



Copyright Notice

Our Ultimate Reality, Life, the Universe and the Destiny of Mankind

Copyright © Adrian P. Cooper, 2005

This book may not be copied in whole or in part, or otherwise converted to any medium whatsoever, physical or electronic, without the prior permission in writing of the author, Adrian P. Cooper.

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind, 686 pages and 114 chapters. For full details please visit:

<http://www.mindpowernews.com/UltimateReality.htm>

This document contains the following sample chapters from Our Ultimate Reality:

Excerpt from Chapter 16: The Wisdom of Quantum Physics: 4

Chapter 20: The Law of Cause and Effect 12

Chapter 79: The Eternal Now 15

Chapter 80: The Law of Attraction 19

Full Table of Contents 31

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind, 686 pages and 114 chapters. For full details please visit:

<http://www.mindpowernews.com/UltimateReality.htm>

Excerpt from Chapter 16: The Wisdom of Quantum Physics

In addition to explaining the true nature of the Universe and of reality, quantum physics, even at the most fundamental and non-mathematical level also fully explains the reality as experienced on a daily basis by all life, whether consciously or otherwise, profoundly affecting the reality of every single person without exception.

Quantum physics illustrates how everything in the Universe, in all dimensions of life and reality ultimately consists of “Quanta” of Energy, vibration. This Energy not only pervades and is integral to everything in existence, it is also “living” Mind, living Consciousness. Everything in the Universe therefore has its being within this infinite intelligent Energy.

Everything is an aspect of this infinite intelligence, every person, every animal, every tree, every star and every planet, and every micro-organism, however small, is ultimately an equal aspect of the very same Energy; there is no separatedness except as an illusion created by the ego and five physical senses; we and everything in the Universe without exception are one.

Because the Universe is infinite intelligence of which we are all integral aspects, Quanta of Energy are influenced by the Mind; thought also being pure Energy. Whenever you look at a possession such as a house, a car, a television set, they are in fact nothing more or less than an arrangement of Energy, or Quanta, ultimately created by thought processes of the Mind. If these objects were to be inspected very closely, it would be apparent that they are not solid at all but are rather composed of Quanta of Energy vibrating and moving at extremely high rates in an out of the object being observed.

Nothing can exist permanently unless it is observed because it is Mind that controls and shapes Quanta of Energy, and without that

focus of the Mind the Quanta would once again become a “potential” for something else. If for example everyone in the world were to cease observing the world and everything in it, by ceasing to focus on it’s perceived existence, then everything would cease to exist. There would be no thought Energy to maintain the illusion of its existence anymore. This is why the Earth and everything it comprises, as well as the entire three-dimensional Universe is referred to in some cultures as “maya”, and illusion. The Earth and physical Universe are indeed an illusion and a grand scale, and will one day be realised as such by all mankind once evolving beyond the illusion of the physical Universe.

Quantum physics completely confirms this by recognising that something can only actually come into “existence” when it is observed. Of course “existence” is a term relative to the five physical senses; everything that exists now has always existed and always will exist, it is only the illusion of form that changes in response to thought, Mind. When something is observed, Quanta come together to form sub-atomic particles, and in turn atoms, then molecules until finally something manifests in the physical world as a localized space-time event that can be observed by the five physical senses.

This process is the very basis of how each and every person creates their own reality. Every single thought, as Energy, directly and instantly influences the quantum field causing Quanta in the form of Energy to arrange themselves into a localised, observable event, object or other influence. This in fact is also the basic of true “Magic”. The magician, and those who understand and are in harmony with Universal laws are conscious creators, whereas most people are unconscious creators, always constantly creating their own reality by their own thoughts, but never realising, usually ascribing everything to such notions as “luck”, “chance” and “fortune”. Conscious creation is also the basis of the Law of Attraction, which will be discussed later in this book.

People might ask “well how do things seem to be real, tangible and solid”. The behaviour of Quanta can be likened to a reel of film. When the reel of film is played, thousands of frames of individual images are passed over a light projector and onto a screen, thereby giving the illusion of a solid moving scene. Quanta operate in exactly the same way. Countless Quanta of Energy are constantly moving in an out of an area of focus, coming together to appear to the physical senses as a solid object. Like the movie however, this is only an illusion that has been constructed from much smaller components. In the case of the movie the visual image is created by the influence of the projector mechanism whereas in the case of objects appearing to be solid the illusion of a physical object is perpetuated by the Mind; specifically by the act of observing it. When you arrive home and expect an object in your house to be there, it will be there by virtue of that expectation and observation.

As we will see later in this book, understanding these extremely fundamental and important factors is the way towards always consciously creating the reality you desire, and to never attracting anything into your reality anything you do not desire. Quanta never, ever differentiate between the desired or not desired, they merely respond to and obey thought.

Everything in existence therefore, everything that can be observed is a result of a mental focus, a decision at some level of Consciousness that it should be there. Without that level of focus and expectation that something exists, it simply could not exist. This applies to things that we have never seem before as well; i.e. when we go shopping. When we take a trip to the shopping mall for example there are thousands of “things” that we have never seen before. They exist as a conscious creation of someone else. When we observe that creation it becomes a part of a consensus creation that in turn perpetuates its existence. Reality can either exist at a personal level or a consensual level; i.e. if enough people believe that something exists, for example a park, and focus on that existence, then it will continue to exist in accordance with the consensus expectation. If people cease to focus on the object the

Quanta become less concentrated and the result is decay until the object no longer exists at which point the Quanta of Energy that originally comprised it have dissipated back into the Universe.

The great Astral worlds, often known as the “the beyond” or “the afterlife” are the consensus creation of mankind, based upon perceptions learned during a physical existence on Earth. So the Astral worlds include every possible consensus reality for every culture, race and tradition that exists, has ever existed and ever will exist relative to the Earth concept of “time”, all created by the Mind.

Each culture, race and society has its own “belief” of what everything should look like, so when people pass on from any particular Earth culture, tradition or belief system, including dogmatic religion, they naturally create with the Mind an environment in exact accordance with those expectations. This can be at a group level where entire cities, towns, villages and other environments are created by the consensus group Mind, fashioned after their equivalent on Earth, and individual realities, homes and other possessions are created on an individual level in accordance with the focus of wishes and desires.

The Astral worlds exist at a much lower density, higher vibration aspect of the Universe than the physical world of matter, and as a result Quanta, Energy is influenced much more easily and quickly, to such an extent in fact that thoughts manifest as their observable equivalent immediately however large or small. This results in instant creation of any desire. There is only set of immutable laws in operation and they apply to all planes of life and reality. The same laws apply in the physical world where everyone still creates their own reality, but due to the much higher density and lower vibration of Energy prevailing within the physical world it takes more focussed thought Energy of the Mind over a more protracted period of time before it can manifest as an observable physical reality.

The continued existence of the creation depends on the degree of ongoing focus. If a house was created it will continue to exist for as

long as the creator, or a consensus group focus on it and provide the Energy for its continued existence. The same applies to the entire physical world, but due to the much higher density, the process requires more and sustained concentrated thought. This of course is an important reason we are here, to learn how to control our thoughts and therefore our individual reality. Only when these and other important lessons have been learned can true Spiritual progression be attained beyond the cycle of reincarnation.

The entire Universe is “infinite intelligence”, existing in the Mind of The Source, The First Cause, God. Energy, Quanta are therefore also intelligent, being ultimately controlled by the Mind of God. Not only are Quanta capable of making decisions, they also know what decisions other Quanta are making anywhere in the Universe due to the inseparable and integrated nature of everything in creation. Everything is connected by this same ultimate, infinite, Divine intelligence, the very same intelligence of which we are all integral aspects and in Who’s image we are made.

In quantum terms, Quanta can also be regarded as “packets of probability”. Every Quanta of Energy has a potential to be anywhere at any time, and can be influenced by thought or other Quanta. For example, if you wish to meet someone for the first time, that person has the potential to exist anywhere in the world. When you make the decision to meet with this person in a particular place and then subsequently do so, that person no longer has only potential, he or she has actually manifested as a physical reality into your life in accordance with the mutual will of both people. Once your meeting has concluded, the person will leave and become a potential person once again relative to your own physical reality.

Quanta, including those of which you are constituted are not bound by space or time. Quanta are spaceless, timeless and exist everywhere concurrently. The Source, The First Cause, God is at once omnipotent, omniscient and omnipresent, and Quanta are a fundamental aspect of God in Whom we have our Being. We

therefore as aspects of the Universe, The Source of God are also boundless, spaceless and timeless beings existing concurrently everywhere in the Universe. We have no limits, no boundaries, no specific point of existence, these are all illusions created by the ego and the five physical senses and the fact that most people are focussed entirely in the physical world which they continue to observe and regard as reality. Everyone is an integral aspect of the same Mind-field, much bigger and more powerful than most people can possibly realize or have the capacity as yet to comprehend.

We already have everything in the Universe; infinite abundance is our heritage! All anyone has to do is to bring the object of their desires into their local observable Consciousness and reality by focussing on it. Ask and it is given; instantly, always, no exceptions. Everyone already has all wealth imaginable, all that is required is to bring it into individual reality. There is no poverty in the Universe; everyone is infinitely wealthy if they did but realise it. There is absolutely nothing that we cannot be, do or have.

The Universe conceptually consists of illusions of the “observer” and the “observed”. In this way the Universe, The Source, God, evolves experientially having both the capacity to observe and be observed, as do all individuations of God including human beings all of whom are such expressions of God made in the same true Spiritual image. The observed is meaningless without an observer, and likewise the observer is meaningless without being observed. It is therefore by this process of individuation that the process of the observer and the observed is perpetuated, and evolution, expansion and growth infinitely continues.

The entire Universe of which we are integral aspects is a vast expanse of Energy vibrating at different rates from the lowest vibration of matter to the highest vibration of The Source, The First Cause, God. The illusion of separation is perpetuated by virtue of the way in which Mind perceives and decodes these vibrations. So “things” only exist because we observe them and our Mind decodes the vibrations of the Energy of the “thing” being observed. Without

this observation, the “thing” being observed cannot exist, except as a probability within the vast expanse of Energy constituting the Universe. So everything in the Universe is a probability of existence until such time as it is observed and its Energy is decoded by the Mind, at which point the probability becomes an actuality while it is being observed, after which it becomes a probability once again.

Everything within the Universe is in the direction of life, evolution and growth, nothing ever stands still or fails to evolve; this is the Law as it applies to all levels. By the process and individuation and thereby the perpetuation of the illusion of the observer and the observed, growth can continue, but both are required. There can be no growth without the observer and the observed, because there would be no basis upon which to learn and therefore to evolve.

It has also been demonstrated by quantum physics that there are an infinite number of parallel “worlds”. This is concluded by the observation that Quanta have the potential to be in any parallel existence, but once observed in one locality the same Quanta will not be observable in other localities.

However, at the quantum level everything is “non-local”, and therefore beyond space and time everything can and does exist concurrently as an infinite number of parallel realities. This gives rise to the “holographic” model of the Universe as postulated by David Bohm and other physicists. It is this holographic model of the Universe that explains parallel realities, and most importantly at the same time how we concurrently exist as aspects of all realities as one with The Universe, The Source, God.

As body, Soul and Spirit, our Ultimate Reality is infinite Energy and intelligence beyond the boundaries of space and time as a true Son or Daughter of God, existing infinitely and concurrently across the entire Universe in all spheres of life and reality. Our localised reality is simply our point of focus, our point of conscious awareness, which, for most people, for the time being, is within the physical body; most people still erroneously perceiving themselves as

completely separate individual people, housed in a body of flesh. Only when every one begins to fully understand their own nature as infinite Spiritual beings of the magnificent multi-dimensional Universe can the human race turn back towards its true purpose, to evolve back to the First Cause, The Light, God.

From time immemorial the greatest teachers who came to Earth to teach mankind these realities all made the point that we “came from the light”. The “light” to which they refer is not some physical light, but rather the Light of The Source, The First Cause, of God. In that context, as Energy and integral aspects of The Source, we are all Light; beings of The Light.

The nearer to The Source we reach, the more we experience the glories of The Light until finally reaching, and having the potential to reunite with The Source of The Light, and to once again cease to be existed as an individuated Being, but rather to be at One with God. This is the ultimate meaning of life, our ultimate purpose, Our Ultimate Reality.

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind, 686 pages and 114 chapters. For full details please visit:

<http://www.mindpowernews.com/UltimeReality.htm>

Chapter 20: The Law of Cause and Effect

The law of “Cause and Effect”, sometimes referred to as “Causation”, is an immutable Universal law, encompassing the principle that nothing in the Universe can ever happen by chance. For everything that happens, in other words for every effect, there is always a corresponding cause preceding it without exception. The principle of Cause and Effect is and always has been widely accepted throughout the ages as a most exalted Universal law, and one always to be totally respected.

To not fully accept the laws of Causation would be to suggest that everything happening in the Universe does so by pure “chance”, “luck”, “fortune”, or even by some other equally intangible random factor; a notion which is clearly completely unthinkable! Nothing but nothing ever occurs by chance or as a random occurrence, every single action or effect has an underlying cause; there are no exceptions to this, ever. If this were not the case the entire Universe would instantly collapse into a state of utter chaos in an instant.

There has often been confusion when considering the law of Cause and Effect. How for example can one “thing” be the cause of, or the “creator” of a second “thing” people might ask? In fact this is an entirely erroneous way of viewing this law, because no “thing” actually “creates” any “thing” else. Cause and Effect deals rather entirely with a whole series or chain of events, one following the other in perfect succession. In this context an “event” may be defined as something occurring as a direct result of a preceding event, and is therefore part of a flow of such events, all of which ultimately originate directly from The Source, The First Cause, God. Therefore there is always, without exception, a relationship between any specific event and everything preceding it, and subsequently everything that follows. A graphic example of the laws of Cause and Effect would be to consider your own very existence. If a certain male had not met a certain female some hundreds of thousands of years ago, way back in the earliest times of mankind,

then you simply would not exist today in human form. The cause in this particular case is the male and female getting together and reproducing, and subsequently you along with countless millions of other people are the corresponding effects many millennia later. You are not therefore merely a product of chance.

Absolutely every action we take, even every single thought, has its corresponding effect whether it is instantly, the near future as measured in Earth time, or the distant future; there are absolutely no exceptions to this immutable Universal law of Cause and Effect.

It is due in part to the lack of this knowledge that most people have no control over their own existence on Earth, and accordingly exhibit very little true freedom. People are swept along with events in accordance with the laws of Cause and Effect, from day to day, always being influenced by situations, other people and other factors. People might well protest at this assertion claiming they are indeed free to “do as they please”. Indeed they are; all are blessed with freewill, but in actual fact how many people really do exhibit the results of such freewill? Yes, they are free to “do what I want” or “do as I please”, but the question still arises, what makes people “want”, and to “do as I please”? These “wants” and “pleases” are actually all relative. What causes someone to “want” to do a particular thing in preference to another, or “please” to do something else? The “wants” and “pleases” are therefore entirely dependant on each other.

Those who can control their own lives are never carried along on a tide of “wantings” and “pleasings”, but rather exert genuine, conscious will and focus in order to proactively determine precisely what they need to accomplish, and accordingly to set about creating the corresponding causes knowing they will result in the corresponding desired effects. This then becomes a predetermined act or cause rather than simply a part of a chain of random events existing around most people.

Most people are carried along in life from the moment they are born, swept through the “game of life” as pawns on a chessboard. People are influenced by, and are obedient to families and friends, the wills of others, their environment and many other factors, all continually sweeping them along without any sort of conscious will or control over their own futures. People simply do things because “it is the way things are done”. Cause and Effect is prominent in these situations, each person unwittingly enacting the effect of a preceding cause without thinking twice about it.

People remain oblivious to this law and the inexorable influence it exerts upon their own lives. We will see later in this book how this law can be put to positive effect, so rather than merely being a pawn in the game of life, anyone can become a king or queen, with total control over the “game”. This is not to say that a person with such control is no longer subject to the immutable law of Cause and Effect, but are rather now making conscious and positive use of this law.

So there is no such thing as “chance”. The principle of Causation, the law of “Cause and Effect” is always present and always in operation, both in your life and everyone else’s life, effect following cause in perfect, immutable sequence. Nothing but nothing ever happens outside of the Law, and equally importantly nothing ever acts contrary to the Law. Mankind should never be a pawn to these laws, but should rather master and work with them in providing for genuine needs, and most importantly for the ultimate destiny of every human being, the ascent back to our Divine Creator.

Those who understand and practice these laws will discover the inner will always prevail against the outer in perfect immutable succession, until finally taking refuge in the Law itself, “and laughs the phenomenal laws to scorn”. Again it must be stressed; Causation, the law of Cause and Effect, is a most exalted law, which every person without exception should understand and master, as one day everyone surely will.

Chapter 79: The Eternal Now

“Time” is an illusion, a purely human construct of mankind, designed for convenience in order to measure a perceived “past”, “present” and “future”. The illusion of “time” on Earth is maintained by means of a scientific measurement of the relative positions of the Earth and the Sun in the physical three dimensional Universe in order to observe the seasons and the time the Earth takes for a complete rotation relative to the Sun in the measurement of ongoing “time”, in turn measured by various physical instruments such as clocks, calendars and charts.

Beyond the perceptions of most of those in the physical world, “time” simply does not exist. There is only Now, the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth therefore the concepts of “past, present and future” simply do not and cannot exist.

The entire Universe from The Source, The First Cause, God is Energy vibrating at a frequency relative to The Source, The Source being the very centre of the Universe of Energy and the physical world being the outermost shell, the physical three dimensional Universe as observed by means of the physical senses and by science, existing at the lowest rate of vibration and the highest density. It should also be mentioned that the physical Universe of matter represents only a tiny fraction of the Universe of Energy and vibration in its entirety.

All Energy is influenced by the causation of thought before configuring under the influence of that thought, manifesting as an observable effect in the plane at which the thought originated. Everything that happens, ever happened and ever will happen in the entire Universe therefore, including the physical world, first originated as a thought originating from the Mind of a Being, and which thought in turn has its corresponding effect on the Energy of

the Causal Spheres of the Universe while becoming the corresponding and potentially observable effect.

The Ultimate act of Creation by The First Cause, The Source, God of the entire Universe in all of its glorious spheres, planes and dimensions originated in the very beginning as a thought in the Mind of God. It can be truly said therefore that we all exist as “expressions”, within the Mind of God, made in the true Spiritual image of God.

Since the beginning of the human concept of “time” mankind has sought to live life based around that concept, thereby always thinking in terms of past present and future rather than Now. The Universe and the Energy we influence in the creation of our own individual realities have no concept of time, only Now, and as a result there is a no past or future irrespective of how much mankind forces his own existence around those erroneous notions. This tendency to force everything to happen in compliance with a notional concept of “time” has a very profound effect on the lives of those who do not fully understand these realities.

When a person thinks in the future tense, for example “ I will”, “I want”, “I could” then the Energy being influenced by those thoughts that can manifest into individual reality will be influenced only in the Now, with the perceived future never actually arriving. So if someone thinks, says or behaves in a manner that implies “I want”, then that person is placing themselves into a perpetual state of “wanting” but never of actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and vibration to receive that which they “want”.

The Universe, The Source, God is immutable, absolutely perfect in every possible respect, and will accordingly always respond to a thought in its absolute terms rather than a human concept. “I want” literally creates a state of “wanting” perpetually until if or at such time whatever is associated with that thought is shifted to a state of

“having” in the Now, which will then allow the object of that thought to manifest from a perpetual want into the actual Now, and accordingly into the individual, observable reality of the person originating that thought.

The importance of the Eternal Now simply cannot be over-emphasised. It is one of the most fundamental influences on the ability to create our own realities Now, rather than perpetually being frozen in a state of wanting but never receiving, a state that many find themselves in today.

The next chapters of this book we will address the importance of only thinking and acting in terms of the present tense in the context of total control over your own life and reality, enabling you to realise the potential that is within every human being, to have anything you can possibly desire. Always remember, there is nothing that you cannot be, do or have.

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and evolution. How we think has the most profound effect over the effects that occur in our lives; nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal laws when it suits us, when we desire something or when there is a situation that demands it, it is absolutely necessary to live life completely in accordance with these immutable Universal laws. Those who do live their lives, either consciously or subconsciously according to these Universal laws will always seem to others to live a “charmed”, “lucky” “fortunate” existence, when in fact they are in reality living a Magical life, always in total control over their own individual reality, and always in a higher degree of harmony, Energy and vibration with the Universe compared to their less notionally “charmed”, “lucky” or “fortunate” family, friends and others around them.

In order to begin the process of living the life of your desires in which you have a total control first of all requires awareness. Rather than thinking random thoughts, all of which will have their corresponding effects whether observable or not, start to become fully aware of how, what and why you are thinking what you are. This is where powers of concentration as developed by virtue of the exercises in the previous chapter of this book are so valuable. Presence of Mind, awareness and concentration are a very powerful combination indeed in creating your own reality and living that Magical life that many can only dream of.

Always think as you wish things to Be, Now. Two of the most powerful words that you can possibly think or say are **“I Am”**. As you live your life therefore the first stage of awareness is to always stop your thoughts short of a statement that implies the future tense and to transmute it into the present tense. So **“I will”** becomes **“I am”**, **“I want”** becomes **“I have”** and **“I might”** becomes **“I do”**. Also keep in Mind that there is absolutely no such concept as **“try”**. We either Do something in the present Now, or we do not Do anything; **“try”** simply does not exist except as a concept of a person wishing to achieve something.

I **“want to feel well”** should not be allowed to proceed as a thought and should be immediately become **“I am feeling so well”**. This thought takes the reality of feeling well from some point in the perceived future that never arrives, to actually feeling well in the present. So a strong thought of **“I am feeling so well”** will manifest into your reality in the Now, and you will indeed feel well in accordance with the effect of the causation of your **“I am feeling so well”** thought on the causation of the Universal Energy involved.

Similarly, if you have a bill that needs paying and you believe that you do not have the money, another human construct, to pay the bill, never think in terms of **“I want the money to pay this bill”**, but rather **“I have the money to pay this bill effortlessly”**. Bringing this statement into the present tense rather than a future statement of

lack will cause the means by which the bill can be paid to manifest into your reality, and the bill will be paid in full.

Please always keep in Mind; the Universe always delivers in absolute accordance with your thoughts; there are no exceptions to these Laws. Again, “I might succeed at this objective” implies never “actually” succeeding. The “might” places the success into the indefinite and infinite range of possibilities and never as an actuality. So “I might succeed with this objective” should become “I am enjoying complete success with this objective”, and that success will then become your reality as that vibration of Universal Energy has its effect.

In summary, always think in terms of the present tense, and always remember those words “**I Am**”, using them all the time in the context of the reality you wish to create for yourself. In the next chapters of this book we will deal with consciously creating your own reality, an extremely important aspect of which is recognition of the Eternal Now. Creating your own reality is an ongoing, joyous and productive life, not just something to “do” when it suits you or to conform to the demands of others, vanity or ego. Those who understand and consciously apply these facts to their lives will be richly rewarded with health, wealth and happiness to the exact extent of the focus of the thoughts that created the same reality.

In the next chapter we will discuss in great depth The Law of Attraction, and aspect of Causation, the law of Cause and Effect, that once, fully understood and practiced, which is well within the abilities of everyone, will enable you to attract into your physical life absolutely anything you could wish for, desire or need, thus enabling you to live a life of complete abundance, joy and fulfilment.

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind. For full details visit:

<http://www.mindpowernews.com/UltimateReality.htm>

Chapter 80: The Law of Attraction

Quantum physics describes the energetic characteristics of the Universe and therefore the fundamentals of the Law of Attraction. We know from even the most fundamental basis of quantum physics that everything in the entire Universe is pure Energy, differing only in characteristics such as rate of vibration. Quantum physics also acknowledges the fact that Energy is influenced by Energy, and like Energy attracts in accordance with its unique vibration; this is the very basis of how the Law of Attraction works throughout the Universe.

This truth can easily and unambiguously be demonstrated by means of a pair of tuning forks. If one tuning fork is placed a distance from the first fork and the first tuning fork is struck thereby emitting a sound at a certain pitch or frequency, which is in fact vibration, then the second tuning fork some distance away will then start to vibrate at exactly the same rate of vibration, and accordingly the vibrations are attracted to each other. This is a very simple but observable demonstration of how Energy and vibration influence the Universe.

It is also very important to fully understand that Energy simply does not stop when it ceases to become measurable by the restrictions of physical scientific instruments. In fact the extent of the Energy spectrum that can be measured by scientific instruments is extremely small by comparison with the entire spectrum of Energy in the entire Universe, and not just the small, observable, three-dimensional aspects of the Universe. Energy exists all the way to The Source of all Energy, The First Cause, God, Who exists at the highest frequency of Energy of all. Everything is Energy including thought, we live, evolve and have our being in a thought Universe, and it is therefore the Energy of thought that brings about creation, just as the entire Universe, the ultimate act of creation, started as a thought in the Mind of God, just as everything in the Universe now, including ourselves, are all thoughts in the Mind of God.

Another very important aspect of quantum physics is quantum potential, describing how everything that exists already “potentially” exists in the Universe; everything that exists now, ever existed and ever will exist already exists at least at the quantum potential level, and it is the process of observation, i.e. focussing your attention on something that will cause the quantum potential to shift into quantum reality.

The Universe in which we live is a huge expanse of pure Energy vibrating at varying frequencies from the very highest of The Source down or more specifically outwards to the Universe of physical matter, forming the outer physical shell, the epidermis of the Universe as a whole as observed by science and experienced by the five physical senses. The experience of separateness is nothing more than illusion projected by the way that our physical and inner senses interpret that same Energy. As mentioned before, the The Source, the Universe, God experiences Him/Her Self by differentiating into the observer and the observed; this is why humans exist as individuations of The Source, The First Cause, of God, and how God experiences and expresses through us as individuated expressions of God.

Just as our senses and Mind interpret the Energy around us, we similarly influence that Energy whether conscious of it or not, and it is that same influence that determines the reality as experienced by each and every person, whether that reality is positive, negative or neutral. Before Energy is observed it therefore exists as probabilities, the very act of observation influencing the Energy to manifest as an actual observable event rather than a mere quantum probability from the quantum potential of the Energy. The importance of quantum physics is discussed more “The Wisdom of Quantum Physics” chapter of this book, and is well worth reading again before reading this chapter.

The Law of Attraction is an extremely important Universal Law, and an aspect of the Law of Cause and Effect or Causation. Understanding and consciously applying the Law of Attraction

enables us to manifest anything at all we desire into our individual reality.

Like everything in the Universe, we are all beings of Energy, extensions of The Source Energy, always attracting into our own individual realities similar Energy in complete accordance with the thoughts we vibrate. As we already know, the entire Universe is Energy and all thoughts are Energy characterised by vibration, and therefore thoughts attract precisely those Energy that are in harmony with the thought you hold in your Mind and are therefore vibrating and projecting into the Universe. This same Law applies whether your thoughts are positive, negative or neutral, and the effects will be in precise accordance with those thoughts.

Like The Source, we are all therefore creators within the Universe, co-creators with God, infinitely creating by the powers of the Mind whether we are conscious of it or not. Most people are not yet aware of this fundamental, powerful and empowering truth, and accordingly have no control over their own life, always ascribing things to such notions as “luck”, “fortune” and “chance”.

Another fundamental truth is “ask and it is given”. There are no exceptions to this Universal truth. The instant you make a request to the Universe, The Source, God, which will be sent, transmitted and received in the form of unique vibrations of Energy, it is instantly granted, there are no exceptions. A reason for this is that we are all here to evolve back to the First Cause by utilizing our own freewill, and accordingly the Universe will never, ever fail to grant whatever we believe we need at any time in order to evolve; however large or small.

We all learn by experience, so if we for example believe we need a castle in order to progress, then the castle is instantly granted so that we might learn of our own freewill, by experience, that we ultimately do not require a castle in order to evolve, being, as it is, merely a physical object of materialism demanded by the ego. The

Universe can just as easily provide any such object in the physical world; nothing is ever too large or too small.

Where most people who understand these realities experience difficulties is not in the asking but in the receiving. In order to receive anything it is necessary to be in vibrational harmony with whatever is to be received. This is an absolutely fundamental aspect of the Law of Attraction; like Energy attracts, and since any material object, be it a house, car, money or anything else is pure Energy, then it should be clear to everyone that the person attracting the object has to vibrate the same Energy in order to attract and be in total harmony with it.

Again, this simply cannot be stressed highly enough; everything in the Universe is pure Energy, an aspect and extension of The Source Energy, and all Energy attracts like Energy by manifesting in total vibrational harmony with it. This is a reason that upon passing on from the physical to the non-physical worlds during the process erroneously known as “death”, everyone is automatically attracted to that exact part of the Astral or Spiritual worlds that is most vibrating in harmony with the Soul and Spirit, and which in turn is determined by the state of evolution of each individual. This is how all evolution takes place, including our own evolution back to The First Cause, back to God. As we evolve, the vibrations of our Spirit are always in perfect harmony with the vibrations of the level of the Spirit worlds to which we progress.

One of the most fundamentally important things that anyone can and should do therefore is to be totally, consciously and permanently aware of The Law of Attraction, and to live in Spirit as a conscious co-creator of the Universe. The person that understands and lives by these truths fears nothing, always existing in a state of joy in the knowledge that anything we need we can always attract every time; ask and it is always given; all we need to do is to understand how to receive.

As you begin to fully understand these realities and integrate them into your Consciousness, seemingly amazing things will start to happen in your life. You will begin to attract everything you desire, people will appear in your life, circumstances will manifest, all in tune with your vibration, all being attracted to you by what you are vibrating.

As your entire existence changes in accordance with your vibration you will know within every part of your being that you are indeed a co-creator in the Universe, and will henceforth approach life with joy and enthusiasm. Enthusiasm in fact is a highly appropriate word to define your state, being a derivative of the Greek word “en-theos”, which literally means “in God”. To live “in God” or “in Spirit”, “en-theos”, is to be in harmony with The Source, The First Cause, God of which we are all immortal, Divine aspects, having our existence as we do within the Mind of God.

To live in Spirit is to “let go and let God” in the full realisation, knowledge and joy that as immortal Sons and Daughters of God no harm can ever come to us. We all create our own realities by the thoughts we hold in our Minds, but beyond the thoughts we hold in our Minds we should all know that God only is Pure Unconditional Love, and nothing negative can possibly happen to any of us. The Universe, The Source, God is total perfection, and all we need to do is to progress and be open expressions in the flow of that perfection.

As your realization and your enthusiasm grows you will become more and more in vibrational harmony with that which you wish to attract, and as a direct result more and more of that which you wish for will manifest into your awareness and therefore your physical reality. This is a self-perpetuating process that will very soon be noticed by those around you who will often dismiss your “fortune” as “luck”. If appropriate, always strive to share your knowledge with those around you, but if they are not ready to listen, to receive and to understand, never force it upon anyone; their day of realisation will arrive sooner or later.

In order to place yourself in vibrational harmony with your wishes you first need to experience them. Remember; everything that exists, has ever existed or ever will exist already exists in the Eternal Now beyond the physical space-time restricted aspects of the physical Universe, all you have to do is to attract it into your own individual reality by placing yourself in energetic harmony with it, thereby matching your own vibrations.

To experience it is to imagine it, visualize it and be an integral part of it in your Mind. Imagination is creation, and therefore when you imagine something it is very real, not some sort of “figment of the imagination”, dream or fantasy. This is one of the very reasons creative visualization is so very powerful; by visualizing and mentally becoming a part of that which you are attracting you begin to match the vibrations that will cause it to manifest into your personal, physical reality. The quicker you can match those vibrations, the Energy involved, the sooner you will manifest the object of your visualisation, your wishes and desires into your life.

So to progress with being the creator of your own existence, relax, fully experience in your Mind that which you wish to receive, and then “let go and let God”.

Another important aspect of The Law of Attraction is “expectation”. You must always know, beyond any doubt that you already have everything you could possibly wish for; it is just a matter of receiving. You must therefore always expect to receive and never doubt even for a single moment. Always know, beyond any doubt that the Universe will provide.

A further important aspect of realizing your wishes is “desire”. Unless you are in perfect harmony with whatever you wish for, it will not manifest into your existence, and desire for whatever it is you wish for is a very important component of this process. If you do not genuinely desire something then you cannot be in vibrational harmony with it, and it will not appear within your personal reality however much you believe you may wish for it.

So your wishes must always be fuelled by desire and expectation, while never, even for a single moment doubting the results. Ask and it will be given, there are no exceptions, all you have to do is to place yourself into a state of receiving, and The Law of Attraction will operate with total, immutable action in manifesting the object of your wishes into your life.

The Law of Attraction applies equally to attracting or repelling people. Everyone without exception is a “transmitter” and “receiver” of vibrations which vibrations are picked up by those around you, or sometimes even at great distance; distance being a physical concept that does not apply within the inner levels of Energy where they first have their corresponding affect. People who feel attracted to you or you to them are those who are most in vibrational harmony with your own specific vibrations. Everyone, usually at a subconscious level detects the vibrations of others to some extent, this being the reason why people often take an instant like or dislike to someone else. They are picking up on the vibrations of the other person. Genuine psychics and very often animals are much more tuned into the vibrations of people, and indeed everything, and can instinctively determine the character of any being.

The Universe knows no such concepts as failure, contraction or chance; knowing only success, expansion and evolution in accordance with the immutable Laws of the Universe. All that is required therefore to attract anything at all into your own individual life by The Law of Attraction is to be in total energetic and therefore vibrational harmony with the Universe as an expression or “channel” of The Source, The First Cause, with God and that which you wish to attract into your individual reality.

A further most important factor that everyone should know and keep in Mind is that everyone planned their own individual physical life, and knew what to expect and what was expected before even incarnating into the present physical body. Every physical life has a purpose but currently the majority of people do not know they have such a purpose. This is due in large part to the indoctrination most

people receive into the physical world from the moment of birth, where they taught that all that exists is physical, and everything else is “fantasy”.

Once people do realise they are here for a specific purpose, usually related to personal evolution on the path back to God, they can begin to realise that purpose by vibrating in harmony with it, thereby attracting those things that they are here to attract as a necessary aspect of evolution. Everyone on Earth is a physical extension of Source Energy, with exactly the same creative powers as The Source; we are all co-creators with God.

With all of these factors in Mind it should be absolutely apparent to you by now that The Law of Attraction is extremely important, and key to happiness, fulfilment and joy. You now know that you attract to you everything and anything you hold in your Mind, be it positive or negative. Your task therefore is always to accentuate the positive and reject the negative.

You know that there is absolutely nothing that you cannot be, do or have, and that all you need to do is to know this glorious truth, and that you can truly attract only those most positive, desired and wished for things into your life. When you reach this stage, and you must sooner or later, whether in this life or a further life, you will then know without any doubts whatsoever that you are indeed a Divine expression of God, a co-creator with God in this great and perfect Universe of Energy, vibration and Consciousness in which we have our Being, learning and continuing to evolve back to The Source, The First Cause, back to God.

The future chapters of this book will describe the various factors, processes and methods that will enable you to realise your true powers as a creator of your individual reality within the Universe, but before we move on to those chapters we should also discuss other emotions that are very important in the realisation of your wishes, those of joy, gratitude and faith.

The more joyful, happy and “light-hearted” you are, the higher will be your corresponding overall rate of vibration. The higher your inherent rate of vibration, the more powerful will be your attractive powers. Joy is a very high emotion and therefore state of vibration of Energy, and one that is a fundamental characteristic of the Universe along with Unconditional Love. The more joyful you are the higher will be your rate of vibration and the more aligned you will be to The Source. This in turn will enable you to manifest your desires much more freely.

It is most important therefore to maintain a high state of joy. And why not maintain a blissful state of joy? You are after all a Divine, immortal, Spiritual Being, an expression of God, made in the true Spiritual image of God, and accordingly there is absolutely nothing that you cannot be, do or have. What is there not to be joyful about?

Those who are not joyful are in a state corresponding with a focus on the physical, material world they erroneously believe to be reality, and when physical things do not conform to their own physical efforts, wants or hopes then they become angry, sad or worse a state of despair. These emotions will always perpetuate more of the same in accordance with the Law of Attraction. It is therefore vital to never embrace negative, angry or depressive thoughts, because once this process starts to occur it can become self-perpetuating, and the person can very easily become trapped in a vortex of destructive, negative Energy.

Once you realise that you are immortal, Divine and the creator of your own reality, you will always be joyful, which in turn will accentuate the process of creating your own reality. When you reach that high state of Energy, vibration and being you will know beyond doubt that there is absolutely nothing that you cannot be, do or have, and you will continue to exist in perpetual state of joy, seeing the material world for what it really is. You know beyond any possible doubt that you have the potential to constantly create your own existence every single moment as a natural aspect of your life.

Even so, always strive to be joyful, and never, ever, ever let anything get you down, and The Law of Attraction will operate for you in a most powerful way.

Always remember, you are an infinite expression of The Source, The First Cause, of God, and the more of God you can express, the more abundance will flow into your life from the infinite abundance of the Universe. Always, always, always remain fully aware of how you are thinking. Never allow yourself to be negatively influenced by external physical factors, situations or people, always remaining aware, and always transmuting any negative situation into a positive situation. Maintain that high state of vibration as an expression of God, and your individual reality will reflect your high state of Energy, vibration and being with infinite abundance, joy and fulfilment as you joyfully travel the path back to our Divine creator.

Another very important state of being is “faith”. By “faith we do not mean faith in the religious sense, or faith based merely upon hope, but rather absolute faith in the immutable workings of The Universe and the fact that you are a loved Son or Daughter of God with the same unlimited potential as God as a co-creator of your own reality and of the Universe.

Having faith is therefore to have faith in your own abilities as well as faith in God. To have faith means to know, beyond any possible doubt that all of your desires, needs and wishes are always granted without exception, and that all you need to do for your part is to align yourself with those wishes to be in vibrational harmony with them. If you do not have faith, if you ever doubt or reject these important Universal truths then it will considerably impact your ability to create. If you do not believe and have faith in your natural, God-given abilities as creator, then you will transmit that corresponding Energy vibration which will in turn conflict with your very ability to create and therefore to orchestrate your own reality.

Another extremely important emotion is “gratitude”. Although the Universe will always provide, gratitude is very important to the

vibrations that you send back to the Universe. The vibration of gratitude maintains our connections with The Source at the highest levels.

It is most important not to think of gratitude in the religious sense. A personified God according to religion “hears” worship, praise thanks and people are told that God in return will grant future requests by way of some form of repayment. This concept is a purely human construct.

Gratitude can more correctly considered to be a certain type of vibration; a very powerful vibration that influences the Universe in your direction in accordance with the Universal laws of Attraction and Correspondence. To ask, receive and then to be grateful for what you have received transmits the right vibration to the Universe, which will in turn enable you to more easily attract much more of that which you desire into your life in the physical world future.

Those who demand things, or who ask and expect to receive and are not grateful for what they have received will send out the corresponding vibrations of Energy into the Universe that will in turn make it correspondingly more difficult to receive subsequent wishes.

Gratitude is also related to faith. Those who are always deeply, emotionally and sincerely grateful for what they have received from the Universe will also have faith that they will continue to receive, so gratitude reinforces faith and accordingly the entire process of creation. The Universe is always in a state of harmony, and gratitude helps to accentuate your personal harmony with the Universe. Ask in the certain knowledge and in complete faith that you will receive, and then always maintain absolute, sincere and emotional gratitude for what the Universe has provided you with; in this way you will always be more finely in tune with Spirit, God, The Universe, and this will in turn be reflected by the ease in which you can always create your own reality, in harmony with God.

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind, 686 pages and 114 chapters. For full details please visit:

<http://www.mindpowernews.com/UltimateReality.htm>

Full Table of Contents

Prologue 12

Part 1: Our Infinite Universe 17

Chapter 1: The Nature of the Universe 18

Chapter 2: Definition of God 22

Chapter 3: Hinduism 24

Chapter 4: Taoism 34

Chapter 5: Buddhism 37

Chapter 6: The Wisdom of The West 42

Chapter 7: The Principle of Mentalism 46

Chapter 8: The Principle of Correspondence 47

Chapter 9: The Principle of Vibration 48

- Chapter 10: The Principle of Polarity 49
- Chapter 11: The Principle of Rhythm 50
- Chapter 12: The Principle of Cause and Effect 51
- Chapter 13: The Principle of Gender 52
- Chapter 14: The Emerald Tablet of Hermes 53
- Chapter 15: The Kabbalah 61
- Chapter 16: The Wisdom of Quantum Physics 70
- Chapter 17: The Wisdom of the Ages 98
- Chapter 18: The Wisdom of the Inner Planes 105
- Chapter 19: The Universe of Vibration 107
- Chapter 20: The Law of Cause and Effect 113
- Chapter 21: The Elements 116
- Chapter 22: Vital Energy 125
- Chapter 23: Psychic "Phenomena" 129
- Chapter 24: Remote Viewing 130

Chapter 25: Telepathy 132

Chapter 26: Karma 135

Chapter 27: The True Nature of "God" 141

Part 2: The Inner Realities 144

Chapter 28: What Happens after "Death"? 145

Chapter 29: Animals after Passing 153

Chapter 30: Ghosts 158

Chapter 31: Reincarnation 164

Chapter 32: Suicide 186

Chapter 33: The Inner Bodies 191

Chapter 34: The Astral Body, The Soul 196

Chapter 35: The Mental Body, Immortal Spirit 201

Chapter 36: The Higher Self 205

Chapter 37: The Physical Universe of Matter 207

Chapter 38: Planes of the Non-Human Mind 213

Chapter 39: The Planes of The Human Mind 220

Chapter 40: The Astral Worlds 225

Chapter 41: The Lower Astral Planes 230

Chapter 42: The Belief System Territories 234

Chapter 43: Lower Level Astral Entities 239

Chapter 44: The Mid-Astral Worlds 243

Chapter 45: The Inner Astral Worlds 249

Chapter 46: Fairy Tale Creatures 251

Chapter 47: The Mental Planes 255

Chapter 48: The Celestial and Cosmic Planes 258

Chapter 49: The Angelic Hierarchy 261

Chapter 50: Holy Guardian Angel 268

Chapter 51: Spirit Guides 270

Chapter 52: Communication Inner Spheres 275

Chapter 53: Psychics 276

- Chapter 54: Psychic Mediums 278
- Chapter 55: Genuine Psychic Services 280
- Chapter 56: The Ouija Board 292
- Chapter 57: Trance Mediums 298
- Chapter 58: Materialisation Mediums 301
- Chapter 59: The Direct Voice 305
- Chapter 60: Electronic Voice Phenomenon 310
- Chapter 61: Instrumental Transcomm 314
- Chapter 62: Channeling Conclusion 321
- Chapter 63: Contact with the Inner Spheres 325
- Chapter 64: Clairvoyance 326
- Chapter 65: The Akashic Record 332
- Chapter 66: Astral Projection 334
- Chapter 67: Three Astral Projection Methods 345
- Chapter 68: The Out of Body Experience 372

Chapter 69: Three OBE Methods 385

Chapter 70: The Near Death Experience 394

Part 3: Managing Your Destiny 398

Chapter 71: Progression Through Life 399

Chapter 72: Deep Physical Relaxation 403

Chapter 73: Concentration 409

Chapter 74: The Practice of Concentration 413

Chapter 75: Meditation 423

Chapter 76: The Practice of Meditation 426

Chapter 77: Twin-Hearts Meditation 435

Chapter 78: The Human Paradox 438

Chapter 79: The Eternal Now 449

Chapter 80: The Law of Attraction 454

Chapter 81: The Truth About Money 465

Chapter 82: The Power of Positive Thinking 470

Chapter 83: Affirmations 478

Chapter 84: Powers of the Imagination 484

Chapter 85: Creative Visualisation 490

Chapter 86: Practice Of Creative Visualisation 501

Chapter 87: Other Senses of the Imagination 504

Chapter 88: The Power of Emotions 509

Chapter 89: Creating Your Own Reality 516

Chapter 90: Harmonising Your Desires 532

Chapter 91: Let Go and Let God 544

Chapter 92: The Joy and Power of Giving 548

Chapter 93: The Joy and Power of Healing 551

Chapter 94: Pranic Healing 555

Chapter 95: Reiki Healing 558

Chapter 96: Healing Yourself And Others 560

Chapter 97: The Principles of Healing 569

- Chapter 98: The Practice of Healing 574
- Chapter 99: Living Your Own Reality 587
- Chapter 100: Our Ultimate Destiny 593
- Chapter 101: Know Thyself 597
- Chapter 102: Transcending the Ego 599
- Chapter 103: Practice of Transcending Ego 607
- Chapter 104: Equilibrium of the Soul 619
- Chapter 105: Autosuggestion 626
- Chapter 106: Dreams 637
- Chapter 107: The Dream Journal 642
- Chapter 108: The Inner Voice 646
- Chapter 109: The Flow of Life 652
- Chapter 110: Respect For All Life 657
- Chapter 111: Selfless Service 667
- Chapter 112: The Lessons of Life 672

Chapter 113: Pure Unconditional Love 675

Chapter 114: Our Ultimate Reality 682,

Epilogue: 686

Excerpt from Our Ultimate Reality, Life, the Universe and the Destiny of Mankind, 686 pages and 114 chapters. For full details please visit:

<http://www.mindpowernews.com/UltimateReality.htm>