

THE TOOLS OF IMMORTALITY

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Seven Book Excerpts

Following are one-chapter excerpts from each of the seven books in this series.

Book One

ESCAPE TO IMMORTALITY

Chapter 2 – The Structures of Immortality

The physical body is a very small part of the whole structure of a functioning being. There is much more to your functioning being than just the body. Much has been written about the "aura," which is referred to as a sort of a glow about a person's body. Many of us in our meditation system "see" several auras or extensions, which seem to be electromagnetic in nature, and radiate from, or are located in relation to, the physical form.

The Auras

First, there is the "light body," which seems to be right on the skin and extending out a very short way, perhaps an eighth of an inch or so. I have noticed, by looking at this light body, that a person is strong and healthy when the light body is bright and clear. When the light body is dull or has dark areas, the physical body is ill there or soon will be. I concluded some time ago that the human body does not support the light body. Rather the light body supplies the energy to the genetic code, which holds the physical body to its designed genetic shape.

Second is the "cloud aura," called that because it looks like a cloud and is constituted much like one. It can be colored, and generally is. When the physical person is feeling their best, it is either white or a light, fine silver. Its color relates a great deal to the chakra, or emotional energy center, that is the principal perspective of the individual. The cloud aura can be brought completely into the center of the spine or extended out a great distance, even several hundred miles. A person's cloud aura picks up sensitive information, and through it one can sense the moods of people and places. It is one of the main tools contributing to the being's ability to relate to the realms of life about which the physical body can know nothing.

The next electromagnetic structure is the "birdcage aura." I view it as made up of horizontal and vertical lines much like a bird's cage. There are three levels to this "cage," so imagine a cage within a cage within a cage. The lines of the two inner levels come out the top of the head, extend around the body, and enter again at the base of the spine. It is very similar to the lines of force around a common bar magnet. The outer level of bars come to a point above the individual, and following the other sets of bars, goes to a point below the individual. If you extend your arms straight out and away from the sides of your body, your elbows should be in the middle of this magnetic aura. It can extend and contract, and all that

within it is your "personal" space. Often, when you feel another person has come too close, they have "invaded" your space. This is because they have pushed their birdcage aura into your birdcage aura.

The last aura I am aware of I call the "sun aura," as it is usually luminous and spherical in shape. It is very similar to the bubble the good witch of the north traveled inside in the movie, *The Wizard of Oz*. The distance to its surface is about nine feet from the solar plexus. When you are feeling poorly, the inside of this aura often looks like the surface of the sun. I think this sun aura is really the container the structures of life come in, and its energy level has a lot to do with the conscious momentum of one's life. Controlling the sun aura is truly graduate work in the School of Life. I have seen pink, green, blue, and silver sun auras. However, this energy field is on the very edge of my perception, and I suspect there are other colors, depending on how the individual relates to the chakra system.

Chakras

"Chakra" is a word, possibly of Punjabi origin, that refers to energy centers in the physical body. Chakras are actually spiritual energy centers corresponding to certain physical body locations. There is much confusion about chakras, because those who have written about them have not seen the whole range of chakra structures. Each vital organ in the human body has a spiritual center, so each organ has a chakra. These are important to the body's wellbeing, but they are as mortal as the physical body.

There is also a set of chakras located in the astral, causal, and spirit counterparts of the physical body. (The astral, causal, and spirit realms are successively higher and finer vibratory frequencies of life extending upward from the physical. These realms also have counterparts below the physical plane. In each case the realm has a specific function in relation to the being with a physical body.) When your astral body disengages from the physical body, it may well look like the physical does on the outside, but the inside is much different. The chakras standing out in front of the spine are functioning parts of the astral, causal, and spirit bodies. They are energy centers. When you can separate the astral vehicle from the physical vehicle, you will find all emotion is registered in the astral body.

The astral body, without the physical limitations, is far more sensitive to emotional energy than most beings prefer to experience.

The causal body maintains a calm objectivity for the being and is often the inspiration for higher ideas and ideals.

The spirit body has a vibratory frequency similar to that of a star and is usually in residence in relation to a star. This body contains a vast amount of a being's true life momentum. The real essence of your life is of the spirit. You can know what the stars know.

However, the most significant part of one's spiritual anatomy is a small luminous structure about the size of a man's thumb from the tip to the first joint. It looks like the back

of a luminous scarab beetle (perhaps explains why the ancient Egyptians worshipped the scarab beetle). I call this structure the Divine Egg, for it seems the very essence of the life force is contained in this structure. Perception seems to originate here, as the structure can move up or down the spiritual spine and tends to perceive life in relation to the nearest chakra. While it tends to stay on the back of the spine, it also seems to be present behind whatever chakra has the most emotional charge. The chakras have a color to them, and typically are full of color, making the being's perception of life colored by the chakra the Divine Egg is sitting behind. A person whose Divine Egg is behind the heart chakra will have a loving view of life; behind the stomach chakra will live to eat or consume the pleasures of life; behind the sex chakra will have that focus.

If reasonably well cared for, the physical body may last seventy or more years. The astral body has about a two-thousand-year life span. The causal body may be carrying information eighty thousand or more years. The life span of the spirit body is all but eternal when viewed from a physical world perspective. There are other subtle electromagnetic structures functioning at even higher frequencies than the spirit structure. In order to identify these levels, let's call them the Silver Spirit levels. Both the regular spirit and silver spirit levels have a "hard level," as they have physical attributes, properties, and densities just as physical Earth does. All these realms are accessible to your conscious perception while you have a physical body. Once you leave the physical plane, the realm in which you will reside depends a great deal on the energy, focus, and momentum generated when you were alive on Earth.

Because of the limitations of the untrained temporal mind (the mental vehicle consciousness uses while in a physical body and which expires with the physical body), we strongly identify with it and its seventy or so year life span. But the being you really are lives as much in geological time as do the elements that make up the planets, stars, solar systems, and galaxies. In fact, in the cold light of reality, the only difference between you and the elements making up the matter of this universe is the difference between a child in kindergarten and an adult working on a doctorate in some advanced science. The span of time from element to developed human is immensely greater than from kindergarten to university, but beyond that the progression is very similar.

Book Two

VORTEXES & LIGHTS: THE GATEWAYS TO HEAVEN

Chapter 16 – Pathways of the Mind

While this society we live in has studied the mind for over a hundred years and made some considerable progress in understanding it, the mind is still baffling in its operation. It is especially baffling to those who have one and are trying to make some semblance of spiritual progress with its aid, or perhaps in spite of its aid. It seems logical that the mind, capable of doing incredible things, should also know or be able to find the true path home. Indeed, almost any spiritual persuasion will assure any who ask that indeed they have found the true path to man's destiny. But the spiritual pilgrim can follow this path and that path and

indeed many, many paths hither and yon and still at time's command, return to the beginning of all paths, the newborn child. Here you must start again life's great quest in the labyrinth in time.

If time and life return you to the beginning of all paths, then it might be prudent to consider that perhaps you didn't solve the labyrinth of life's puzzle the last time through. BUT, you don't get to use the same mind you had last time in this new progression. All previous puzzles must be solved again. In essence, they must be looked at with a new mind. The being that we really are, the spark of life, brings with it into this new incarnation a vast momentum of past learning and experience. The ability to impress the new mind with the being's past experiences varies from individual to individual and for now we will concede that this involves spiritual development. All progressions of the mind are horizontal progressions and will **ALWAYS** return the being to the beginning of the path of life, again and again and again.

The progress of our physical sciences has given us the ability to fly in the air and even beyond this planet. We dream, plan to fly to the planets of this solar system and eventually to other solar systems. All of this goes no place spiritually. Man's dream of flight cannot be satisfied in the physical world. While the mind follows paths, the spirit yearns to fly. The spirit can fly, but not while the mind is mired in the mud of life in the lower physical worlds.

Conflict; the spirit yearns to fly, dreams to fly, needs to fly, but it cannot free itself from the mind that sees only the horizontal paths of life. The mind tends, in varying degrees, to look at the ground and not heed the spirit's desire to look at the sky. I suppose life cycles us into lives as birds to teach us we are not beasts but can see life from a higher perspective. But the flight our being desires is the ability to fly into the higher regions of creation, and from these realms we remain earthbound--slaves to the dictates of time and the destinies of physical life. We are slaves now, but we are meant to be the masters of time and its destinies.

Your physical body has the power of sight and you use it all the time. Your mind has the power of sight, though it "sees" a bit differently than the physical eyes do, and we are taught not to believe the mind pictures. The spirit has the power of sight, the soul has the power of sight, and for that matter the being that you are has the power of sight, independent of all of these. In many cases these other sight faculties present information to the mind in children, but by the time they are around eight years old the attention is primarily turned to the physical eyes, and the other faculties are forgotten and tend to atrophy a little. In my late twenties and early thirties, I figured out what I needed to do to revitalize my being's sight faculties. From this vantage point, what I could "see" was of course very much different than what appeared to my physical eyes. From this vantage point, there is only life and life is all there is.

Medical science and physiological science associate the mind with the brain. While it appears that the mind needs the brain to function, actually it is the other way around. The brain needs the mind to function. When you get into your car and drive off, your body is

acting as the mind/brain of the car and the car is doing as it is instructed. The mind runs the brain just as your body runs your car. Ideally the being runs the spirit, which in turn runs the mind, which in turn runs the brain, which in turn runs the body, which in turn runs the car. But if we associate the mind with the brain, we are missing the greater part of its linkage with the physical, astral, and spiritual environment we actually live in. The physical world's input into the mind through the five senses is obvious, and helps explain how the brain works, but doesn't explain much in relation to how the mind works.

The brain is in the head and therefore, we tend to locate the mind in the head also. From the vantage point of being, the mind is in the head, but it is also all around the head and roots itself in the whole body. The chakra system gives a great deal of information to the mind, which we tend to take for granted because we cannot see it (unless trained to). Depending on the horizons it is allowed, the mind may or may not listen to the chakra information it is presented with. If the mind doesn't listen to the information the *five senses* give it, it can get the *physical* body into trouble. If the mind doesn't listen to the information the *chakras* give it, it can get *spirit vehicles* into even greater trouble than the body is capable of. The physical body is separate from the mind, but the chakras are a part of it. The mind is capable of sight into the physical world without physical eyes, but without the chakras it cannot interpret the information it receives and is therefore robbed of comprehension. Comprehension of the incoming information is the major factor in spiritual development.

Understanding how the mind works involves understanding how the chakras work and how they communicate with the mind. The chakras communicate with the mind by sending an energy charge and a color code up the spine to the mind. The color code upon reaching the mind excites an appropriate story line and will tend to relate the current experiences with the stored and similarly colored story line. Many chakra story line memories are stored in the disks between the vertebra in the spine. Even past life memories can be found in the spinal disks. Many back pain problems are stored past life memories. Remember the spine is a part of the mind.

To control the mind, you must first learn to control the chakra system. This is because in most people the chakra system either controls or greatly influences the mind's thought processes. Regulate and relate to the color system from a position of control and then you can control the mind. When you can control the mind, the spirit can fly. YES, FLY!

Book Three
THE JOURNEYS OF ASCENSION
Chapter 3 – The Laws of Ascension

Ascension ... The magic word. To be able to ascend and live in those exalted realms with the Ascended Masters. To be, in fact, an Ascended Master in your own right. Is this not the ultimate dream of all those who live and love and dare to dream? But to be an Ascended Master, one must live by the great cosmic laws of life they live by, laws even they may not break.

The Ascended Masters have great powers and so there must be agreements on how individuals conduct themselves. These agreements, found to be effective over a vast period of time, have come to be laws, laws of conduct designed to keep order and avoid complete chaos in their realm and those realms dependent on them.

For many, the realms these beings live in is some ethereal heaven above and beyond the concepts of common everyday people. But it is only so because you have not been told how to consciously project your being into these realms. Of course, there are some conditions for normal people, but being able to project into the realms of the Ascended Masters is not as difficult as learning to play the piano or drive a car, for instance. As much as you would learn a piano keyboard, you must learn the paths of ascension. This is partly to be able to make the trip in the first place, and in the second place, to be orientated where you are as you travel on The Road to Life.

There are actually three paths of ascension going up from life on a planet such as Earth. Each of these has addendums or supplemental variations of the basic path. The experience of life will teach us the laws of the path we are working on, if we but take the time to listen to what life is trying to teach us. Few listen, and thus many repeat life situations over and over, again and again. The first time a lesson is presented it comes as easily as a gentle breeze. But if it is not heeded, succeeding presentations will be harder and harder until the being understands both the lesson and that creation is the ultimate judge of right and wrong action. Creation's momentums moving through eternity will go on, seemingly with or without us, as we choose. Although it is creation's intent that you learn life's lessons, you may choose how long it takes and how strongly they must be presented in order to register. It is interesting how we fight life's lessons, even though the life creation is intent upon giving us is far more wonderful and marvelous than our wildest dreams.

Life is like an ocean. We can ride the waves and enjoy the trip to that brilliant distant shore, or we can flounder in an endless and seemingly pointless sea of time. The ocean doesn't care, nor hardly notices our existence. We, sailors on the sea of time, must learn how to sail and not expect the eternal ocean to forgive us our mistakes.

The paradox of what I have just said is you cannot lose in the game of life; you can only choose how long it will take you to win, and having won, become a master of the game of life. Yes, as serious as it can seem, it is really just a game. Learn to play. The game is far more real and fun, an adventure, when you learn to play.

The first path up from the physical world, or the left-hand path, is one of law and order, discipline, right and wrong, and correct behavior as it relates to physical behavior. This is a big obstacle for many, but consider the lessons of life. The greatest asset anyone can have in this world is to be self-disciplined. If you are self-disciplined, you can have anything in this world you wish. A positive meditation program requires a great deal of self-discipline. There are no jails in the upper regions of life. The jail we make for ourselves in the physical world is sufficient.

Physical world life presents itself to us in a three- dimensional illusion of reality. Depending upon the velocity of one's mind, the illusion can be very strong or very flimsy. The reality of the greater Universe of Universes is twelve-dimensional. The being you are is designed to live in the twelve-dimensional Universe of Universes. To do so requires a great deal more conscious energy than this illusion of reality readily provides. There is much to learn. Before more power is made available, you must know how to manage the power you have in a manner not harmful to yourself or others.

The second path of ascension is that of philosophies and theologies, delving into correct thought, correct belief, and right religious practice. This is the middle path, and one tends to be involved with the progress of others often to the point of neglecting their own progress and progressions. Much of the progress here is mental, and yet no real substantial progress is made until one learns how to get free of the mind. A mantra of at least eight syllables and not more than fifteen will help greatly in one's getting free of the mind. Remember since on every level or heaven realm one has a corresponding physical vehicle, there is also a mind attached to that vehicle. Therefore, getting free of the physical mind in the first causal level does not necessarily mean one is free of the spirit mind. Vertical vision is NOT the function of any mind structure. The second path goes a long way up, along what might appear as a stairway in creation. For those who are observant and listen carefully, there is also an elevator. One is treated to great wonders in the upper regions, and in what one finds within their own being as one grows in relation to this path. One of the major lessons of this second path is we are all brothers and sisters and must learn to love one another with true heart love.

Faith religion is for the most part the provider of progressions on the second path. Or perhaps it is that which prevents progressions. You must find your own way out of this labyrinth of beliefs. If what you are doing spiritually requires you to believe a philosophy, or to follow some being other than the Divine Master Creator, you are involved in a second path progression. Deity does not deny anyone access to the Divine presence. You do that to yourself. Some men claim their faith better qualifies them to stand between God and the devout. This is never true, unless of course you believe it to be so. You, your essential self, your own true being, must come to be the master in your own life.

Guru Nanak, the founder of Sikhism in the 1500s in India said, "You must be of the warrior class, for the greatest battle you will ever fight is for possession of your own soul." But ... didn't we just learn to love one another? Yes, but I must tell you this, because life is trying to tell you this: we live in the realm of paradoxes, for only the paradoxes are real. If you only see one side of the paradox, you will never learn the lesson it offers. Find both sides of the paradox, and you will find the true path home.

The third path, the right-hand path of individual ascent, is the warrior's path, for any real progress one will make on this path is first made in relation to getting possession and control of one's own soul. This is the true path of ascension, and while getting possession of one's own soul is not very difficult, getting control of it is a much different situation. Again,

discipline is the major key to the avenues of this path. You must learn to be yourself, not to play to the crowd; better to play to the man or lady in the mirror. Within you is your divine child, and this part of your own being must be brought through life's perils and darkness into the true light of life. There are progressions beyond master in the third path, for this path can take one all the way to becoming a divine being in one's own right. It is possible to do this in one lifetime. There is much to gain, to learn, to comprehend, but what one tends to see in one's finite life is what there is to let go of. If you would be a bird, free to fly on the winds of time, free in the ongoing adventure of being, you must learn how to let go of the tree.

To become a student of this path's progressions, you must give up the freedom gained in the second path. You soon learn the lights of life are much brighter here, compared to those on previous paths, but in the beginning there is much less freedom. These progressions lead to great power, but you must learn great discipline first. Never, ever, reach for power. It will come soon enough. With power comes responsibility. Creation does not give responsibility lightly, nor does it deal lightly with those who assume power and thus also responsibility. These teachings come on the inner planes, as again one is traded from teacher to teacher on up through the progressions. This again, as though a beloved child being led by the hand through, and taught an intricate series of labyrinths. Each labyrinth holds a special lesson that brings the child ever closer to its own **divine** fulfillment. However, it is better to find a living teacher in the physical world, but these are very few and far between. You must always belong to someone, such as the Lord of a level, in this progression until you are again capable of belonging to yourself. But this new self is not blown hither and yon by the winds of time. This self, a master of life, *makes* the wind it flies upon. There is a way ...

Free to be what you came here to be, are meant to be, need to be. Free to follow the progressions of your own greater life as only you know how, and learn how to program them. Free to be ... You are a bird ... free ... on the winds of time ... if You dare to fly.

Book Four
MOUNT SHASTA – THE VITAL ESSENCE
Chapter 5 – Spiritual Altitude

When I was eight years old, my family and I lived in Oshkosh, Wisconsin. I spent quite a bit of time playing in the sandbox in the back yard. As I played there, I also did a lot of thinking. Much of this world didn't make sense to me. As I tried to make sense out of the world around me, I realized one of my main problems was religion. The things I built in the sandbox were of course only pretend things. I realized this world I found myself in was just a much bigger sandbox. Considering things from that angle, one day I realized the preacher at the church we attended was not real. My father was real and the man next door was real. But my mother was not. In fact, as I sat there that day, I realized my fifth-grade school teacher was the only other real person I could think of. I was much disturbed by how fake the world was, but I figured if there were some real people in it besides me, then there must be a way

back to reality. So at age eight, while playing in my sandbox behind my home, I began my search for reality.

Sixty years later I have come to many conclusions about reality. The foremost conclusion is the only thing real in this world is you. You may not be real to me, but until you are real to yourself nothing here can be real for you. We may search for reality in the world about us, but possessions come and go, loved ones come and go, lifetimes come and go, and still we search for the solid ground of reality. The emotional information the chakras give us often promises an avenue to the great happiness, but always eventually leads to disappointment, heartbreak and despair. Reality continually eludes us, because we look in the wrong direction. While most of the living people in this world are not real, the stars in the night sky are real and many will offer you a road to reality. The road they may offer is their road, which could be just another distraction. The road to reality you must find is your own road.

Listen, there is far more to hear than there is to see, if you listen in the quiet places where physical world sounds do not intrude, or are much subdued. There is a sound in the silence. It may seem to be the constant tone of a bell, or whistling teakettle, or wind chime, or maybe it just sounds like the wind in the pine trees. Those who have found it and followed it have called it many things. It is only a sound, yet all the great civilizations time has known have been built on this rock of ages. The Greeks called it Logos and believed it was the Word God spoke that created the universe. God still speaks the Word and the universe is still here. Others have called it Word, Nam, The Sound Current, Aum, Om, The Audible Life Stream, and The Song of Songs. Modern science knows this universe is created through wave harmonics. The tone you can hear inside your head is an expression of the motivator that causes the wave harmonics to be. It is also that which causes you to be. This universe is a womb. The sound current is the umbilical cord that feeds you the essence of life until you are mature enough to hold the essence of life on your own. You are a divine being, but you are only the embryo of what you are yet to become.

The road to reality you must find is within your own being. The sound current is the initial beacon that can lead you to your own radiant road to reality. On my first trip up the Pattern (a spiritual place we go to) on Mt. Shasta, I was standing in the Valley of the Gods and Duja, the Lady of the Mountain, spoke to me. She said, ***“Drink of the water of life as often as you can, for whatsoever commands your attention more than it, shall rule your days.”***

I understood the sound current is the real water of life and she was reminding me to remind my students it was the real nourishment of their lives. The Law is that the sound current provides all things in life needed to grow towards your own divine maturity. However, until you realize the sound current is the most important thing in your life, anything that becomes more important to you than the sound current will in time be taken away from you. The sound current is the rock all things are made of and the rock all things stand on.

The sound has many uses. It can tell you a great deal about your spiritual altitude. If you listen enough to actually hear the tone, you will notice that while the sound is always

there, the tone actually changes from time to time. The higher and finer the tone, the more spiritual altitude you have. As the tone goes coarser and to lower tones, you have less spiritual altitude. It is very good to be able to monitor your spiritual altitude if you want to get high on Mt. Shasta. Listen carefully to your tone in Mt. Shasta City. Then drive up the hard road to the parking lot just below the old ski lodge. Now listen to your tone again. Is it a higher and finer tone? You really have to pay close attention and be very analytical to do this, because when the tone changes there is only a moment to notice the change and then it seems as though you were always hearing this very tone. Now, spiritually it is possible for your physical body to be at seven thousand feet above sea level and your spirit self to be at a much lower altitude. Intend to be where you are and you may find a subtle change in the tone you can hear.

Listening to your inner tone, center yourself in yourself. In the great drama of your life, you must be center stage in your life. Not conceited or self-serving, but it must be you who are the most important player on your own stage. Now listen carefully. When you are center stage in your own life and can hold the inner tone in your consciousness without being distracted by the wanderings of your mind, then the great Road to Reality can be accessed. This is done either by focusing on the center of your forehead and then turning around and focusing on the center of the hair swirl, or in some cases you can just focus on the center of the hair swirl. The great Road to Reality is in this direction. If you can do this in meditation, then the places I am could tell you about on Mt. Shasta will give you a very nice boost in that direction.

Book Five
THE ROAD TO LIFE
Chapter 11 – The Noble Traveler

The mystery of where the living being comes from and of where it goes when physical human life is over, does not need to be a mystery. It is only the limitations that we allow to be imposed upon our own minds that foster and perpetuate the mystery. The flaw, if indeed there is one, is that the temporal mind, which initiates with the fetus, has no direct memory of prior existence, because it indeed has not existed prior to its development with the fetus. Loving parents encourage the physical child to develop, but the mind is discouraged from linking with the spirit mind it is intended to be a part of. This results in people being lost, even though they are sitting right in the middle of the road to life. The Road to Life. Lost, but the ringing sound is ever with them. Conscious immortality, only a focal point away.

The long road of evaluation has brought us to human form on this small insignificant planet, rotating around an old and not uncommon star. But our essence, the life force that lights our eyes, animates our bodies, gives momentum to our minds and substance to our dreams, is from the spirit realms of life. We only come here for a day in school. For to our greater spirit self, this seventy-year moment is only a day, a daydream day in the coarse realms of matter.

The child, the spirit child thrives on love. Heart love. It is eager to love and be loved by its parents and all the wonderful people who are already here. The spirit child, eager to bring as much of its spirit consciousness as it can into this new physical life ... but, who here understands love? Many adults confuse love with sex. Most adults live in relation to their sex chakras and the sex chakra has a very strong tendency to be negative. Continued exposure to negativity tends to lead the child spirit deeper and deeper into the coarser realms of matter. The negative pressures of the physical world subdue the spirit child, and to cope, consciousness tends to inhabit the parent/adult side of the psyche. The structures of the parent/adult psyche are astral and causal and are tied to the physical body just as the temporal mind is. This allegiance for all practical purposes makes consciousness as mortal as the structures it inhabits. These structures cannot store conscious energy on a long-term basis, limited to a lifespan of approximately seventy years or so.

The spirit child, personified in the human child, has eternal life. Consciousness must reside in the spirit child in order to accumulate the conscious energy necessary to remember eternal life. The spirit child is the part of being that progresses from lifetime to lifetime and eventually develops into a divine being in its own right. The spirit child must learn how to manage the energies of divine life in order to become a divine being, in fact, in its own right.

The living being that you are is eternal, but it is the subconscious part of consciousness that is the eternal functioning part of being. The spirit child is a vehicle that being resides in, just as the being can also reside in a physical human body. The spirit child puts on a garment or vehicle, a human body, and resides in this dimension for a time. The spirit child does this in order to learn, in order to grow, as the heavy reality of the physical existence is capable of strongly impressing its long memory. Coming to physical Earth from the spirit side of life is a very dangerous game. The being bets a lot of spirit wealth on the premise that it can come here and gain conscious energy. Eventually it returns to the spirit realm of life, richer in experience, in wisdom, and in conscious energy than it was when it left the spirit realm of life to come here.

The games of life are never played as they are presented. The box a game comes in may say Parcheesi and show that game board, but when opened and one starts to play, one soon learns that the game inside is Aggravation. The crowning glory of life's game is that the rules supplied have nothing to do with the game that came in the box. THIS IS INTENTIONAL. The adversities produced are meant to challenge the consciousness of the being, the spirit child, and stimulate mental action, reasoning, pliability, observation, inspiration, and to lure consciousness out of the subconscious state and thus through a succession of life games. These games are meant to teach the emerging conscious being to reach for, grasp, hold, understand, command, and master the energies of life. For now dear reader, you are growing up in a very vast realm that you know not of. Just as when as a babe, you grew in your crib in a house, neighborhood, town, county, state, etc., and you had no way of knowing the extent of these places in your new world. As an adult human being you may understand the size of this universe you live in. Your physical human body is limited in many ways in this universe, but the being that you really are is NOT limited to this universe.

You are only limited by the amount of conscious energy you hold and the conceptual limitations you have allowed to be taught to your temporal mind.

There is a saying, "He who dies with the most toys, wins!" That's close. The real truth is that "He or she who dies with the most conscious energy wins." Part of the youth of childhood is the amount of conscious energy that the being brought into the physical world to begin its physical life. One can regenerate this energy and replace it in your spirit bank account simply by doing a relaxation type of meditation on a regular basis. Doing good deeds anonymously can add wealth to the spirit bank account. Tithing to whatever spiritual persuasion you are following will greatly enhance the benefits you receive and the spiritual experiences you have. But meditating on the Song of Songs, Audible Life Stream, Music of the Spheres, Om, Aum, the sound of one hand clapping, puts one into a very high-income bracket in the spirit realms of life. And that is worth coming here for. You must learn how to take this conscious energy home with you, and then how to live off the interest and save the principal. You can do this in this lifetime.

Many come here from the spirit realms planning to become wealthy once they are here, and then they waste what wealth they brought with them. And finally when their stay is over, they return home poorer than when they left there to come here. Of course, the temporal mind knows nothing of the spirit mind's plans for the life it invests in, and so very often the venture goes astray. Many beings are crippled before the temporal mind can make its link with the spirit mind. When this happens, the being is trapped in the realms of matter. The being continues to incarnate in physical bodies, but seems to repeat the mistakes of prior lives and continually misses the linkup with the spirit mind.

I have looked at the spiritual structure of a lot of people who are looking for the way out of life's school. A very common problem seems to be that their being is still wearing the garments of many if not most of its past lives. Perhaps the garment is left from a life the being does not consider successful. Whatever the case is, I feel one should know how to shed the vestments of past incarnations. While the lesson progressions in the Audinometry program teach one how to do this, it takes some finesse in the advanced lesson techniques to accomplish this. Without finesse in these techniques, I can only tell you this. I know of no bird that can firmly cling to the limb it is perched on and flapping its wings, lift the tree it clings to. Time is relentless, but the past is gone. How you move into the future will determine where your tomorrows take you. This is already true, but it is wise to consciously do the steering.

On this side of the vale that separates the etheric from the physical, many beings fear death. They come to it unprepared and live in the confines of the temporal mind, which is approaching the end of its existence. On the other side of the vale, many fear life and attempt to oppose the momentum that will cast them once again into the realms of matter. Running from fear to fear, their days are bleak and meaningless as they trudge along the road to life.

We cling to our life in the physical body, thinking that this is all there is. But even as we cling, the door into the real life stands open to us. The avenues into the greater life are

there for you to travel upon. You only must learn how to give the correct command signals to the correct centers, and you are free to travel into the greater universe.

We think we cling to life by clinging to the physical body, but in reality, we are clinging to DEATH. The body will wear out and become useless. The temporal mind will run down and cease soon after the body dies. This is going to happen to everyone. BUT, leaving the physical body is not meant to be a traumatic experience. Actually, it is not a very difficult thing to do. It is best to leave the physical body behind when consciousness is bright and fully in control. Leaving in this state allows the being to take the spiritual wealth they have accumulated with them. Succumbing to a long, lingering and/or painful illness drains conscious energy and may well rob the individual of the spiritual benefits of their mission to physical life.

The end of physical life should not be viewed as a tragedy for those remaining. Parting from a loved one is always difficult, but they, now in the astral state of being where emotions are much stronger without the insulation of a physical body, do not need a lot of unhappiness to set the stage of their experiences in their new dimension. If you really love them, then a party is in order to celebrate their release from the physical world's turmoil and send them on their way with a lot of joy and happiness. Remembering all the fun, laughter, and good times would be a much better parting gift and would set them up in their new realm with a lot of positive energy.

There was a time in this life, you may remember, when the art of driving an automobile was a complete mystery to you. Once you mastered the command signals the automobile required to allow it to function, you were free--free to drive wherever you wished to go. In this same way one can master the command signals necessary to get one's being out of the physical body, and once out, one is free to go and do as one wishes. Perhaps not entirely as one wishes. To some extent, once out of body one is immediately involved in a civilization that was old and well established before the elements of this planet were gathered from the great cloud of dust that came together in forming the star and planets of this system.

Even though one learns how to project free of one's physical body the being is still tied to the life energy system, until one learns how to run the energy system consciously. Once the energy system is understood and mastered, then the individual being is truly free. Free to explore the Universe of Universes. This universe we live in is only a very small part of a much greater structure of universes. Yours to explore once you learn the commands necessary and where the driver's seat is.

Your physical body is a vehicle, just as is your car. To drive your car, you must be in the driver's seat. To properly command your physical body your consciousness must reside in the driver's seat of the body. The driver's seat for the physical body is just behind the hair swirl in the upper back of the head. You must learn how to bring your soul to this position in your body to actually be in control of your body and your life. BE PREPARED, if you have a dog or cat in your life when you find this place, expect to have to fight an astral projection

from them for possession of this place. If your scarab soul structure (Divine Egg) resides in your body in relation to your chakras, you are a passenger in your own vehicle.

There are many ways to get out of your physical body. This is the one I prefer. Sit straight up in a comfortable chair. Take such precautions that should your physical body fall over while you are gone it will not be damaged. Now touch your forehead with the fingers of one hand. Put the hand down again. Repeat, again touch your forehead with the fingers very lightly. You have come to be able to do this automatically. You must learn again what are the command signals and where are they given. Do this and study what it is that your mind is doing to get your arm to touch your forehead. Once you have figured out what it is you do in order to move your arm, give half the command signal and while your arm stays still you may just barely be able to feel your fingers lightly touching your forehead. What is happening is that your astral fingers are touching your astral forehead. A large part of feeling is in the astral vehicle. Now without giving the command signals to put your astral arm back into your body, try to lift your physical arm. If your astral arm is indeed disengaged, you will not be able to move your physical arm even though you may well have complete feeling in it. Once you have this working and are comfortable with it, work on the other arm and get it free. Once you have both arms free, it is simple to get a swinging motion going in your astral and this will break your astral spine free of the physical spine. Once your astral spine is free give the subtle command signals to get up and walk across the room. Some object or goal should be established that is more than fifteen feet from the physical body. When your astral vehicle is free of the physical, go to this position before you look back at your physical or looking back you will suddenly be again in the physical body. This exercise can get your astral vehicle free from the physical for a short time, perhaps even a few hours. But you are not free of the life support energy system focused in the physical body, and so sooner or later you will find you are losing consciousness and must return to recharge.

Note! ... out of body experience is **not** gas station time. Now listen carefully. There are a vast number of things you can do while astrally projected. All are a waste of very precious time. If you very carefully meditate in this condition, the rewards are subtle, but you soon will come to know that no wealth, power or position on Earth is more valuable than this time spent delving into the vast riches of your own being.

The first few times you try this you are probably going to come back to physical consciousness very abruptly. This is okay. You have not relaxed enough and neglected your focus. Be patient with yourself with this and it will soon work very well for you. I would not recommend you try this with your spine in a horizontal position. Of course, you are free to do as you please. But why work for fifty cents an hour in the bowery, when you can get fifty thousand per hour for the same effort in paradise.

UNDERSTAND, if you do try this from a horizontal position and have difficulties with it, I cannot be responsible for things you do to yourself. I could normally fix any problems you might encounter, but I have had required a large portion of your spendable income to do so. **In advance!**

The astral body is also a vehicle, and the process for leaving it is much the same as it is to leave the physical. One soon learns to leave the astral in the physical and do projections in the next finer vehicle, which as you know I call the *causal body*. Again, meditation in this vehicle pays enormous rewards.

Having out-of-body experiences in these subtle vehicles, one understands life is not tied to the physical body and the end of the physical body's life span is only trade-in time. A new vehicle will soon be provided.

It is the energy of consciousness that one has come here to collect. This energy that drives all the parts of our being. Study it, pursue it, learn how to store it and conscious life will be eternal, and you will come to remember who you are and why you are here.

You a traveler on the road to life, but no longer afraid of death, no longer afraid of life. Knowing who you are and what you are about, perhaps even understanding what you did that suckered you into incarnating here on this most insignificant planet in a very plain galaxy, far from home and the mainstream of life.

Book Six

THE VERTICAL PROGRESSION OF HUMAN EVOLUTION

Chapter 6 – Adventures in Learning How to Listen

This happened to me many years ago. It's difficult now to remember just when it was, but I was about thirty-six years old. In those days my daily meditation program was to follow the sound current up to a place on the Great White Mountain, and from there decide what area of creation I would explore in that particular meditative projection. I did a lot of exploring this way when I was in my thirties.

On this particular day when my vision cleared, I was in a hall in a building. The hall extended to my left and to my right. In front of me were double doors with the right-hand door open. I entered and found myself in a very large room, which was obviously a library. Directly in front of me sat a man at the extreme right end of a table that extended off to the left out of the range of my vision. He was looking intently at me. The room looked as one might expect any library room to look. However, the gentleman before me was all silver, with silver hair and silver skin. Understanding that he had come from a much higher level to speak to me, and remembering proper protocol, I asked, "What wisdom do you have for me?"

Looking deep into my eyes, he leaned forward and said, "Now listen very carefully." Then abruptly, he stood up, turned and walking a few steps, was gone.

My first reaction was not entirely a pleasant one. I had expected some great pearl of wisdom. He had picked up my expectations and then dropped them without even a hint of the wisdom I had expected, or so I thought.

Time went by, more time than I care to admit, but over the years since he told me to *Listen Very Carefully*, I have come to realize what a great pearl of wisdom he gave me that day. Perhaps the greatest pearl of all.

LISTEN VERY CAREFULLY. But what do we listen to? We listen to the radio. We listen to our friends, our coworkers; we listen with our eyes and ears to the television. We listen to some atrocious noise that we have been told, and possibly convinced, is music. But, what of the music of the spheres? What of the songs of life the universe subtly sings to us in our silent moments, allowing us, causing us to be alive? Creation speaks to us in every moment of every day, but do we listen to creation in any moment of any day? Have you ever listened in the silence and listened to what you were listening to? And even in that silence, listen yet again?

LISTEN VERY CAREFULLY. But what is there to listen to? What in the silence is there to listen to? In the silence, if you can find any, if you allow any silence in your life, creation sings its songs of life to you. Creation's songs are of the direction in which to grow. Creation's songs are of The Road **to** Life. Listen, it is important to be here now. When you learn how to be here now and arrive in your life, living in creation's moment, then there is someplace to go. Living in the moment gives you access to The Road **to** Life. Listening in the moment gives you momentum along The Road **to** Life. What you listen to in your life determines whether you are a candidate for The Road **to** Life, or possibly, because there is no way to stand still on the road, you may be traveling on The Road **from** Life.

LISTEN VERY CAREFULLY. Understand, that if you have been allowed to know about the sound current and if you have been allowed to understand a bit about how to use it, you have been allowed to live in, **what is in essence**, a different universe from those who don't know and have not been given the ability to comprehend its use.

LISTEN VERY CAREFULLY. Consider how men lived before the gasoline engine. The difference in the potentials your life has with sound current meditation is the difference in potentials the gasoline engine gave to human society. **There's something to think about for a while.** Now sit in your car in the driver's seat and turn on the engine. With the engine running, put your feet flat on the floor and your hands in your lap. Now listen to the engine running. This is called meditation. Listening to the sound current is only marginally different from listening to the car engine running. With your feet on the floor and your hands in your lap even, though you are in the driver's seat of your car, it isn't going to go anywhere. To get your car to go anywhere, you must learn how to use the command signals it was designed to recognize. If you don't want to take the time to learn the command signals the car requires, you have two choices; they are passenger or pedestrian. **Many people are passengers or pedestrians in their own life.**

LISTEN VERY CAREFULLY. In the first set of lessons of our Audinometry program, we try to teach our students the command signals that give rudimentary control of their life. In the next set of lesson, we teach them how to start the engine. We have learned that in your spirit vehicle there is no clutch and no neutral. If you are listening to the sound current you

are going somewhere. Going somewhere does not even imply that you might be somewhere when you get there.

LISTEN VERY CAREFULLY. What you are listening to has a significant effect on where your life is going. What you are listening to is a part of the steering mechanism of your spirit vehicle. Many people in learning how to steer have led incredible lives without the sound current. Without the sound current, steering is a horizontal experience.

LISTEN VERY CAREFULLY. Life as a human being **is** a destination. **Paradox:** 1. Life doesn't go any place from here, because there is no place else to go. We live here in the realm of paradox. In the realm of paradox each truth has two sides to it. 2. This is as far as consciousness can progress along The Road **to** Life **without** sound current energy.

LISTEN VERY CAREFULLY. Life is really just a game. You don't have to play the game. If you don't play the game, there is no legitimate reason for being a human being. The game of life is creation's game. Creation's intent for you is that through the games of life you will learn how to be a divine being in your own right. Living in this universe you are an embryo of the divine being you are yet to become.

LISTEN VERY CAREFULLY. You don't have to play the game of life creation's way. You are free, and you are meant to be free. You are free to make your own rules to the games of life. You are free to win or fail. In time you will find that the games of life only work if you are freely willing to learn to live life by creation's rules. You must win the game before you can have any influence over the rules to the game. Playing by creation's rules allows for a wonderful winning streak and an incredible freedom.

LISTEN VERY CAREFULLY. Creation is directly involved in what you are allowed to hear. Tell me how you are going to play the game of life and I will understand. But when you realize your game of life isn't going any place, understand creation is telling you how the game of life is to be played. You are tithing to creation whether or not that money goes to an organized spiritual society. Some certain ten-percent of your spendable income is determining the direction creation will allow your life's lessons to come from. What you are able to hear involves the direction in which you are allowed to hear. You must support the avenues in life you wish to follow. More to the point, you are supporting and determining the directions in life that are open to you. You can pave the road in life you are on.

LISTEN VERY CAREFULLY. I have used an automobile for some of the examples of life I have given to you. But in truth you are a bird and you must learn to fly under your own power. Hatched in a tall tree and feathered out ready to fly, it is a long way to the ground. It takes a lot of courage to launch into thin air and trust your own wings. The ground is a long way down, but the sky has no limits. From the sky comes the music of the spheres. It is the music that can lead you home to the Great Happiness.

Book Seven
THE SINS OF KARMA & THE DIVINE PROGRESSION

Chapter 18 – The Warrior Class

When I first started making trips in meditation into the spirit realms, I naively expected to find the peaceful and serene realms my Christian upbringing had taught me were there. My temporal mind was involved, and it had difficulty relating to situations that differed from what it had come to expect. In meditation, I came to a vast plain where there had been a pitched battle between large armies. The plain was littered with the castoff armor and broken weapons of a great conflict. The armor and weapons looked as if they might have come from a Roman army of the first century. I could not tell whom they fought or which side had won the day.

Many religions have references to the war between the forces of light and darkness or of good and evil. I soon found the battle I had come upon in meditation was indeed between the forces of light and those of darkness. I stayed out of the war, even though more and more of my spiritual experience in meditation was leading me into it. As these meditation experiences were unfolding, my long memory was surfacing in my conscious life, and I realized I have been a warrior in many lifetimes.

When I was eight years old, I realized that this world, this realm of life, was not real. The illusion of life is only real to the extent one believes it is real. The physical body is a trap, a container, and a portal. As a trap, it lures a conscious being and promises life experiences in which the conscious being can grow and progress along The Road to Life. As a container, the physical body gives consciousness access to many life experiences, but the experiences that manifest are most often not in relation to what the conscious being had signed up for. Most of the life experiences the physical container has for consciousness do not offer any spiritual altitude, no real progress along The Road to Life. As a portal, the physical body has the potential of giving the conscious being access to vertical progressions on The Road to Life. But while the access to vertical progressions is easily at hand, life on Earth offers very little instruction how to find the real avenue to divine life. Often the time demands of horizontal life preclude any time to spend exploring a vertical life.

If this world is an illusion and physical life is not real, why do the forces of light and dark fight? What is there to fight over in an illusion? It isn't the battle that counts. If in one's life an ideal or principle becomes more important to an individual than life itself, creation will take note of that being and in due time offer that being altitude on The Road to Life. The urgency of battle, the intensity of alert awakens a battle requires, gives the soldier a look at a more awake state of being. The modern world has other ways to find the intense awakens of reality that consciousness requires. Bull fighting, motor racing, and mountain climbing all require a degree of focus and alertness not found by people in the mundane flow of life.

A soldier facing his adversaries, and knowing his duty, and believing in the cause he is willing to fight for, finds the courage to go on and face death if he must. To have that

much of life together and then lose one's physical body in a moment puts the being in a very different place in the realms beyond physical life. A much different place, but significantly farther along on The Road to Life.

As one travels along The Road to Life up from the physical world, one soon comes to a realm in which the path splits. The negative side of the path goes into the realm described in the Biblical Book of Revelation. The positive path leads through many trials, all testing the courage of the traveler. Following the positive path, one eventually comes to a very high white mountain. This part of The Road to Life leads up the mountain, and eventually one must climb a vertical face. If you are not afraid, you cannot fall. The real progression here is courage. The lesson this realm teaches is you may never be afraid again. It is exceedingly bad manners to be afraid of a dragon.

Standing on the top of the Great White Mountain, one is on the threshold of ... The Warrior Class.

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