



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.

This book contains 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>

Sample chapter table of contents

Chapter 28: What Happens after “Death”? 4

Chapter 40: The Astral Worlds 12

Chapter 66: Astral Projection 17

Chapter 84: Powers of the Imagination 28

Chapter 89: Creating Your Own Reality 28

Full Table of Contents 51

Exerpted 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>

Chapter 28: What Happens after “Death”?

I would like to commence this section by emphatically stating an extremely important truth which everyone should know and understand beyond any possible doubt: **There really is no such state as “death”**. What many people believe to be the finality of “death” is in fact no more and no less than the transition from one state of life and reality, that of the physical matter, to a state of life of a vastly finer density of the Universe, often known as the “Astral planes”, sometimes referred to as “the beyond”, the “fourth dimension” or the “afterlife”. What they are called is of no consequence however, the fact is they do exist and for a time becomes the new home for people departing physical life, before either returning for another life on earth or progressing to the inner spheres of reality, the Mental planes, the Spirit worlds.

We will discuss the nature of the Astral planes later in this book, but first we will look at the process erroneously known as “death”. We are all multi-dimensional beings, each of us having numerous “bodies” corresponding to our many states of “being” within the multi-dimensional Universe. These very broadly consist of the physical body, the Etheric or Energy Body, the Astral Body and the Mental bodies. We have numerous Mental or Spirit bodies, all relating to the infinite degrees and states of vibration, density and being, ranging from the very lowest to the very highest. The Astral Body is often referred to as the “Soul” and the Mental Body the immortal “Spirit”. It is the Mental Body, the immortal Spirit that is “made in the true image of God”, not the physical body as many suppose.

God is pure Spirit, and ultimately every single person exists as pure Spirit beyond all concept of form. The seat of our very “being” or Consciousness is within the Mental Body, the immortal Spirit. The Astral Body, the Soul, actually consists of both the conjoined Astral and Mental bodies, and is therefore can be more accurately referred to as the Astra-Mental Body. These subtle bodies are composed of Energy, vibrations, the nature of which is completely

unique for everyone, each individual possessing a unique Energy signature by means of which they can be uniquely identified. Within the inner spheres of reality, the Astral and Mental planes, people exist at the level of vibration of the Ether that is exactly equivalent to the level of vibration of their Astral and Mental bodies respectively. The level of vibration of the Astral and Mental Body depends in turn upon many factors, including but not limited to individual degree of ennoblement or perfection, degree to which the ego has been transcended, realisation of Spirit or “God” within, degree of unresolved karma, and most importantly the realisation of the most powerful force in the Universe; Unconditional Love.

So what actually happens when people experience physical “death”? The circumstances upon which people arrive at the end of their current physical existence obviously varies very widely, and can range from very sudden death, for example resulting from an accident or sudden illness, through death as a result of a long illness, to natural death as a result of old age; and of course there are numerous possibilities in between.

Regardless of the precise circumstances prevailing at the end of physical life, what follows is substantially the same in all cases. At the instant where the physical body ceases to function, a large amount of Vital Energy is transferred to the Etheric Body, also known as the Energy Body. The Etheric, or Energy Body also includes the Astral and Mental bodies. The Etheric Body will then, in many cases become the new “temporary” body of the recently “deceased” person. Sometimes however the recently deceased person will transition directly to the Astral worlds.

What happens next again varies from person to person and circumstance to circumstance, but is usually in the range of the following possibilities. Those who do not transition directly to the Astral worlds will, immediately after physical death, find themselves very much “alive” in their Etheric Body. A person after “death” can often fully observe everything happening around them, including all people present. In fact what the person is “seeing” is not their

actual physical surroundings, no longer having any physical senses and existing at a much higher rate of vibration and lower density as compared to the actual physical world, but is rather a very close Etheric “reflection” of those surroundings; but to all intents and purposes they seem identical.

If other people are present, for example doctors, the person might well see and hear himself or herself being pronounced “dead”. The “deceased” person can then, if desired, stay and watch what happens to their “old body”, observe the actions of the people present for example doctors, nurses and relatives, or may decide to immediately go elsewhere. It should be noted that in this much finer state of existence as pure Energy, it is quite possible to travel anywhere in the world or indeed the entire Universe in an instant, literally at the speed of thought. The Etheric plane is a Mind world, an extension of the Astral planes and the Universe as a whole, and therefore existing beyond the boundaries and restrictions of physical space and time.

The “deceased” person often remains very close to the physical world while the level of Etheric Energy in their Etheric Body remains sufficiently high. They will very often make the most of this opportunity to visit and say goodbye to family and friends, and perhaps to visit their old home and favourite places they particularly enjoyed in physical life. Of course, living people cannot, with the exception of psychics and clairvoyants, usually “see” the “deceased” person, and usually any attempt by the deceased person to communicate with living people will fail. Very often the “deceased” person will also attend their own funeral, not only to see all family, friends and other people they knew in physical life gathered to pay their respects, but also to realise the finality of the end of that particular physical life on Earth.

The deceased person can make the decision to transition to the Astral worlds at any time simply by desiring and willing it to happen, and by thinking of being there, but only if they realise the possibility exists. Otherwise the transition will usually take place naturally

once the supply of Etheric Energy is depleted, and the dense Etheric Body will dissipate, giving way to the finer vibrations of the Astral Body, naturally enabling a transition to the appropriate level of the Astral planes in accordance with the level of perfection of the Soul, and the level of vibrations of the person generally. This will determine which part of the Astral planes they will naturally migrate to, most decent people transitioning to the mid-Astral worlds which, as well will see later in this book, are remarkably similar to the physical world that has been left behind.

The other extreme occurs when a newly deceased person transitions directly to the Astral world almost immediately after physical “death”. Sometimes they will be aware of their physical death, but very often the first thing a deceased person will be aware of is a “tunnel of light” into which they are pulled at great speed. In other cases the scenery will simply fade away from the physical world and “melt” into the Astral world almost seamlessly.

Irrespective of how the deceased person arrives in the Astral world, they will never be alone. Other Astral residents, frequently previously deceased relatives and friends, will often be there to greet them and to help them to settle into their new home. Very often the newly deceased person will arrive at, or be taken to a place in the Astral world which is effectively a “reception area” for newly arrived Souls. There they will be met by a host of helpers with the task of assisting new arrivals to settle in to their new Astral home. Such helpers specialise in all manner of cases, and are able to assist with the transition process regardless of the circumstances surrounding physical death. There are billions of people living within the Astral world, having previously experienced life from the past, present and future of Earth.

Every eventuality is fully accounted for, and no person is ever left alone in the Astral worlds after physical death. For most decent people arriving at the mid-levels of the Astral worlds, those who have led a “normal” life and had no strongly held beliefs, in particular religious beliefs, the environment is always extremely

peaceful and harmonious but otherwise quite similar in many respects to the Earth environment from whence they just arrived. If the physical death was sudden, violent or due to some self-inflicted disorder such as alcoholism, or the person was ill for some time before physical death occurred, there will be the Astral equivalent of hospitals with doctors and nurses, people who might well have been doctors and nurses in a previous life on hand to assist.

Very often, because the Astral worlds can appear to be almost identical to the physical world in appearance, some people simply do not believe they have actually “died”, and therefore cannot understand what has happened. Such people can become most bewildered and confused and might require attention by specialist helpers until they can come to terms with their new state of existence in the “afterlife” of the Astral worlds.

Another situation requiring a great deal of care from Astral specialists are the cases of children, infants and babies who leave the physical world before their time. In these situations there are the equivalent of specialist nurses and carers on hand who will look after the child until he or she is old enough to join a family in the Astral worlds. There are many such families who will gladly take on the responsibility of looking after children who arrived before their own parents. Older children will usually join a family as soon as they have come to terms with their new reality and home in the Astral worlds.

Children can usually adapt to their new life in the Astral worlds much more quickly than adults, largely because they had not yet been fully indoctrinated into the ways of the physical world. Younger children might well feel at home in the Astral worlds almost immediately as it has not been very long since they originally left the Astral or Spirit worlds to be born into the physical life which they have recently departed. Such children will therefore still be of an age where they can still vividly remember their previous life in the Astral or Spirit worlds. To such infants their stay on Earth was nothing more than a very short adventure, often with

a specific purpose in their own individual evolution and progress on the path.

Upon arriving in the Astral worlds most people settle in to their new home very quickly indeed, and soon create a new “life” for themselves. They will, sooner or later, completely lose interest in the physical world and their previous life associated with it. However, people living in the Astral worlds can, and very often do “visit” the physical world whenever they feel the need to, often to visit loved ones left behind. There are numerous cases of bereaved family and friends suddenly feeling the “presence” of their loved one, and in these cases it very often really is their loved one visiting for a time from the Astral worlds.

It should be mentioned that “deceased” people living in the Astral worlds will often watch over their loved ones still living in the physical world, guiding them by means of inspiration, and protecting them from inner dangers whenever possible. Because the Universe is infinite living Mind, thought is a very powerful primary Energy, and it is therefore relatively easy for people in the Astral worlds to influence the Minds of people still living in the physical world. Such influence can suddenly arrive in the Minds of people on Earth as intuition, inspiration or ideas, the recipient of such thoughts believing them to be their own thoughts and ideas. Pets, such as cats and dogs, can very often sense the presence of their deceased owners in a very powerful way.

It is also possible for people living in the Astral worlds to visit family and others in their dreams. This happens much more often than most people realise. Dreams of meeting deceased people are often very real indeed, and such contacts should always be noted, taken very seriously and any messages remembered. Everyone in the physical world leaves their body at night while in deep sleep, and Astral residents sometimes take this opportunity to meet with their loved ones “face to face” in the Astral worlds, such meetings often being remembered in the morning as a vivid lifelike dream. Again, these meetings are often very real indeed and should always be

remembered and all messages received well and truly noted. Sometimes important information is passed on this way, as well as reassurances that the “deceased” person is very well, happy and content in their new Astral home.

Although it is perfectly natural, and to a reasonable extent healthy to grieve for a deceased loved one, it is most important to realise these people are not really “dead”, and have not therefore in any way ceased to exist. The loved one is now living in what is actually a truer reality than the physical world. Assuming they are living in the mid to high Astral worlds, or within the Spirit worlds, they will be experiencing an existence of pure love, light, bliss, peace and happiness on a level beyond the comprehension of most people still living on Earth.

One of the benefits of Astral Projection, which will be discussed in detail later in this book, is the ability to visit and explore the Astral worlds and to meet deceased loved ones and friends. To Astral projectors death holds no absolutely fears whatsoever, with the absolute knowing, beyond any doubts whatsoever the glorious life waiting after the final release from the confines of physical life on the physical plane in the restrictions of a physical body.

As we will also see later in this book, everyone in the Astral worlds lives at the same level, the same realm, sphere or plane as people who were of a similar nature in the physical world; similar characters, beliefs and in particular level of Spiritual development. In the mid-Astral worlds where most decent people, probably around fifty percent or more transition after physical death, there is no work, no money, no unhappiness, but rather complete peace and happiness, everyone living together in perfect harmony. People, who in the physical world were disruptive in any way, will be living in the lower Astral worlds with like Minded, similarly disruptive people, thus always preserving the complete peace and harmony of the inner Astral worlds. Of course everyone always has the opportunity to evolve from the lower Astral worlds to the inner Astral worlds once they have learned their lessons, and have

attained a vibration that will enable them to co-exist with others at the same higher level of vibration.

People who have left the physical world of matter have been liberated once again, and will live and rest for a time in the Astral and Mental worlds before returning to Earth once again if necessary to begin a new physical life. Friends, relatives and loved ones should celebrate this joyfully! Death, however sad, tragic or unexpected means the liberation of a Soul from their physical body to the inner worlds of existence where they will be with like-Minded people.

Although people still living in the physical world regard those living in the Astral and Spirit worlds as “dead”, to those people who passed on to and our now living in the Astral and Spirit worlds it is the people still living in the density of the physical world, with all of the trials it brings who actually appear to be “dead” by comparison, dead to the splendours, glories, peace, harmony and liberation of the inner worlds, to which every single person will transition sooner or later.

“Death” should never be feared. It is something to anticipate when the time comes as a completely natural aspect of individual evolution, and a transition to glorious worlds of pure harmony, bliss and beauty, inhabited by like-Minded people, where none of the hardships, trials and misery that is so prevalent on Earth exists. The transition of passing to the inner, Astral worlds is a joyous time, a time for celebration.

Exerpted 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>

Chapter 40: The Astral Worlds

Having previously discussed the various Universal planes of life from a general perspective, and also the processes occurring upon the “death” of the physical body, we can now take a much more detailed look at the Astral worlds, also known as the Astral planes, Astral realms or Astral spheres, sometimes also known as “the beyond”, “the afterlife” or the “fourth dimension”, to which people will transition soon after leaving the physical world.

Before discussing the more detailed characteristics of the Astral worlds as relates to human beings, we should first consider the more general aspects of these planes of life and reality. It should be noted that the Astral worlds are in effect the “fifth dimension”, with the length, width and height of the physical world being the first three dimensions and time being the fourth dimension.

As with all planes in the multi-dimensional continuum of the Universe, the Astral planes are density degrees of the Universe, The Source, God. The Astral planes are therefore fundamental to the creation of everything that exists, has ever existed and ever will exist in the physical world of matter in accordance with the principle of correspondence, “as above so below”. Everything existing in the material world must therefore first exist in the Astral world. As we will see later, this is the basis for all manifestation, and therefore of all creation in the material world.

The Astral planes are therefore also a reflection of everything that has ever occurred in the material world, is occurring now and ever will occur in the future, again in accordance with the Universal Law of Correspondence, “as above, so below, as below, so above”; the “future” being relative to the temporal concepts of the measurement of time as perceived within the three dimensions of the physical world.

The Astral worlds are also the sphere of vibrations in which light, sound, colour and rhythm, and thus all life and everything ever

created, and ever will ever be created has its origin. As mentioned previously, nothing can exist on Earth without first originating in the Astral worlds. The Astral worlds are therefore an emanation of the Eternal without beginning or end, and are therefore timeless, spaceless and infinite.

Most esoteric and occult traditions as well as organisations involved with the practice of “Spiritualism” usually consider the Astral worlds to be the “the fourth dimension”, “the beyond” or sometimes the “afterlife”. As discussed previously however there really is no such concept as “this life” and the “next life”, or “this world” and the “next world”, which is why “death” as people generally understand it quite simply does not exist, except as a fear in the Consciousness Mind of most humans.

As we will discuss later, learning the ability of Astral Projection will remove the fear of death completely, providing first-hand evidence of the reality of the Astral worlds and the continuity of life beyond the confines of the temporal physical shell of body. It should be noted once again however that it is this very lack of understanding of the illusion of “death” that has contributed in no small part to the state of the world as we witness it today.

Most people, being completely unaware of their own immortal, Divine nature, live each life as if it was the only chance they will ever get to “exist”, and therefore as a direct result become steeped in the material illusion of the world of the five physical senses. When mankind finally re-discovers these realities, people will waste no opportunity to do everything they need to do of their own freewill in order to progress to the glories of the “heavenly” spheres of life, glories that are far and way beyond the comprehension of most people still living on Earth, worlds which are indeed true reality, our true home as Spiritual beings as opposed to the physical illusion of Earth and indeed the entire physical Universe.

The Astral worlds are home to a very wide variety of inhabitants in addition to humans. There are many beings and intelligences that have never incarnated on Earth, and who’s task it is to assist in the

evolution of mankind on Earth. There are also the beings of the single elements, many of which form the basis of earthly “fairy stories”. There are also the more simple beings of the elements known as “elementaries” which are much less advanced, but nevertheless do exhibit a degree of intelligence and have their role to play in the grand Universal scheme.

Also living within, or visiting the Astral worlds are a very wide variety of beings of all levels and intelligences, most of which are beyond the comprehension of earthly man, including beings originating from other planets in the Universe. We will discuss some of these beings in more detail later in this section, but suffice it to say for now that in the Astral worlds there are many degrees of Energy, of vibration at which life exists, everyone and everything existing at a particular degree of vibration exhibiting similar characteristics.

In the mid-Astral worlds, at the level of vibration where most decent people currently find themselves after physical death, existence is one of peace, harmony and tranquillity, often in very stark contrast to the previous existence within the physical world of the Earth life system. These Astral worlds also seem much lighter, solid and “real” than the physical world, which by comparison seems to be a very dull, murky, oppressive place indeed.

As previously mentioned, there are many levels of vibration and comparative density of the Astral worlds, all of which exhibit their own unique Energy. A human being, indeed any being will after physical death automatically transition to the most appropriate Astral world, most closely matching his or her own particular vibration, ego, temperament, character, and most importantly the beliefs and attitudes of the person at the time of physical “death”. If a person is open-Minded and fully understands the process erroneously known as “death”, and assuming their previous life has been a normal and decent one, they will effortlessly transition to the light, peace and harmony of the mid-Astral worlds. More Spiritually advanced people will transition to the inner Astral worlds where

conditions are even more blissful and beyond the comprehension of most people still living in the physical world of matter.

Let us now take a closer look at the various levels of the Astral worlds, the Astral planes in more detail. Before doing so however it is important to once again stress there are no actual definitive borders or boundaries between the various Astral planes. The entire Universe from the The Prime Creator, The First Cause, God is a continuum, consisting of vibration, Energy, from the very highest level of The Source down to the very lowest of the physical world of matter. All Astral planes form an integral, lower aspect of this vast and infinite Energy continuum.

It should also once again be noted when we talk about the “inner worlds” of the Astral and Mental planes, the Spirit worlds, these really are *inner* worlds or planes relative to the physical Universe. The multi-dimensional Universe can be likened to a sphere with the physical Universe being the outermost and thinnest layer and which can be likened to a “skin”, and epidermis, an outer “shell”, within which sphere everything else in creation exists with The Source, The First Cause, God at the very centre of creation. Indeed, quantum physicists David Bohm most appropriately referred to the physical Universe of matter, the outermost aspect of the multidimensional Universe, as “frozen light”. The physical Universe is indeed “frozen light”, the very lowest vibration and highest density manifestation of Energy of the primordial Light of God from Whom everything was created in the beginning.

As human beings are Spiritually made in the “true image of God”, and therefore of the Universe, each finer, subtle body of a human being, the microcosm, are also “inner bodies”. The physical human body, as with the Universe as a whole, the Macrocosm, is the outer shell, and each successive body, the Etheric, Astral, and Mental bodies are all progressively finer, more subtle inner bodies, existing at progressively inner levels of vibration and lower density, being equivalent to the level of the Universal continuum, in other words the sphere, world, plane, dimension at which they exist. This is why

meditation and similar disciplines are considered to be forms of “inner exploration”.

Excerpted 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>

Chapter 66: Astral Projection

No longer is it adequate, necessary or indeed desirable to rely solely on psychics or channeled information for evidence of Spiritual realities. Over the last few decades in particular Astral Projection and “Out of Body Experiences”, often known simply as “OBE”, have become increasingly more important at all levels in pointing the way forward and thereby reconnecting mankind with inner realities and destiny and purpose in life. Astral Projection is also the best possible preparation for the next physical death, which of course everyone will experience sooner or later. “Death” is an event in the personal evolution of every person, and event experienced a multitude of time, that should never be feared, being the next stage of a joyous Spiritual journey on the return to Our Creator, The Source, to God.

Those who can Astral project from their physical body in order to explore the inner realms of reality, their next home, never fear “death”, knowing beyond any doubts whatsoever from first hand experience that in reality the finality of so called “death” really does not exist, and is in fact no more than a completely natural transition from the dense, low vibration of Energy of the dense physical world of matter, to a much higher Energy vibration and correspondingly finer density of existence in the inner worlds, the Astral and Spirit worlds. Again it should be mentioned at this stage that the Astral and Spiritual worlds are not actually “higher” relative to the physical world, but are in fact “inner” dimensions with The Source, Our Creator, God at the very centre of all creation at the very highest vibration of Energy.

“Death” not only no longer holds any sort of fear for people who learn and engage in Astral Projection but indeed the situation known as death usually becomes something to be embraced with excitement and anticipation when the time arrives, and with it a knowing beyond all doubt the true reality of the life of peace, tranquillity and harmony awaiting beyond the confines of the physical world.

In addition to Spiritual exploration, meetings with deceased relatives and friends and for general information gathering, Astral Projection is also extremely useful for many other valuable purposes including for example healing and manifestation. Indeed an entire book could be written on the profound benefits of Astral Projection but by far the best way of discovering these profound realities is by direct experience. Those who experience Astral Projection and out of body experiences see and know the physical world for what it really is, a temporal experience, and have a much more profound understanding of the true meaning of life, usually resulting in a complete re-evaluation and appraisal of individual priorities and direction.

There is actually nothing at all new about Astral Projection, even the most ancient cultures for example the ancient Egyptians and many others were totally familiar with, and made maximum use of these completely natural abilities. Many cultures, for example the native American Shaman, still use Astral Projection extensively today for many purposes benefiting their people.

There are many references, albeit in symbolic form to Astral Projection in the books and bibles of the popular world religions. Highly advanced, no longer visible ancient civilisations of thousands of years ago used Astral Projection extensively to manifest things required on Earth. Even very earliest humans of hundreds of thousands of years ago at the very dawn of civilisation were capable of Astral Projection, very often practiced by the tribe shaman or “medicine man”. Indeed, the entire tribe would often participate in the Astral Projection process by drumming and other methods and rituals designed to invoke the required altered state for Astral Projection. It is now thought the paintings found on the walls of caves around the world, many of which are very similar indeed despite the vast distances separating them across entire continents, are actually pictures depicting experiences of Astral travel, and more importantly such depictions relate important information brought back from the Astral worlds by the shaman for

the benefit of the tribe. However, as with so many inner abilities such as clairvoyance, mankind has largely lost the instinctive ability to Astral project due largely to the millennia of ongoing creed, dogma and materialism.

So what exactly is Astral Projection? First of all it is most important to keep in Mind that Astral Projection is an extremely normal and natural ability of all human beings. Every time we achieve a certain stage of sleep the Energy and Astral bodies are automatically projected out of phase with the physical body, often associated with rapid eye movement, abbreviated to “REM”, signifying the onset of a type of low level Astral Projection. Most people who are untrained in remembering dreams and sleep activities will have no recollection of this process.

The projection of the Astral Body during sleep and the various modes of dreaming and of their implications will be discussed in detail later in this book, but for now however suffice it to say that Astral Projection is a completely natural human process, as natural in fact as sleep itself. The main difference between Astral Projection during sleep and Astral Projection in the usual meaning of the term is in the latter case the process is carried out with full conscious awareness and control. Rather than both Mind and body being in the sleep state, with Astral Projection the body is in the sleep state but the Mind is fully awake, aware and in conscious control over the entire process; this then is the fundamental basis of all Astral Projection and Out of Body experiences.

As discussed earlier, humans fundamentally comprise three distinct bodies; the physical body, the Astral Body and the Mental or Spirit body. There is also an intermediate body effectively acting as an “interface” or “transformer” between the physical and Astral bodies, usually known as the Etheric or Energy Body. Under normal circumstances most people are only aware of the existence of their physical body, being entirely focussed on the five physical senses of sight, smell, taste, hearing and touch, through which the three dimensional world of matter is experienced. The inner much more

subtle bodies are always very much present however, albeit existing beyond the range of the perception of the five physical senses.

We are all multi-dimensional beings, concurrently occupying physical, Astral and Mental bodies, even though most people are only aware of the physical body. Astral Projection is the projection of Consciousness beyond the limitations of the five physical senses in order to assume awareness and control of the Astral Body with its own Astral senses, within the Astral planes. Astral Projection is not actually projecting to the Astral plane as such, because as humans we are already multi-dimensional beings, continually and concurrently existing in the Astral and Spiritual worlds at an infinite number of levels of Energy. Where we perceive ourselves to “be” at any time is determined by at what level of vibration of Energy our conscious awareness is focussed. Astral Projection is therefore a projection of Consciousness beyond the confines of the physical body, thus becoming consciously aware of the Astral worlds thereby assuming control over the Astral Body already residing there.

The Astral worlds are very real indeed, seeming much more solid and real than the physical world, the physical world merely being a very pale projection of these inner or more specifically inner realities; an illusion that might seem very real, but is really only “real” in accordance with and as perpetuated by the restricted perception of the five mundane physical senses existing exclusively to enable interaction with the physical world of matter. As previously noted, Eastern traditions often refer to the physical world of matter as “maya”, illusion. It should also be noted that although the Astral worlds appear to be much more solid, “real” and vibrant than the physical world, the Astral worlds have been and are still being created by the Minds of human beings in accordance with recent experiences within the physical world, and the Astral worlds are therefore in and of themselves not true reality, true reality being our true home as immortal Spiritual beings in the inner, inner world of Spirit. By comparison with the physical world, the Astral worlds

are, at the mid to inner levels a much more pleasant place to be, with anything desired being instantly created by the Mind without the need for money, work or any of the other trappings of a physical existence.

Astral projectors, like those who have passed on after the experience known as “death” do not find themselves in some sort intangible “dream world” but rather experience a very solid, vibrant, intense environment where all senses seem greatly magnified. The senses involved of course are the inner Astral senses and not the five mundane physical senses so much taken for granted in the physical world of matter. Thoughts can actually be seen to take shape instantly and anything desired can be instantly manifested by means of the powers of the imagination in the very process of creation. This is also why the Astral worlds are known as the “desire worlds” and the Astral Body known as the “desire body”.

Everyone dwelling at any particular level of the Astral planes exists at exactly the same level of Spiritual evolution, vibration and density, and accordingly absolute peace and harmony prevails at the mid-Astral worlds and inner. Of course in the lower Astral worlds although everyone is also on the same level and of a like Mind, character and personality, those worlds reflecting the people living there can be anything but peaceful and harmonious, being a direct reflection of the dark lives of those people while living on Earth.

In the peace and harmony of the mid to inner Astral worlds there is no money, no factories or offices, no formal work, no bosses and no formal leaders, everyone of their own freewill working together harmoniously as Spirit for common causes. People living within the Astral worlds still nevertheless retain their materialistic perspective and earthly desires, the main reason they are still living there, and it is not until these desires have been completely recognised, satiated and purged, with material things seen for the illusions and barriers to progress they really are, can further progress be made to the

inner vibrations and ever more blissful conditions of the upper Astral and Mental worlds.

It is these human characteristics of the mid-Astral residents that causes the mid-Astral worlds where many Astral projectors find themselves to be very similar indeed in appearance to Earth, so similar in fact that after the transition known as “death” many people do not immediately become aware of the fact they have “passed on”. Similar houses, cars, trains, gardens, leisure, entertainment and many other typical Earthly characteristics all created by the desires human Mind over aeons of time, often as an extension of their previous material lives on Earth, all being represented within the Astral worlds. The Astral worlds were not therefore created for humans, but rather by humans as a reflection of what they believe life at that level should represent. This applies to all levels and realms of the Astral worlds, and indeed the Astral worlds of the beings of other planets are similarly created according to their own particular worlds, environments and perceptions.

Everyone upon passing over to the Astral worlds after physical death will be attracted to the precise degree of vibration and density of their own Astral body, character, beliefs, perceptions and level of Spiritual development. It is very important to remember however that all of these worlds, past, present and future, still exist concurrently within the Universal continuum of the Ether, The All, God. Unlike Earth however the Astral worlds contain everything from the past, present or even the future as relates to Earth time. This is one reason why the Astral worlds often seem so much like the physical world that some people who have passed on from Earth and why they often do not realise they have actually “died”, often taking quite some time before they can accept it. In addition to a familiar Earth-like environment and people, the Astral worlds are inhabited by numerous entities and beings who have never physically existed on Earth, including from the past and future of Earth, and some who will even originate from other planets in the physical Universe.

Within the Astral worlds a cause in the form of a thought will immediately result in a corresponding effect whether it is positive, neutral or negative. New residents and visitors very quickly learn this important principle. The Astral projector should always know and understand these laws before projecting otherwise it is very easy indeed to become caught up in undesirable situations that are in reality no more than the manifestation of his or her own Mind. For example if the Astral projector is afraid of meeting an “evil being” then he or she will upon projecting probably come into contact with that very same evil being. The evil being will however be merely a projection of the imagination and accordingly not at all real but nevertheless seeming very real and terrifying for those unprepared for such situations.

It is most important therefore within the Astral worlds for the projector to maintain a passive state of Mind at all times but with an air of mild curiosity. In this way everything will seem normal, and opportunities to explore and learn will rapidly present themselves quite naturally, very often by meeting other Astral residents or quite likely a guide. The guide might be a personal “Spirit guide” or one of numerous willing Astral guides who are only too willing and able to help all Astral projectors. At the final analysis however the best way to learn about the Astral planes and the Universal laws prevailing there is to actually go and gain experience at first hand; this is exactly what the advanced intelligences of the inner realms are endeavouring to bring about in this new era for mankind.

There are many aspects of Astral Projection and the Astral worlds in general the projector will need to get used to very quickly indeed. Travel is instantaneous; it is simply a matter of thinking where you wish to go or who you wish to be with, and you will instantly find yourself there simply by focussing on the destination. Of course a projector needs to know where they wish to go in the first place and this is where an Astral guide can be most useful. Meeting deceased relatives, friends and others is very straightforward assuming they are still dwelling at the same or lower level of the Astral worlds. A person in a lower Astral world cannot however project to a person

in a inner Astral world due to the higher vibrations existing there, vibrations that cannot be tolerated by an Astral body of lower vibrations. By simply thinking about the person, by visualising them and by desiring and creating the intent to be with them as if you are already there, you will instantly find yourself in the presence of that person.

All communication in the Astral worlds takes place by thought transfer, and is therefore instantaneous. Such thought transfer can be basic telepathic communication to the exchange of entire packages of information in symbolic form including imagery. There is no problem talking as on Earth with the “mouth” of your Astral Body if that is what you wish to do, and indeed new arrivals within the Astral might instinctively do, but nevertheless actual communication is still carried out telepathically by words, images or symbols over any distance, and therefore speaking as with a physical mouth is superfluous.

Many people newly arriving in the Astral worlds will quite understandably speak their mouth as a matter of habit, but this still results in telepathic communication nevertheless, and they quite soon realise that communication is by pure thought transference and will learn to use that mode of communication. Although telepathic communication can be performed a word or symbol at a time, it is much more efficient, as the people of the Astral worlds soon discover, to send entire “packages” of thoughts which the recipient can absorb at will.

Is Astral Projection safe? Yes, absolutely. No actual harm can come to an Astral projector. A question often asked is whether another being can enter and take over the physical body of a projector while the projector is still away from the physical body in the Astral worlds. The answer to this is quite simply this situation cannot occur any more than it can happen while experiencing normal nightly sleep projections.

Another question often asked is whether it is possible to get “stuck” in the Astral planes and not be able to return to the physical body. Again there is no danger of this situation occurring whatsoever. While still possessing a physical body a fine silver cord, the Astral matrix, maintains a permanent connection between the physical and Astral bodies, and this connection is only finally severed at the point of physical death. In order to return to the physical body it is only necessary to think about being actually there at that moment and it will happen instantly regardless of your Astral situation at the time.

There have been numerous methods for achieving Astral Projection used over the course of many thousands of years. Many methods taught in modern books and elsewhere require very considerable practice, discipline, willpower, patience, concentration, and very often even a high degree of natural ability; many of these methods are often for all practical purposes beyond the scope of most people as many have already discovered.

Many if not most of the methods often described today are designed to initially result in what is commonly known as an “Out of Body Experience” or “OBE”. The terms Astral Projection and Out of Body Experiences, often abbreviated to “OBE”, are often confused or used interchangeably. In fact Astral Projection and OBE properly describe distinctly different situations. Astral Projection can be defined as a projection of Consciousness beyond the confines of the five physical senses to assume control of the Astral Body, the Soul, which then becomes the principle centre of conscious awareness and the vehicle of travel while interacting with the Astral worlds. OBE can be best be defined as an “Ethereic projection”, where the centre of Consciousness is projected away from the physical body to the Etheric Body, also known as the Energy Body. The Etheric or Energy Body is denser than the Astral Body with correspondingly lower vibrations. An OBE therefore takes place closer to the physical world. The Etheric plane is often referred to as the “real-time zone”, taking place close to the physical world of space and time rather than within the Astral realms beyond space

and time. Although an OBE, an Etheric projection appears to be taking place in the physical world itself, the environment experienced during an OBE is actually a dense reflection of the physical world within the Etheric plane, and accordingly has many characteristics of the Astral plane of which it is a lower vibration, higher density aspect, including, as most people quickly realise, sensitivity to thoughts.

Thoughts can quickly cause what are often known as “reality fluctuations” where familiar surroundings and objects can suddenly appear, alter in appearance or even disappear completely. It is quite possible and indeed common to convert an initial OBE to a full Astral Projection simply by consciously raising the vibrations of the Etheric Body. This can be accomplished by using the power of the Mind to form the definite intent to transition to the Astral, achieved for example by focussing on a particular Astral locale or a particular person residing within the Astral worlds. An intent is then formed to be at that locale or with the person, or by issuing a definite statement in the form of a command in the present tense, for example; “ I am now in the presence of my grandfather”, or, assuming you have an Astral locale you are already familiar with; “I am now at...and then the name of the locale”.

Astral Projection and OBE methods like all inner abilities require long-term commitment and practice. It is no good approaching these things in a less than committed way or as some sort of novelty. Everyone can succeed with Astral Projection or OBE, but the Mindset for success must be absolute, regardless of how long it takes. Likewise, the desire for Spiritual exploration must be absolute and most importantly for all the right reasons, reasons you will for example find in this book. Your Mind, and in particular subconscious Mind should be so programmed to succeed with Astral Projection and OBE that it becomes an integral part of your psyche. The more you desire to experience these abilities the more likely you are to succeed, and the sooner you are likely to succeed.

As with most abilities, regular and dedicated practice makes perfect; it is not good enough to simply practice for just a few minutes for a few nights and give up if there is no success; like most things, success will come to those who persevere. Therefore before embarking on these important objectives, take time to make a full intellectual and emotional commitment, together with the resolve to succeed. The profound benefits for those who do so will more than justify such commitment and resolve, and the experiences will become increasingly more frequent and profound as time progresses.

Note:

Our Ultimate Reality includes chapters on the best three methods to achieve Astral Projection and best three methods to achieve Out of Body Experiences, known as “OBE”.

Excerpted 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>

Chapter 84: Powers of the Imagination

Imagination is one of the most powerful of all vibrations of Energy in the Universe. When considering imagination it must never be confused with mere fantasy, unreal thoughts or simply as a “figment of the imagination”, but rather as an extremely powerful, natural, God given ability that every single human being without any exception possesses.

Within the inner spheres of reality, as everyone will discover very soon after passing on from the physical world, everything desired is brought into instant manifestation by the use of will, intent and the power of imagination. Thoughts take shape instantly and the more power and emotion projected into thoughts, the more real they become and the longer they will remain.

Thoughts are vibration, manifestations of Energy, and most thoughts are transient, that is to say they appear, linger for a time depending on the Energy involved and then fade away again. To create something more permanent in the Astral worlds requires use of the imagination with as much will, intent and focus as possible. This however is often an entirely natural process requiring no particular effort; it is quite literally as natural as thinking.

By constantly making use of and thinking about a particular desire, for example a home, the more solid and real it will become and the longer it will persist. Creations of the type utilised by many people within the Astral worlds, consensus creations of perhaps thousands or even millions of people, can potentially last for infinity, such creations being the products of collective thoughts and beliefs projected in the same direction and focus by many people.

Within the Astral worlds, often known as “the beyond” or “the afterlife” where people transition after the process erroneously known as “death”, there are vast areas of Energy comprising just about every type of environment; all consensus creations of numerous people from the past, present and future relative to

temporal concept of Earth “time”. These creations are the result of vast collective, consensual Energy configurations that are continually being influenced by Mind, and which Energy therefore endures under that consensual Mind influence almost ad-infinity.

Many Astral locales including entire cities are inhabited by very large numbers of Astral residents, all continuously influencing the same creative Energy, and thus giving these Astral locales their permanency. As mentioned previously, the mid-Astral worlds to which people are attracted after the transition from the physical world in accordance with the Energy characteristic of the individual Astral and Mental body, the Soul and Spirit, are almost identical to the physical world, so much so that many people do not immediately know they have actually passed on. This is because the people of the Astral worlds model the Astral worlds based upon their own specific experiences and perception of the physical world they have just left, and how they “imagine” it should be. People at that level of evolution on the path often believe that “reality” is represented by material things just as they did on Earth, and accordingly use their powers of the imagination to reproduce that same habitat and perception within the Astral worlds, thereby creating that reality for themselves with which they feel the most comfortable.

On an individual level therefore a person might create his ideal home, whereas large numbers of people within the Astral at a consensual level will imagine larger scale constructions such as villages, towns and cities, just as they were used to in physical life. This applies to all Energy levels of the Astral planes, each level, from the darkest, “hell” like levels to the highest most blissful levels all being a perfect reflection of the vibration of the Soul and Spirit of the people living there, and also their own perception of what “life” should be like in their own reality. This is why, like the physical worlds, the Astral worlds are ephemeral, transient projections created by the Mind of humans, all of which are destined to progress and transcend that illusion on the path to the glories, splendours and bliss of the Spirit worlds, pure Mind worlds where

the perception of form simply does not exist and does not need to exist. The reality and glories of the Spirit worlds are far greater than the temporal physical world or the ephemeral Astral worlds, as everyone will discover as they progress and evolve along the sacred path of perfection back to The Source, The First Cause, God.

The Astral worlds are vast, varied and complex, consisting of an infinite number of realms from the earthly equivalent of past present and future, many of which have been created by beings not of the Earth, but all of which have been created by the very same vibrations, creative Energy of the power of thought, the creative power of the imagination.

As we already know, the entire Ether of Universe consists of vibration, which is Energy. Thoughts, emotions and powers of the imagination are therefore also degrees of vibration of the same Energy. Keep in Mind that Energy cannot be created or destroyed it can only be influenced. It is the interaction and influence of Energy by Mind that results in the manifestation of the objects that are the focus of and are therefore influenced by the imagination in accordance with Universal laws, and in particular The Law of Attraction. Exactly the same laws also apply to manifestation into the physical world. Before anything at all can manifest as a reality into the physical world it must first be preceded by thought, a very powerful characteristic of which is imagination.

This is very often a subconscious process whereby for example the preparation of a meal is preceded by first imagining what the meal will include, how it should taste, how the meal will be prepared, where the ingredients will be obtained from and finally how it will be presented on the table. This is simply a very basic example whereby an act of creation commenced with the process of imagination is subsequently followed up with direct physical actions in the same direction in order to manifest the original object of the imagination into observable physical reality.

Manifestation can however equally be brought about without the need for any associated direct physical actions at all, exactly the same laws of creation applying to the inner spheres of the Universe also equally applying to the physical world, again in accordance with The Laws of Attraction and Correspondence in particular; “as above, so below”. Just as anything can be created within the inner spheres entirely by means of the powers of imagination, so too can manifestation take place into the physical world by virtue of the same Universal laws, without even the need for any preceding direct physical action.

The physical world however is very dense and of a much lower vibration than the inner Mind worlds of the Astral and Mental spheres, and therefore more Energy, concentration and focus is required in order to bring about a manifestation observable in the physical world. Many people will have heard of “Magic”. We should note straightaway however that by true Magic as practiced from time immemorial we do not mean the stage illusionists, prestidigitators, conjurors and other such people from the areas of stage entertainment, but rather Magic in its very truest, very highest and most sacred form. Magic is in reality a sacred science, the word “Magic” originating from the “Magi” who fully understood and applied natural Universal laws in order to bring about effect that many might consider to be miraculous.

The practitioner of true Magic understands, aligns him or herself with, and makes full and proper use of Universal laws in order to manifest the desired results in whichever plane of existence the desired result is to be experienced. People often erroneously associate Magic with occult practices, sorcery and witchcraft for example, but even this is not Magic in its truest and highest form. This is not to say of course that sorcery, witchcraft and similar types of “magic” are not effective, because they most certainly can be and often are, depending on the powers of the practitioner. The Universe does not recognise human labels, but only Cause and Effect by virtue of Universal laws and the influence of the Energy from which everything has been created and has its being.

Sorcery and witchcraft are often performed by utilising some Universal laws that result in the influence of Energy in the desired direction, by means for example of spells, rituals and other series of actions, but often without the practitioner ever being fully aware of what Universal forces are involved or how they are being applied. The most powerful true Magic is when the practitioner fully and consciously aligns him or herself with, and makes the fullest possible use of Universal laws, powers of the Magi.

What most people consider to be “Magic”, and again we are not referring to stage Magic, could more properly be referred to as “manifestation”. Manifestation is in the broadest terms the use of the imagination in order to manifest the object of the imagination into physical reality in accordance with Universal Laws and is the fundamental basis for all creation.

In the case of witchcraft, sorcery and similar practices practitioners often make use of spells, rituals and other regalia such as candles, swords, athame’s and much more, in order to provide the focus, intent and Energy required for the object of the imagination, usually by creative visualisation, to manifest into the material world. As we will see later, it is most certainly not at all necessary to practice witchcraft or sorcery in order to manifest into the physical world, these are quite simply age-old traditions that are still carried on today.

One of the most important aspects of successful manifestation is highly focussed and concentrated Energy in the form of thought or imagination. Indeed, the more Energy behind a manifestation the sooner it can materialise into the physical world as an observable reality. Very often, spells and rituals are only carried out once, meaning the chances of success are more variable and in accordance with the expertise of the focus, concentration and expertise of the practitioner. Magic, or more specifically manifestation can therefore be accomplished by anyone without requiring any form of occult, esoteric or mystical practices to be performed in order to be successful. Indeed, such practices can

sometimes lead to frustration with the accompanying lack of observable results. Anyone at all can manifest and create any reality for themselves by fully understanding and applying natural Universal Laws utilising the simple, enjoyable and effective exercises that will be detailed later in this book.

Finally a word of caution; all your thoughts, imaginations and creative visualisations must only be for the purposes of good, either for yourself or for other people. Never, ever be tempted to use these powers to harm another person. If you do, the Universal law of Cause and Effect, of which karma is an integral aspect will most surely operate against you, and either in this or a future life you will have to pay the price. This is not intended to be a system of punishment as such as with a court of law. The simple fact of the matter is that every cause has its corresponding effect, positive, negative or neutral, and karma is no more than the causation of the Law of Attraction that ensure that no being can be the cause of anything negative without experiencing the corresponding effect. Note that we use the word “experiencing” rather than “suffering”. Everyone is here to experience and to evolve and not to suffer which is a human construct based on a perception relative to self and the ego. The Universe operates under the influence of the most powerful force in the Universe, Unconditional Love, and that applies to every aspect of human evolution, and indeed the evolution of the entire Universe and all Beings, all expressions of God.

Providing always that your thoughts, intentions, Energy, imaginations and creative visualisations are always only for the purposes of good and for genuine needs, and not based in greed, in other words will not bring harm to others in the process, only good will surely result, and your needs and desires will be fulfilled without karmic consequences.

Exerpted 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>

Chapter 89: Creating Your Own Reality

We will now look at the very important process of manifestation; the conscious creation of your own reality; the manifestation of your wishes and desires. Always remember; there is absolutely nothing that you cannot be, do or have.

It is highly advisable before embarking on any manifestation project to meditate upon, or consider very deeply whether you really do need and desire any specific objective to manifest into your life and the life of those around you. Sometimes what seems to be a very good idea and desirable idea at the time turns out to be decidedly less than desirable once it manifests as a reality into your life.

It is most important to think only in terms of genuine needs and never of greed or the demands of the ego, as for example would be the case if you were comparing yourself with others. Before for example you manifest money, you should think or meditate very deeply on what this money, or anything else you wish to manifest will really add, not only to your own life but also to that of your family, loved ones and others around you.

As we know, the Universe conceptually consists of illusions, a duality of the “observer” and the “observed”. In this way the Universe, The Source, God, evolves by experiencing expressions of Him/Herself, as do all individuations of God including human beings. 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 of the Universe 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 decode the vibrations of the Energy of the “thing” being observed. Without this observation, the “thing” being observed cannot exist, except as a quantum probability within the vast expanse of Energy constituting the Universe.

So everything in the Universe is a quantum probability of existence until such time as it is observed and decoded by the Mind, at which point the probability becomes an actuality while being observed after which it becomes a probability once again. This equally applies to our individual realities and is the very basis of manifestation, in other words the creation of our own realities based entirely on what we hold in our Mind, which in turn influences the Energy that surrounds us and we are an integral aspect to the extent that a quantum probability can manifest as a quantum reality.

The process of creating anything and everything you could possibly desire is a natural, God given ability that everyone possesses, it is just that most simply do not know or realise it. The Universe is infinitely abundant; there are no limits on wealth or anything else. When you know beyond any doubt that you are indeed a creator, a co-creator within this magnificent Universe in which we live, an aspect of The Source, The First Cause, God, then you will know beyond any doubts in your very being that you can realise all of your wishes.

The process of manifestation is conceptually extremely simple, consisting of the following five steps: Know, Ask, Experience, Action and Gratitude.

- 1) Know your desire.
- 2) Ask for your desire.
- 3) Experience your desire.
- 4) Action towards your desire.
- 5) Gratitude for your desire.

These five steps will enable you to manifest absolutely anything at all into your own physical reality. Once learned, you will apply these steps naturally in your ongoing existence, and you will become a conscious creator of your own reality, shaping your world in precise accordance with your desires. You can enjoy a magical life of unlimited joy, harmony and fulfilment, always knowing that there is absolutely nothing that you cannot be, do or have.

Let us now take a detailed look at each of these important steps to realising your wishes.

Step 1: Know your desire:

This might seem obvious, but in fact many people simply do not really know what they desire. They might think they want this, that or the other, but never really consider it in great depth.

A friend gets a new car for example, and the person immediately believes that they need a new car; often a better car. A person might go shopping in an expensive store and see something that they cannot afford but believe they need or must have anyway because it will enhance their life in some way. Sometimes people simply decide on a whim that they need a particular item or event in their lives.

Knowing what you really do want is an extremely important first step in the process of manifesting a desire. Before proceeding therefore take as much time as you need to contemplate your desire, and if necessary meditate on your desire or ask for guidance.

Consider in considerable detail as to what the object of your desire will really bring to you. How will it really benefit you? How will it make you happy and enhance your reality? And most importantly how will it help you towards arriving at where you really need to be?

You need to be brutally honest with yourself. Wanting something simply because a friend, relation or person at work has just bought one is not a very good reason for example. Your desires would be driven by the demands of the ego, motivated by such negative emotions as vanity, jealousy or envy. Wanting something to show off to people, or to convey an impression of wealth is not a good reason it is simply egotistic, vain and materialistic.

Desiring something on a whim simply because it seems like a good idea at the time is also not a good reason to manifest anything into your existence.

You really do need to take as much time as is necessary to decide and to actually know beyond any doubt that you genuinely need the object of your desire and that your life will be enhanced by it in a positive way. Only you can make this decision; no one else can make it for you. This is your own reality to create; it is reality of no one else. You are the one who will need to live with whatever you bring into your reality, as well as being completely responsible for its affect on your family and all those around you.

It is also important to only focus on one objective at a time. Never waste your time and Energy by simply wishing, daydreaming or fantasizing about numerous things. You must decide on exactly what one single thing at a time that you really, genuinely need and desire above all else, and focus your entire Energy on that desire until such time as it has manifested into your life. There is no time limit on this step because it is so fundamentally important.

If you cannot yet achieve that level of certainty, use your imagination to visualize and experience what your life will be like if you had your objective at this very moment. Experience it. Observe the reactions of those around you. Place yourself forward in time and ask yourself whether you enjoy or regret having this thing in your life.

If you are still having problems deciding whether you really do need this desire, just before sleep and just after waking ask for inner guidance. Simply focus and concentrate as deeply as you can and ask very clearly in your Mind, “do I really need this..... in my reality”. Replace the dots with the object of your desires. Your question will be picked up by your subconscious Mind and relayed to your Higher-Self which knows everything in the Earthly equivalent of past, present and future. Your Higher-Self will know whether this desire enhances your reality or not. Continue to ask this question with complete concentration whenever you have a quiet moment to relax and not be disturbed, and again just before sleep at night and just after waking in the morning for your normal routine.

Always be alert for the answer arriving, as it surely will, in the form of inspiration, intuition and just “knowing”. When your answer arrives you will know beyond any doubt. Always, but always follow this inner guidance at all times; never, but never, ever go against this inner guidance, even if it is not what you “wanted to hear”. What seems like a good idea from your very narrow, physical perspective in space-time reality may not be a good idea in the grand scheme of things, and your Higher-Self will always know that beyond all question.

And finally you should never, ever, ever ask for money. As we have already discussed, money is, in and of itself totally meaningless. It is a merely a human construct, an object, a notional method of exchange which as far as the Universe is concerned is no more than Energy in the form of bits of physical metal, paper or electronic bits and bytes stored on a computer system. The Universe is infinitely abundant, everything you could possibly wish for already exists, however large or small, and all you need to do is to bring it into your physical awareness, and therefore your physical reality. Always ask for exactly what you want, and never place a monetary value upon it and again never, but never, ever ask for money.

Once you know beyond all doubt what you really want, you can proceed to the next step.

Step 2: Ask for your desire:

Ask and you shall receive. These are indeed ancient and most wise words.

We are all here to evolve by means of our own freewill. The Universe, The Source, God therefore never, ever denies anyone any request for anything whatsoever; there are no exceptions to this truth. Each and every person must experience exactly that which they need to experience in order to learn and evolve back to The Source, The First Cause, God. Always remember that this is the true meaning of life.

Every wish is immediately and unconditionally granted; all we need to do is to know how to receive. It is in the receiving however that most people fail to realise their wishes.

Asking is in and of itself an important and very precise step in this process. You need to be positive, unambiguous and precise about how you ask for your desire to be realised. The asking process can be purely in the Mind, however one of the most powerful methods of asking is to simply write down your request on paper. The physical action of writing down your desire impresses your wish on your subconscious Mind that is directly in communication with The Source, as well as focussing your intentions, wishes and desires in a positive and unambiguous way.

Always, but always without exception write down your wish in the present tense. We have discussed and emphasised this previously and we must do so once again. You already have everything you could possibly desire. All you need to do is to ask The Universe, The Source, God to bring it into your personal reality in order that you may physically experience it.

If for example you used the words “I want”, then you will realise a perpetual state of “wanting”. Remember, ask and you shall receive. “Wanting” is a human concept, but nevertheless one which the Universe will gladly provide upon request. Never “want” something, otherwise you will find yourself perpetually wanting that thing and never actually receiving it.

Your written request should be in the present tense and as short, precise and to the point as possible. There is no need to write an essay on why you must have this desire, simply state it exactly as you wish for it to manifest into your own physical reality. The subconscious Mind, although sublime and immensely powerful, being the majority of the totality of the Mind, is very child-like in the way it perceives instructions. The subconscious Mind will usually perceive direct instructions but not the rationale. If you endeavour to explain the reasons for your desire the subconscious might well either disregard or confuse what you are impressing upon it, and the results will reflect that.

The correct way to ask in the present tense could be as follows: “I now have a new car. My new car is blue in colour, has five doors and a CD player”, I am really enjoying my new car”. You may also add any other features you desire but keep the list to the point and above all totally unambiguous.

Always remember to avoid restricting the Universe by including too many details, conditions or timescales. The Universe can and will provide you with anything at all, but the more you restrict the Universe by applying conditions, the longer this process will take.

When writing down your wish include all of the main points but do not go to such fine detail that it will take a long time to manifest in exact accordance with your desires. For example; “I am now enjoying my new home. It is a house with four large bedrooms, three bathrooms, a large well-equipped kitchen and a large integral double garage. My new home is easily paid for and fully insured. My new home is close to my business office and to my children’s

schools, and is perfect for myself and my family in every possible way". Once you have written down your wish, place the sheet of paper in a drawer or other safe place.

It is very important indeed having completed this step not to begin to long for the object of your wish to appear, or to wonder where it is, or in particular become frustrated. These are negative thoughts and emotions that will have a correspondingly negative impact on the object of your desires. You must know beyond any doubt whatsoever that your wish has already been granted in full, and that all you need to do now is to bring it into your physical reality.

It is also most important to have complete and absolute faith in The Universe, The Source, God, to bring the object of your desire into your physical reality. Any lack of faith will have a very negative effect on attracting the object of your wishes into your physical experiential reality by sending out vibrations that say you do not believe the object of your desire will manifest into your reality, in which case it will be granted and will not manifest.

You have now asked and it has already been given. All you need to do now is to allow your wish to appear within your personal, physical awareness and reality.

Step 3: Experience your desire:

Experiencing is an extremely important step towards allowing and therefore receiving the object of your desire into your physical reality. In order to experience what you have asked for you must allow it to manifest into your physical reality by The Law of Attraction, and that means bringing your Energy vibration into harmony with the desires you have already asked for and have been given. This is a fundamentally important step, and one that many people fail to realise when they are subconsciously transmitting wishes, thus failing to attract and experience the object of their asking.

Everyone constantly transmits desires whether they are aware of it or not. These desires are in the form of vibrations sent out to the Universe. The reason that most people are not aware of this is because they simply are not in a vibrational harmony allowing them to receive the object of their desires.

Allowing is to receive, and a very powerful method of receiving is to experience. Experiencing the object of your wishes will bring you into vibrational harmony with those wishes, thus enabling them to be attracted and manifest into your personal, physical reality.

One very common statement that we often hear is “seeing is believing”. Well the fact is this statement is exactly the wrong way around. According to the Law of Attraction, “believing is seeing”; you must believe it before you can actually see it and not the other way around. If you believe something is so in your life, then so shall it be in accordance with The Law of Attraction. Another way of looking at this statement then is “believing is experiencing”. If you can experience it then you can see it manifest into your reality.

By experiencing we do not mean physical experience because by this time you will not have the physical object or situation manifest in your experiential physical reality. The experience is therefore at this stage one of the imagination.

Whenever you have the opportunity to remain undisturbed for a time and your Mind is clear of other thoughts, sit down comfortably, relax as deeply as possible by taking a few deep breaths, and imagine yourself to be in the presence of the object or situation of your desires. This process is particularly powerful just before sleep at night and just after awaking in the morning and before arising from bed. Use all five senses within your imagination to the maximum extent in order to experience your desires. Feel it, live it and be an integral part of it. For the time you are involved with this exercise you must be totally at one with the object of your desires. This process can be likened to playing a movie film in your head, in vivid Technicolor and surround-sound, while experiencing every

aspect of the situation with all of your senses. This is one reason why we practiced creative visualisation in the previous chapter, creative visualisation utilising all the sense being a very powerful way of experiencing your desires and bringing your Energy into vibrational harmony with your desires.

While playing this movie in your Mind feel all of the emotions involved as intensely as possible that are associated with physically experiencing your desires now.

We will take a closer look at how we can experience and powerfully harmonize these desires in the next chapter of this book, a chapter that may be read first in the context of this stage of the manifestation process.

The more you can feel, experience, and above all become excited by the object of your desires, the more powerful will be the attraction, and the more rapidly you will bring yourself into harmony with the object of your desires allowing it to manifest into your experiential reality. Feel the deeply intense joy, excitement and fulfilment of experiencing this object of your desires, every bit as much as if it is already in your physical possession which it really is; all you need to do now is to attract and allow it into your physical reality by harmonising your Energy with that of your desires. The Law of Attraction must then bring the object of your desires into your physical reality; it is the Law.

Again, the next chapter, Harmonising your Desires will provide a much fuller meditation process for bringing yourself into absolute harmony with your desires, and influencing the Energy within the inner Energy levels to bring your desires into your physical experiential reality in accordance with the laws of Attraction and Correspondence.

If you are having any problems with this very important receiving step of the manifestation process, please read the next chapter, Harmonising your desires before proceeding to the next step in this

process. Always expect total success in manifesting your desires, and you will surely manifest your desires into your own physical reality.

Always remember that desires, wishes and expectations are all in the present tense, and should never, ever be expressed or thought of as “wanting” which implies a perpetual state of lack and never receiving. Wishes, desires and expectations are always in the present tense, knowing, beyond any doubts whatsoever that the object of your desires already exists within the Eternal Now of The Universe and your inner reality, and that all that you have to do is to receive the object of your desires into your own personal reality.

Step 4: Action towards your desires:

Although the Universe, The Source, God will deliver into your physical reality anything that you desire, wish and ask for, it will empower the process considerably if you also take your own steps in the direction of your desires. This has many positive benefits including reinforcing on your subconscious Mind your total commitment to realising your desires in a totally unambiguous way.

This does not of course mean that you physically have to go out there and do everything yourself. By taking positive steps in the direction of your desire you invoke another very powerful Energy, the Energy of intent. The Energy of intent will work in conjunction with the knowing, asking and experiencing in a very powerful way by reinforcing your claim on the object of your desire that already exists in the Eternal Now of the Universe.

In addition to the Energy of intent you must also firmly impress upon your subconscious Mind the fact that you are very serious indeed about materialising the object of your desire into your physical experiential reality. Your subconscious Mind is extremely powerful and is in direct communication with The Source. If you therefore have your subconscious Mind as well as your conscious Mind influencing all of the necessary Energy in the direction of

bringing the object of your desire into your physical reality, it will be much more powerful and the object of your desire will manifest sooner as a result.

If for example you are asking for one thing, and vibrating something completely different, or indeed are experiencing merely indifference to your desire rather than a passion for it, then this will influence the Energy involved at both a conscious and subconscious level, thereby acting as a negative influence on the manifestation of your desire.

Your ability to manifest anything, large or small into your physical reality, and the speed and effectiveness of it doing so will be directly proportional to the net effect of the Energy you have influenced in that direction. You require a net positive Energy in the direction of your desire in order for it to manifest into your physical reality. Negative Energy will effectively cancel out positive Energy, projected at both a conscious and subconscious level, and that is why you need to ensure that the Energy in the direction of your desire are as net positive as possible. Physical actions in the direction of your desire will increase the positive Energy in proportion to your degree of intent.

So if for example you wish to manifest a new house, you should take positive actions to physically go out and look for one. You do not have to worry about whether you can afford it or not, that would be a negative emotion resulting in the negative influence of Energy, and in any case the realisation of your house is not your concern, it is for the Universe, The Source, God to materialise the object of your desires, your wishes your request into your own reality.

In the case of your new house, the very act of physically going out and looking for the house of your desires will not only project the positive Energy of intent, but will also very considerably and favourably influence other emotions such as excitement, all of which will add to the net positive effect on the positive Energy you are harmonising towards realising your desires. The same principle

applies to any material thing or situation; the more you physically take steps in the direction of your desire, the more emotion you can feel as a result, and the more you can integrate the object of your desire into your very Being, the more powerful will be the effect, and the sooner you will be able to realise it within your physical reality.

So whatever you do you must take positive action towards your desires. The bigger and the more positive and frequent the action the better; but take some sort of action you must. Never take the Universe for granted and never wait until tomorrow, because the next day you will defer until tomorrow again, and you will never take that important first positive action in the direction of your desires.

As soon as you know your desire, have asked for it, and are experiencing it, you must then take steps towards it and allow the Universe to manifest your desire into your physical experiential reality in ways The Universe will take care of.

Step 5: Gratitude for your desire:

Gratitude is another extremely important emotional Energy that you really must project during the course of manifesting your desires.

Now before we move onto why gratitude is so important we must understand that gratitude is nothing whatsoever to do with thanking a personified “God”, who, according to dogmatic religion enjoys being praised, flattered, worshipped etc. for His “work”. Those are merely religious doctrines that have absolutely little or nothing to do with reality, with The Source, The First Cause, with God. God does not respond to such notions that are purely and simply human constructs due to lack of understanding of the true nature of the Divine.

In the context of manifestation, gratitude is another extremely powerful emotion. The power of gratitude functions at several

levels. To feel sincerely grateful is to be in tune with the Universe. It conveys the Energy that you already know and appreciate the fact that you are an integral aspect of The Source, The First Cause, God, and that you are grateful for being a conscious, infinite, immortal being and co-creator within the magnificent Universe in all of its Energy levels of splendour, glory and creation. You know beyond any doubt whatsoever that you are an integral, inseparable aspect of The Divine and that you live as an immortal Spiritual being who has been blessed with the Divine ability to create your very own reality in the process of continuing your most sacred task of all, to evolve back to The First Cause, a journey continued with infinite Joy, Gratitude and Unconditional Love.

Gratitude also conveys an acknowledgement for having received the object of your desire. Remember; you must always at all times think in terms of physically having the object of your desire actually within your physical possession, for example, "I am most grateful for my wonderful new house". Along with those thoughts should be the feeling of the most intense gratitude for what you have already received from The Universe. Gratitude makes the object of your desires a real, tangible, integral aspect of your own reality, and the more real it is to you the sooner it will manifest into your personal experiential reality.

Gratitude conveyed with genuine sincerity brings you more into harmony with the Universe, and with it you become an even more natural creator of your desires. Those people who are completely aligned with the Universe, The Source, God are natural creators who live what seems to others like a "charmed", magical life, instantly manifesting anything at all into their own reality, the microcosm at will, just as God creates within the entire Universe, the Macrocosm. Such people are true Magicians, wizards and creators, and nothing is impossible to them.

Never, ever take anything at all for granted. Always feel deeply grateful for everything that happens in your reality, regardless of whether you consciously attracted it or whether you perceive it to

be positive or negative. In the grand scheme of things everything that manifests into your physical reality is directly for the benefit of your own personal evolution, and you should be most grateful for it whether you consciously brought it into your own reality or not.

Being deeply grateful also helps to ensure that you never convey the Energy of dissatisfaction, which is a very negative Energy, and therefore from a physical perspective a very destructive emotion. Dissatisfaction, ungratefulness or unhappiness will send the wrong Energy into the Universe, which will in turn react with immutable perfection in reciprocating those negative emotions with more of the same. So whatever you feel dissatisfied, ungrateful or unhappy about will appear into your physical reality even stronger than ever, creating a vortex of negative Energy as causes with correspondingly negative effects.

Conversely, those things that you feel extremely satisfied, grateful and happy about will create a much higher, positive vibration, attracting more of the same into your life. The Universe always naturally moves in the direction of expansion and evolution, and never of contraction or destruction, so positive emotions are always much more powerful than negative emotions even though they are both Energy causes with the corresponding effects.

When thinking in terms of gratefulness you are always thinking in terms of the best, most positive, most creative situations, and The Law of Attraction will ensure that only the same will manifest into your physical reality. So when consciously manifesting your desires, always be extremely grateful the object of your desire already exists in your reality, and very soon you will become aware of it in your physical reality where you can continue to enjoy, be grateful and be most happy with it.

These then are the five powerful steps to attracting anything you could possibly desire into your life, where you can enjoy those desires into your own experiential physical reality. All of these five steps are individually very powerful indeed in their own right, but

collectively they influence Energy so powerfully that you can manifest almost anything you desire into your personal reality with what might seem like amazing speed. You will soon come to know the truth that there is nothing that you cannot be, do or have. This process is an entirely aspect of the Universe; God always intended us to be joyous creators in the microcosm just as He/She is a joyous creator in the Macrocosm, and it is the destiny of mankind to understand these truths thereby realising the Kingdom of Heaven on Earth.

The entire Universe always moves in the direction of expansion, evolution and life, and as an extension of The Source Energy it is your destiny to live in harmony with The Universe, The Source, with God. So create joyfully in the knowledge that you are fulfilling your role as a co-creator in the Universe. The Universe is infinitely abundant and enjoys infinite expansion and growth. Never therefore be ashamed, hesitant or unhappy about creation; create anything and everything you desire with great Joy, Love and Gratitude in the certain knowledge that you are an immortal aspect of God, a Spiritual Being, a co-creator within this magnificent Universe as you joyfully fulfil the ultimate reality of evolving back to The First Cause, The Source, back to God from when you first came as an immortal Spiritual Being.

Excerpted 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

Excerpted 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>