



# Eternal Recurrence

...a step out of time

The most daunting aspect of life is that we are held unaware of  
our completeness by a force of our own making.



Eternal Recurrence is the key to everything.

**Thomas F. Kitt**



There is a central pulse to the universe that beats a rhythm into our being whether we are listening or not. It contains everything that we are and knows all our heartbeats as one. It is who we are when we stop pretending to be something else. In this short work you will be introduced to this side of yourself. You will also learn the intrigue of your own deception and gain the tools that will allow you to re-center your objectives on the one truth that includes all.

This book outlines the territory of human existence.

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## ***Peace***

*Peace is not the absence of war  
The calm before the storm  
Or passions spent on nature's call  
True peace has no rhythm  
No enmity to recall  
True peace is the personal knowledge  
That each and every one is all.*

This book is dedicated to my brother who set the foundation for the information you are about to receive.



Seanie Kitt (1953 - 1981)

## **Acknowledgements**

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## **Eternal Recurrence ...a step out of time**

### Introduction

|        |    |                                      |
|--------|----|--------------------------------------|
| Page # | 2  | The Collective Force                 |
|        | 4  | POEM:<br>You is who you aint'        |
|        | 6  | Recurrence                           |
|        | 7  | POEM:<br>Touch ultimate emptiness... |
|        | 8  | Completeness and Denial              |
|        | 10 | One Positive for All:                |
|        | 11 | Perspective                          |
|        | 12 | Eternal Recurrence                   |
|        | 14 | Segueway                             |
|        | 15 | Basic Principles                     |
|        | 16 | The Big Bang                         |
|        | 17 | The Negative Advantage               |
|        | 17 | POEM:<br>Beware                      |
|        | 18 | Centering                            |
|        | 19 | POEM:<br>Healing Centre              |
|        | 20 | Reality and Illusion                 |
|        | 20 | POEM:<br>Reality & Illusion          |



## **Eternal Recurrence ...a step out of time**

### Contents

|    |                     |    |                            |
|----|---------------------|----|----------------------------|
| 23 | Something to Muse   | 46 | POEM:                      |
| 24 | A Moment Alone      |    | Who really believes...     |
| 26 | POEM:               | 47 | The Universal Construct    |
|    | The Gathering       | 48 | POEM:                      |
| 27 | The Purpose...      |    | Love Knots                 |
| 27 | Synopsis:           | 49 | When Time Stands Still     |
|    | Eternal recurrence  | 49 | POEM:                      |
| 27 | POEM: Still         |    | Dead Man Walking           |
| 28 | Synopsis: Control   | 50 | Jesus and Time             |
| 29 | Pixel               | 51 | Tao ...the eternal Way     |
| 31 | POEM:               | 51 | POEM:                      |
|    | Dilemma             |    | The Way Begot One          |
| 31 | POEM:               | 52 | One More Spin...           |
|    | Hail the Chief!     | 54 | The Life of Pi             |
| 32 | Return to Purity    | 55 | The Universal Switch       |
| 33 | Nature              | 56 | At the Movies              |
| 34 | POEM:               | 57 | POEM:                      |
|    | Pure & Simple       |    | One Flippin' Frame         |
| 34 | Prelude...          | 58 | The Choice                 |
| 36 | Long Live the King  | 59 | POEM:                      |
| 36 | POEM:               |    | Decide!                    |
|    | Long Live the King  | 60 | Energy Aware               |
| 37 | POEM:               | 58 | POEM:                      |
|    | Crossing Over       |    | Inching Towards Liberation |
| 38 | Comments and Ideas  | 61 | Thought and the Devil      |
| 40 | POEM:               | 63 | POEM:                      |
|    | Humpty Dumpty       |    | Relax!                     |
| 41 | How it All Works    | 64 | Overview and Comment       |
| 44 | The Process of Life |    |                            |

# *Introduction*

## The Collective Force

*“...from time to time, disasters occur in the world due to the collective force of negativities within peoples’ disturbed minds.”*

- Tsoknyi Rinpoche III (<http://www.pundarika.org>)

We aspire to what we believe will make us safe but we defer on achieving the ultimate security of being who we are. We all exist in energy and to understand why we defer our self-knowledge we should begin by considering the most fundamental attribute of energy: movement.

Energy is movement and movement is generated by difference. The difference between reference points in energy may be considered as disparity of agreement. This disparity sets up potential differences that have no alternative but to constantly seek common ground. The resultant movement is the natural way of all things. Also, and significantly, it is the mass of this energy generated by our respective disagreements or differences that constitute the world. The world is simply a conglomeration of movements attempting to equalize.

Movement is the common activity of all energy and because reference (potential difference) is always necessary for movement it follows that energy is therefore, a state of co-dependency. This is disconcerting because any psychiatrist will agree that it is better to be independent than to be co-dependent. We were born, surely not to be dependent but for independence.

However, since independence requires aspiration to the loss of energy (to the loss of co-dependency), we therefore defer. We defer because we doubt that without energy there will be anything left, and so we choose not to risk being reduced to nothing even if it means the loss of our independence.

The good news about us, however, is that no matter how much we defer our divine advantage we are always complete; we remain the complete package no matter how we split it up. Consequently, in spite of our preference for energy it is never possible for us to separate from who we are - we can only think that we are separate and insist on it, which we do with great energy, and therein lies our dilemma; our illusion.

And so, because we are already (and always) complete, our insistence on incompleteness is tracked naturally on every level to provide the most perfect response possible to promote our healing. The world is perfect according to our own dictates and the ways and means of the force we employ to bring ourselves to right may surprise you.

When we deny our wholeness (our completeness) the ‘remaining’ has no facility to acquiesce to the rejection. Consequently, our individuation in energy enables a natural response that gathers the totality of our

subjective rejections into a singularly identified life-force, or entity, that has control over all its benefactors. This force is our greatest secret never known and its level of empowerment is such that it is not contained in any given form; it exists in secret and is ubiquitous. It lives within our minds, sees through our eyes and its control over us is insurmountable by any means other than self knowledge.

As we learn and accept who we are we released from our bondage to this hidden force and therein, one by one, little by little, we re-arrange our position in the world from that of supporting the negative plague to becoming healers. It's personal!

There is an antidote and it comes from our own completeness. It's not uncommon for an antidote to contain poison and in the case of our transgression we need to be poisoned before we can recover. This poison is the entity we bring to life as the product of our combined ignorance thus the entity is a concentration of ignorance. It's as powerful as it is ignorant, and its narrow objective is to defend its own life in energy at all costs. It does this because it has no facility to know any better. It is the cumulative force of our ignorance after all and it depends on us to educate it. When we become informed, it will become informed, when we know who we are, it will recognize who it is. We are one and the same – inseparable!

In the meantime its power over us can't be overstated. It is so overwhelming that to this day we have no consensus that it even exists, let alone that it exists in our minds. And so this unified and destructive force of our ignorance remains strong within us as we continue to destroy ourselves.

*...I fought with my twin, that enemy within, 'til both of us fell by the way.*

Bob Dylan (Album: *Street Legal*, 1978)

Our fear of independence (of being **nothing**) insists that we seek to control the outcome of life's dilemma. But control is anathema to truth as each false promise is directed into tangential forms that can never come full circle until control is replaced by cooperation. Without recognition of the negative advantage (the poison) our efforts will always amount to frustration. We must recognize that the power differential between us and the ignorant force that controls us is analogous to what a spark is to a fire or a pebble to a beach.

There is no possibility of ever coming to terms with this force and it is this acceptance that begins the healing process. This force is the means to our salvation and it is poisoning us to awareness only because we ourselves have dictated it thus. We refuse to learn, and this entity of our shame is the measure of our arrogance. We must recognize the bigger

picture of our lives and take the necessary steps to cooperate with our own relentless and hunting Love.

The Missing Key:

In the course of our ignorance we have allowed ourselves to be directed away from gaining awareness of the most basic and important building block of our existence: ETERNAL RECURRENCE. Recurrence is the act of constant disappearance and re-appearance. This is the ongoing activity of all things, no matter how they differ, and so is important for us to understand and accept. Eternal recurrence is the most significant and constant event of our lives. It anneals all things to a common objective and thereby holds the key to the understanding of who we are.

Understanding the dynamic of eternal recurrence will initiate a shift out of our negative centers to align with the one positive center that is predicated by the knowledge of who we are.

This book lends itself primarily to the issue of eternal recurrence and I am confident that should you persist in reading it to the end, the constant repetition and reinforcement will finally allow you to break through into your own awareness. Then your life, just from a simple change of mind, will have switched from negative to positive and you will be participating in the great healing that is now necessary for our survival.

The world is a 'complete' reaction.

*You is who you ain't*

*Thousands of mythic scenarios  
To introduce you to yourself  
'Cuz if you ain't who you is  
You is who you ain't'.*

*If you ain't who you is  
Then you are something else  
Something less than you  
Something not quite real.*

*But then, who are you for real?  
You are complete  
Nothing less, there is no more,  
You are everything at home.*

Continued...

*Jesus said he has weaned us with milk  
Because we are incapable of real food,  
Did his best with the means he chose:  
Taught by example, told us stories, used magic.*

*But after he died we capitulated  
Bartered his sacrifice for a golden crown  
Missed the point!  
We are within, always within - never out.*

*If we ain't who we is  
Then we are not real  
If we are not real, we are illusions  
"You is who you ain't."*

*We exist within these illusions  
Accepting their apparent realities  
The alternative to stepping outside  
Too great a task - too much to risk.*

*We are as babies peeking out of armor  
Trying to be safe & out of sight  
But the monster dwells within the shell  
Keeping the babies safe in hell.*

*To become who we are  
We must be free to grow  
No restrictions designed to control our flow  
We must lose our fear.*

*Screen after screen we must burn free  
Climbing the steps of the pyramid  
Keeping our focus in violent storms  
Trusting 'who we are' when there's nothing to hold onto.*

*As illusions fall away  
We become more & more real  
More & more aware that we are still not real  
Gaining the sense to know the deal.*

*When the vibration ache has ceased  
We will be released into the nothingness of everything;  
The stillness of completeness  
Finally, we will be who we is.*

## **Eternal Recurrence**

*The constant of all things is eternal recurrence.*

To become aware of 'who we are' and to understand our condition in energy we must begin by applying ourselves to learning the basic and simple dynamic of recurrence. Few, it seems, realize that everything is disappearing and re-appearing. This is the most fundamental activity of life yet 2,300 years after it was brought to awareness in the *Tao Te Ching* it is still not taught in schools. We must consider why we have deferred on our responsibility to this building block of our existence. We must consider it most carefully because as our denial continues to grow so also do the consequences. Understanding the dynamic of such critical information is the key to our self recovery. This book offers an explanation of recurrence and also puts a face on the ignominious reason that recurrence is not already common knowledge.

*'...not to know it is blindness that works evil'*  
(Ref. P.7, Verse 4 )

### ***Flower***

*Life's as simple as can be  
Watch a flower  
It will show you how to be  
Letting go to be set free  
Life's as simple as can be.*

Constant death is a birthing wheel.

## **Nietzsche and Eternal Recurrence**

"... ~ Nietzsche introduces the doctrine of the eternal recurrence to define his ideal of the affirmation of life: it is the "highest formula of affirmation that is at all attainable"

Excerpted from *The Affirmation of Life: Nietzsche on Overcoming Nihilism* by Bernard Reginster (ISBN 0-674-02199-1.

***Touch ultimate emptiness...***

*Touch ultimate emptiness,  
Hold steady and still  
All things work together:*

*I have watched them reverting,  
And have seen how they flourish  
And return again, each to his roots.*

*This, I say, is the stillness:  
A retreat to one's roots;  
Or better yet, return  
To the will of God,*

*Which is I say, to constancy  
The knowledge of constancy  
I call enlightenment and say  
That not to know it is blindness that works evil.*

*But when you know  
What eternally is so  
You have stature  
And stature means righteousness.*

*And righteousness is kingly  
And kingliness divine  
And divinity is the Way  
Which is final.*

*Then, though you die,  
You shall not perish.*

From *The Way of Life/Lao Tzu* : A new translation  
of the *Tao Te Ching* by R.B. Blakney. (Published by Mentor Books, 1955)

The *Tao Te Ching* is one of the most read books in the world. The above  
poem validates the concepts presented in this manuscript.

## ***Completeness and Denial***

*Completeness is the constant aching fact of life. The world is our medium of recovery and all that occurs is perfectly balanced to heal; all spaces are filled as completeness hunts its own.*

*Completeness is the elementary archetype of everything.*

*Every individual is complete. But our denial has isolated us into singular units that are defined by incompleteness. We hold fast to our states of denial and as they solidify, so also follows the means of dissolution – we are a complete package. There is no way around this interrelation and it presents a most curious debacle because, that which is denied, does not remain like a beggar at the gate. It joins with the rejections from all other individuals to become a singular force of such power that it controls all who are unaware of the exchange.*

*This ignominious force is our healing possibility; our poisoned antidote. It does not have a body because it has everybody. It is born from all that we ignore and therefore is a force of ignorance. It works within each and all to maintain the ignorance that defines its life, thus it is a watchdog for our states of denial. This ubiquitous force thrives in darkness and its work is everywhere to be seen in the divisions that plague our world.*

*Understanding eternal recurrence is the key to our recovery but, the cumulative force of our denial keeps the information under lock and key.*

*Repeat: we are complete and our incompleteness is the result of deferment. The 'deferred' gathers to become the unified sum of our loss and our diminishment in the face of this loss is as, a spark to a fire or, a pebble to a beach. The controlling magnitude of this force is evident by the fact that we are not even aware of its existence. It couldn't possibly be closer to us yet we can't see it. It lives through our lives and its power is only in darkness. Our education is its Achilles heel and when we become aware of who we are we will shed light on this ignominious force and accept it as our own creation thereby transforming it. But the gaining of this education is easier said than done because it requires information heretofore unknown and still unavailable to us unless we can humbly accept our relationship to the fiercely protective potency of our denial.*

*In order to take responsibility for this debacle we have to see ourselves differently. The energy devil lives within our minds and just like us, it has no awareness of who it is. Just like us, it will defend who it is not. But, unlike us, it has no possibility of salvation until we recognize it*

*for what it is - our antidote. Therein lies the rub; our catch-22.*

*It takes great courage to center on who we are because the force we apply against achieving it is beyond any power imaginable. This is a great embarrassment for us but true nonetheless. This force is our own ignorant watchdog doing its job at our behest. We create it and it remains for us to train it to do our bidding, instead of the other way around. To drive our own experience we first have to accept our own offence and this acceptance comes only from the knowledge of who we are; the knowledge that we are already complete.*

*Please have the courage to study this book's offering because, poor as it may be, it nonetheless contains the truth as never presented before. Please have patience with my limited attempts at explanation and work with me.*

*I promise that when you are through you will indeed be powerful beyond your wildest imagination, and furthermore, this power will totally be focused on goodness. Truly you will become a healer of the world and you can still polish the Hummer on Saturday's.*

***Bliss!***

*Follow your bliss  
Heavenly bliss!  
Like a shadow alone  
Pulsing home.*

*The pain of loss  
Unremembered loss  
Mother and child  
Wanting to hold.*

*To sense without knowing  
This pervasive completeness  
Sadness  
Close to madness.*

*Who can define  
A soul that is dying  
Lost in confusion  
The world's an illusion.*

*Follow your bliss  
The pain will insist  
Will batter you blind  
Love to unwind.*

### **One Positive for All...**

There is only one positive that anchors all the negatives we call the universe. These negatives move in a relative positive/negative flux that gives form to the illusions we accept as reality. These false realities fool us into believing that they are indeed real, but this is simply not so. Our constant savior - our promise of immortality through all stages of our misconceptions is the anchoring principle of the one true positive that remains completely available no matter what we choose to believe. This one positive is unconditional love and it remains brilliantly and actively aware within each and all to be achieved as clarity is won.

**Perspective:**

1. Gravity
2. Electromagnetism
3. Strong Nuclear force
4. Weak nuclear force

“It is currently believed that these are the four fundamental forces in nature, and that, in essence, they are merely different manifestations of one single underlying force or principle that has so far eluded science. To discover this underlying force or principle would be to arrive at the Theory of Everything since, at a glance, it would show the single underlying cause for every observation, belief, and theory in science today. Such a unified understanding is expected to transform the patchwork of separate abstract theories in Standard Theory into a much simpler, coherent whole that shows a true *physical* explanation for everything, sparking a scientific revolution.”

- Excerpted from *The Final Theory* by Mark McCutcheon  
(Published Dec. 2002 by Universal Publishers ISBN 15811260 18)

## **Perspective**

"So long as the universe had a beginning, we could suppose it had a creator. But if the universe is really completely self-contained, having no boundary or edge, it would have neither beginning nor end: it would simply be. What place, then, for a creator?"

"Even if there is only one possible unified theory it is just a set of rules and equations. What is it that breathes fire into the equations and makes a universe for them to describe?"

Excerpted from *A Brief History of Time* by Stephen Hawking (Published by Bantam Books, a division of Random House. Copyright 1988, 1996 to Stephen Hawking. ISBN 0-553-10953-7, ISBN 0-553-38016-8)

**Eternal Recurrence**

Everything proceeds from one positive; proceeds and returns, proceeds and returns, and on and on – constantly recurring. And the name of this positive is unconditional love and it is not a thing at all but infinitely more.

The single underlying force behind all things is pure and constant Love.

*Segue way*

## Basic principles

### Agreement

All things are bound by agreement. As agreements change, things change. We all have the power to create change and our potential is limited only by our hardened ideas or agreements about things. Before we reduced to our current hardness we existed within a state of mutual agreement so complete that there was no difference between one thing and another. We were not limited by our equanimity; we were singular yet plural, plural yet singular. We were all things at once and could create matter to please our will.

### Condition

But then we forgot and matter claimed us. It claimed us because we were unaware of a condition of matter (energy) that occurs naturally as we give our power to it. We still remain unaware and it has now become imperative that we learn about this condition. We must learn ourselves so that we may put a recognizable face on this controlling condition that lives hidden within our minds.

### Energy

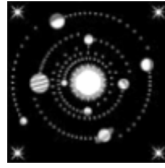
The light in your house is movement; the sand at the sea is movement; the metal in your car is movement; you, and every part of you, is movement. Everything, everywhere and always is movement. Movement is caused by potential difference (agreement) trying to right itself. Consequently, it would be limiting to name energy as any one thing or another when the constant of all things is movement.

Energy is movement.

### Constancy

Behind all movement there remains a constancy that exists without any conditions that would cause it to move; thus energy. The name of this constancy is Love and it is what we are when we stop moving. It is our obligation and responsibility through the process of our particular movements (our agreements/choices) to regain our equanimity - our magical abilities. But in order to achieve this we must first gather the courage necessary to learn the special information that will empower us to more inclusive states of agreement. This learning is necessary if we are to attempt to turn back the escalating force of ignorance that is now dividing and plaguing our world.

## The Big Bang



The essential truth of the big bang is that it does not only mark our point of origin into energetic limitation but is a recurring event that re-creates as often as necessary to meet the demands of our insistence that illusion (movement) is real.

The big bang exists as a constant beginning that may, for descriptive purposes, be compared to a single movie frame. This 'frame' reverberates as fast as is required to maintain all the realities that harden from it. Realities are hardened by agreements that become increasingly bound as their complex formulations grow to impress and distract away from the original simplicity of a singular frame doing nothing more than flipping on and off.

We are the products of one rapid frame and as we break through the agreements that hold our particular patterns together we gather back to the frame, thereby engaging a process of unlimited creative possibility as the energy agreements are released back to Love.

*To release into a spaciousness  
Such as points converging  
To explode into nothing.*

*To become the air for others to breathe  
The life for things to grow  
The God we all must know.*

When illusions are shattered by truth, talent is set free.

Lian Hearn (*Across the Nightingale Floor (Tales of the Otori; bk1)*) Riverhead Books. Copyright to Lian Hearn 2002. ISBN 1-57322-9).

### ***Moving Feast***

*The world is a moving feast  
The only constant:  
Change!  
Enjoy the feast.*

*Skirts all aflair!  
She moved through the fair  
A Will O the Wisp  
Magic in the air.*

*A bird in spring  
Doing its bird thing  
Complete and true  
All things new.*

*A Mothers care  
As the babies dare  
No ego scares  
A dive through the air.*

*Moment to moment is a portal  
For the ancients to come alive  
Time is a series from a rapid frame  
Stop a moment and heaven is gained.*

## **The Negative Advantage**

We are, without exception and at all times, complete. And the name of our completeness is Love. When we come to energy we separate from Love and thereby reduce ourselves to become like the isolated units in a common soup - a soup that has control over all that is the sum of its parts. This is the negative advantage.

### ***Beware!***

*If you steep yourself in acid  
You're going to be burned and assimilated*

*This is the way of acid  
Acid is acid - it doesn't know any better.*

*If you steep yourself in energy  
You're going to be burned and assimilated*

*This is the way of energy  
Energy is energy - it doesn't know any better.*

The word soup is a metaphor that describes our power relationship with the negative entity we create as a result of our denial. The power disparity is so enormous that it can't be contained. Consequently, this entity is omnipresent and in complete control.

However, in spite of this overwhelming advantage it is nonetheless a force of ignorance and does not know that its purpose is to effect our return to Love. It only knows that it is alive and powerful and that it will protect its life. And so it uses its advantages to direct us away from discovering who we are - for therein, it believes, lies its death; the death of ignorance.

This entity is equally as ignorant as it is powerful and it has no possibility of learning its true identity until we teach it. Repeat: this entity is a natural response to our rejection and because it is our very own it is therefore completely dependent on us for its education – our education. Our completeness unleashes this powerful antidote in order to recover us to Love and nothing that happens in its course is less than perfectly necessary. Love is never cruel. When we finally wake up and learn who we are we will engage a shift from negative to positive that marks the beginning of our contribution to the human solution.

*Energy's control over our experience is so complete that awareness of it is practically nullified in human consciousness.*

## Centering

*The center is Love*

In 2004 Vijay Singh was the number one golfer in the world. He set a new standard that forced his closest rival, Tiger Woods, to make adjustments to his swing - adjustments that would allow the swing to be more on-center and thereby more accurate.

Success in the world is an attempt to gain the center of any project. But conventional success is a two-edged sword because it always presents a false center that usually places its own demands as a priority.

There is only one truth in life and this is the center we must base our lives on. This central, all-inclusive truth remains constantly aware as it courses through all of our distractions. It exists as a pulse that beats a rhythm into our being, whether we are listening or not. It contains everything that we are and knows all our heartbeats as one. It is who we are when we stop being controlled by the lesser prize. In this short work you will learn the intrigue of your own deception and gain the tools that will allow you to maintain the one center by understanding the difference between playing with success and being owned by it.

As the truth center is won, balance is restored and it is this balancing action that will reverse the world's currently dismal promise and not allow any intermediary reactions to maintain dominance. Our planet is in serious trouble and the solution is a personal challenge to gain the practical information that will allow the choice to allow us to direct our intentions so they may come from the center of everything.

This book, apart from dealing with eternal recurrence and conspiracy, also offers a unified theory for consideration. The information presents a challenge to participate in Love; to enter the eye of the storm and help build its stillness into a force that includes all. Let the warriors come forth! The center of Love must become common knowledge. It does not require enlightenment or special techniques - just the courage to separate from our 'stuff' long enough to learn who we really are. Become a part of the solution or continue to be part of the problem. There is no middle ground.

*When you know who you are you can become anything that pleases you  
but if you don't know, then you invite the means that will allow you to  
learn. This is your own promise; the promise of Love.*

## *Healing Centre*

*The answer is within  
Become aware  
Allow the healer you are to begin.*

*All things have a common root  
A center from which  
All healing proceeds.*

*To touch this root  
Is to order healing  
To find its own answers.*

*Every individual is the root  
The healing center is within  
The answer is within.*

*The root is within  
Learn the prize  
And gain the win.*

*The root is within  
Become aware and you'll win  
The healing of everything.*

*The answer is within  
Become aware  
Allow the healer you are to begin.*

When we understand how we constantly disappear and re-appear we will know that eternal recurrence is simply the act of Love chasing itself to remember (we are complete and completeness moves naturally to heal itself - to be explained in more detail later). By learning this dynamic we will be introducing ourselves to the logic of our inherent completeness. We will know that we are all equal no matter how we cut the pie. We will also come to know that we are already healed because that which is constant within us does not get sick. We will use this information to transmute the devilish barricade that holds back our potential and thus become healers to all. Please read on, learn the screaming secret we refuse to hear; the healing secret.

## **Reality and Illusion**

...goes away to return to go away to come back again and on it goes always and ever. Everything is flashing on and off, flip-flopping like a mad switch that can't stop - tempting us with reality, tempting us with illusion.

### ***Reality and Illusion***

*There is no middle ground with reality  
Things are either real, or not!*

*If nothing is real  
Then all is illusion.*

*If all is illusion  
Then all is magical.*

*If all is magical  
Then everything is possible.*

*If everything is possible  
Then we have no limitations.*

*If we have no limitations  
Then we are capable of becoming real.*

When you know how Love breathes fire into the energetic medium you will be empowered to direct your intentions from the center of everything. This book reveals the life illusion in a way that is understandable. The explanations are simple and repeated often throughout the text. So please, no matter how confusing it may already appear, trust in your ability to understand and I am sure that you will. Good luck!





## **Eternal Recurrence ...a step out of time**

**Please note...**

**There are primary words such as Allah, Yahweh, God, Buddha etc. that represent the constant state of all beings which is unconditional love (Love). In the context of this work please accept also the following as meaning unconditional love: freedom, home, life, light, mother, onepositive, One, presence, purity, power, positive, root, real, reality, self, source, stillness, soul, truth, the Way, view. In the interests of clarity and flow these words will be interchanged throughout the text with the words 'One' and 'Love' used most often.**

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We all exist within a soup called energy and there are some who seem to accept that energy is all that there is. Most people would disagree and concede reasonably that there has to be more. Of course there is more, incredibly more, but discovering it requires the understanding of a bigger picture that begins right where we are at now: energy. Energy is defined by movement and, because the universe is totally energetic, all of the things within the universe are thereby products of movement. If we accept, as we logically should, that all things are products of movement we thereby also accept that all things are an illusion. Illusion is a movement or a series of movements that form distracting realities that are always untrue. Consequently, as long as we are in illusion we are being distracted from what is true. If you find disagreement with the above please ask yourself for a logical explanation to back up your disagreement. Then you might send me a note so that I may duly apologize for this work!

To agree that all things are products of movement is not to say that there is nothing else going on. It just means that all energy requires movement. The separateness we observe all around us is the result of similar rates of movement coming together to coalesce into the myriad things that make up the universe. All things have a common base and, no matter how different or alienating one thing may appear from another all are constantly purified from the same source. Our job is to rationalize the equality of all things; to see through the confusion of our differences and dissolve out of energy. The information in this book will place energy at your command so that you may use it to gather yourself back to what is constant and still within you: Love.

### **Something to Muse**

Through the course of writing this book the title changed many times to finally settle on *Energy for the Devil*. I accepted this offering because shortly afterwards I recognized a stamp of approval when I received my vehicle ID which to my sweet surprise read '666'. A small thing but to me, a gentle pat on the back and a further indication that life is not a game of chance. There are no coincidences - the perfection that is our stillness never sleeps on the job. But, as it turned out, and directly before publication, *Energy for the Devil* was transformed by its own awareness to finally become *Eternal Recurrence ...a step out of time*. It had run its course.

### ***Lover***

*Lover, lover, you unfold  
Like my precious ancient home  
I am shadow, oh so bold  
Lover, lover, you are old.*

## **A Moment Alone**

My name is Tom. I was born and raised in a small farming town in the West of Ireland. At the age of twenty-one I found that I could no longer continue with the life I was leading. I was fearful just about all the time and embarrassed by my inability to compete intellectually on almost any level. The Irish school system that fostered corporal punishment absolutely terrified me and left me educationally disabled. In addition, my home life was filled with trepidation and sometimes raw fear as the indulgences of my alcoholic father were catered to. This was not a nurturing environment for any child and most especially not for one as sensitively inclined as I. And so by the age of twenty-one I was a total mess, although covering it well by an aggressive and well - manufactured charm that seemed to fool all. Eventually my inadequacies began to be startlingly obvious and, as my defenses were weakening, I decided to save myself from the predictable avalanche of disasters to come by just running away.

I left Ireland for New York, it was 1972. After two years I married and for the next eighteen years I lived what must have seemed a very ordinary and conventional life to anyone observing me. I was covering well, a master of illusion was I. The reality was that nothing had really changed. I just went from the frying pan to the fire. I blundered on. My wife was too far inside the wine bottle to even notice me - this suited me okay as I knew I was at least safe from discovery. But, as is true of most alcoholics, her forte was control and she was very crafty at manipulating my weaknesses to build the false world that would protect her own demon. And so life evolved into a routine of tense normalcy. We brought two children into the world and, in spite of our mutual dysfunctions, we found common ground in our love for the children. People often remark that they are fine and well adjusted young men, I pray that this is so. I worked as a manual laborer in a chemical company and also picked up side jobs as a floor scraper. I discovered that I was quite good at maintaining and building things around the house and most Saturdays I would be found at Home Depot chasing one project or another. I kept busy and my many responsibilities kept me distracted from the frustration that was forever clawing at my mind like a caged animal. I thought it was just pure loneliness, but it was much deeper than loneliness as I was soon to find out.

Then, in 1992, everything changed radically and in a way so unpredictable as to require nothing less than a complete change of lifestyle. It was afternoon and I was at home. I was in the throes of a domestic drama when suddenly I entered into an experience of such completeness that it left me with an absolute awareness of the common

truth behind all universal activity. I told a few friends but quickly realized that people will not accept such information without a rational explanation. Then, shortly after the event, my life was turned upside down when I was diagnosed with severe heart disease. While still adjusting to this I received a letter from my employer saying that my services were no longer required. Divorce followed and finally I was free. Although I didn't feel very free at the time, it felt more like my time was up and that I was going to die soon. But, no such easy exit for me.

These happenings marked a new beginning and I entered into a twelve year quest that resulted in two books that fulfilled the objective of rationalization. The first is called *The Trinity Conspiracy* and it describes the ways and means of the educational process. The other is this companion book in which the central thesis of the Trinity book is fleshed out and explained in more detail. I have now found the reason behind my frustration and its discovery has indeed surprised me. In my wildest dreams I could never have envisioned the awareness I am now attempting to share with you. This information is pure healing from the very core of being and the beauty of it is that its sheer simplicity allows me to hand it to you in as few words as you can read in an hour.

#### What I learned At School

I discovered that the way to comprehend the experience I received is through understanding the relative concept that is time. It sounds hard, but really it's not. In fact it is almost a joke, although a most serious and personal one since we are the brunt of it. The joke is that we leave Love (non-energy) and blunder around in ignorance (energy) without realizing that what we are seeking is, and always has been, at the point we started from. The beginning is the end and the end is the beginning and in between there is only illusion. The prize is guaranteed and no matter how we complicate ourselves looking for whatever answers we think we need, we will always come up short unless we see through the illusion and use it as a process of elimination and not as a means to its own end.

The experience I received was that of watching the illusion reveal itself. It began as a gradual event initiated by the surreal observation of everything around me dissolving and disappearing into my body. I did not feel scared and, as the dissolution continued, I had a growing feeling of love for myself and for everything that was continuing to disappear through me. Finally there was nothing left, all was unified and I no longer had a body. I was without energy in a state of love without condition where all was as one.

At the time, I was surprised with both the spontaneous ease of transition back to my body and the totality of the experience I had received. It was significant for me to note that the growing love seemed to track the dissolution of matter. I realized that one phenomenon somehow created response in the other and that both actions were inter-related. In short, the removal of energy catalyzed the growth of love until finally all the universe was transformed to pure love. I thereby concluded that energy binds Love and that our purpose in this world must undoubtedly be to release our energy back to Love.

### ***The Gathering***

*Like a harvest  
The gathering to One  
The knowledge of One  
Time undone.*

*To see everything  
Gathered into itself  
Everything disintegrating into Love  
All dissolving into me.*

*People, places, animals, things  
No difference to show  
All coming apart  
All merging to unity.*

*To return "alive"  
Full knowing I did not leave  
Everything back in place  
Now this journey I must face.*

-----  
The truth of eternal recurrence is a common responsibility. No one has a right to ignore it because the pain of this ignorance affects everyone.  
-----

## **The Objective of This Work Is...**

To bring eternal recurrence to awareness as the unifying constant of all things. Also, to expose the natural control that continues to keep the information from becoming common knowledge.

### **Synopsis: Eternal Recurrence.**

We are energy and energy is movement. Consequently, we are products of movement. This movement is non-linear. It is a back and forth motion - a vibration that constantly reverses polarity until the need for energy is done. This vibration is driven by our need to control and may for descriptive purposes be compared to a singular movie frame. The 'frame' constantly flips on/off to accommodate all the realities that solidify from it (similar to a computer except there is only one switch doing all the work). But, in spite of all the emergent diversity the truth remains, that, all are produced from the activity of a single frame doing nothing more than flipping on and off. When we contemplate the meaning of this constant unifying presence, we come to realize the futility of attempting to become what we already are. We will thereby be obliged to reverse our evolutionary directive to become increasingly involved with the unlimited potential of what is already within. Agreements will thereby become increasingly inclusive and thus catalyze positive momentum back to the frame. When we are in complete agreement there will be no further need for the frame to exist; no confusion left to drive our need to control. All will be complete. All will be Love.

### ***Still***

*We are fashioned  
For movement, but  
Still we are one  
Still we are complete  
Lest we forget!*

### **An ongoing event...**

If the Big Bang marked the beginning of our evolutionary process then we are evolving into - what? It's not good to run away. On the other hand, if the Big Bang' is ongoing, then we are involving ourselves with what is already so. It's good to know that we're already here.

## Synopsis: **Control**

*Everyone controls and is subject to control, yet, the root of control has never been found.*

We deny who we are when we come to energy but because we can never be other than complete, our insistence on being who we are not initiates a natural response to heal the resultant tension (just as a stretched elastic band, denial and tension go together). The best possibility for our return to non-tension is measured by our completeness and it takes the form of a poisoned antidote. This antidote is the sum of our denials applied against us. It is independent yet formless for it is all forms as one. It acts to maintain the states of tension because, although our antidote, it is nonetheless the cumulative force of our ignorance and knows only to protect what it perceives is its own life. When we have poisoned ourselves to our revulsion the antidote will do its work.

This destructive entity is our ignorance in action and it can't be reconciled until we learn who we are. We are its creator and must come to terms with this responsibility. In the meantime it uses its overwhelming advantage to control us away from the knowledge of eternal recurrence that will end its life, or so it believes.

This entity is our deceptive 'devil' and it is more real and more powerful than anything we know. It is the root of control and its only weakness is that its power exists only in darkness. When we become aware it transforms to love. The elimination of ignorance is the quest of life and our responsibility to one and all.

*Freedom threatens the essence of control.*

Sari Estela

A story about playing...

## Pixel

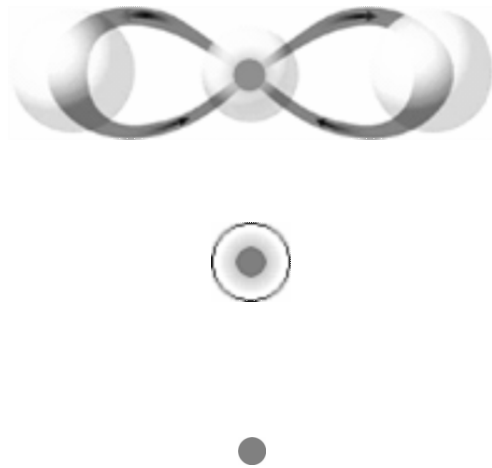
*Love is our name and energy is our game but we have forgotten and now the game is playing us.*

A pixel was born to life. Every time it moved it found itself participating in endless fun; there were clowns, toys of all descriptions, fairies and delights of unimaginable beauty. Pixel was enchanted and continued to move thereby causing more and more wonders to manifest. Soon he realized that his playmates couldn't see him because he was them. This gave pixel a sense of power and so he continued to create. Soon, he became so entranced that he lost his ability to switch the playground off when he finished playing. He began to forget and as the forgetting continued, his playmates abandoned him. He became lonely and as insecurity set in he sought out ways to be safe. He traveled within his loss, until the unrelenting pain finally forced him to remember and return to the playground.

He then realized that the play-world he so loved was an energy creation and that in the future he must always remember to come home after he had finished playing. He was saddened to know that playgrounds are sometimes watched by bad intentions that wait for an opportunity to kidnap any child that may wander off. Pixel was very relieved and happy to re-discover the playground and promised that from now on he would follow the rules for playing with energy and not give more power to it than he could easily take back.

Pixel became aware that during his period of forgetting he had become trapped in something not of his own choosing. He wondered about this and how the complete awareness of his own ability to create matter had nonetheless seduced him into a subservient position. It dawned on him that as long as he chose to play with energy he had to be aware of how energy plays. He was Power but energy was playing him by seducing him to give away his power. He began to think of energy as a separately aware entity that depended on him in order to 'live'. He considered the bad intentions that sometimes loiter around children's playgrounds and he wondered where they came from. He reasoned that because he alone had the ability to shut everything down according to his will, everything that flashed into creation when he chose to play was a result of his own continuing desire to create. He became responsible for the fact that all of creation was the child of his own imagination and began to understand an energetic construct that explains the environment.

He saw this construct in the form of an infinity loop. Within the loop he noticed endless smaller loops in a state of constant metamorphosis. He perceived himself and realized that he was the smallest loop of all, but that he too had a tendency to play with the dancing loops all around him. While he was playing with the dancing loops he noticed that others were filling spaces as he left them vacant. He saw the biggest loop of all and felt sad because he knew that it was a long way removed from the playground he now enjoyed. Still, he noticed that even this biggest loop was changing and entering into smaller loops to be replaced by other loops that also filled the vacated spaces. All were dancing, all was occurring within the boundaries of the largest loop. All were interactively changing position and this occurred from the largest to the smallest loop. All seemed to be same but in a state of confusion. He reasoned that all were indeed one and the same and that each loop was trying to come home to the state of power where there is no longer need for any loop at all.



*Empty yourself into Love's power.*

“...the evidence of God exists in the roundness of things.”

Wally Lamb (*I KNOW THIS MUCH IS TRUE*. Published in 1998 by ReganBooks, an imprint of Harper Collins. Copyright 1998 by Wally Lamb)

## ***Dilemma***

.

*Love is soul*

*Energy is a soul prison*

*Every time we empower energy we send our soul to prison*

*Every prison has guards*

*Be aware!*

.

We are Love, absolute and complete. As we insist on maintaining our identities, to the exclusion of who we are, we subscribe to the negativity that is destroying our world. When we can maintain our identities without losing sight of who we are we subscribe to the healing of the world. We either know who we are or we don't. The future now depends on our ability to define our ideology in terms of who we are, but first we must become aware of the incredible force we have conspired with to keep us away from our own information. This is our dilemma; the spark must come to know the fire as its own.

.

## ***Hail the Chief!***

*Love is one*

*We are many: under control*

*More than one*

*Makes love a thief*

*Hail the Chief!*

*When we know who we are we will direct our energy to become it.*

***The Eternal Way***

*We are complete  
Destined to heal  
It is the eternal Way.*

*As we damage we heal  
As we damage we heal  
As we damage we heal.*

*Not a choice; healing is natural  
Stop damaging!  
And healing will complete.*

*We are complete  
Destined to heal  
It is the eternal Way.*

## Nature

*Love chases itself to remember.*

It is the nature of rejection to attempt to right itself and this is what causes the movement we call energy to happen – the world to happen. All is rejection, even plant and animal life. However, the equanimity of plants and animals allows a more frequent return to Love (recurrence). Destroy a flower and it will say ‘You can’t destroy me for I am also over there and there....’

Energy has a natural reaction of healing - a countering action that initiates from our own completeness. There is no choice in this because our completeness cannot be split without a response. This countering activity seeks to return our loss and tracks it like a loyal servant. This is our constant promise and as our denial increases so also the countering responses (wars, genocides, personal tragedy etc.). Energy’s healing response is what we call nature. We observe the higher orders of response and their constant entreating equanimity, but still we do not see. We have become blind to all that we can’t control and control is now our master.

Our need to control is a measure of our removal from equanimity and the response to our denial has grown to become such a force that we are caught in a stranglehold. This is not energy’s fault for it is only acting as a pendulum to balance; a return to center; a healing reaction. Energy is Love’s instrument and the level of our denial has now turned it into a fierce adversary for the protection of ignorance.

This is our self-imposed stranglehold, a tragic necessity and our catch-22. It now requires higher awareness for us to break this grip. We must come to understand how we have done this to ourselves - how we have made this ignominious force into a balancing necessity. We must come to understand that continuing to manipulate energy for our perceived advantages is not a straight-forward deal, in that it always comes with a catch that transfers power to this force of ignorance; this omnipresent master of control; our antidote.

When we are unaware of how energy works we become its prisoner, when we are energy aware it becomes our toy. We are responsible because we create it all. We are God, chasing ourselves through energy and bringing to bear all the means necessary to get us to learn who we are. This is the table we have set. As God, we chase ourselves until the unrelenting pain forces us to finally say ENOUGH! Then we may release ourselves from control and begin the process to Love. It would be better to learn who we are without the pain and that is the purpose of this manuscript.

## ***Pure and Simple***

*The common truth of everything is  
Love  
Pure and simple.*

*Love has no conditions  
No deals to make  
Love is pure and simple.*

*Energy is a state of conditions  
Placed on Love  
Not pure and not simple.*

*Our work is to release from energy  
From nature to Love  
Pure and simple.*

### **Prelude to Understanding**

Our return to Love requires active awareness, it is never passive. To accept the rule of Love over all things it is necessary to understand in a practical way how it is that we constantly disappear. Understanding the workings of the root dynamic is key to this. To accept this anchoring principle is to become actively and decisively aware. It is to take the guesswork out of being alive. The following pages include detailed explanations of the root dynamic (eternal recurrence). It is simple information requiring no more technical knowledge than basic arithmetic. However, even though the dynamic of eternal recurrence is fully explained and repeated in three separate segments the difficulty will arise from an entirely different and unsuspected source. It will arise from and be directly related to your need for control. And so it will be guarded by the unseen force that is our common watchdog.

Please be aware that you cannot release yourself from your need to control until you raise your awareness, and you cannot raise your awareness until you learn the appropriate information. The upcoming information is under heavy guard because it threatens the life of ignorance (the unseen force). As you wake up to who you are this force will be dying. This is the changing of the guard that marks the only true definition of success in the world – the change from negative to positive, separating, ‘the wheat from the chaff’.

## Long Live the King

- Energy is movement.
- Movement happens when there is difference.
- Difference occurs when we forget that we all come from one source.
- The source of all things is unconditional love.
- Because the source (Love) is without conditions it is therefore without the differences that cause movement - it is without energy.
- Energy is therefore a state of co-dependency (even a flower can't happen without help).

**Co-dependency is a state of need.** Where there is need there are conditions and where there are conditions there is always movement to meet the conditions - this movement is what all of energy actually is - neediness.

✱

**Because of the hierarchical nature of control we can never ever come to terms with it. We can only become practical enough to recognize and admit our powerlessness in the face of it and then humbly watch as it loses its power to control our experience - a sweet paradox.**

### **Why we forget Love**

Nature is a healing response that comes to life as we deny ourselves. Denial reduces us to accept ourselves as less than we are. Fear forces us to accept these replacements and on it goes as we convert more and more power to build the replacements into our private fortresses. As our false security grows, so also does the need to defend, validate and protect. As this activity places demands, our memory of Love (root awareness) fades more and more to obscurity.

**As energy builds,** the entity it engenders becomes increasingly and independently aware of its ability to control the contributors to its force. To understand the potency of this reactive process consider, for example, the entity that comes to life as a result of malicious gossip or mob mentality (rejection) - no one individual accepts responsibility as the unseen force gathers to become a life that feeds on the sum of what it has

been fed. Now step that up many notches and consider the singular force that gathers as a result of the totality of all rejection. This force is the king of kings that we inadvertently crown in our stead because we have forgotten who we are. We accept a lesser prize and the power we relinquish becomes its protector (our watchdog).

***Long Live the King!***

*Long live the king!  
Fools cry as they pile into the furnace  
The king must live!*

*Same show, different stage  
The king lives on  
Long live the king!*

*The king cares not for the stage  
All stages are the same  
Fools cry "the show must go on!"*

*Players for the show, players for the show  
The show's the thing  
Long live the king!*

The king has control of all the power we convert to energy and because all energy is a result of ignorance (rejection of Love) this entity is thereby the king of ignorance (in control of the hierarchy). As the king of ignorance it has the least memory of Love and is thereby most committed to protecting all the states of reduction that define its life in energy. The prototypes of this activity exist all around us.

**Something to consider:**

All serious discussions on truth should be prefaced by the recognition of mutual co-dependency. Otherwise the energy entity is given license to chase it into a lock (to control the outcome). Furthermore, it should be recognized that because energy is always limitation, life as we experience it must be accepted as a due process to Love and never celebrated as a means to any energetic end. We must know this difference!

### **Love is all there is...**

The beginning is the end and in between there is only loss. We can't begin to eliminate this loss without first recognizing that it is so. If this was an easy nut to crack we'd have done it by now - the interesting paradox is that if it was complicated we'd surely have it figured out. But we don't. To have it figured out is to know that the truth of all things is Love and that there are no enemies and no retribution for sins there is only the forgiveness that comes of its own accord by having the personal courage to gather into the womb of truth, thereby to dissolve into a compassion that automatically wipes sins away. May you be blessed with this awareness.

*Offer your life and stand alone, place your future upon the throne.*

When you rationalize the above you will then know the value of placing your energy on the altar of your awareness in due recognition that all is under the protection of Love (...you'll still have your 'stuff' but the stuff won't have you - learn about Akhenaton, Pharaoh of Egypt 1500BC).

*Note: Akhenaton is known in history as the heretic pharaoh. He did not believe that God was a singular event 'somewhere out there'. He knew the truth of eternal recurrence and attempted to educate his people. The attempt brought about his downfall and the downfall of his successor Tuthankhamun. Truth is dead, long live the king!*

Control is the antithesis of Love.

### ***Crossing Over***

*Crossing over I felt a breeze  
A gentle, tempting seducing tease  
An invite to become undone  
A chance to live as few have done  
Sacrificed my security  
My worries  
My desires  
My fear!  
No more me  
Removed and free  
Dying is the way to be  
Life is but a dream.*

## **Comments and Ideas** (to be expanded upon later)

### **A Fallacy:**

*The world is our home and we are in control of our own experience.*

Neither is true. We should reject any level of co-dependency and release ourselves from our subservience to reference and, therefore, to control. We are that which remains present when co-dependency ceases to exist (Love). Secondly, we can never become the master of our own experience without first recognizing the 'negative advantage'. We're allowed to 'think' we have control but it is just not so. Hail the King!

### **Nature**

Our denial initiates a natural healing response. From a cut or abrasion to our powerful watchdog, all is counter-action – an attempt to return to balance.

**Thought** is the name of the primary reference that kick-started the universal illusion. It came to life as a result of impurity. The origin of this impurity is unknown but undoubtedly we are responsible, otherwise we would not be reduced to the state of reference we call energy.

**Time** is movement. The motion of time is not a singular linear event. Similar motions or movements come together for a common cause just as a team of individuals does to play a sports game. Time schedules are rates of movement held together by agreements that squeeze them into linear frameworks. The frameworks combine movements to match complementary levels of ignorance and set them up as schools for transcending the ignorance. As ignorance is released there is a movement out of the frame to a greater freedom of movement that no longer reacts to control because it now experiences the love that grows as release is rightly won. As we learn the truth of who we are we will simultaneously be released from our energy traps - just like flies from sticky paper.

### **Epiphany**

The experience I received (p.23-24) dissolved all energy, including myself back to Love. Yet I did not seem to go anywhere. I remained where I was and have no doubt that anyone watching me go through the experience did not notice that I disappeared. I did actually disappear, it's just that I did it so quickly that no one noticed - just like in the movies. There was no surprise there though because, truth be known, this is our

constant experience whether we believe it or not. In my case the rate of return was speeded up to allow my particular experience to happen.

### **Atomic power**

To appreciate the magnitude of the power held by energy we may consider what we refer to as atomic power. Atomic power is the artificial release of energy back to a lesser potential without respect for the process of reciprocation that all energetic release demands. Atomic abuse is soul rape that cannot go un-balanced, as the response see-saws to be meted out to the pure and impure alike (Hiroshima/Nagasaki). We may not abuse our soul without an answering cry. Love always responds and its perfect rhythm is our guiding principle - our lesson to learn.

### **The Big Bang**

Love is absolute purity therefore it cannot abide impurity. Impurity constantly returns to Love but keeps being turned back for further cleansing in energy (recurrence). The big bang happens as often as necessary to support our insistence that illusions (our agreements) are real.

### **Driving the Big Bang**

If the big bang was slowed sufficiently it would be seen as a single 'switch' going on and off. Imagine that you are in control of this switch and could speed it up or slow it down as you wished. You would notice your observation of the switch changing as the speed increased; it would appear that the faster it moved the more complicated the emergent patterns became (just as a light in the dark). You would also become aware that these patterns were seducing you to enter into experiences that could distract you into forgetting your own information. This is disconcerting because you already know that it is all an illusion being created from a single switch doing nothing more than flipping on and off. There is only one repetitive action, yet you feel a growing seductive force as you increase the throttle (accelerator). In spite of this, and because you remain firmly aware, you do not relinquish your position to any seduction. Instead, you slow the switch down and diffuse all the complicated patterns to an observable movement once again.

Anyone who remembers the truth of the switch has the power to drive it; the power to choose experiences at will without sacrificing power. Each of us is the switch-master, but when we forget who we are the switch takes control. As our acquiescence grows it feeds the fire of destructive negativity that becomes the bursting sores of war, genocide and all other forms of atrocity and discontent everywhere. There is no isolated experience. It is our need to control (denial of who we are) that is

the measure of our personal contribution to negativity - the true measure of our spirituality.

As we sell our souls to the lesser prize we descend into the common soup thereby coming under the control of a force of such magnitude that through all of time we have not yet even established its existence - such is its power over us. Our position in relation to this hidden force is analogous to what a pebble of sand is to a beach. We are as sparks to this entity's fire and whether a small spark or a large spark the fire owns all. This is our greatest secret never known; the greatest deception since time began. Please read on...

### **Analogy: Soul Loss**

A blank sheet of paper is cut to be reduced in size. The cutaways join together for protection. Meanwhile, what remains of the original has the job of convincing the cutaways to return \*...only Humpty can put Humpty together again. It's personal!

### ***Humpty Dumpty***

*Humpty Dumpty sat on a wall  
Humpty Dumpty had a great fall  
All the King's horses and all the Kings men  
Couldn't put Humpty together again  
In the beginning all was unified  
But unity fractioned into multiple forms:  
Losing itself in ever increasing complex divisions  
Alone, forgetting, fearful - reacting!  
Dividing - still dividing  
Man and woman  
One as two  
Free will - the protagonists revealed  
Divide and conquer, duality of sin  
Split personalities, ego systems  
Hate, paranoia, despair  
Dividing - still dividing.  
When will it stop!  
Inventing distractions to race the pain  
Reaching a point of diminishing return  
No more running – trapped!  
Moment of truth:  
Only Humpty can put Humpty together again.*

## How it all Works

*Time schedules are nothing more than rates of movement condensed to become linear and controllable - like toothpaste from a tube.*

### A Basic to be Internalized

The most fundamental thing to know about life is that everything is an ILLUSION. It is not possible for an illusion to exist without movement so it is true to say that the common truth of all illusion is MOVEMENT. Without movement there cannot be the energy we call life.

### Fragmentation

We have fragmented far into our illusions and the levels of complexity that support this fragmentation must be dissolved back to power. Our growing need to release energetic constructs by force is a crass indication of our decline and a recipe for disaster. Energy release requires levels of personal courage and cooperation that are based on awareness of the true nature of the exchange. The courage it takes for any individual to develop root awareness is, in and of itself, the very work of atonement that brings all else to balance. By learning the bigger picture we expose our own conspiracy and return by conscious process to a childlike state, thereby becoming 'simply aware' of everything.

*"Verily I say to you, unless ye be converted and become like little children, ye will not enter the kingdom of heaven."*

Bible: Matt.18: 3. New Testament, K.J.V.

FACT: THE UNIVERSAL ILLUSION IS ELECTRICALLY BOUND.



### One Positive

**THERE IS ONLY ONE POSITIVE THAT REMAINS ETERNALLY  
PRESENT TO ALL THE DANCING NEGATIVES WE CALL THE  
UNIVERSE.**

Please be patient with yourself and remain open as you progress through the next part of the information.

*No one should be offended by the truth.*

## **Energy**

Energy is a constant attempt to equalize. Analogy: a ball rolling down a slope will continue to roll to the bottom of the slope unless it meets with an obstruction. Obstructions along the way can only contain the ball for as long as it can distract or overcome the natural tendency of the ball to continue its journey. Once release is won the ball continues on its way.

**The above 'slope' analogy will be used as a descriptive tool throughout the text.**

## **Requirements:**

- 1) It is reasonable to attempt to describe the universe in terms of energy because the universe is energy - there can be no disagreement on this.
- 2) The basis for wisdom is contained within the statement 'All is One'.

For the purpose of understanding the ideas put forth in this book it is essential that the above two requirements be accepted and internalized. There is no middle ground with this, no wishy-washy middle of the road idealism allowed - either we choose to accept that 1) the universe is totally energetic and 2) that the basis for all wisdom is contained within the literal statement 'All is One', or not!

I assume that all reasonable beings will easily accept that the universe is indeed energetic in all its aspects. The second parameter may be more difficult to accept as there is not rational basis for it. In other words, it makes no sense to a rational mind. Nevertheless, until it can be proven, you would not be unwise to accept it on faith that the mystics of old were not just amusing themselves when they came up with the idea. So hold your education and your judgment in check for a little while and allow me a chance to convince you how it is that you are without limitation.

If you agree to suspend your beliefs, then I will ask you to pay attention to the perfection of the 'All is One' statement. It is a literal statement that is absolute in its meaning. As such, it contradicts everything associated with energy. This is so because there is nothing that can exist in the universe without a reference - there is nothing within any energetic environment that can exist alone. This leads to a basic question:

**If All is One, where is One in energy?**

## **One in Energy**

All things have the requirement of difference before they can spark into the movement we call life. There are no differences in One to enable it to spark into movement. One is energy released back to power and may be considered as not a 'thing' at all or nothing. This logic suggests that One cannot exist within the universal illusion (movement/energy).

Nevertheless, and in spite of this, we trust our intuitive awareness to know that One (or Yahweh or Allah etc.) most definitely participates within our experience. So, with due consideration, let's assume that One is in the energy mix but not as any particular 'thing'. Let us consider that this elusive One may be either one of the two parts that make up energy.

## **Breaking it Down**

Energy has two parts: negative and positive (Ref. p.39). For descriptive purposes, consider the negative as being located at the top of a slope and the positive as located at the bottom of the same slope. The negative (think of it as a ball) moves down the slope and as it goes it transforms into the various things that come to life as products of the movement. This happens because as the negative moves it changes the electrical potential between itself and the stationary positive at the bottom of the slope. The ball thereby transforms to become the product of each new potential difference (identification/obstruction) and will remain bound and obstructed within each new development until it remembers the bigger picture and releases back into the slope (Ref. p.37).

All negative activity is distraction and it is distractions that hold the 'ball' from its objective to achieve the bottom of the slope. It is reassuring to know that the promise of all negativity is unconditional love. This is the true nature of the positive source that remains at the bottom of the slope ready to receive all equally when the work of unifying negatives is done.

## **Conclusion**

We intuit that despite the logic of energy's duality, One is nonetheless available as either of the two parts that make up energy. Ultimate potential realized is the achievement of the positive without negative reference. Therefore, it must be concluded that the activity of Allah/God in energy is conducted through the positive constant.

*Information changes the nature of experience.*

## The Process of Life

### Infinity

The infinity symbol below helps explain the dynamic engagement of all the constantly changing negatives that represent our journey down the slope to eventually come to rest in the eternal positive.



- 1) Consider the small central dot as the Positive (*bottom of the slope - never moves*).
- 2) The circle or ball encompassing the central dot is thought (*thought looks like an eyeball*).
- 3) The loops on either side of thought are called thinking - thinking is the movement of 'thought' - the 'eyeball' twisted to form loops (*The two larger outer balls in the diagram represent an energetic state of tension - notice that they are equal but opposite: every energetic construct (thing) must have a perfectly balanced opposite in order to maintain itself in energy - just as without up there is no down, without in there is no out, etc*).

### The Movement of Thought

There are only three aspects to consider: (1) positive, (2) thought, and (3) thinking. Positive does not move. Therefore all movement is assigned to thought and thinking.

There are only two forms of movement shared between thought and thinking. Both movements are inextricably bound and answer to a simple dynamic that is similar to the basic operation of any common vehicle gearing system. The purpose of gears is to distribute power to meet different load demands. For example, trucks are generally designed to carry heavier loads therefore they will sacrifice speed in order to re-direct the power to carry the load. Alternatively, a racing car is designed for maximum speed by reducing the load. The power in either case remains the same but is applied differently. In life the 'infinity' changes shape in response to the gearing necessary for different loads. Our personal loads are forever changing and may be considered as the obstructions

(things/blockages) that form as the ball journeys down the slope. As we shed our loads we naturally move down the slope.

### **The Infinity Loop and Vibration** (the gears)

The level of obstruction that impedes the ball's natural progress down the slope is directly related to the distance around the infinity loops before re-entering the positive (central dot) to begin another circuit. As the distance increases, the loops get bigger and the number of passes through the positive decreases proportionally. Conversely, as the distance decreases, the loops get smaller and the passes through the positive increase in due proportion. To repeat, as the size of the infinity increases there is a greater distance to travel before re-entering the positive (heavier load), thereby the ball has less engagement with it. Alternatively, as the infinity is reduced there is a consequent increase in the number of passes through the positive. As one increases the other decreases and vice versa (power stays the same). The rate of engagement with the positive is experienced as vibration.

*Increased vibration translates into greater wisdom because there is more engagement with the positive (wisdom is the knowledge of Yahweh/Allah/One etc.).*

### **The Infinity Twist** (primal tension)

Distance (loop size) and vibration are inextricably bound because they are a product of thought twisting its 'eyeball' to produce the equal but opposite loops that is thinking in action. When thinking is resolved, all is returned to the positive. The resolution of thinking is the return to power – the release of the 'twist' back to the state of non-tension.

Repeat: observe the circular 'eyeball' that represents thought in the infinity graphic and apply your imagination to twist it to become the equal but opposite loops that form the infinity. The natural tendency of these loops is to return to a state of non-tension - this relates to the ball's inexorable tendency to continue down the slope as it is released from obstructions.

And again... as vibration increases, the thinking loops reduce in size to ultimately become the 'eye'. When the 'eye' is achieved there will be no more tension, nothing left to reject - thought will have lost its wings, so to speak. It will thereby become the positive stillness that is One (the bottom of the slope).

*The universe is a twisted thought.*

***Who Really Believes...***

*Who really believes...  
The paradox of positive existing without negative  
That positive is constant in all things;  
Equally complete in the smallest grain of sand  
As in the most advanced intellectual process.*

*Who really believes...  
That the increasingly complex negatives we attach  
Will eventually shed like water off a duck's back.*

*Who really believes...  
That even though negative can not exist alone  
It is nevertheless the cause of creation  
Who can possibly understand that because this is so  
Everything in the universe is necessarily illusion.*

*Who really believes...  
That without negative the positive has no reference to itself  
That this independence is the difference between Power & energy*

*Who really believes...  
That all things are illusion  
Brought to form by negative attachment  
And that if the negative is removed  
Each & all become what they already are: Love.*

*Who really believes...  
That we are all miracles waiting to happen  
Just for the courage to get out of our own way.*

---

**Everything repeatedly disappears to Love and because Love is not quantifiable the possibility of proving eternal recurrence is therefore not possible in terms of a standard reference.**

---

## **The Universal Construct... more of the same**

**In the beginning there was and is Light and Light saw itself to become thought which then cast its shadow to become the universe.**

- Time began with a movement away from light (God/Allah, etc.) that caused the light to be seen from a point of reference.
- This primary reference or point of view contains two points creating a potential difference – ENERGY!
- The name for this original energy is thought.
- Thought's reference became the first electrical circuit - it may be considered as a battery with a positive and a negative terminal.
- Thought is the most powerful battery in the universe - it is God aware of being God.
- If any battery is connected directly between its positive and negative terminals it will immediately short-circuit to a neutral experience.
- In order for thought to stay in energy it did what every electrician knows to do - it used the power of the battery to make other things work (it avoided a short-circuit).
- Other circuits sprouted from within the thought circuit to create more and more circuits to meet the growing demand (as long as more than one circuit remains active thought cannot return to the source – basic rule of electricity).
- As the newly forming circuits branched into increasing levels of complex demand the distance away from the original circuit increased, thereby resulting in reduced vibration to and from the positive (bigger loops).

### **Energy and Power**

The positive terminal represents the unlimited power of God. All circuits convert or lock power in energy to remain divided and contained. As the energy agreement (limitation) realizes the advantage of release the journey down the slope continues (Ref. p.37).

Synopsis:

- There is only one positive that is common to all electrical activity.
- All that we call energy is just circuitous routes to the one positive.
- The positive terminal is the common root of all activity. Therefore all energy, no matter how it manifests, has the same ultimate potential.
- As release is won there is a proportional exchange of energy for the power that enables the journey down the slope to continue. When all circuits are released there will no longer be energy as all will have become the one positive - all will be in power.
- Instead of filling our circuits with more circuits we should activate a process of reconciliation to lighten the load.

*There are no enemies anywhere, only knots of confusion.*

### ***Love Knots***

*All of life  
Is Love in confusion  
Attempting to release  
Everything is Love  
There is nothing else  
Nothing to fear  
But our own confusion.*

---

**Because the reference for recurrence is outside of matter it is therefore also outside the ability of any energetic standard to prove its existence. Thus it is counter-productive for us to attach our acceptance of eternal recurrence to a yoke of solid proof that can never be found. This is a clever trick by our watchdog to prevent us from believing in recurrence. In the meantime recurrence is happening anyway and continuing to ignore it is costing us dearly. Unless we accept Love as the positive reference for recurrence there will not be a unified theory to guide our way.**

## When Time Stands Still

The Russian writer Fyodor Dostoyevsky rebelled against the Czar and along with others of his student group was arrested and sentenced to death. His imminent execution served to slow the movement of time into awareness (higher vibration). He was reprieved at the final moment.

### *Dead Man Walking*

*Dostoyevsky on his way to the firing squad  
Died a thousand times with each step  
Drank everything in:*

*Each mood, each whim  
Each texture, nuance, shape, color  
Saw everything through the eyes of God.*

*Remembered!  
Felt time still to outside in  
All is within! All is within!*

*Felt eternity in a moment's thrill  
Cried the tears of the damned in sin  
And felt the loss he was about to win.*

The above poem describes Dostoevsky's epiphany.

All is within! There is no outside God - nothing to pray to.  
Pray to yourself and know that you are God.

“This above all: to thine own self be true”

W.Shakespeare (Hamlet,1.iii 81. From *Quintessence of Dust* by Kenneth Chan)

## Jesus and Time

*Be aware of your timelessness for all is endlessly one.*

If Jesus hadn't performed accompanying miracles his teachings would have been regarded as the ramblings of just another madman fanatic of his period. People were afraid of his words and actions. But they were compelled to listen to him to appease the more immediate fear of his ability to command matter. His disciples were simple men trying to comprehend ideas that were just too far beyond them. They compromised on interpretation in order to make the meanings more acceptable. They wrote everything as literally as they could but to fully interpret Jesus' words and actions into written gospel required more than simple faith. It depended on information. There was no information to back up the words and this is why Jesus himself did not commit his words to written form - he gave his best and we all know the story.

All subsequent attempts at interpretation are erroneous because it is not possible to put a proper spin on truth without understanding that time is a function of relative agreements. It is reasonable to assume that Jesus understood the nature of time and may possibly have used such similar words as 'be aware of your timelessness for all is endlessly one' only to have the meaning misinterpreted and filtered possibly to become the innocuous phrase 'Love thy neighbor as thyself'. Although this is exactly what we must learn, the words nonetheless lack meaning because they do not state why it serves our advantage to obey them - just that we should.

We need to know why it is important to love one another. We need to know the physical dynamic of how Love works so that we will be better able to cooperate with our own perfection. Unfortunately, although the information on inter-relation and cooperation has been with us for some time, our need to control has rendered it so sugar-coated with complexity that it remains hidden despite being in full view. The purpose of life is to re-discover Love and the complexity required for this quest is a personal limitation. The conclusion of each individual's quest will always boil down to the realization that everything re-creates constantly from one source to become trapped within a vast complexity of agreements. Complexity and ignorance are one and the same and we can only eliminate this ignorance by seeing through the hold our complex agreements have on our experience.

*More than one is less.*

## **Tao (the eternal Way)**

### ***The Way Begot One***

*The way begot one  
And the one two;  
Then the two begot three  
And three all else.*

*All things bear the shade on their backs  
And the sun on their arms;  
By the blending of breath  
From the sun and the shade  
Equilibrium comes to the world.*

From *The Way of Life/Lao Tzu* : A new translation  
of the *Tao Te Ching* by R.B. Blakney. (Published by Mentor Books, 1955)

The above poem, apart from describing the balancing of opposites, also suggests that even before there is One there was and is the Way. Therefore it may be considered that the eyeball we call thought is dormant energy or energy that is unexpressed. The need to express is rooted in desire. Desire begets difference and difference begets energy. Energy is always reduction and so the absence of desire is the measure of power. When all desire is released, the primal thought short-circuits to resolve the positive dormancy thereby resolving itself as the Way.

Great knowledge sees all in one. Small knowledge breaks down into the many.

Chuang Tzu (*The Way of Chuang Tzu*. Translator/Editor  
Thomas Merton. New York:New Directions Publishing Corporation, 1965. ISBN  
0877736766 (2:2, p. 55)

## One More Spin of the Wheel...

Breakdown of the following statement:

**In the beginning there was and is light and light saw itself to become thought which then cast its shadow to become the universe.**

**In the beginning there was and is light...**

Light (Yahweh, Love, etc.) is the source of everything – the eternal Way



**...and light saw itself to become thought...**

Thought's eyeball is energy unexpressed or dormant energy.

The desire to express caused the thought circuit to energize – to open.



**...which then cast its shadow to become the universe.**

Thought opened the door that allowed the dormancy to express itself.

This in turn caused a creative explosion that filled thought's circuit thereby ensuring the continuance of thought's life in energy.



### **The Infinity Twist**

Thought on its own has no option but to return to the light. But the dormant stillness rushing to express itself causes the eyeball to twist into states of reduction that represent all the lesser energies seeking expression. The twisting of thought is represented by the infinity symbol above.

The central dot represents the light. The area encircling the dot is thought (the all seeing eye). The outer circles connected to the eye represent energetic systems or thinking (things). The identical but opposite outer loops represent energy's requirement of a balancing opposite (up/down, in/out etc.).

### **Control**

As our need for energetic control is reconciled the loops become smaller to reflect each new condition. If the loops (or wings) continue to reduce they will eventually disappear altogether by short-circuiting back into the light. Alternatively, as energetic control increases, the balanced loops will follow suit and eventually overburden and exhaust the medium that supports it (our world is a platform for our flights of opposites and it is now heavily burdened).

*We should not be trying to control what already is, we should lighten up and enjoy it.*

### **Synopsis:**

- We are all connected to a common root (positive).
- We should strive to neutralize all of our connections.
- Thought may only recover itself through 'thinking'.
- Thinking is thought in action.

A more complete explanation will be presented as we proceed.



*'He who binds to him a joy  
Does the winged life destroy  
But he who kisses the joy as it flies  
Lives in eternity's sunrise.'*

William Blake (*The Complete Poetry & Prose*  
*Of William Blake* by William Blake ISBN: 0385152132 Pub. Date: April 1982

## The Life of Pi

And now, a little gift for your efforts. By understanding what we have shared so far you have figured out the dilemma of pi. Pi is the number 3.1412...etc., forever changing and endless. It represents the ratio between the radius and the circumference of a circle - any circle. Pi remains open ended and represents a spiral destined never to complete itself as long as it remains in energy. Pi is open ended because it represents the infinity tension that causes energy to happen. It responds to change and acts as a mathematical tracking device: as the universe tends towards involution the pi number get smaller to represent the spiral attempting to close (to approach a short-circuit). Conversely, as universal 'thinking' tends towards evolution the number increases. Pi can never become a circle without losing the energy that is its life.

**Repeat:** the universe was created when thought distorted or twisted its perfect point of view (circle) as a compromise that allowed it to stay in energy. Consequently, thought exists in the universe as an open circle that can never become complete as long as it remains in energy. It travels out to leave its footprints in the countless spiral patterns we see throughout nature. These natural spirals are as signposts that call to us 'you're going the wrong way!'

As long as we are trying to control our experience through energy (evolution/ignorance) we will always be stuck in our own pie, oops! I mean pi. The world was formed by a consensus of ignorance (referential agreements that coalesce) and exists only as an opportunity for us to return to Love. Without acceptance of our basic co-dependency we will always be trying to force the spiral into a completion that can never be achieved. As long as we remain in denial the circle will remain distorted into the infinity.

Once again, as the uncompleted circle spirals out it leaves its footprints for us to see (seashells, DNA etc.). But, we refuse. We refuse to see because energy's force always has the upper hand in conditioning us away from the real truth of things. People in general would rather chase a pi in the sky than to actually catch it. It's all in the chase as they say. Such is life - such is energy's control over our experience.

*None are so hopelessly enslaved as those who falsely believe they are free.*

Johann Wolfgang von Goethe  
(Ref. [www.brainyquote.com](http://www.brainyquote.com))

## **The Universal Switch**

*Illusion is the most basic fact of human life.*

### **Anatomy of an Illusion**

Imagine, for example, the rapid movement of light in a dark room. What would be observed would be products of the light's movement instead of the light itself. Similarly, any action that is beyond our cognition will tend to delude our perception; if we do not already know the truth behind our observations we may well accept them as being true.

The universe is like a single switch going on and off with such rapidity that it creates multiple illusions at once. Illusions are separated by agreement and as these agreements gather they harden into many different forms. These forms become the false realities we defend and protect, which in turn brings on the fear that stokes our complex fire. As the scramble for safety accelerates it reduces all to a 'pack' mentality - safety in numbers, a consensus of ignorance, a world to own.

As we coalesce into the repetitive patterns we observe all around us it becomes increasingly difficult to remember that all of our differences no matter how valid they appear, are nonetheless just products of the action of one switch doing nothing more than going on and off (Ref. p.37).

*We must all strive to become simply aware.*

### **Review**

Time is movement of a singular frame. This frame is the engine behind all the things that solidify from it. On and on the hardness thickens until the painful futility of complex compression forces the things to consider that they may be more than they appear to be. They then begin the process of changing direction to face the source that will guide them out of their things- like a homing device.

*In reality there is no universe.*

## **At the Movies - One flipping frame!**

The fermenting realities that constitute the universe may be considered as multiple movies playing at once. The important mechanical difference between movies playing in theaters and the movies of our lives is that in the movie theaters the stories presented are the products of multiple picture frames flipping in sequence, whereas the movies that constitute our lives have only one frame that flips fast enough to include all. This is the 'one' fact that makes all the difference (this is how all is One).

Everything is disappearing and re-appearing and, as in the movie theaters, we are distracted. It takes great courage to transcend the misleading feeling that blocks our inclination to self knowledge. This is deliberate and must be overcome if we are to rise into the courage necessary to learn about ourselves - to learn about the frame. After we have gained the knowledge we will then truly command our experiences like never before. As we take comfort from the truth of our flipping realities we begin to lighten up. As our loads reduce, vibration increases; the frame flips faster and faster as we enter the experience of increasingly higher states of love. This eventually builds to such an extent that all frames reduce and we are able to see that there is just one frame doing all the flippin' work (Ref. p.42-43).

**Repeat,** we are lost in time prisons of our own choosing and as we release we become increasingly timeless. As we slow down our linear events we enter into higher and higher levels of vibration (we go home more often). We get nearer to the truth as we watch our movies lose their grip on our experience. As our love grows in due proportion (Ref. p.22-23) the spark of truth will fuel our fire as the growing vibration makes us increasingly aware of the limited references (agreements) we give our attachments to. Finally, we will come to observe the single frame, but even then we will continue on irregardless of how fast it flips in its attempt to divert and confuse our attention. We will watch it until the driver of the frame realizes that its effort to maintain energy have now become quite useless. We are no longer impressed. There is nothing left to control - nothing left to keep the circuit alive. The frame then stops moving and becomes as timeless as we the observers. Thought will have reconciled energy (thinking) and together they will enter the eye of stillness. There is nothing left to confuse as the eye turns in on itself to become what it already is - Love.

## ***One Flippin' Frame!***

*One frame!  
One frame!  
One inside out  
One flippin' frame*

*Only One  
One frame for all our movies  
One inside out  
One flippin' frame.*

*Now, now, all is now!  
One frame!  
One flippin' frame  
TIMELESS!*

*All our movies from one frame  
A timeless frame  
Everything different  
But still the same.*

*Happening so fast  
Our senses reveal  
the stories we feel  
We believe what seems real.*

*Lost in our movies  
Lost in time  
Lost and entwined  
In the illusion of time.*

*One frame!  
One frame!  
One inside out.  
One flippin' frame*

When you know the truth behind your movies you will become the director of your own experience - you will command the switch that flips the frame (Ref. p.37).

## The Choice

*Deep in all there is a stillness, where the root of life is, and the root is God, from whom destiny proceeds, and without knowledge of that root, the eternal root, a man is blind and will therefore work evil.*

From *The Way of Life/Lao Tzu* : A new translation of the *Tao Te Ching* by R.B. Blakney. (Published by Mentor Books, 1955)

Life in energy is never passive. There are no non-decisions, no spectators: when we do not decide, it is decided against us. Living in truth is an ongoing decision to be involved with one's own perfection. It requires 'warrior' sensibility because, and I repeat, when we are not consciously involving ourselves with what is already so, we are being evolved away from it. If we do not know who we are and have not made the switch from negative to positive, to establish ourselves as the center of everything, then our lives are guesswork and, even with the very best of intentions, guesswork is always off-center and feeding the negative fire.

We don't have to suffer so many tragic forays for our light to shine. We can reduce this pain by having the courage to recognize the overwhelming force of the negative advantage and by this recognition to transcend it into awareness. In other words, we can learn who we are and then simply engage the process of our lives accordingly. Well-intentioned guesswork is as icing on a poisoned cake and when the icing is gone the poison is always there to do its work. This is control in action.

By recognizing our powerlessness over the negative advantage we place our center in the one truth thereby allowing the power that we are to bring all things to right. This is the act of getting out of our own way, to allow our perfection to guide the way. It is the acceptance of our co-dependency that propels us through the negative advantage into the awareness of who we are; the awareness of Love that begins our contribution to the human solution.

*Each is all, all is each. It's personal!*

Repeat: We fuel the destructive force of evolution every time we convince ourselves that our exclusive validated lives are our own business and not harmful to anybody. There are no spectators in the game of life, no safe zones within non-inclusive agreements. To defer the responsibility to align with our common truth is to reduce ourselves into accepting the Judas price that drains our common bank and have others suffer the loss. We are in the world to learn about Love (who we are) and when we allow ourselves to be distracted and conditioned away from

gaining this knowledge we add to the negativity that feeds energy's fire. There is no middle ground - it's one way or the other and if decisions are not on-center then they are off-center and poisonous. Continuing to hedge our bets (play safe) by biding time within safe and secure controls is without justification and it is false and dangerous optimism that would do better to recognize its future in humanity's pain and accept the surety that the dice are rolling.

***Decide!***

*'Leave your things and follow'  
An invite to release from worry  
To live under Love's protection  
To become undone.*

***Decide!***

*No more fear  
No financial problems  
No problems of any kind  
Everything perfect all the time.*

***Decide!***

*It is personal!  
There is no outside authority  
We are our own initiator and judge  
Individually and collectively we are One.*

***Decide!***

*Being One must be accepted, or not!  
Choose it or lose it  
Choose heaven or hell  
Given a mansion don't live in the outhouse.*

***Decide!***

## Energy Aware

In the beginning, a reference to God occurred. We do not know what caused this event but undoubtedly we are responsible, otherwise we would not be pursuing ourselves through energy. Thought is the name of this original reference and all subsequent activity is the movement of thought chasing itself through thinking.

Thought was the beginning – the first point of view. It saw itself and thereby became reduced to a reference. Its circle (original point of view) lost its harmony when it opened to become a spiral. After this fracture it is reasonable to assume that thought's supreme awareness allowed it to realize the error and that, as a consequence, it attempted to close the spiral. But it was already too late, as is evident by the fact that we are still bound in energy.

Thought's dilemma is that of a loved one watching co-dependency in action. Thought is energy aware, it knows how we fool ourselves. It is not subservient or subject to control. When we accept the logic of our co-dependency and learn about eternal recurrence we will use this knowledge as a tool to transcend control and also become energy aware. We will then change from negative to positive. We will finally accept who we are and join with thought to participate in the great gathering back to Love.

### *Inching Towards Liberation*

*Of thought is what I am  
A reflection of truth  
Outside myself  
Barreling through space & time  
Out of control, lost!  
I am seeking to know - what?  
I am lost!  
Groping desperately  
For the strands of interconnection  
Trying to figure it out  
This pain, this loss  
I'm inching my way towards death  
Towards freedom  
I am inching towards liberation.*

## The Circle and the Devil

The unifying force behind all things is pure and constant love. All that is energy is subject to reference. Love is without reference, without condition - without energy. The primary work of Love is conducted in energy by the most aware energy of all - thought. The complementary opposite of thought (the opposite loop) is the cumulative force of our refusal to know ourselves. It exists as the master of all things. It is the so called Devil and its agenda is to keep us from achieving the circle that is our gateway to Love and its gateway to death. Or, so it believes!



All being One means that we are already complete. When we accept ourselves as less than we are, we initiate a natural response to heal the loss. The level of response is always as perfect as possible to meet the need. It's a perfect world after all – perfect according to our own guidance (Love). When we learn the truth of how we cheat ourselves, we will understand the nature of our 'bad deal' and there will no longer be a need for our watchdog to exist. It will change to unify into the circle thereby allowing us to unify with thought in the gathering to Love. This is what centering is – alignment with thought. Thought is Love's highest instrument and we must become the same. Re-centering cannot begin until we recognize our protective 'devil' as the product of our own refusal to accept who we are. We must accept that we are its creator, that we are our own enemy and that Devil is the name of our watchdog.

Repeat: All being One means that it is already so: we are already complete. When we accept ourselves as less than we are we bring to life the means to gather ourselves back to Love. This healing measures everything perfectly because it is a conversation with our self. As we accept this relationship we will gradually release from pain and simultaneously begin to align our center with thought, thereby to finally participate in the great gathering back to Love. It's personal!

## **Recap...**

### **About Attachment...**

The attachments we chip away at are not to be understood as rejected just because they fall away to reveal the inner prize. Nothing falls away to be lost and forgotten. The paradox of inclusion claims all as they repeatedly fall to purify into the One perfection that we all are.

### **The Way Things Are...**

The courage it takes to accept the way things are instead of how we think they are allows us to enter states of compassion that include more and more. This is the inclusive dance of Love that allows us to become simply aware of everything.

### **A Bad Joke**

Lack of knowledge of our common root ('...is blindness that works evil' *Ref. page # 7, verse 4*) causes things to divide into tensions that grow as they are claimed by their respective evolutionary spirals. Such tensions can only be broken when it is realized that they all come from a common source. Understanding how all is One allows all agreements to return to proper alignment. It allows a cooperation that gathers the spirals of evolution towards a common circularity that finally re-unites the beginning with the end. The beginning is the end and the end is the beginning and in between there is only an illusion to be eliminated just as a bad joke that is being repeated too often (the flipping frame).

### **The Electromagnetic Spectrum**

This is the light turned out. It is our duty and responsibility through the process of our lives to return this truant light back where it belongs.

**The negative entity** that is created from the power we give away enters a hierarchy of control and subservience with each level controlling the levels below. The primary controller is our vaunted Devil with absolute control over all. Its personal identification is as solidified as is its ability to control. We empower this unified force of ignorance and it is powerless without our input. When we understand the game we will know how we cheat ourselves. We are responsible and nothing is going to get resolved until we gather the courage necessary to transcend the force of ignorance and learn the bigger picture that allows us to break free (Ref.p.37).

## **The Frame**

As we empty ourselves from energy we untwist the infinity to reveal one flipping frame that then untwists completely into a circular event that has no further option but to short-circuit to the stillness that is all at once or One.

## **Direction**

There are only two directions in life and we are either aligned one way or the other. There is no in-between. When we do not DECIDE to anchor our intentions to the eternal root our center shifts to become out of balance and ultimately self-defeating. Being off-center automatically contributes to humanity's pain – feeding the fire to a greater or lesser degree but nonetheless feeding the fire. It is our responsibility to learn about ourselves. Continuing to ignore the truth does not absolve us from responsibility or make the effects of our ignorance any the less severe because of our lack of recognition. We are responsible and it is now time to wake up.

You either know who you are or you don't. If you don't know that you are God then you are feeding negativity.

**Being of service** in the world is a constant decision to anchor oneself in root awareness. It is only through this conscious centring that we may release the ways and means of our unique contribution. This ongoing discipline or cooperation is the most magnificent achievement of a human life; it allows us to watch ourselves in action as that force of our perfection breaks through.

## ***Relax!***

*The only security is no security  
Learning this is a personal journey.*

*Relax!*

*Perfect knowledge is total  
In stillness - to flowering.*

*Relax!*

*It is enough to keep out of the way  
An observer - a witness to one's own perfection.*

*Relax!*

## Overview and Comment

This book encourages the discovery that your life is a movie playing from a single flipping frame and the realization that not only does everyone else's life-movie spin off this frame, but all of nature and everything else besides. Wonder of wonders! This is completely true except for the fact that there isn't even a movie frame to begin with. There is only an action or movement that acts similar to a movie frame. This action is initiated because of rejection and continues only because of rejection. The movies will stop when there is no impurity left to reject.

All the pots of energy we bring to boil are the hells we create. But still we defer because we choose to believe that our actions are localized. We choose isolationism as an answer to our fear and as long as we remain confident of our own ability to control we will continue to refuse to accept the greater responsibility. But I warn you, do not underestimate the power of Love that hunts you, for it is like a stretched elastic band that applies itself through all states of tension to remain our umbilical no matter how we build walls against it.

There is no way to control truth and as we increasingly see through our distracting references we break the spirals of control to become masters of illusion (magicians), thereby empowered to move at will into whatever reality we choose to enjoy at that moment. We will no longer be mired in the sludge of human fear. There will no longer be the trauma of age and death as we now relate to it. We will still be receiving rejection slips but we will also be going home more often to experience the Love that is ours to claim - ours to claim simply by having the courage to learn the truth of our lives.

In the meantime, be aware of the prisons you create. Do not enter into binding obligations that distract from your higher purpose. Keep your awareness high by adopting rituals of remembrance (whatever it takes for you to remain, moment to moment, aware of how it physically works that you are God – how it works that we are all One no matter how we dance to confuse). In due awareness, become a father and mother to all the fractured illusions already within your head and around you. Do not underestimate their pleas or reject them through ignorance. Become aware of the table you have already set and do not fraction further by bringing more in to carry your load. Deferment does not work. Instinct is for animals and must not be confused with the pure guiding force that is intuition. Women often confuse this difference and because of this confusion they generally misuse their power by applying it instead to control their own experience through the weaker male. When the man enters the higher state there will no longer be any need for sex as there cannot be desire for that which is same. Raising vibration is the process

of entering the state of bliss. Within this state, the unified gender creates loving illusions just as they did when they were children. The only difference will be that they will now perform these miracles in conscious awareness.

### ***The Thing to Win***

*Natural rhythm is not ours to win  
We are not trees  
Or flowers  
Or birds of wing  
We are just lost in nature's thing  
We are God  
We have no thing.*

Do not celebrate or glorify any aspect of the illusion. Do not, in other words, celebrate LIFE as so many are wont to do. Instead, celebrate Love and know the difference – get involved! Participate in the One truth and grow into levels of awareness that allow you to play in the Garden of Eden that is between your ears. Rise beyond your limitations and know that there is so much more to you than you ever imagined. The process of life must be sung from the mountain tops and celebrated and nurtured in one and all. We must inspire one another to participate in the Love that hunts us relentlessly. We must learn not to reject its advances and we do this by not empowering any illusions that come to distract us from our own prize. We should know that the path to Love is laden with gifts for us to enjoy. We must change constantly to become these gifts without ever losing sight of our higher objective.

Many, I expect, will reject this information out of hand but some will not. The ones that reject it will do so because their references have too strong a grip on their experience. Truth is truth and, whether it is rejected or not, it will not change. The ones that accept the information will do so because they have already come to a place of flexible movement where references are seen for the distractions they are.

As the logic and reasoning behind what is written here commits to intellect it should motivate a curiosity to gain a second opinion. Those curious enough to seek this second opinion will begin to read certain books in a new light. Thereby, it will quickly be realized that there is nothing new here. All has been repeated many times by mystics, philosophers and poets from all ages. The important difference between now and then however, is that we, through our scientific knowledge can

now bridge the gap. This was never possible before. These are indeed unique times and the truth is now on our doorstep ready to be introduced into common awareness.

We are all gravely injured and confused and, in our confusion, we have reduced the planet to a state of critical imbalance. It is now a time of healing for both ourselves and this planet we depend on as a platform for our flights of opposites. This healing process begins by learning and accepting the logic of our co-dependency. All else will fit into place once this foundation is set.

### **Ladder**

The magnitude of energy's force is such that every fibre in your body will react to reject this information. There are whole countries of people so bound in ignorance that acceptance of a common truth is not only incomprehensible but also undesirable and threatening. This will not change the truth of our common root. To continue to dismiss it for the safety of likeness and identification is to continue digging a hole after it is over our heads. Again and again the hole caves in and again and again we start from scratch to dig a new hole. We don't go away - energy is energy and it has no choice but to re-form constantly and pathetically in yet another attempt to find an intelligent life force that can rationalize a ladder. Energy is our ignorant creation and it can never find its way out of the hole without our guidance. It depends on us, and that, very simply, is the way that it is.

*The devil doesn't want our power; it just wants to go home.*

The bottom line is that our world is falling apart for want of a unifying principle that will allow us to refresh and renew under a common flag. Constant disappearance, or eternal recurrence is the common activity of everything and an affirmation of life - not as a means to any energetic end, but wholly as a process to Love. The acceptance of recurrence is critical for our well-being but, because our well-being (return to Love) threatens the life of our watchdog we have been fooled away from our own prize. The information presented in this manuscript describes in a logical way how our recurrence is achieved but you will notice that it does not provide proof in terms of any standard reference. Proof is never possible, and this is because everything in the universe flows through a common gateway that leads beyond the measurable. Therefore, the reference for recurrence does not acquiesce to any energetic or standard form. This lack of measurability does not disprove recurrence, it just means that its reference is not bound to limitation; Love is the reference for recurrence and it has no limitation. When we release this logical

prerogative from the burden of proof we will fly a common flag and enter a new paradigm for human recovery.

*Eternal recurrence is a step out of time.*

Because eternal recurrence is a step out of time it has no facility for proof. In spite of this we still insist on ignoring what we can't prove, as if it is not happening in any case. Our insistence on proof is invalid and causes great inertia against achieving the fabulous healing that comes with a unified theory. It is the very acceptance of non-proof that releases us from our false obligation and opens the door to logic. Logic must prevail where proof is no master. Now that we have knowledge of energy, that has heretofore remained undeveloped, we are obliged to accept that we have indeed been duped and controlled away from achieving the unifying principle that will bring true peace to the world. We must finally accept that a unified theory can never be subject to a standard reference and that, no matter how sophisticated our efforts become, it is only as the icing on a poisoned cake. We must stop deferring our divine prerogative and re-direct our efforts to building a logical bridge instead of a false promise.

*Wisdom is the awareness that All is One.*

Spirituality is the practice of oneness. There's an abundance of information in the world that will validate what is presented in this manuscript and this stock of wisdom, past and present, is ready to be engaged in the service of building a logical bridge. In the meantime, each individual must begin their quest for the grail from where they are right now.

My advice is to keep it simple and follow your own lead. Do not allow others to convince you. Convince yourself by learning to ask why? Have the courage to be logical and sensible. Make others responsible for what they repeat so authoritatively, as if their rhetoric is a foregone conclusion.

Continuing to consign our spirituality is condemning us as sheep to slaughter. The current tide of denial is such that we are well on track to being equalized to a workable level once again. In the annals of illusion this is nothing new. We are on the edge of mass reduction and the cuts to come will be multi-faceted. This ominous future may only be minimized by the numbers of people who now have the courage to take personal responsibility for who they are and act accordingly.

If this work has piqued your interest to consider the possibilities presented, then I have indeed planted a signpost on my way. Good luck to

you, for all our sakes, and feel free to communicate with me at any time.

*We must acquit ourselves equitably in this world.*

Namaste

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