", or "I could have done that better", or "I shouldn't have done that at all", don't be too hard on yourself. It's all about the intention that we have behind everything that we do, and we are always becoming wiser people, and our wisdom is sure to help other people as well, and that can be incredibly uplifting for everyone.

With that, it can sometimes be difficult when we are in the middle of something that is going amiss, but like I say, God is always with us,

He cares about us, and He is always looking for opportunities to guide us back onto the path that's right for us.

But yes, it might be that we are not as spiritually gifted as we might think, or we might like to think, and in the grand scheme of things, we all know very little. This was certainly something I became aware of on my own spiritual journey, and it helped me gain a sense of perspective, humility – and caution as well.

In the end, no matter what we have or haven't done, we will all learn our spiritual lessons, as generally speaking, this is everyone's last life on our current planet, planet Earth.

We are a network of healers that span this Earth, and with our loving Creator managing and guiding the entire process of global ascension and transformation, we will change this world one insight, progression, and healing at a time, in very little time at all.

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, MDMA, fentanyl, and so on. Alcohol is also included, but to a much 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.

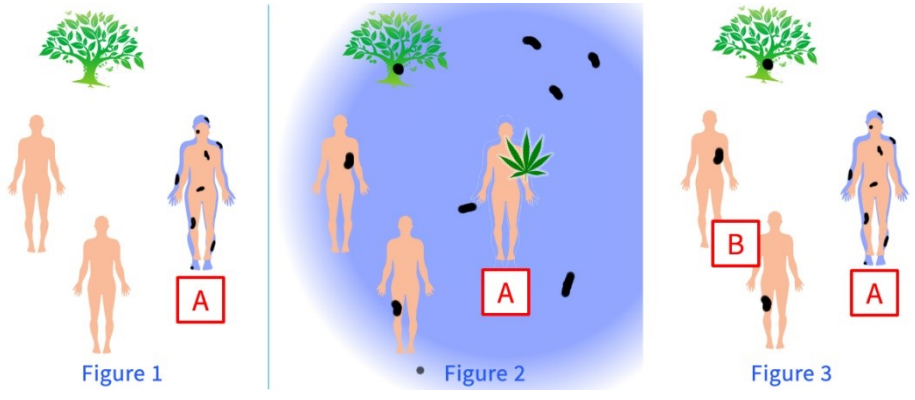


Figure 1: A person [A] is intending to use drugs. They have negativity in their energy body (the dark areas).

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, when looking at it spiritually, the recreational drug user affects others in an impactfully negative way.

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 everyone will need to do more healing.

So yes, if it even 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 what God has to give us 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 may 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, which makes me think it might be something to do with a person's mental disposition in some way, but I wouldn't really know.

Tobacco

I smoked tobacco for twelve years, but I'm incredibly glad that I managed to quit when I did, in fact personally speaking I look back on that decision and the effort that I made and consider becoming a non-smoker essential to what I have achieved in my life since.

Quitting opened up incredible opportunities for me, the ability to improve my 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 if that can be avoided, I feel it is too easy to judge someone especially when there is little or 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 healing energy works with each person who has an addiction, such as with recreational drug use, alcoholism, 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 there will be no barrier to quitting.

> *The freedom from addiction which is how a person once lived will return, as their vices fall away.*

The ripples of change

Of course there is the enormous social harm that comes with most if not all forms of recreational drug use, which I have no real appreciation of other than what I have learned through the media, and so on.

This healing situation, with God nullifying the effects of how drugs have gripped society everywhere, is another example of how a spiritual solution when applied to a previously unsolvable problem quite naturally has a ripple effect that benefits everyone and everything around this world.

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 that 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 all of the money that was stolen, *as well as experiencing for themselves the accrued emotional turmoil, or*

equivalent, that all those who lost their wealth ended up going through.

If harm is ever 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 spiritual lessons and karmic 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.

With technology 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.

When I was in my teenage years, I had to repay a karmic debt that resulted from a single abusive message that I posted on an old-style bulletin board aimed at someone I didn't even know, and it was read by others, and the lesson I learned from that and the debt I repaid is something that I will never forget. Needless to say, it wasn't one of my proudest moments.

As well as learning from the reactions that others had, which taught me my lesson, I sustained an injury that affected me for weeks, and it was quite a disruption to what was a long awaited overseas trip, which was my karmic debt being repaid.

It was only until more recently, now that I feel I have a more spiritual and reflective philosophy to life, that I realised how all of those events were connected.

I can say that these days, and it's obvious to everyone I think, that others do the same now as what I did back then, by abusing complete strangers (nowadays using the Internet), often in ways than can barely be imagined, where the consequences can be catastrophic for the person or people targeted.

Even though everyone's spiritual lessons will be different, spiritually we're all essentially the same, we're all subject to the spiritual principle of "what you do will come back to you", or a variation of that, to whatever degree. With that, karmic debts can be reconciled and cleared away with the help of meditation, worked through and repaid with unplanned life events, or healed in some other way.

So yes, spiritually, and in an everyday sense as well of course, we learn from our past actions. God doesn't punish anyone, as easy as it might be to think that way. 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 though 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 with the wrong choices they have made over time may have taken them far away from the idea or possibility that God even exists.

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

The social media generation

My heart goes out to all the children and youth especially who have only ever known a "social media world", and I reflect back on how life was so different in so many beautiful ways for earlier generations before we were all so instantly connected.

With that in mind, even with everything that is positive about a connected world, the youth and children of today have to deal with something in their lives that no generation before them ever needed to.

I used the example earlier in this topic of how I sustained an injury that lasted for weeks which allowed me to repay a spiritual debt. It's not like that these days, not to the same degree, with the global

spiritual healing that is happening for everyone right now. Spiritual healing has accelerated and takes far less time than before.

Above all else, a child or youth in this social media era will find genuine leniency spiritually for anything that they do, from their earliest days, such is the toll that the proliferation and accessibility of social media has, or will have on their lives.

Simply put, with how I feel, it's not as easy for children and young adults to find their "inner compass" to the same degree that was more or less second nature for previous generations, my generation included, where for the most part we had clearer, less cluttered, and less preoccupied minds.

God with His completely understanding, compassionate and loving nature recognises how social media is like a cloud that hangs over the youth and children of today, thus, this spiritual leniency is applied unconditionally.

God's compassion is beyond measure, as I say, and He is with us throughout each and every step of our life's journey, and everything is taken into consideration if we ever do something that isn't in our best interests. He knows the goodness that is in our hearts, and He knows that sometimes things are truly beyond our control.

Since the advent of social media, young minds have less ability to determine what is right and what is wrong, out of no fault of their own.

Artificial intelligence

What's happening with some components of artificial intelligence from what I have seen in the global media, and I imagine what hasn't been revealed and remains hidden from the public eye, is both reckless, and destructive.

I may have used the wrong terminology, but I feel that my message below is clear…

> *All AI (artificial intelligence) development has to stop immediately, and anything that can be done to address the harmful aspects of what already exists needs to be done.*

In conclusion

With the world changing spiritually as it is now, all lessons and debts for everyone will be learned and repaid, *and everyone reaches Paradise*. Spiritually speaking, there is nothing which can't be healed or resolved.

> *God will protect every one of us in this time of spiritual change, and this includes the innocence and fragility of those who are most vulnerable.*

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, the way I see it, it's impossible to say it isn't real, and that it isn't happening right now. 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 that I have written here, I have an awareness and a spiritual understanding that comes from time in communion with God, and also a level of spiritual insight that has come from time contemplating situations when looking at them spiritually. I'm certainly not perfect, but with this, I have recognised and experienced the incredible potential that true spirituality, and spiritual energy has.

With this, and having a solid appreciation of how the future will unfold spiritually and knowing where we are all ultimately heading, I find I have the confidence, will, 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 as a whole to survive our current climate crisis. Acknowledging of course with how the world is now, it gets worse every year and every season with many deaths, disasters, and tragedies, and the number of people and countries affected is only increasing.

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 will be, or are, unrealistic, unworkable, and ineffective.

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, and have made, 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, city councils, and so on trying to find some way to deal with the climate crisis, or at the very least trying to mitigate the consequences, and I can see where they are coming from and the sense of urgency 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 and blind ambition take precedence over commonsense, thoughtfulness, and respect for others.

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 Buddha would return at some time in the future, and that everything was going to be ok. I love that sense of 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, and also just how powerful that spiritual solution is.

In essence, forgive me for putting it rather bluntly, but nothing more needs to be done to try and 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 to be 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 it using correct spiritual knowledge and understanding, 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 not entirely sure how God might use or apply His power and energy as far as specifics go, but I am excited to look forward to and discover what these might be, and what He might do, where it will be a case of all of us being astounded as each and every one of His miracles unfolds.

Diseases globally, famine, global warming and the climate in general are a few examples that I know He can, and will, heal, resolve, and restore. With the power of manifestation also comes the ability to

cleanse, transform, and heal the environment, which would certainly apply to reducing or removing pollution too.

I don't have all the answers, very few in fact, and everything here will seem like a pipe dream to many, but I have experienced and seen God's magic and brilliance in front of my very own eyes, and I have an appreciation of the unlimited power and transformative ability 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 that 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 with reality. But when your world outlook changes when you have those spiritual experiences yourself, you realise nothing is impossible, and you understand and live the truth of spiritual transformation where you realise we 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 and encompasses 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 worry. Allow your feelings of hopelessness, fear, and desperation to be replaced with trust in your Creator, who has yours, and all of 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 yourself. 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 that I know about the current criminal, justice, and penal systems, however they may exist and function throughout the world, there is never any consideration as far as if there was more happening on a spiritual level which hasn't been appreciated when a person 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 had 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, judgement, anger, callous punishment, as well as the control, subjugation, and abuse of women and girls.*

Such destructive ideologies need little comment from me, as in my eyes, it is self-evident that this goes against everything that God is, or must be, with His unconditionally loving nature, and with how He wishes each of us to treat one another, with the utmost love, compassion, caring, and forgiveness, and only having our best interests at heart.

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.

Those who participate in criminal organisations and similar will find that as individuals they will need to repay whatever spiritual debts they have created for themselves, in whatever way that might happen, to whatever scale that debt might be. There may be spiritual life

lessons to learn from as well, which God creates to guide people with all of His love and wisdom onto a positive path, from which they may have strayed.

As far as a global spiritual change goes, it doesn't mean that 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 with time, I can see that it may supersede 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 by other people don't take place.

Having been arrested on two or three occasions, transported by the police multiple times, held in police cells, and being "in the dock" a few times in front of judges, in truth all of it was necessary for me. On every occasion I was mentally unwell, where sometimes that was evident immediately and sometimes it wasn't, but everything always worked out.

With that, being treated with care and respect every step of the way by the wonderful and skilled men and women of New Zealand's police, with what I have gone through personally, I feel I have the insight and life experience that I can call upon, even to the smallest degree, so that I can offer a considered view.

As far as a "guns on hips" policy goes, when it comes to other countries, it can only be of benefit to follow New Zealand's lead on this. Spiritual protection, which leads to protection of life, is afforded to everyone in this "new time" like I say, no matter who they are, or where they might be.

People have a right to be here on Earth to experience the excitement and wonder as God heals and transforms this world.

I recognise that our system of justice and law and order, given that my experience lies only within my own country, having experienced aspects of it like I have, as imperfect as the whole system surely is, it is needed, and it is important. Saying that, from what I have seen internationally through the media, the penal system in some countries can be truly horrible, and a global spiritual change will surely be welcomed.

Yet, like I say, what we have now as far as crime and justice is concerned might well be superseded by a spiritual change in the future, but certainly not until there is higher global spiritual guidance for that to even be considered, which will be a profound and powerful moment if it happens.

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, and He knows just how beautiful you are. He is your teacher, healer, and friend, and He will light your way to Paradise.*

Much love,

Jason

Business ambition

It is fair to say that 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, fairness, and equality. 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, suppliers, 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".

If genuine in its intent, this "giving back" cannot help but return dividends spiritually, 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, and with that, caring about others comes naturally.*

It can only be positive and beneficial on so many levels 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, 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 possible variety provide livelihoods and income for countless millions of people and families 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. Simply denigrating those who have wealth serves no purpose at all.

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 more peaceful, kind, and caring society generally.

Much love,

Jason

War and the military

Looking at it from a worldly perspective, 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 that I have a cousin and other family members, both now and some who have since passed away, who have served their country and helped protect its people.

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

They would be able to provide the direction, knowledge, and have the confidence, love, and most of all the spiritual power 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 to 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, where self-interest or hate is amongst their motivations, the reality of spiritual accountability seemingly doesn't register in their mind, so they see no real reason 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 that will happen quite naturally as a global spiritual change takes hold.

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, and in this coming time they will be.

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 intention and motivation behind any and every wartime action and decision.

Yet, 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. It is more than just a pipedream. We have everything to look forward to, and more.

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

With love,

Jason

The state of the world

There is no reason for the world to be in the awful state that it's in, as I write this now, on the 10th of October 2026. There are so many unnecessary, appalling, violent, destructive, tragic, evil situations taking place in so many locations, ultimately affecting many millions, if not billions of people, while those responsible, to put it bluntly, couldn't care less.

Of course it's unrealistic to expect to be living in a world, as I write this right now, that is without any real, serious, and entrenched problems. But war, greed, selfishness, and recklessness exists at this time more than could ever be expected, or should ever be the case.

There is often a sense of hopelessness and dismay that is felt by all of us who just want to get on with our lives in peace, happiness, and security, with the countless people who have God's backing and support doing their best to bring about a positive and lasting change.

As it spirals out of control, which it appears to be doing, this abject violence ends up affecting everyone, you and I, even half a world away if that is the case, where life has become far more difficult than it needs to be, or ever should be, and that's on top of everything the world already has to deal with.

It is all so unnecessary.

I am no expert or authority in worldly affairs, so I'll leave politics and economics up to those who know more about such things than I do, trusting that they care about others, and that they have others best interests at heart.

As I write this now, there are undoubtably global financial limitations and other constraints that make the goal of helping absolutely everyone impossible to achieve in a worldly and material sense, where

tragically there are people missing out on fairness, equality, and their human rights.

> *A spiritual revolution is the foundation behind changing the attitudes, beliefs, and opportunities for everyone in this world.*

In the end, balance will be restored to life, life situations, and as far as possible to society, and a global spiritual change has everything to do with enabling this to happen, and in fact, it is the *only* way it can happen.

It's not so much a case of praying for peace, as thanks to the spiritual efforts of many people, peace on Earth is assured, rather, it is about making the transition from turmoil and suffering to healing and happiness as smooth and as carefree as possible.

Much 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 that I illustrate in the topic "Health and wellbeing" earlier, so when these energy imbalances are healed, in the end, a physical healing will follow. 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 yourself 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. Even if you are yet to complete your spiritual healing fully, you help in a powerful way.

It is known as the "domino effect", where for a global healing to become a reality, one person is completely healed spiritually, then they pass that healing 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 few aware of what is going on, where

it prepares the way for a peaceful yet powerful global spiritual awakening.

People in the future will ask, "How did it happen? How is it that there is now peace in the world, where there are so many divine, wonderful, and miraculous things happening?" My reply would be that essentially, when it comes down to it, with how I have just described the "domino effect" above, this is what has changed the world.

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.

Quite simply, it will be the most powerful event to happen since the creation of the Universe. At the same time, it is quite natural before anything obvious is happening to ask oneself, "This world is in such an awful mess, where is God?"

With this, if someone were to ask me, "Why hasn't it happened yet?", I would have to say, "I don't know", all the while knowing that it is too important to be rushed, and that there will be a lot going on under the surface that only God knows about to get us, as Humanity, to the point where we are truly ready for such a powerful and obvious spiritual change to be revealed. But it could be that as you are reading this now, it is happening now, and it is obvious to everyone, and it has become evident why it has unfolded in the way that it has.

You only have to go back two-thousand years to the time of the great spiritual master, Jesus of Nazareth, to consider what is possible. 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, nothing could be further from the truth.

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. Jesus was undeniably gifted spiritually, but not so mysterious after all, and was in fact just one of many spiritual masters throughout history to have performed visible and obvious miracles of one description or another.

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.

Given time, cancer will be cured, and erased forever.

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 genuine 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 humblest person I had ever known while doing the most powerful spiritual work.

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 be reading 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.

It *is* possible to be free from every trace of negativity, and when it happens, and it will happen for everyone, it allows God to take all of us, both as individuals and collectively as Humanity, to our Paradise which awaits.

Whether being used by God to allow Him to perform His miracles and wonders, 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, guiding them back home to God, 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 ecstatic 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, next to nothing 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 that only a limited amount of what we communicate can match everything that is available emotionally and spiritually, not only in our world right now, but also what will be available in the perfect future that is coming.

With new experiences, feelings, awarenesses, and perhaps 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, just as you may have experiences to offer as well, 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 skip this topic 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 that one day this might be worth revisiting.

Looking at how it will be *before* we are in our "new world", Paradise, there will be those who will naturally find themselves gaining prominence and attention, where these people will have a noticeable and undeniable spiritual power behind them. When a powerful spiritual change happens, these people will be both inspired and capable of applying this new and profound spiritual change to the real world, in a practical way.

It's because of them, and that might include you, that the processes that keep the world running on a day to day basis will be enlightened and transformed, and it will happen with the deepest sense of humility and love, along with inspiration, excitement, and grace.

This topic has taken years to evolve, and perhaps could be described as predictions, but with all that I have experienced spiritually, I believe that everything that I have written in this topic will be there for all of us to experience and enjoy.

The profound reality of Paradise cannot be expressed in words, but we will all feel its truth and power before we are actually there as our awareness and consciousness is transformed.

In the end, this world will be in a state of euphoria and bliss as we experience not only all that God is giving us at the time, but we will also recognise and appreciate all that He has given us in the past that has brought us to where we are now, and that has prepared us for this change.

Ultimately, from there, we will all learn to accept, and in the same way believe, without any doubt, the purely positive and ecstatic life that He is giving all of us in our Paradise that's to come.

> *God has always wanted to give Paradise to you, knowing that the day would come. It has always been assured, and now it is at hand.*

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, or even share them with others in a way that feels right for you.

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 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.

Our new world is a place to have fun.

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 that our new Paradise has to offer.

Above all, we are worthy, and a completely positive future is rightfully ours. It is our birthright.

It might not be one of my greatest ideas, but if I was to try and summarise Paradise in just one paragraph, this would be my best and most earnest effort, again recognising that I could never do it the justice that it deserves…

Imagine all of the best things about our world now, along with all the most beautiful and incredible feelings and emotions that you have ever experienced (and are yet to experience), reshaping and transforming life into a new and perfect physical world, where the future is more incredible than you could possibly ever dream of, with no pain, death, suffering, or negativity whatsoever, that lasts forever.

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 well as this, 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 your choices will be too. And you will never lose that feeling, or any of the incredible and completely positive feelings that you will experience.

Even now, to start with how we will look, where you might appear slightly or greatly different to how you do now, God and your innermost Spirit might present you with a vision or a dream of your perfect look and appearance, 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 that you will be able to hold on to, something sacred, something you will never forget, a gift from God to you, or a gift that you can give to someone else if you have seen how they will appear – where hearing that from you might be just what they need. At the same time, we will all gain the maturity and true sight to recognise our absolute beauty right here, in this time now, as we are, no matter what we might think about ourselves right now.

Everyone in Paradise is more beautiful than can possibly be imagined, and there are infinite possibilities, where there is a divine radiance that is with and within 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, joyous, and blissful 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 and treasures that they have within them and about them. You will never cease to be amazed, enthralled, and delighted by everything that they are and everything that 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 that you haven't yet had time to learn about each other, and do all the things that 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. We all live in perfection, being the perfect age, completely mature within ourselves, full of fun and joy, living forever, able to do anything.

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, bringing a richness and sense of completeness which can't be described. 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.

It might sound strange, but in Paradise no one will need to say, or feel like saying, "I love you". That sentiment is already understood, felt, and known by everyone at the deepest level, plainly obvious to everyone everywhere, a feeling that is ever-present, with no need to mention.

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, aunties, 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 another way, we are the perfect age as far as how we want to look, and we will be forever young in Spirit, always full of fun, joy, and happiness.

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 that no one misses out on everything that Paradise has to offer.

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, especially when we enter Paradise at the very beginning, is where your heart and mind is put at ease knowing that wherever your past family members might be, or whatever they might be doing, you know that 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.

And who's to say there won't be an incredible get-together or reunion with some, or maybe even all of those you knew and loved on Earth? Your completely positive spiritual heart makes Paradise and a perfect future more than you could currently ever dream it could be.

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 and those you wish to share it with, designed with your own energy with no tools needed, 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. But the truth is, you will be able to stay and live anywhere. The new world is your playground.

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.

Energy is divine in every possible way, but not how we think of batteries, power, and everything else that's power-related that exists on our Earth right now. This divine energy will be everywhere, infused within everything, and again, completely self-sustaining. It doesn't need to be generated or created – it is always present and available for everyone. It can't even be thought of as power or energy, it is beyond the human mind to be able to comprehend, and I certainly can't comprehend it myself.

We will never need to dig up the ground and scar our new world looking for minerals, chemicals, oil, gemstones, crystals, or anything else for that matter, as nothing needs to be made, built, constructed, fuelled, or sustained.

Our current scientific periodic table will have no validity, nor will the chemical elements that they describe, as so much of what we know now has been a stepping stone to get us to the perfect future that we will all soon enjoy. No one in Paradise will ever feel that they need to understand how creation "works", to do anything scientific in other words, as we will all be having too much fun. In fact the idea of discovering how eternity functions will seem like a waste of time, if the thought even arises.

Put simply, everything is manifested and created out of nothing, where no two things need to be put together to create something else.

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, boat, 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 wearing out 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 and now, another way to never 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 or 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, nothing ever needs cleaning, and even dust doesn't exist.

Rubbish and litter don't exist either, in fact anything that we don't want or never wanted simply doesn't happen. 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 feel refreshed 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 upset, sad, grumpy, 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.

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, motorcycle, 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 remembered 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 – and you will never need to fill up for gas or charge it up. You have absolute control of how you get around – and in Paradise you choose just how fast you want to go to get there.

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, and everything stays pristine and new, however you might like. It's all about *what you want.*

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. You could eat for an entire day all sorts of delicacies and delicious delights just for fun. But then you never feel hungry either, you simply choose when you want to eat or drink. 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 a CD player or smartphone to listen to your favourite music, podcast, or live entertainment, it will simply be there and ready-to-go, just a thought away, whenever you want. No speakers or earphones are needed, as you are immersed in the experience, however you might like that to be at the time.

You can share the music that you love and the music you will create with whoever you like, even if that's with one other person, thousands of people – or even the whole planet! There are no limitations in Paradise. Everyone will love what you love and enjoy, where everyone loves everything about everyone else and everything that they do, seeing perfection in everything.

You can go retro and hook up a turntable and speakers as well, use a once-favourite cassette player, or anything else you can think of. The parties and events that will happen will be the stuff of legends. Everyone can sing, and dancing comes naturally.

There is a limitless variety of anything and everything that we want to eat and drink, and we will be able to have an incredible dining experience to go with it, perhaps at the most remarkable restaurant, takeaway spot, or a place where we can eat and drink and have the greatest time ever, just like we had here on Earth, but so much better, in fact beyond anything that we can possibly imagine, and beyond what I can possibly imagine.

Saying that, we might wish to keep everything simple, but no less enjoyable. You might like to invite all your friends around for the best meal and get-together ever, with no preparation necessary.

Like I say, everything that we eat and drink that we love and enjoy on our Earth right now will be there for us, with just a wish, but without anything having to lose its life for us to enjoy it, as happens currently with any kind of meat, seafood, poultry, and so on.

There is no pain, no suffering, no ageing, no death, yet you are still in a physical body. All of your senses are enhanced beyond what you could possibly imagine, in the most enjoyable way.

Remember, as we are now, our physical bodies and the world as a whole is simply made up of atoms and molecules, so everything is malleable, and everything can be changed, and you have the power of God within you to make it happen. A completely positive creative force will be yours to use whenever, wherever, and however you might like.

Gatherings

Go to the most incredible concerts. Be the main attraction. Be a legendary singer, musician, DJ, 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 the entire day and night, 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 is coming your way.

And when gravity is optional and you have no limitations, well, doesn't that take the competitive aspect away anyway? You'll never feel that you are missing out on 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 possibly be 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, all around you like a magical interactive experience, seeing it from the perfect perspective, at just the right angle, with no negativity. It has all been recorded in the archives of all time. Watch it with thousands

of people, a few who want to enjoy it with you, the entire planet, or on your own.

When creation is limitless, it's not like there is a massive computer 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, and they will unfold from just the right angle, from the perfect perspective, in the most positive way.

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 imaginable.*

See what shaped you, how your love, positivity, personality, and so on affected others, everything that you experienced that had a real impact, and how your journey to perfection unfolded. Share this journey and every insight that you ever gained on Earth 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 that it had on them, as it happened in a mysterious 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 Aotearoa being the location where a global change began, and where a powerful global healing was provided.

With this, you will see just how God, your loved ones, and 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 that 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 it's the same for anything that might be considered "alternative", anything that is close to your heart, anything that you might love that might not fit into what many see as being "the norm". It remains yours to have and enjoy, forever.

Like I say, nothing is seen as negative, rather, everything that is negative and every negative feeling 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 those 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 incredible 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 get to Paradise, bringing a beauty to our eyes that we may have never seen before.

Time

Time does not exist in Paradise. The concept of days, weeks, months, and years simply doesn't exist, and the same goes for seconds, minutes, and hours.

It's hard to explain in words, but for the shortest moment many years ago I had the experience and lived the truth that time is an illusion, and in addition, that everything in creation exists in one single moment, and an experience like that quite naturally comes with a sense of eternity, and how eternity is the true reality.

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. In fact schools, businesses, companies, and the idea of someone employing someone else are all

things of the past. Everything is free, so there are no bills, debts, or money of any kind.

We will already be everything that we could ever hope to be, never to struggle again, ecstatically happy no matter what we do, or choose not to do.

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 normal and natural.

We will all have the perfect form, having the body and appearance that we always dreamed of having, and that takes into consideration everything that we love (or loved in the past) about ourselves in this life now, where we will feel ecstatically happy, thrilled in every respect, and totally comfortable and at ease with who we are.

As well as this, we might be divinely inspired from the innermost part of ourselves to gain a completely new appearance and form, something incredible, something just for us, something which is perfect for us, something unique, something we will feel joyous about in every possible way, forever, or until we change our appearance or an aspect of our appearance when we feel the inspiration to do so.

Above all, no matter how we choose to look and appear to others, no matter how that might change, everyone will be able to identify and know who we are, and we will know who they are, even more than we recognise each other in this time now. It's a unique moment of innermost recognition, not simply what we see or hear as happens

now. No person's "energy signature", as I like to describe this as is the same as anyone else's, and there's no chance of mistaking anyone.

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 or stick to a certain diet to stay healthy, or for any reason at all. 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, but there is no "magic formula" to say what perfection is or might be, and there never has been, rather, there is infinite variety in everything.*

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 don'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 planet Earth.

As I have said, we will look 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 recognise and realise that 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, sparkle, or change colour if you want them to, and more that I can't even imagine, and you will experience no pain, unease, doubt, or regret.

Incredible clothing, jewellery of every description if you'd like, the coolest shoes, everything you loved about make-up (which you wear to be creative), change the length, style, or colour of your hair in moments, your body shape just as you want it, the colour of your skin to be anything you might like, be the height you always wanted, wear the most intoxicating perfume or fragrance that is simply around you that comes from nowhere, anything you can think of. It only takes a few moments, 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. Show all of your friends, and everyone, your new look as you have transformed yourself, being thrilled with how they feel in response to how incredible you now look.

Communication and learning

Languages become like "flavours". Pick and choose the language you want to speak – and the perfect accent to go with it… 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 that 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 as it is now, knowledge is learned and doesn't just come to us from nowhere, but then our capacity for learning in Paradise is limitless. You will never forget anything that you learn, rather it will be there for you whenever, wherever, and however you might wish.

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 that you can possibly dream of, or ever wish to do.

With that, if you are inspired to learn either some or the entirety 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. If you don't think you are capable of learning a new language in this world right here right now, in Paradise you will find learning anything you'd like easy, exciting, and a thrill.

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 our spiritual heart will say it perfectly, with none of the meaning lost.

The spoken word, put simply, offers a richness and a divine vibration to a conversation that will complement our spiritual heart in the most incredible way.

Talk or see anyone you wish, wherever they may be in Paradise, using telepathy and many of the spiritual gifts and abilities you will have at your fingertips.

The Internet won't exist, neither will phones, social media, or artificial intelligence, as the future is far more beautiful, 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 to have to relive 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 it comes with a feeling of ease and power knowing that you don't need anyone's permission or approval to do anything at all.

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, and life around us

All forms of life will exist alongside us, but some we have today will become redundant and won't be with us, 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 and your pets of the past can be alongside you too if that's what you'd like. Many other animals that live today, even species that were once so beautiful and fascinating that have since become extinct that we all wished we could have seen, may well be in our new world with us, as well.

There will be entirely new and fantastic and beautiful forms of life as well that I can't even imagine, and God might even reveal some of these to you in a dream or a vision before we even arrive in our new world, for you to marvel at and be inspired by, building the anticipation of just how magical and incredible the future will be.

Animals and all forms of life will rejoice in ecstasy in our new world just like we all will, free from the need to hunt or struggle to survive, always being safe, never to be hunted or killed, experiencing the joy of knowing that they have eternal life, without any 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. Saying that, you will be able to care for them and pamper them however you might like, if that's what you want to do.

If your past pet companion had a nature which wasn't 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, unicorn, or even an utterly fantastic yet harmless dragon might be your trusted friend and companion! Or another animal or creature which has never existed before, created by God, living forever, just for you!

There is no reason why there even needs to be a collection of animals or similar that belong to a particular species as we know it now, rather, a variety of life forms that are unique, individual, and one-of-a-kind will be commonplace.

Saying that, there can be nothing more wonderful than countless birds in flight all flying and loving life together in complete harmony, and there will be infinite other examples, where that sort of incredible and creative display won't be unusual in Paradise.

Evolution as we know it on our Earth right now will be replaced by a creative force that has no limitations.

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, 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 our new world's climate in balance, in fact it's not even a consideration. 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 that God has created for you. Even water will have a divine quality to it. I imagine there might even be underwater cities! In fact I'm sure of it.

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. Genetics and DNA

don't exist either, which means the limitations of family resemblances and physical similarities no longer happen, which we won't miss. It will be liberating. But there will be the most profound sense of love, belonging, and a collective spiritual bond between all of us that will make how we experience life now pale in comparison to what the future holds.

There is no taking years for someone to grow from young to old, rather, people and every living creature are instantly fully grown, intelligent and loving, eager to learn and to discover what Paradise has to offer, perfect in every way, just how they want to be, from the moment God creates them in the world.

But we will be as we are now, as you read this book or listen to this audiobook, as individuals, each with our own unique and beautiful personalities, living, loving, and enjoying life – but without anything negative about us. Paradise is just that – the perfect place to live, and love.

We don't miss out on love making and intimacy either, rather, that becomes everything that 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.

Create the garden of your dreams, where at the same time nature will look after itself and be completely self-sustaining for us to be enchanted by, and be filled with wonder. Vast forests filled with life and nature that I can't even imagine will be there for everyone to enjoy, and we will simply marvel at it all.

Nothing negative ever happens, nothing goes wrong, and there is no thought that anything will. Life is simple, but in the most beautiful way, being beyond anything you could hope to be possible. I don't refer to it as "perfection" for no reason at all.

The struggle to survive is replaced by eternal life and fun, nothing requires any effort, and we don't have to worry about anything.

The world

The night sky will appear as though it has been painted by a master painters 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 but you can still tan), 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 and store, 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.

Weapons don't exist, wars don't happen, no one fights, and no one gets hurt or feels pain, like I have said. Quite simply, all we feel for each other is love, so there is only peace, positivity, and bliss.

There's no need for any satellites to be circling our world either, and there won't need to 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 within creation goes.

The night sky will be beautiful beyond what we could possibly imagine, and we won't need to be part of a solar system like we are now. From everything that I can imagine, every planet that we see lit up at night, as far away as they might be, will have intelligent life, just like ours. They won't even need a sun, as those who live there will be able to decide whether they want it to be day, or night.

A finite Universe as we know it now will be replaced by infinity, in a way that is completely different to how our current Universe exists and has been observed.

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, including by those God creates after us, who won't have known what life on Earth and all the suffering that came with it was like. In effect, it will be a living historical record, and so much more.

Unlike now, there will be no decay on this "Earth copy" in any way, and anything material or physical that is "changed" or affected in some way will be restored to its original state, and nothing will ever go wrong. It will be the same as we know right now, 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, and was realised, where every member of Humanity was freed from all pain and suffering, where we gave everything for our loving and benevolent Creator. This sacred planet will be known as "the place where it all happened", and it will be known that way forever.

That is by no means glossing over the tragedies and suffering that has made much of the world as negative and imperfect as it is today.

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. We can then share our story with others, including those who never knew what Earth was like to live on, like I say, allowing them to appreciate and marvel at everything that we gave and sacrificed for our Creator.

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, everyone's person growth and development, and how perfection gradually unfolded and culminated into the transformational and ecstatic time that we are in now.

It will be a critical "resource", not just for those of us who lived on Earth, but even more so for all of God's children that will be created in the future who never knew what it was like to experience reincarnation, like I say, and who weren't part of the "greatest story ever told" – the story of us, as Humanity, and how we helped God and freed the world.

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, humbled, and will experience the most profound gratitude for all that you have given and sacrificed for God.

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 it's possibilities are infinite, and with the number of people who will enjoy Paradise in the future also being infinite, with creation never ending, multiple Earth replica's will be needed for everyone to enjoy and learn from.

But most importantly, 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 every one of us on Earth right now before Paradise arrives *to heal and free us all.*

Finally

Not everyone will read or listen to this book, of course, if this was even seen to be able to help the world in some small way, and there are sure to be plenty of people, both young and old, who will find it too much to read, incomprehensible, or boring, and there is nothing wrong with anyone thinking or feeling that way.

In truth, Paradise isn't just for those who have a radio, television, or the Internet, or even the luxury of food, shelter, or an education. Paradise is for every single member of Humanity, from past to present.

With the untold 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.

> *No matter what a person's circumstance is, appreciating just how horrendous it might be, support from those more fortunate is a Godsend, and will not go unnoticed.*

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 that we could have ever dreamed of, and more, and we won't need to strive for anything. In essence, spirituality will be something that 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, loving, 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 similar on what you see are the possibilities and probabilities of the future, as you may 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 and feelings with what reality in the new world is actually like!

One person told me that they would love Paradise to be a fantasy world like in a computer game. Personally speaking, even though I've done it myself, I don't see anything positive where gaming hour-upon-hour is concerned, especially where it all seems so negative and destructive. Board and card games, puzzles, and similar, where the focus and activity is in the real world, is so much better and healthier in my opinion.

It was a great comment though, and it got me thinking, and it 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 incredible 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, ecstasy, and the freedom to be able to do whatever you want to do, whenever you want to do it.

There will be forever to create anything you might like.

With love,

Jason

Love and protection



If there is ever the thought
that this global spiritual change can
be stopped, paused, or slowed down, rest
assured. God, as the omnipresent creator of all
life forms, has thought through and considered
each and every situation and scenario.

As His "Master plan" progresses,
He will protect everyone from those
who have any malicious intent.

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 time, 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, and 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 all that you gave and have given to help God.

Do not doubt that you are God's most precious child. Do not doubt 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.*

If you haven't done so already, I encourage you to read my earlier topics, "The fall from grace", and "The gift that is You", which explain in more depth my thoughts and feelings on what I have written here.

With great love, respect, and humility,

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 managed to collate 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 tended, full of lush greenery and beautiful flora within its boundaries.

With open marble temples, statues of saints of every religion winding up beautiful pathways, vast food halls, places for meditation everywhere, 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 imagine. I had already been "bopped" and blessed 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". However, with the new and powerful spiritual time that we are in now, this concept of a spiritual lineage has had its day, and is no longer necessary.

From what I am aware, eastern spiritual teachings were 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, a revered and highly respected spiritual (and political) figure, 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, where those devoted to them supported them and took care of their needs, buildings and ashrams were built for them, and students might have stayed there so they could absorb the teachings, and follow the spiritual discipline that was prescribed.

People recognised and felt what these "spiritual masters" had to offer, something beyond the ordinary, something tangible that they could feel within themselves, without there being any doubt, where they noticed a positive change. These spiritual teachers, masters of energy who were 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 genuinely gifted, a person who had spent a lot of time developing themselves spiritually.

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, spiritual teachers, and spiritual leaders out there. It's not all about how many followers they have, or how well their books have sold. The most powerful spiritual teachers often work in seemingly ordinary ways, knowing that they do God's most powerful healing and energy work, without being noticed, biding their time to be recognised without any effort needed.

If the spiritual teacher or similar hasn't healed themselves spiritually or ascended completely then their teachings are likely, if not certain to be off-the-mark to whatever degree, and acquiring a following may mean that they create spiritual lessons and debts for themselves. Certainly I feel that some sort of mention indicating that spiritually we do not have all the answers can only be a sign of wisdom and humility, and I would even say it is a requirement.

It has been my experience that it is much better being the tortoise rather than the hare, waiting until God guides, unmistakably, that it is the right time to "step out", and from there, sharing any teachings that need to be shared.

I love the quote…

"When the student is ready, the teacher will appear"

It certainly happened with me, although these days, because the world is changing spiritually, that has become redundant, as it is now a case of each and every one of us teaching, healing, and enlightening one another.

With all of the negativity in the world, as there is as I write this now, it's a blessing when we are guided to the right people at the right time, which can only take us to our next step where amongst other things we build a real and personal connection with our Creator, and realising our true potential, which we will, we gain a life of true happiness, and so much more.

With that, 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, inspiration, compassion, contemplation, insight, seeing the positive in others, ourselves, and the world around us, 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, joy, and nervousness of it all, to be part of everything that was happening from just a short distance away, aware intuitively it would be something that 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, that there was no need to expect that I would receive any more. Very quickly, as my mind focused on the courtyard, the wish for something divine to happen disappeared.

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 can recall photos were not allowed, and smartphones didn't exist in the early 90's either, thank goodness! A simpler world can be, and was back then, a more positive and innocent world, without much of the negativity and heartache that exists in this day and age that's driven by technology, and social media especially. Saying that, I am also aware of the incredible usefulness, importance, and necessity of technology and the Internet, of course, when created and used for the right reasons.

Sitting and watching, 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.

Even though everything seemed quite organised, I remember having the feeling of how spontaneous it all was, like it was impossible to know what was going to happen next, but in a really good way.

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 I was at the ashram, amongst all the blessings I had been receiving daily, amongst all the incredible interactions, 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 now, as I was there and then, a recollection of that day, some simple words heard within the mind, nothing material, nothing that I could truly 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 the guru had left and the time for blessings was over 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 how they noticed 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 with his Irish rock band "U2" made the same observation. They spoke of where in one profound moment we can be mysteriously illuminated with knowledge of some kind…

"The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you. You don't know how or why"

– Albert Einstein

"What you don't know you can feel it somehow"

– From the song "Beautiful Day" by U2

We all have those, of course, sacred and insightful moments, even though we might not see them as being 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 I feel it's all about tapping into that in whatever way that works best for us, perhaps by spending time in nature, or by practising some sort of meditation routine or yoga, or while exercising, as examples. But then, you might have a transformational thought or idea while doing the shopping or when you are at work!

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 when I was in my twenties – in fact I don't think I could do it at all! But with the spiritual work that I did over time, as I managed to clear

away the cobwebs from my heart, mind, and my spiritual self, it became a lot easier.

Even if there were people who *were* enlightened spiritual beings out there somewhere in the world, there shouldn't be any need for them to claim that they were, and certainly not to allow themselves to be idolised. Wearing robes and sitting on impressive chairs is so outdated, where there is often so much ego, pride, and control.

It's a much more positive thought, from my perspective 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.

With this, to be a monk, nun, priest, guru, swami, Imam, pope, or whatever the religious title in life might be, where a person sets themselves up as higher and more divine than others and that everyone else is below them, that their way is the only way, that their knowledge is superior, that they are far more knowledgeable, with this kind of thinking 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 and emphasised in a world where there is so much wrong spiritual thinking and illusion.

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. It can cause some serious problems.

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. It was almost as if God wasn't acknowledged nearly enough.

When the curtain was finally pulled from my eyes as I realised just how I had been made to feel for years, it was the revelation of my life, and I cried healing tears for minutes as years of subservience and illusion were 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, monastery, or convent? 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 that 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 when everything is chaotic around you is a sign of spiritual attainment, even though it might not seem spiritual in any way at all.*

God works within us, and all around us in mysterious, synchronistic, and serendipitous ways, even though we may have little or no idea or appreciation of what is going on at the time. In addition, we have our intuition and all of our innermost spiritual gifts to guide us and give us the insight and understanding that we might need, just when

we need it most, even though it may seem that we are simply living out our everyday lives.

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 a significant driving force and influence over everything about us, even in the most imperceptible way, 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 attempting to deliberately quieten the mind is one of the first things a person is instructed to do, where from there, after they find it far too difficult, frustration can be the result and they are discouraged and give up, at least until their next brave attempt somewhere or with someone else. It's not how I teach meditation myself, for what it's worth, and I know I'm not alone in this.

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 by a benevolent and unconditionally loving Creator as well.

Treasured memories can stay with us for life, and if you subscribe to such ideas, beyond this lifetime as well.

This was my first quote, my first contemplation.



Reflecting on the moment

This very informal piece of writing is from a book idea from 2023, with the thought that it might have worked as a companion for my first book, "Fuel for the Mind and Soul", but I chose not to continue with it.

November 2023

Visiting a family member in hospital, some years ago now, I left the ward for ten minutes to escape the stuffiness of it all. Wandering down Riddiford Street to a dairy not far away, as I entered the owner gave me warm "Hello", and then when I left, "Thank you, have a nice day". I left the shop with my purchase, and began to head back.

In the fresh air with the hustle and bustle of everything all around me, my mind went back to the shop owners genuinely friendly words just a few moments earlier, and all of a sudden they really resonated. Contemplating that seemingly ordinary greeting and goodbye, it made me feel better than before, and it prompted me to consider, when looking at it spiritually, that there may have been more to it than met the eye.

A hospital can be a very emotional, overwhelming, and sometimes traumatic place to be of course, and seeking some respite and relief by stretching my legs, and the stark contrast in environments had everything to do with why his words made me stop and reflect.

He wouldn't have known how I was feeling.

It's not always easy to recognise or consider what a person may be feeling of course, even the most ordinary of daily situations. Perhaps when someone appears grumpy, ill-tempered, or inattentive, who is to judge or know what they may be going through in that moment, or in that day?

In my own little way, when I feel that I have been "hard done by", I do my best to assume that there may be a difficulty with that person's situation that I have no appreciation of, having no real idea of what might actually be going on for them, if anything.

But then when it comes to having no idea, everyone has a "sixth sense" which is sure to arise spontaneously when it's needed, and it may well bring about the answer that we need.

Making the assumption that someone's problems are likely to be more significant than my own, I have found that this awareness can only benefit everyone concerned, encouraging empathy and positivity, something that is tangible and real.

A smile, or saying "hello" or "how are you?" can go a long way too, especially where there is a positive heartfelt intention behind it, where it becomes an affirmation in itself. It might well be that the recipient feels and thinks to themselves, even subconsciously, "That's just what I needed."

And "restoring a little faith in Humanity" as well, where so much of what we see and hear everywhere around us might make us believe that kindness and anything that is good in the world has all but disappeared. The media, for the most part, doesn't help either, where there is often little time left in any bulletin or news feed to showcase what is sure to be uplifting.

If you make a friendly comment to someone, if they respond, if they do not, if you are greeted, if you are not, if you are greeted and you don't hear them, or if you do, or you don't know what to say, it's all good, in fact it's divine.

The heartfelt positive intention that we put into something will change situations and people's hearts and minds in a positive way,

especially looking at it spiritually, as we are not only just our physical body, but we are energy, and spiritual energy as well.

> *Your positive intention vibrates everywhere around you, even beyond what you might be aware of, where you will be able to heal and transform situations, interactions, and conversations.*

So, perhaps feeling that you've been done an injustice, where you've been treated unfairly or with no respect, how much of a problem is it really? A first world problem?

And that goes for any situation, even where no one else is involved. Finding that that chocolate chip ice cream has few, if any chocolate chips is likely to annoy many people, but it might be just what we needed to see if we can respond in a positive and rewarding way.

There's the anecdote that's been known to have been said at some dining room tables too, "Eat your greens, there are people starving in Africa", where if we are able to look "beyond ourselves", expanding our perspective to be more global, it can only result in a warm feeling in the heart of humility and gratitude.

"Take a moment, reflect, and don't react" is a method that works for me, when I remember to do it that is, but yes, sometimes it's easier said than done.

Seeing possibilities in situations, discovering and appreciating what isn't initially obvious, keeping an open mind and using your life experiences to recognise similarities with others, and from there quite naturally feeling empathy for them, it all works well to make our perspective and attitude towards life more positive than it even was before. That's what I have found, at least, although it has taken me an age to get there, and it continues to be a "work in progress".

Even though we may never know the true situation of course, reflecting upon the simple thought, "They may be having a worse day than I am", I feel that it's best to try and assume that they are going through a difficult time, like I say, even if we might not know for sure, instead of being angry or reacting in a way we will later regret.

A way to consider what the day might bring, and set us up for this kind of awareness could well be to ask ourselves, "How can I see the world differently today?"

We can trust that we will become intuitively aware when we *do* have that moment, that epiphany, when we can say to ourselves, "I've just seen and considered that situation in a way that I never have before!"

With the positive feelings that we are sure to gain from that, perhaps somewhat imperceptibly at first, I've found it rewarding, like a divine acknowledgment. Like an inner "gold star on the hand", going back to my primary school days of the 1970's.

Is there even the need to tell someone about a "good deed" that we have done? Maybe there is, there's no harm in doing so, but for me, when the opportunity presents itself to do so, it's all about keeping our goodness unspoken when we can, and if it's appropriate to do so, keeping some things that are positive and "sacred" between us and our conscience, between us and God.

Perhaps it's a bit like keeping something a friend has said to us in confidence, as tempting as it might be to share. When it's kept to oneself, if that were to happen, the inner reward is more tangible, more sacred, and something genuinely special, where memories are retained.

Character building too? I'm not sure, but all of this can't hurt, I feel, and memories are often recalled at the perfect time, in a strange and unusual kind of mystical way, and it can bring about a powerful healing too.

I feel it's all about building up what I like to call a "cache of experiences" that may, in time, allow a memory that has been kept close to one's heart to arise at the perfect moment, in the most positive, interesting, and beneficial way, even if it is months or years later. It is a delightful process, but don't worry if doesn't always go to plan.

It's all about our intention like I say, and if the intention is to do good, or even just to do nothing wrong, then no harm is done looking at it spiritually, and after all, so much in life offers us an opportunity to learn. As I have heard said in such a wonderful way, learning from "The University of Life".

Follow your spiritual heart, as I like to say, and don't worry if feeling that the spiritual goals you might have created for yourself aren't met as quickly as you might have wanted, or in the way you might have wanted them to be.

I have found that having no expectations, with anything spiritual especially, is always the best policy, where there will therefore be no feelings of disappointment. Still, it is natural to want something wonderful to happen for us spiritually, the truth is though that we will never know when or how a "spiritual moment" is going to manifest in our life.

Above all, don't be hard on yourself in any way at all if it doesn't all go to plan – we are all learning after all.

Spirituality is a learning way of life, a learning path, and I have found that learning on this Earth in a spiritual sense never ends – but in a beautiful and positive way.

I have learned for myself, over time, and you may have too, that sometimes saying nothing and letting events naturally unfold might be just what we need in that moment, being another aspect of what is known as "living in the moment".

Unlike what one way of thinking affirms, there's no need to say out loud every thought that enters the mind just for the sake of it, where the feelings for the person being spoken to are ignored completely. It can be disconcerting.

The dairy owner had no idea how I was feeling, but he was being genuinely courteous and friendly, not just because it was dependant on a sale. He had too many customers coming and going to be concerned about that.

He may have uplifted hundreds of people on that day, just like he did with me.

Life's blessing can sometimes appear small, but those are often the ones that can be the most powerful, helpful, memorable, and sacred.

With love,

Jason

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, months, and years would bear fruit, and I would be rewarded for my spiritual efforts, and everything that I had worked so hard to achieve spiritually. 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 the first day of winter, and there was no one else about. It was quiet too, and 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 that 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 that I couldn't 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 spiritual heart – my Spirit. It was constantly renewing itself, forever new, and I knew then that Spirit was eternal, and could never end, or cease to exist. From there, I felt that time, and the concept of time, was an illusion. It was surreal, and I had a feeling of eternity and 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 that I was His most cherished soul. I realised that this was how God felt towards *all* of His children, all of us, without exception, that each and every one of us was His most cherished soul, in such an incredible way, that He felt that His creation would be incomplete without each and every one of us.

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, a soul who was free from negativity. I was aware of the people most troubled in this world 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 any action or mistake a person made would be seen and understood with the utmost compassion and understanding, looked at from the point of view of our intrinsic divinity, meaning there would be 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 as if 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 that 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 its energy, power, and feeling.

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, with anything spoken adding a richness to any situation.

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 such as the Devic kingdom, where fairies, unicorns and other non-visible creatures and entities lived.

Finally, I saw a vision of the future. With my own eyes I saw a new world, our next world, where we would all be transported to, where we were all going.

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 whole 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.

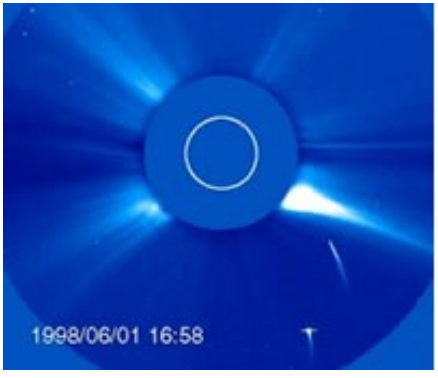
The music that was playing was Roy Orbison, but I was not particularly attentive to the lyrics. But then, as Roy's song played, I heard the word "Love" – and I went into a state of cosmic ecstasy. I was no longer aware of the room. My vision faded and all I could see was an incredibly brilliant bright golden light, and nothing else. It was intoxicating, divine, unconditional love.

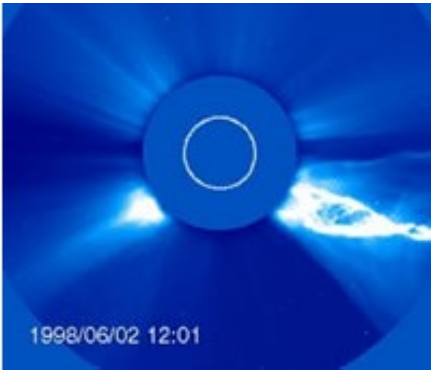
It only lasted a few short moments, and as the experience ended, I became aware of the room once again, where standing in front of me was my friend, asking me a question. I remember thinking to myself as I looked at her, aware that she had not experienced this for herself as I had right then, that if 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 website, and it is also available elsewhere on the Internet...

www.jasonremfrey.com/twin-comets

Finally

Thank you for allowing me to share my experience with you.

Everyone's experience will be different, this is just mine, and no one's experience is less or more important than anyone else's. You will recognise this for yourself as you discover the absolute truth that God's creation would be incomplete without you.

Your own experience will come in the most profound and perfect way, both ultimate in nature and incomparable in its beauty. And it will be just for you.

You will see, feel, and experience that all of your spiritual dreams and more have come true, and that after lifetime upon lifetime of searching, you are finally happy in the heart.

You will never be alone spiritually, and if you don't know and feel this already, you will, and you will feel that you are a cherished part of creation, loved by God and everyone, without exception.

Much love,

Jason



Appendix



Guided meditations



The following guided meditations are designed with a very brief introduction and closing, where you can meditate for as long or as little as you'd like.

Between the [Guidance begins] and [Meditation begins] markers you can also create your own guided meditations, which, if you felt inspired to, you could share with anyone and everyone who wanted to experience and enjoy something new, something original, something that can only be beautiful, because it's from you.

With this in mind, I would love to see a repository of written and recorded guided meditations, meditations created by anyone and everyone who might like to contribute, which would be there for a person or people who were looking to be guided in a special and beautiful way.

They would be able to easily find something that they had never read or heard before, being able to apply filters, where they could bookmark the ones that they really liked, sharing their thoughts if they wanted to.

You can discover more guided meditations as well as the associated audio @ www.meditations.kiwi

I can also recommend the "Meditation" topic earlier on in this book for some tips and guidance.

Enjoy your inner and creative journey!

Jason

Light

Prepare for meditation.

Be comfortable sitting in your chair, sitting on the floor, lying down, or whatever the case may be.

Every moment of this meditation will be a divine conversation between yourself and your loving Creator, God, in the way of spiritual energy, heartfelt understandings, and more.

Know that whatever happens, even if you don't notice anything at all, He is with you, and He knows what you need to move you forward spiritually.

Everything that happens while you meditate is everything that it needs to be, and is perfect for you.

Enjoy your meditation journey…

[Guidance begins]

You are in a small open temple. Pillars support the roof, and the temple is made of pure white marble. In the centre is a comfortable seat.

You sit, and you soon feel an energy surrounding you.

A powerful and beautiful golden light begins to swirl all around you from above. This light slowly moves down your body, until it is everywhere, from your head to your toes.

This golden light then changes to a pure blue, and it has a radiance that spreads throughout all of creation, connecting you with everything. Sparkles of this beautiful blue light travel everywhere, and you realise that this is your grace as you help your Creator heal everyone, everywhere.

Your goal is to transform this world, and this is what you are doing as you meditate right now, as your spiritual heart unfolds and touches everyone with unconditional love.

Enjoy your meditation as it guides you in its own time, in its own way…

[Meditation begins]

[Closing]

Gradually, gently, bring your awareness back to the room, or wherever you might be. Slowly, become aware of your body, and when you are ready, if you haven't already, open your eyes. Take your time, as much time as you need, then stretch, and stretch again.

Your meditation has ended, but make sure that you feel alert, steady, and back to your normal self, before you continue with any everyday tasks that might need your focus and attention.

God is with you, always.

[End]

Peace

Prepare for meditation.

Be comfortable sitting in your chair, sitting on the floor, lying down, or whatever the case may be.

Every moment of this meditation will be a divine conversation between yourself and your loving Creator, God, in the way of spiritual energy, heartfelt understandings, and more.

Know that whatever happens, even if you don't notice anything at all, He is with you, and He knows what you need to move you forward spiritually.

Everything that happens while you meditate is everything that it needs to be, and is perfect for you.

Enjoy your meditation journey…

[Guidance begins]

Dawn is breaking…

You sit safely near the edge of a high cliff, overlooking the ocean, and the colours of a new day are spreading everywhere. You view the horizon, and you are captured by the expansiveness and beauty of the entire world around you, as the cool ocean breeze gently washes over you.

Above you, you see the birds of the sea, flying high in the sky, and you long to be as free as they are.

Slowly, your entire body and Spirit are enveloped by a feeling of connectedness…

You become aware that you are pivotal, essential to the creation that you are part of, and you gain a feeling of serenity, and peace.

You have the feeling that you have come home, the home that is your spiritual heart, and you are completely at ease.

Feeling the deepest sense of humility, you recognise that there is no one more important than you, and you understand just how much your heavenly Father and Mother love you.

Now allow your meditation to continue…

[Meditation begins]

[Closing]

Gradually, gently, bring your awareness back to the room, or wherever you might be. Slowly, become aware of your body, and when you are ready, if you haven't already, open your eyes. Take your time, as much time as you need, then stretch, and stretch again.

Your meditation has ended, but make sure that you feel alert, steady, and back to your normal self, before you continue with any everyday tasks that might need your focus and attention.

God is with you, always.

[End]

Energy

Prepare for meditation.

Be comfortable sitting in your chair, sitting on the floor, lying down, or whatever the case may be.

Every moment of this meditation will be a divine conversation between yourself and your loving Creator, God, in the way of spiritual energy, heartfelt understandings, and more.

Know that whatever happens, even if you don't notice anything at all, He is with you, and He knows what you need to move you forward spiritually.

Everything that happens while you meditate is everything that it needs to be, and is perfect for you.

Enjoy your meditation journey…

[Guidance begins]

God's energy shines upon you.

You are totally filled with His loving energy. You are supercharged with the power of creation itself.

You are unfolding spiritually, like a rose, but with such power, beauty, grandeur, and elegance that everyone around you will wonder, "What has happened to you? How have you become so happy, so peaceful, and so full of love?"

In response, without you needing to say a word, they will feel love, bliss, and more coming from you, very powerfully, as your grace and energy touches and uplifts their hearts, minds, and everything that they are.

They have been transformed and healed, and they feel and are aware that it was *you* who helped them, who healed them, which fills you with the most profound sense of humility, and gratitude.

As you find that you are becoming "God's hands" more and more, you notice that the connection between yourself and your heavenly Father and heavenly Mother grows stronger and stronger.

They want you to know the incredible and eternal future that awaits you, which They have created for you, with you in mind, which will be yours, and everyone's, forever.

They teach you of this future with love, energy, and with a heartfelt "inner knowing", and your mind and Spirit are illuminated as you recognise and feel the absolute truth of everything that They are telling you, that they are guiding you to know.

Your meditation journey begins…

[Meditation begins]

[Closing]

Gradually, gently, bring your awareness back to the room, or wherever you might be. Slowly, become aware of your body, and when you are ready, if you haven't already, open your eyes. Take your time, as much time as you need, then stretch, and stretch again.

Your meditation has ended, but make sure that you feel alert, steady, and back to your normal self, before you continue with any everyday tasks that might need your focus and attention.

God is with you, always.

[End]

Partnership

A meditation for two.

Prepare for meditation.

Be comfortable sitting in your chair, sitting on the floor, lying down, or whatever the case may be.

Every moment of this meditation will be a divine conversation between yourself and your loving Creator, God, in the way of spiritual energy, heartfelt understandings, and more.

Know that whatever happens, even if you don't notice anything at all, He is with you, and He knows what you need to move you forward spiritually.

Everything that happens while you meditate is everything that it needs to be, and is perfect for you.

Enjoy your meditation journey…

[Guidance begins]

You are both walking along a beach, hand in hand. The waves gently roll in, and there is nothing but a gentle breeze, and the sound of the ocean around you.

As you walk together, you both look up, and you notice a bird flying high above. It is a white dove, and it seems to be carrying something. The dove lands close to you, and then it flies away, leaving what it was carrying behind.

You both walk to where it was.

You look, bend down together, and pick up what you discover is a fresh olive leaf.

Together, you look at each other, then, holding each other's hands, you find your eyes closing.

You feel a presence surrounding you both – very powerful, but very comforting also. It is your heavenly Mother and Father, and you realise that they are caring for you both, nurturing you both, and strengthening your love for one another.

They are letting you know that they are there, that they will never leave you, and that they have always been with you.

They then speak to you, not with words, but rather with an "inner knowing", and both of you are drawn into a deep state of reflection that brings a feeling of gratitude for having found one another, for all that love has brought you both, and for all that unconditional love will bring you in the future.

And your meditation continues…

[Meditation begins]

[Closing]

Gradually, gently, bring your awareness back to the room, or wherever you might be. Slowly, become aware of your body, and when you are ready, if you haven't already, open your eyes. Take your time, as much time as you need, then stretch, and stretch again.

Your meditation has ended, but make sure that you feel alert, steady, and back to your normal self, before you continue with any everyday tasks that might need your focus and attention.

God is with you, always.

[End]

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 25th of January 1971.

My parents Mike and Joyce 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, didn't come to fruition as he chose to abandon the idea, even though he was all set and ready to go there for goalkeeper trials. 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 even Scotland. We mainly use online chat to keep in touch, nothing unusual there of course, although I have been known to courier my creative items to the other side of the world.

I have been all the way to Guernsey three times, first with all five of us when I was six (Disneyland was a highlight, as was Star Wars at the cinema), aged 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 seven or eight years from the age of eleven, then moving not far away 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 maybe if I was running late. 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. I had quite a few other friends as well.

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.

Sometimes dad picked me up from school too, which was a real treat, and I remember with absolute clarity one occasion as I hopped in, in the back seat I saw the VHS video tape for the first Star Wars movie, which sent me into raptures.

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. I owned a bicycle too that saw quite a few adventures, but it ended up being stolen.



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 her baby, who turned out to be the very talented 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 school into college. Looking back on it as I write this now, I have no idea how I managed it.

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 the 24-hour televised charity event Telethon, and it made it onto TV!



I can honestly say there was some "divine intervention" happening as dad won a wonderful Commodore 16 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, engaging, educational, and exciting, 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. I was thrilled to discover that two doors down a boy had the same computer as me, and he soon became my best friend.

It set me up for life to be honest, from there becoming pretty much obsessed with computers. All my other friends had computers as well, mostly different makes and models to mine though, but that was a blessing as otherwise I would have wasted too much of my time on nonsense, copying cassette tapes and playing games until 2am, and I would have got nothing constructive or creative done. As it turned out, me and my friend two doors down spent a lot of our time coding and comparing each other's efforts.

It was probably one of the reasons that I wasn't as focused at school as I should have been, just scraping through most of my exams. My mind was often occupied with the computer games and graphics that I was designing, carefully drawn with the limited computer colours available on quite nifty graph paper (you will probably need to be a nerd like I was then to grasp the meaning of all that). 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. What we referred to as "handball" which we played during lunchbreaks was a favourite. It was so simple as you didn't need anything other than another player or two, a tennis ball, and a wall, which I think is 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 basically to get over myself because I couldn't stop talking about how far the ball had cleared the boundary – and thank goodness he did, but then I was just an excitable teenager after all!



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.

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 that my maths and English results weren'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 I would have to 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 for 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.

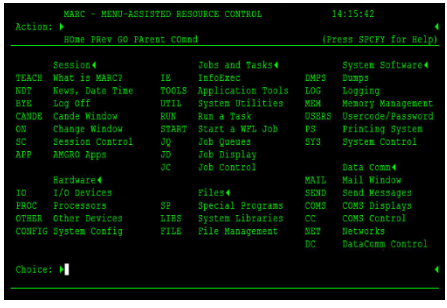
The whole time I worked at Westpac no one knew that I wore glasses. I was so self-conscious that I never put them on, let alone take them to work with me. God only knows how I managed to get away with that, microfiche and everything! A miracle for sure.

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, crikey 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 that contact lenses weren't an option for me. 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 was 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 causes 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 three. I even wore a suit, although I'm not sure I looked that good in it, but it seemed like a good idea.



The work was always interesting, I loved it. I achieved a great deal, and helped a lot of people. I even came second for one of the company's employee of the month awards thanks to being nominated by my operator colleagues. Being runner-up I received a voucher, which was a nice acknowledgment, and our family had a lovely dinner out.

At one point, myself and two friends from work took a holiday and travelled around Europe for a month on a tour bus, something that was geared towards younger people, travelling from England to France, through parts of Spain (with the 1992 Olympics in Barcelona and the World Expo in Seville), Portugal, as well as Morocco.

After the tour finished, the three of us made our way to Belgium, the Netherlands, and finally Vancouver, with the adventure lasting two whole months.

My friends had done most of the organising, and they looked after me in a lot of ways, in fact in more ways than I can possibly ever appreciate. The trip was a wonderful and enlightening thing to have done. I even managed to hop over to Guernsey from London for two or three days, staying with my nana which was so special, and catching up with family generally. All in all it was definitely a once in

a lifetime experience, knowing that my international travelling days are over, now being happy to live out my life in New Zealand.

I made some big mistakes at work 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 bit annoying for others.

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 fact pretty much nothing at all.

In 2005, I started working doing general (and sometimes exhausting) 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, with both of us being featured in a video presentation that was shown to dozens of government and other influential people, which was all very interesting, but quite nerve-wracking too. 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 even spent over a year designing and coding my own invoice and client management system.

I first became interested in web design in 1997, but these days, along with writing this my second book (created with a word processor and some image editing software), and my first book (using some great desktop publishing software and a friends artwork), I tend to use online tools to help with my creative projects, as well as 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.

My experience of mental illness



At the age of twenty-four 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 manager, hoping things could go back to how they were before, 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 with my mental state.

It would have been about six months later that 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 there and thirty minutes back 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 if they were near 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 that I had been prescribed, 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 real ability 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, never to regain it, 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 incredible though, and she and my wonderful mental health support team helped see me through.

Gradually I came right, but I was sneakily avoiding taking 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 bit of 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 on a plane on two separate occasions from Auckland to Wellington, 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, somewhat out-of-control, and what might well have been embarrassing behaviour as well. It was a revelation. I can

remember even now the exact moment that "reality, clarity, and sanity" took hold for me.



Since 2003 I have had three other admissions, one of these for going against everyone's advice and not taking my medication, the choice to do so being rooted in delusion for a reason that I can't even remember, and the other two admissions weren't really related to my mental illness, but rather life events that severely affected my mental state.

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 up to now), I was suffering from depression, and early on in that time with clinical depression. I talked to my psychiatrist, and she recommended that I try an anti-depressant tailored for people with bipolar, and this helped a lot. 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, "Jason, I can take it all away 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, especially about myself, and I'm a better person now than I could have ever been without it."

I have understood though that not every person who has a mental illness would say this same thing, as I am sure that a lot of people would rather have had no trauma or illness whatsoever, and I can appreciate this too, especially where there appears to be no silver lining, or when it seems that nothing positive has come from 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 that they had, and a whole new world of wonder opened up for me. I even shaved all the hair off my head, which back then was quite traumatic emotionally, and it's something that I won't repeat.



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. I worked while I was there, if you could call it that, fortunate to have an easy task, which I had to do at night, so I had plenty of time during the day to do what I wanted to do. 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 had presented itself.

Between 1994 and 2001 I followed a different teaching, and it was quite challenging on occasions, and I learned, grew, and unfolded spiritually.

In 1998, I had one of my most powerful spiritual experiences, my "Stargate" experience, which I describe in detail earlier on in this book. It was where I gained a new way of seeing, understanding, and appreciating life, experiencing and understanding God's true nature, and discovering some of what lay ahead in the future. Basically, it was a short amount of time of being in a high state of consciousness.

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

Noticeable to myself that is, because in all honesty, no one else had any clue about what was unfolding within me, my inner journey, and how my personal relationship with God was influencing my life and moving me forward.

It would also be fair to say that the handful of people who had read my writing, even though they all liked it, believed it would go nowhere, especially considering that I had no resources, notability, or money behind me. That was perfect though, and it was always how it was going to be, and everything fell into place perfectly, even though everything from start to finish was all completely unplanned and spontaneous.

Importantly though, not having those resources or any way to publish what I had written and created served as a good way to make sure that I didn't get too far ahead of myself!

Still, dare I say I always had the will and determination to complete this project, and the confidence and knowledge that it would be of interest as well, all of which helped give me the impetus that I needed.

Knowing that I had God's guidance and support behind me throughout, just as He is here for each and every one of us, I have to credit Him for this book becoming a reality. In many ways I just did my best to be open to whatever my "inner life" and everyone around me was guiding me to know, learn, and understand, in the mysterious and serendipitous ways that that was happening, along with calling on everything that I had learned and understood on my spiritual journey, and just with life in general.

Exercise

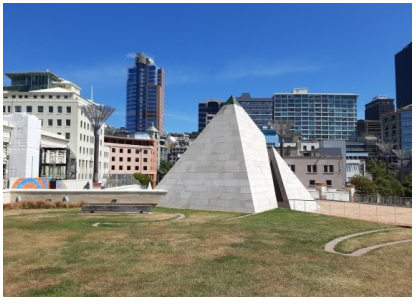
For so long I never really made any concerted or deliberate effort to exercise, to my detriment I imagine. The closest I got to really trying to improve my fitness was when I belonged to a gym in the 90's, going on and off for a year or two, so I guess that's something.

Getting up two or so hours before work to work out 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 for what became infrequent visits didn't work that well for me, but nowadays, where I live at least, that seems to have changed, and I imagine it's much more accessible and affordable than it was decades ago.

I did feel better for it, although I wasn't too interested in the weights, rather I loved the idea of being as fit as I could be if I ever needed to run for any reason, so I focused on the "circuit", a variety 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 most of us like to do.



I found myself doing a 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.

I loved travelling on the train too, and the car was often left at home, in fact at one stage I didn't use it for a couple of months. 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 I stayed at home most of the time, and 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 still choosing to use the car, which was dad's 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 the region once again, just like the good old days of the 2000's, with the train being the main form of transport. I loved it, and I still do, and walking and public transport became a real interest for me, and I had the enthusiasm to go with it, although I'm a bit slower nowadays!



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, albeit a little less frequently these days than I used to, I like to think I can manage 10-20km's spread over 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 can still be a bit lazy from time to time.

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 is heartwarming too, and it's good 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 and insights arise from seemingly nowhere on occasions as well.



There are sometimes people to say "good morning" or "hi" to as you pass each other by, and sometimes something quirky or unexpected will happen which I will try to contemplate to see if there's anything mystical about it that I can learn something from.

Considering I'm fifty-five as I write this now, that and the fact that I wasn't overly active for most of my adult life, 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, and there are certainly times when I struggle to find the motivation and determination, but then having a reason, finding a reason, or being open to a little bit of a "divine push" always tends to help.

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 that I take for granted as much as I did in the past. The treatment I received was another example of where the healthcare system, my GP, and the nursing team worked wonders to get me up-and-going again.

Finally

Why not write down your own pivotal life moments and memorable experiences that helped shape you as a person, and perhaps share these to inspire others? If you feel comfortable to do that of course, and as your inspiration moves you.

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

This book certainly wasn't planned.



In 2011, I began writing down my thoughts, feelings, and experiences relating to spirituality. It was a draft, and not much more.

It 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, with few if 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 draft 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 for over a year, perhaps a dozen times, 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 is free and available forever for anyone who might be interested, with few if any restrictions.

With thanks and gratitude, Jason.

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.

I have no qualifications, 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, but I have a feeling...

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

Website:	www.jasonremfrey.com www.jase.kiwi
Audiobook:	www.audiobook.kiwi
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Guided meditations:	www.meditations.kiwi
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Free downloads

Fuel for the Mind and Soul (my first book), and **Foundations for the Spiritually Inclined** (this book):

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Down syndrome information

A book I can recommend:

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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