

THE ASCENSION PAPERS

Book 2



by
Zingdad

Journey into fascination and delight!

Dimensions, Densities, Space and Time

Zingdad: Hi 8.

8: Greetings my young friend.

Z: I can't believe we are already writing the 12th chapter of The Ascension Papers!

8: Yes. From one perspective it is, as you say, the 12th chapter but from another perspective it is the first chapter of a whole new book.

Z: Explain?

8: The previous 11 Chapters that went before form a coherent whole. If you re-read those chapters with a the gift of hindsight you will see that Joy-Divine and I took you on a particular journey. We presented you with information that challenged your perceptions of your world in such a way that you could slowly release your grip on your fears and anxieties and convert them into love. The first 11 Chapters are book 1 of The Ascension Papers and it is the journey from Fear to Love.

We ended Chapter 11 on a very high note. You came to understand your world in a whole new way. Fear need never again motivate you. You now know yourself to be a creature of Love. And as your view of your world has changed so your experience of it has changed too. Not only do you feel differently about your world but you make new choices and create for yourself a new life. You begin a whole new journey based upon Love and following your heart. Is this not so?

Z: I can only laugh, 8. It certainly is so. Everything in my life is changed. Everything. The world that I engage with everyday is breathtakingly

beautiful and the people in it are wonderful. I find myself working much harder and much longer than I did in the city but now I find that I love doing that which I have to do. Whether it is labouring on my land to clear alien vegetation or to grow vegetables, whether it is working on The Ascension Papers or my website. Or whatever else my day brings, I love it all. But more than that I

love how I am feeling about myself and my choices. I love feeling that I am now beginning to take an active hand in creating my reality rather than the previous feeling of being a victim to stuff happening to me. And this is the shift in my soul that has come as a result of the wisdom and insight that you and J-D have imparted to me in those previous 11 chapters. I am unendingly grateful. I love, love, love my life now!

8: This is because you love yourself now and focus your attention on that which you love. You no longer insist on focusing your attention on that which you don't love. And you create your reality with your focused attention. That is what you bring to yourself. And as you have made a new decision to release that which does not resonate with your heart and move towards that which does so you are made anew. So your whole life is made anew. And in due course, so your whole reality will be made anew. We have only just begun!

Now, obviously if you are done with all the dark and heavy stuff of fear and pain and evil and victimhood and so forth then we no longer need to concern ourselves with those issues as we proceed. This means the whole tone of The Ascension Papers will now also change. Now we can begin to really have fun with this quest for wisdom and understanding. We can open ourselves up to discovery for the pure joy of it and see where it leads us. Now we are no longer trying to run away from that which hurts us and makes us scared... now we are running towards that which intrigues us, fascinates us and makes us happy.

And so it is time The Ascension Papers to also make a new beginning. I would like you therefore to draw a line at the end of the preceding eleven chapters and call them Book 1 of The Ascension Papers. And this chapter is no longer the 12th chapter of The Ascension Papers, it is Chapter 1 of Book 2.

Z: Wow, okay. I'll do that. But that means I must first compile and edit those 11 Chapters and update them and...

8: ... yes, there is much work to be done. You'll know what to do. Remember, you always have everything you need to do what must be done.

So do it.

It is time.

And then when you are done with that come back to me for this chapter.

(Zingdad note: months pass as I go through the arduous process of editing, updating and compiling Book 1 and making it available first as an e-book and then publishing it in softcover. I hadn't realising publishing a book was such a huge, complicated task. But, as always, 8 spoke the truth. Though there was a huge amount of work to be done and a tremendous amount to be learned – every step of the way, when I needed something I found it was available to me. Like the fact that I had previously learned how to do fractal art and, when I needed it, I found I already had the cover image for the book. My thanks also to Leigh and Lisa who helped with proof-reading and editing. But now, finally, that work is done and Book 1 is available as an e-book and in paperback on my website and elsewhere on the 'net.)

Z: Well, 8, here I am. I apologise for the long wait!

8: No time passed for me, my friend. I am outside of time. But I can see you have had much to contend with. The process of producing this e-book put some strain on you as you have, for the first time, encountered the notion of trying to make commerce with your passion.

It's an interesting challenge. And now you realise the burden of bearing a gift. If you have a gift to give you not only need to labour to create the gift... you actually have to labour to give it away!

But what you need to know is that, as with all things, once you have created the path then you can walk it. These things will get easier if you just persist. And you should also know that the nature of consciousness is such that you change the whole world by bringing this information to it. Those that have need of it will find their way to it. And those who are called to do so will tell others about it as and when it is appropriate. It will take wings and go where it needs to go in the perfect time.

But let us get to the topic at hand, shall we? Let us begin with a very important bit of groundwork:

The ideas I am going to present to you are all convenient fictions. That is to say they are one way to describe and make sense of your reality. They will have a great degree of validity but, equally, there might be other ways to understand your reality that might be equally valid to you. So enjoy the

concepts and use them as you might need to but don't get too attached to them. Remember this: these are DESCRIPTIONS of your reality. They are not your reality itself. And the reality they are describing is an illusory one anyway so there really is no point in getting too rigid about any of this.

Z: I'm not sure I understand, 8. Do you mean there aren't really densities and dimensions?

8: Let's use a well-favoured metaphor as an example:

If you look at a rainbow – how many colours do you see?

Z: I think there are seven colours. As a child I was taught it goes: red, orange, yellow, green, blue, indigo and violet.

8: Alright. But what if I have very good eyes and great colour perception and, in addition to those seven colours I can also discern crimson, peach, lime-green, teal and purple.

Can you agree it is possible that I might insist there are actually 12 colours?

Z: Yes, of course. Because in reality there are an infinite number of different colours, aren't there?

8: Yes, there are.

Unless, of course, there aren't. From another perspective it is only white light that has been refracted in water droplets.

Z: Ah. So in reality there is only the one colour – white light.

8: Yes. Technically white light isn't a colour. It is that which includes all colours. But nit-picking aside, you are correct.

If, however, you were to stand looking at a rainbow and say, "my goodness how beautiful the white light and water spray is!" you would get you some pretty odd looks. Because white light is not what you are perceiving. It does not describe your experience. You see colours. Then you describe it as seven colours. But that is just a fiction that you are inventing to conveniently describe

your perception of your reality. It is not your reality itself which is something quite different.

But what REALLY is your reality?

Z: White light and water-spray, right?

8: Yes.

Unless it isn't. From another perspective it is an interplay of creator-beings co-creating a dance of pure energy. Everything is energy. The light is energy knit into parcels that have been called photons and those photons are bouncing off the water. The water is also that same energy but this time it is knit into sub-atomic particles that are dancing together in a tight little dance as atoms of hydrogen and oxygen, which are clinging together as water molecules, which are clinging together as little droplets. But you see the light and the water is all just energy. And that energy is created in the mind of a being of great consciousness and shaped and manipulated in other great minds.

Z: So it's energy.

8: Yes.

Z: Unless it isn't?

8: You got it. There is another perspective in which it is all just consciousness. It is all The One creating a multiplicity of points from which to experience Itself in new and different ways. That is, ultimately, what everything is. And you, taking a moment to marvel at the rainbow, are really a moment of The One putting on a show for Itself.

You are the viewer and you are the mirror by which you are observing yourself. And once you have awoken to the reality of the situation you will come to see that you are also that which you are viewing. You're the rainbow too.

You, the world you are standing in and the rainbow are all The One experiencing Itself, observing Itself, creating Itself and loving Itself. And it is ultimately impossible to separate you from the body you inhabit, the planet you are standing upon and the rainbow you are observing because, indeed you are not a passive observer as you might think you are... you are creating all

that you see. It does not happen outside of you for there is indeed no "outside". It is all happening inside your god-like creator mind.

Z: That is SO beautiful! Thank you, 8.

But... what about the fact that this is not what I feel like I am experiencing. I mean... honestly... to me it is a rainbow in the sky. I don't FEEL like I had any hand in making it.

8: Yes. This is true. You have worked very hard to create for yourself this powerful illusion. It is meant to delight you no end that these wondrous and beautiful things occur in your world without you needing to pre-meditate them. Your world is a paradise-wonderland of pure delight. Or it should be but for the fact of the way the game is being played at the moment. But the old way is coming to an end soon and then it will be as it was meant to be. It will be a paradise for those that are willing to remain here for that.

But your question remains valid. When you look at a rainbow, it does not appear to you as if you are The One creating all this for yourself. It does not appear to you that you are observing an interplay in consciousness. It does not appear to you as if you are observing energy or even white light and droplets. It appears to you as if there is an arc in the sky made up of a range of colours. But which of these descriptions are TRUE?

Z: They all are?

8: Indeed they are! There are always layers and layers and layers of truth to everything in your reality. Depending on how you are asking the question, who you ask the question of and the level of consciousness you are able to bring to the answer, you will get a different answer to the same question. You see, there is no one true description for how your reality works that will be true from every perspective.

If you observe what occurs in science then you will discover this to be true. Science attempts to find definitive answers and explanations for the phenomena of your reality. And the reason science is as successful as it is in describing your reality is that the scientific method is predicated upon an understanding that there ARE no absolute truths. Good science recognises that there are no scientific facts. Instead there are only scientific theories which can be tested experimentally. If the experiment confirms the theory then the theory is

accepted. It is still just a theory, but an accepted one because it is understood that in due course a different experiment conducted in a different way may very well disprove the theory and then it will have to be replaced by a new one that better explains that which you observe in your environment. That is the way science should operate if it were functioning in a healthy way. Twisting things with egos getting too attached to particular theories and behaving as if they are facts or, worse, heavily funding experiments that prove a particular theory and denying all funding to experiments that might counter that theory debases science. It ceases to be a tool of discovery and becomes instead a tool of manipulation, power and control. Alas what passes for science in your current planetary culture is more of latter than the former.

But that is actually peripheral to the discussion at hand. What I wish you to understand at this juncture is that the insights you will gain from this chapter are a description of your greater reality as given from my perspective. This is how it looks from where I stand. But it is not possible for me to describe your reality in such a way that it cannot be described equally accurately in another. Some will read what I have to say and will conclude that I am wrong because I describe a rainbow of seven colours plus pure white light being the 8th. They will get in a huff and say there should be three colours... or ten... or whatever other number they are attached to. But what I wish you to see is that this is trivial. It is of no meaning whatsoever how many colours you see. This is a function of your own perceptions and it is really quite unimportant how many colours or I are describing. What is important is what lies beyond that: what is the true nature of the reality that gives you the very temporary illusion of experiencing these colours.

Z: Yes, I see. It is about the deeper truths not the surface things which, anyway are a function of our own individual perspectives. But then what is the point of even discussing the surface things... why talk about densities and dimensions at all if we might each have a different experience of them?

8: What's the point of a map?

If you haven't been to a place before and you don't know what you will find there but you wish to navigate that area then you can do with a clear and accurate description from someone that HAS been there. Then you can make your own way through that territory with far greater ease.

But the map isn't the territory. It doesn't look anything like the territory itself. Its just colours and lines on a small piece of paper. There is nothing on it which

is at all like roads, rivers, mountains and trees. It doesn't show smells or sunrises. It doesn't show friendly people or angry dogs. Or sleeping in a tent on hard ground or new insights gained walking a long and quiet road... or anything else that you might experience on the journey.

From many perspectives the map might be considered useless. It is only if you are willing to open yourself to the symbolism of the map and understand that it is merely a description of certain very limited attributes of the land given from a particular perspective that it might become very useful to you. Under those circumstances you might find it to be absolutely invaluable. And once you have successfully traversed that terrain, is it possible that you might decide you can draw a different map? A better map? A map that uses different conventions? Maybe you can make a 3D map? Or a map that, somehow, shows smells and feelings? Is that possible? Of course it is! But you would not then come to the conclusion that the first map never was of any use to you. It is the one that allowed you to travel the terrain in the first place so that you could create your new map of it from your perspective.

And that is one great reason for this conversation: to describe your reality to you from one perspective to assist you in discovering it yourself from your own perspective. If you then describe it differently from what I have this does not invalidate my description... it adds to it.

Z: Okay that works for me. What's the other reason?

8: (He laughs) You tell me... You wanted to have this conversation! Why did you?

Z: Because I am curious and I'd love to know. Its fun, I guess.

8: That is the best reason of all. Love and joy mixed with curiosity. Sounds like a party!

Shall we get going then?

Z: Yes, please. Lets.

8: Okay, then we'll start with these often poorly understood concepts: densities and dimensions. These two terms are quite regularly confused with each other or even used interchangeably in spiritual and metaphysical literature.

You have made this error yourself in receiving Book 1 – but we have let this small issue go by as we needed to keep the information flowing. But now it is time to set the record straight and to obtain some clarity on this subject.

The first thing to understand is that, as with the rainbow described above, there is no fixed number of densities or dimensions. It is very likely indeed that you will experience a series of gradations but, just like the rainbow, you can decide for yourself exactly how many gradations there are. You can make almost any number fit if you try. This is true of both the densities and the dimensions. You, as a human being with ten fingers and ten toes are almost pre-programmed to think in base-ten. Your decimal system is all base ten and so is all the mathematics you might normally do. So you might like to think that there are 10 densities and 10 dimensions. But there are other perspectives. Before your current civilisation's earliest recorded history in the Sumerian times, earth-humans had a great deal of interaction with beings that used base-12 mathematics. These beings were, for better or worse, quite happy to have earth-humans regard them as gods and goddesses. And so it was that all "holy" matters were calculated in base-12.

Z: Sorry, 8, but isn't the base-12 thing because the moon makes 12 revolutions in a year. That's not something you can really make a choice about, is it? So isn't THAT why the ancients decided 12 was a "holy" number.

8: You ARE sharp today. That is a great observation. But what you fail to comprehend is that the moon is not arbitrarily where it is by some cosmic mistake. The distance from the earth and the speed of rotation and many other attributes of the moon were all very carefully and very intentionally engineered to create a desired environment on Earth. Before your current history there have been many civilisations either living on earth or interacting with those that did. Some of them had capacity to impact their environment in ways that you would even now find quite god-like.

The moon is not a happy accident. It is a very precisely placed and engineered item.

Z: Well... I am stunned...

8: Good. It suits you. (he smiles) You'll find many more such interesting revelations when you begin talking to Adamu in a couple of chapters. But let's stay with the topic shall we. I am contending that the 12 months of the year

are not an accident. They are intentional. They result from an ancient race who counted in base 12 placing the moon exactly where it is. The moons placement has been absolutely essential to the regulation of all kinds of conditions on your planet that were deemed desirable by the Seeders of Life on planet Earth. But whether you are inclined to believe that or not you will certainly note that there is a preponderance of 12s in all kinds of things that come to you from antiquity. 12 months in a year, 12 hours in a day, 12 signs in the zodiac and so on. There are correspondingly 12 notes (if you include the half-tones) in a musical octave too. There are also echoes of ancient wisdom that reverberate in your collective consciousness that would indicate 12 densities and 12 dimensions.

And none of this is wrong. If you want it to be 10 – it can be. If you want it to be 12 – it can be. How ever you describe it, it is, after all, nothing more than a map which may be of use in navigating and understanding the greater reality in which you dwell.

Z: So then how many densities and dimensions do YOU think there are, 8? What number works for you?

8: (a long quizzical pause) ...

Z: Oh. (laughs) Sorry. Of course. You'd say there are eight densities and eight dimensions! I should have guessed.

8: (smiles) Yes. We have not agreed on this number being my name for nothing. When we chose this name for me it had many layers of meaning. One of the deeper layers was that, when all is deeply considered, eight is the number of completion, perfection and wholeness. From my perspective this is so. Others might hold another perspective. They are not wrong. But for me – there are eight densities and eight dimensions in this whole greater reality. So that is the first thing to understand: I am going to talk in terms of eights but that does not invalidate other ideas elsewhere that speak in different numbers.

The second thing to understand about dimensions and densities is that these are not the same thing at all.

Dimensions are a means to articulate what you observe in your physical reality. They are discovered with measurements such as length and width. They are about your material, physical world and are able to be discussed and

expressed using mathematics. They are in the realm of science and physicists are beginning to grapple with them in such areas of enquiry as quantum mechanics and string theory.

Densities, on the other hand, are spiritual. They are not of your normal physical world. They cannot be observed with your eyes or measured with scientific apparatus. They are experienced in your heart and in your being. YOU can see the effects in your life of traversing densities but you will not be able to show this to another being unless they also traverse the same densities with you. It is more about who you believe yourself to be and what you are willing to create for yourself.

So the densities are observed within you while the dimensions appear to be outside of you. And so it is very important to understand both if you wish to understand your whole experience.

Z: Very interesting. But what ARE they. And why do people sometimes talk about them as if they are the same thing?

8: These two things get confused because your current world exists both at the 3rd density and the 3rd dimension. I will now give you a fairly detailed description of what the dimensions are... but not as they are currently understood by your scientists. The current scientific model is very slightly flawed but will very soon improve. The flaw is that scientists generally believe that the basis of your universe is energy and that all material is constructed of this. Their postulates and models work from this assumption. And they aren't far wrong. It is beginning to dawn, however, on some scientists that CONSCIOUSNESS is the basis of the universe. Consciousness is what everything is made of. The energy that you are able to work with and perceive is created by, from and within consciousness. Coming to this realisation and finding a way to integrate it into physics will change everything. It will precipitate a massive leap forward in your ability to comprehend your reality and that will allow you to construct fantastic new technologies. Finally your physics will allow you to transcend the light-speed barrier, for example. It will allow you to traverse time and space in a wink. It will allow you to work with matter and energy in ways that you would now call miracles and magic. So important is this discovery that, in due course it will come to be that the age that is now dawning will be called "the age of consciousness".

You are living at the dawn of the age of consciousness!

Of course there is resistance to this change. The scientists that are working from this perspective are on the fringe and are considered somewhat heretical by their peers. Most of science still remains rigidly materialistic and still clings to the idea that "mind" and "consciousness" are effects of brain function. But this is clearly erroneous as there is a great deal of evidence available to you that "mind" survives the termination of brain functioning. And that is by far not the only evidence of the pre-eminence of consciousness. There is, for example, scientific evidence to show that all reactions at the smallest scale need an observer to occur. Without an observer these reactions remain in potential. Now, if an observer is needed, who, I ask of you, would observe reactions in the deepest of space? Who observed the first reactions of the Big Bang? And what brain was there to produce the consciousness that did all this observing everywhere? It is simply not tenable. Brains are the tools of consciousness, not the source of the consciousness!

But, of course, it is possibly to cling to a view tenaciously if you are determined to do so. Especially if "the establishment" is behind you. So the "normal" scientific view does not yet reflect this new reality. In discussing the dimensions with you I am going to speak from the perspective of the pre-eminence of consciousness and so my version of what the dimensions are will be a little different from the current scientific view. I will try to talk about this very complex subject in a way that is easy to comprehend. To do so I will start with the very familiar and work outwards from there.

Dimensions

3d

You are, right now, experiencing yourself as a 3-dimensional body in a 3-dimensional world. The world of 3 dimensions should therefore be very easy for you to comprehend. By "dimension" we mean a space that can be measured. For example, the dimensions of a cube are expressed as length x height x width. All objects in your reality can be made to fit in a cube of sufficient size. All objects therefore exist within three spatial dimensions. Any point in your reality can be defined by three co-ordinates. So there are three dimensions to all things in your reality and to the whole of your reality.

But as this IS your reality you should be very familiar with it so and we can move on and describe the other dimensions. Lets take a step down to the second dimension next.

2d

If you stand between a bright light source and a screen then you will cast a shadow on the screen. What you, perhaps, haven't considered before now is that your shadow is your body in 2 dimensions. It has height and width but it has no depth. No matter how closely you look you will never be able to measure a shadow's thickness. It has none as it is not really a "thing" in the normal sense of the word. It is merely an absence of light. So, it has only two dimensions: the dimension of height and the dimension of width. Your shadow is a 2d object.

Now I would like you to please imagine a 2d being – someone very like your shadow – but a being of independent consciousness. He is going to help us understand dimensions. Let's give him a name. Let's call him Shadowman. Let's imagine you could have a conversation with him. Remember his world isn't actually simply "flat". It is much worse than that. The conception of depth does simply not exist for him. So, not only can Shadowman not see over even the smallest obstacle, he can't even begin to imagine the concept of "over". He can't even think in terms of there being an "above" or a "below".

If Shadowman and a number of his friends stood next to each other he would not be able to see beyond the friend on either side of him and he would also not be able to conceptualise what it might be like to see "past" someone. So, if you asked him how many friends had gathered and he only had one friend on either side of him in his direct line of sight then his best answer would have to be "two". Other friends that were beyond his line of sight would not be in his presence and he could not know that they were there. You, on the other hand, could see everyone in the gathering like so many shadows on the wall and you'd immediately know how many there were by simply counting them. You could tell Shadowman which friends he was going to see at this party and he'd be astounded at your prescience. Not only this but you would be able to see, to all intents and purposes, *inside* Shadowman. You'd be able to see any internal organs and structures his body might have and even what he ate for lunch! You'd also be able to see inside closed boxes and "through" walls and barriers. Your ability to see and know things like this would astound Shadowman. He'd think you were god-like in your comprehension of his world. You would, to his mind, have an impossible ability to see what lay ahead of him long before he could discover this for himself. And if you tried to explain to him that you didn't really have supernatural powers but could merely perceive the extra dimension of depth, then you would find that he would simply not understand what you were talking about. You could possibly use analogies to

give him some idea as to what depth is like but... sadly... he would never really know what it would be like to live in a world with this third dimension, depth.

And that should give you some inkling of what a 2d object is like. It is a flat shape with no depth.

1d

In order to help us understand what a 1-dimensional object might be like we are going to get Shadowman to help us some more. He is going to fetch a bright source of light and a screen from his 2d world and stand in-between them. Just as your 3d body has a 2d shadow, so Shadowman's 2d body will yield a 1d shadow.

Let's do this together in our imaginations, shall we? Shadowman has a perfectly flat lamp that shines a "flat" light in only two dimensions which causes his 2d body to cast a shadow on his flat, two-dimensional screen. What does his shadow look like to us? Can you, in your imagination, see that his shadow is just a vertical line? It is as tall as Shadowman is, but, being his shadow, it has no width. And, of course, just as Shadowman has no depth, his shadow also has no depth. It is a line of no width and no depth. It is a 1d object.

0d

To take the next step down to 0 dimensions, we simply continue the process. We take Shadowman's shadow, the vertical 1d line, and we imagine that there is a 1d light source and a 1d screen on either side of it. But, because it inhabits a 1d world, the light and the screen can only be placed on the same axis as the line. There is no "in front", no "next to", no "to the side of" in the 1d world. There is only the single dimension WHICH FROM OUR PERSPECTIVE is above and below the vertical line of Shadowman's shadow.

So, let us imagine that we place a 1d light (that only shines a laser-like light in a perfect line) so that it shines a light down on Shadowman's shadow and it projects a shadow on the screen below it. What would this shadow look like? Can you, in your imagination, see that it would be a point? A single point of no width, no depth and no height. It is a 0d object.

Z: But 8, if it has no width, no height and no depth... then it can't really exist, can it? I mean it can't for example, have any mass. It can't really be a "thing" in the ordinary sense of the word, can it?

Maybe it is just an imaginary object?

8: In fact anything below 3d has no mass. But you're right this 0d point is not a thing like anything you have any experience of. It is, from that perspective, a no-thing. It is nothing. And that is all it is to those in the scientific community that have no place in their world-view for consciousness. But for the more enlightened there is much more to this "imaginary nothing".

To be clear: this is not a point on a surface such as a dot on a piece of paper. A dot on a piece of paper is a 3d object. With a microscope, or similar, you can quickly see that it has three dimensions. And, more importantly, the dot resides on a piece of paper (which is 3d) on your desk (again 3d) in your universe (also 3d). You cannot separate the dot from the context in which it finds itself. No matter how small you draw that dot it is still a 3d dot in a 3d world and there is no possible way you will ever be able to make it any thing other than that because YOU are a 3d being in a 3d world. A 0d object does not exist on a piece of paper. In fact it does not exist "on" anything at all. From the perspective of a 0d being there is nothing "outside" of it for it to be on. At 0d all things are integrated and there is no separation between one thing and another. Indeed it is the creation of the dimensions themselves that allow for the illusion of separation between things. So, a 0d being is pure consciousness, there is no "you" and no "me". There is no "here" and no "there". There is no "this" and no "that". There is no "before" and no "after". There is only a singularity of everything which could possibly ever be, all condensed into one singular point with nothing at all outside of that point. That is 0d.

Z: Wow. The 0d point contains EVERYTHING!

8: It does.

Z: And where can one find such a point. I mean... really... in my world how would I find such a 0d point?

8: Everywhere. There are an infinite number of such points literally everywhere. At the very, very finest scale this is all this whole universe is composed of. Points of *everythingness*.

Not bad for an imaginary no-thing, wouldn't you say? This is the nothing that is everything that you, your whole reality and everything in it, are composed of at the very finest scale.

Do you see? You have heard it said here in The Ascension Papers and certainly in other spiritual works that all things contain the whole. Well that would not be possible if the very smallest of all things were not, itself, the whole!

Were it possible for you to invent a magical microscope that could zoom-in so far that you could see across dimensional boundaries then, at your maximum magnification, you might get to see such a 0d point. And if by some further magic you could zoom into one of these points then, inside that point, you would find... the whole universe!

Z: Oh wow! I get it! The whole universe is contained within each of these smallest points... which in turn is what every thing in the universe is made of! Wow! That is the best mind-boggle I've had in a long time.

Except... wait a minute... something doesn't make sense to me, 8. May I pause you here to ask a question or two?

8: Certainly.

Z: Firstly I'd like to know why, if I zoom in, I'd find the universe and not something... bigger. I mean you have told me that the universe is not everything that is. That there are other realities outside this universe, for example. Secondly I'd like to know about the physics of that finest, smallest 0d point. I don't think our quantum scientist have found such a "point". I think they are talking in terms of "strings" being the smallest thing, not this imaginary point. Are they wrong?

8: Good, good questions. I like them.

First answer: When I say you will find "the universe" I have a somewhat broader definition of that word than you normally would. I don't mean the space around you that you can observe with telescopes alone. Your universe

is the 3d universe. It is one single slice of a far greater whole. What I am talking about is the whole universe. All 8 dimensions of it. So these 8 dimensions are what the universe REALLY is. And this universe is a contained unit... a singular whole entity on its own. It is not the only such singular construct though... it is akin to one grain of sand on the beaches of eternity. It is one whole perfect thing complete unto itself amongst many, many such others.

Gaining access to this universe requires of you that you must "split yourself up" in a particular way. You must disintegrate the unity of your soul so that you can experience this universe as it is. Once you have done this then you are able to navigate around inside the universe. The fragment of yourself that you have placed at the third dimensional level, for example, can have many incarnations here and can feel itself to be a human being on a planet such as Earth while other fragments of yourself can, in a similar manner, experience other dimensional levels of this universe. As a result of this special "disintegration" process you can, however, not simply leave. The part that might wish to leave cannot leave other parts behind. Only the whole of you that entered may leave. So you must remain here until you have managed to "re-integrate" all your fragments. This very healing and integration of the soul is what we are calling the ascension process. As you ascend... as you gather together all that you are into a single, whole, integrated, sovereign being... so you will find your consciousness re-resonating to the place where you can "get out" of this universe. When you are truly at one with yourself then you are at one with everything. Then you find yourself at the "surface" of the universe, if I may speak metaphorically. This "surface" exists at exactly the place where 8d and 0d are one and the same thing, where 8d and 0d contain all the other dimensions. It exists at exactly the place where all things are One and you are One with all. At that place there are no boundaries and no divides. That is the place where you may go from anywhere to anywhere. You may go to any other reality that exists. Then there are no limitations at all. Because, indeed, that "surface" is also the nexus between all realities. At that place you already are... everywhere!

And that is the answer to your first question.

Now to your second question. Your physicists' best effort to theorise a description of your reality at the very smallest level has yielded a concept called "strings". This is actually a pretty useful notion. There are indeed energetic filaments that run through your reality. As they vibrate and oscillate in your reality it creates an effect that your science has observed and called sub-atomic particles. So far so good. But what, pray tell, are these strings?

Z: Um... I think they are energy?

8: Yes... at that level everything can be said to be energy. But I am asking in terms of our discussion about dimensions.

Z: Oh, right. They are long but... I don't know... maybe they have no width and no depth? Maybe these "strings" are 1d objects?

8: That is very astute. Yes. And if you understand that these strings are 1d objects then clearly you haven't yet found the finest, smallest 0d point yet! These 0d points of singularity and unity project the strings into your reality. They are the point of origin and destination for all the strings. The strings in turn are the source of the phenomena you call sub-atomic particles. Sub atomic particles dance together to form atoms which in turn bond into molecules. And molecules are the building blocks of your world.

Got that so far?

Z: Yes, thank you. I follow.

8: Good. So, in summary then, the 0d points are the source, the very primal, smallest and finest origin of everything in your universe. They also contain the whole universe. That makes them pretty special, don't you think?

And since you enjoy mind-boggles so much, here's another one for you. Even though these 0d points are everywhere all around you and inside you... there is actually only one of them!

By definition there cannot be more than one 0d point. It IS the whole universe. If there was another, different one then it would have to be an entirely different reality and could not be found inside this reality. There is, therefore, an infinite number of 0d points everywhere inside this reality but, in truth, it is all the same one.

How do you like?

Z: You're right. That's a great mind-boggle (laughs). But somehow that feels right to me. Even though I can't understand it I actually get that one intuitively.

8: Excellent, then we can move on from 0d. Now we are going go “up” the dimensional scale and try to describe the 4th dimension and beyond to you.

4d

The fourth dimension is time. From your personal perspective you could say your 4d body would be a long snake-like form. It begins quite small at the tail with a new born baby. Then moment by moment it grows longer and larger as you grow to be a young boy. Then it gets to its full girth as you become a young man. Longer and longer it gets with each day that passes for you. Its cross-section shape is your body at any given moment. So, though it ceases to get much taller after you became a young man it may well get somewhat wider as you progress into your middle years. The longer you live, the longer this snake grows. Maybe you can imagine it a little like a loaf of bread: each moment of your life is one slice and each slice is your whole 3d body. Moment-upon-moment the snake grows longer and longer until it eventually ends with the death of your body. From your perspective you live a linear life from beginning to end forming one long snake-like body.

Z: But why is it long like that? Why does the snake get longer? Why couldn't it be like Russian dolls with baby-me in the middle and as I get bigger I just form new layers outside that?

8: It is a good question, even though you ask it somewhat in jest. The answer is this: if you did not move at all there would not be progression. This movement which produces the snake-like growth is time. If you stood perfectly, still time would stand still for you.

Z: But that makes no sense! I stand still all the time!

8: You stand still in 3d but you cannot stand still in 4d. And it is as a result of your movement in 4d that you experience time. If you sat dead still for a whole day, by the beginning of the next day you would have moved once around the circumference of your planet.

So how then are you going to stay perfectly still?

And the movements you make in time cause your long, snake-like body to be shaped into many spiral coils and loops which ultimately make a torus shape.

Let me explain.

At the end of the above-mentioned day you do not end where you began because the planet itself has moved on. It travels around the sun once a year. Making your series of spirals into another bigger spiral. But again you do not end where you began because your solar system is very slowly rotating. In fact EVERYTHING in your universe is rotating right up to the very universe itself. And so, no matter how long you live, your body would be growing and aging and transforming, moment by moment, as it hurtled forward at quite some speed through space in an amazing pattern of spirals made up of ever smaller spirals. The movements you actually choose to make when you walk, drive or fly in aeroplanes don't even show up as perturbations compared to that patterns created by your high-speed flit though space and time.

Z: Amazing. As you were describing this to me I got a picture in my head of the cord used to connect a telephone hand-set to its base. It's a spiral. I imagined curling that spiral cable into a much bigger spiral and then taking that bigger spiral and winding it up around itself into a BIGGER spiral...

B: ...yes, that is the gist of it. And the longer you live the more spirals you can be a part of. Human lives are, in the greater scheme of things, of very short duration. So your motion only incorporates some of the smaller spirals. If you could live a few billion years then your 4d body would begin to show the arc of the rotation of the universe. But no matter how many spirals you form they always tend to create a torus. A torus is a doughnut shape. This is because you travel in a circle around and central space. So your snake-body makes a torus loop. Then it makes more and more loops until it makes a shape like a loose spring. But as the spring-shape gets longer it curls round upon itself until it makes a complete loop and then you see another torus! But the torus doesn't quite complete because it doesn't end where it started. And the pattern just keeps repeating making larger and larger near-toroids.

So that is what your body would look like to you if you were a 4d being. And if you were a 4d being then you would think of yourself quite differently from the way you currently do. In much the same way as you might currently look around the room you are sitting in and see a chair over there and a book over here, your 4d self could look around and see being middle-aged over here and being a toddler over there. All of your whole life is "right here" to that being. He does not need to wonder what will happen when you wake up tomorrow morning because that is as clear and present to him as the keyboard under

your fingers is to you now. Your whole life, from start to end, is his "here and now".

What he might wonder about and try to work with is not "tomorrow" or "yesterday", it is "alternate". Which is what is dealt with by the 5d being.

So a 4d being is a time-like projection of your reality and it consists of spirals forming toruses.

5d

5d is an "expansion" or a "projection" of 4d. Let us use you as an example. There are many things you could have been, could have done, could have experienced but chose not to. You feel you are living the life of all the things you did choose and all the things you didn't choose don't exist. Well, on some level they do exist. On some level every single choice that could ever have been offered to you was taken and every single outcome to all those choices was experienced. And that level is the 5th dimension.

In the 3rd dimension you are living one life with one set of choices. At 4d you are the whole of that time-line from birth to death. In the 5th dimension you are a cloud of potentiality in which all the probable and possible choices you could have taken exist simultaneously. Your 5d body is a cloud through which you could plot any number of possible time-lines. The choices that are closest to your Soul's intent are nearer the centre of the cloud. That is where the most energy is expended. That is where you will find the most Life and the most vitality. The closer you, the 3d expression, are to this centre core, the more vital and energetic you will be and the more "flow" you will find in your life. You will feel more "right" about what you are doing and things will be easier to do. Move towards the outer limits of the cloud and you will experience hardship and a decrease in personal energy and vitality. As you approach the edge of the cloud where your Soul ceased to express itself so you will cease to be able to function. You won't be able to go there. If you persist in trying you will experience a termination of the incarnation.

Z: But I don't understand...

8: Of course you don't. You are a 3d consciousness and I have just given you a 5d perspective. Much about this will be beyond your comprehension no

matter how hard we try. Until you experience it yourself it will elude you. But go ahead... tell me what bothers you.

Z: Well, for starters, if 5d-me has ALL the choices available then what is the point of me living a 3d life? Why not just look at all the choices and choose the best path... and live that?

8: You were correct when you said you didn't understand. These other alternatives are no less real, no less valid, no less lived and experienced than your life is. They are all equally true and valid. There is no difference between the life you are living and a parallel life with slightly different choices. The only difference is for you. You make particular choices and you experience the outcome of those choices. Your experiences are just that... they are your experiences. The 5th dimension is a wave-form that includes all the possible experiences that might be had in the 3rd dimensions. You, yourself, are an individual observer. The observer collapses the wave-form into a single event. You turn potentiality into actuality. You do this for your own life and then you experience that life as your own. That is what you do. But in so doing you do not diminish infinity. Infinity requires that all things that can exist, do exist. They must all be equally valid. And so it is for 5d-you. All the choices that you can take... you do take. You take them all, live them all, see them all. But YOU my beloved 3d being, do not see all of them. You only see one linear and direct path. You only see one out of every possible choice being actualised.

Z: That's... simply mind-blowing. I don't even know how to make sense of that.

8: Let me offer you a thought:

When we say you create your own reality do you not sometimes think that you must therefore be creating a reality for others around you also? If you choose a happier world starting right now... then you must surely also choose for everyone else in the world, right? Does it not strike you that, if this were true, that you were taking from them their right to create their world as more unhappy if they wanted?

Z: Uh... yeah. I had wondered about that.

8: Well, wonder no more! Each point of consciousness chooses for itself. You can live in a happier world and you will only experience other beings – or other

aspects of beings – who have also chosen for that happier world. The version of you that chooses a less happy tomorrow will be there to experience that with others that are co-creating that with him. And if someone is creating a version of the world that is not at all congruent with your soul-purpose then no version of you will be found in that world. As you approach those conditions then your incarnation will terminate. Or you will not be born into that world in the first place.

Z: Astounding. I am so deeply failing to compute this info that I don't even know what to say or think.

8: Let's take a moment out then. Remember our imaginary conversation with Shadowman? Now maybe you understand poor Shadowman's response to being told about depth and how you are above him and can see inside him, past him to all the other flat people on the wall, through walls and inside boxes. Trying to make sense of dimensional realities greater than you own can be a lot to cope with. I understand.

My advice is not to try too hard to think about it. The only real way you can actually think about these dimensions is with mathematics. But you don't have the training to do that kind of computation and those that DO have such training can only do the most basic calculations like extending a 2d square to a 3d cube to a 4d tesseract and so forth. It's a neat bit of calculation but it doesn't begin to explain life and experiences at the various dimensional levels. It doesn't take consciousness into consideration. So it ends up being lifeless and dry. It certainly can't describe what it might be like to live life as a 5d being!

So don't try to hard to *think* about 5d, rather try to *feel* about it. Take a deep breath and move into your heart for a moment. Feel in your heart what it might mean to you to know that you are experiencing one version of what you could be but that all versions are equally real and valid. All versions are alive. All versions are equally "you".

How does that feel?

Z: Hmm. I actually feel quite good about that. The confusion that is in my head isn't in my heart. The first thing that comes up for me is the realisation that all judgements I might have about myself are therefore pointless. If I am anyway all of the possible versions of me then I have already taken all the best decisions AND all the worst decisions. And if I have already taken all those

decisions and all of them are equally real then the value judgements of “best” and “worst” become a bit meaningless, don’t they? Instead I can simply accept that each decision yields an outcome. Then the only decision I have to make is if I like that outcome or not. If I like it then I can take more choices just like that and if I don’t then I make different choices. But what I realise now is the value of the choices I would previously have called “bad”. Now they are perfectly valid choices that have given me the gift of seeing exactly how and why I don’t like them. The fact that I have made those choices allows me to take other decisions. I now take an informed, conscious decision.

So its actually incredibly liberating. If, at 5d, I am already all of it then I choose to gift to my 3d-self the opportunity to be the happiest, most magnificent version of myself that I can be. I choose more love, more joy and more truth and wisdom. And I can be grateful to all the versions of me that are choosing anything else because of the opportunity they gift to me.

8: That is quite a useful understanding to arrive at.

Something else you might consider is that there are other versions of you that are doing magnificently. They are not in any way “less” than you but they are none-the-less doing something a little different from what you are doing. For example: you have felt the drive towards unity consciousness and have used that drive to create The Ascension Papers. Well there is, for example, another version of you who is creating music that is quite sublime and yet another that is making the most spectacular art. For yourself you have chosen language and words as your form of expression. But it is through the hard work and constant effort of these other two alternate life-streams that run parallel to your own that you are able to fairly easily pick up skills in music-making and visual art. Their work feeds you just as your hard work with ideas and words feeds them with inspiring concepts.

And it can be so for everyone. Everyone can draw inspiration from their own alternate life-streams and you can know too that every choice you make does indeed affect the other alternate versions of you.

You and your alternate life-streams are, all together, one being... a 5d being. A cloud of consciousness.

6d

At 6d you have made all the choices you, at a soul-level, ever possibly could have made. Here we are talking about all the different kinds of lives YOU could conceivably have wanted to live inside this system. So this would be the collection of all the incarnations you have ever had – each represented by a cloud of potentiality. When you gather them all together at 6d level then you realise that these lives are not separate things. They are also not sequential. You currently think of your present moment as you sit here typing on your keyboard as being NOW. It is “the present” for you. Everything that you have already experienced is “the past” and everything you have yet to experience is “the future”. Well, for your 6d-self all of your possible incarnations are all equally here and now. Your 6d self knows that you do not have “past lives” at all. You have alternate lives, each with their own potentialities and probabilities but all together forming one greater whole.

6d-you knows that your choices in your current lifetime are being made at the same time as other choices in other lifetimes. All lifetimes directly affect each other and none can be isolated from each other. It is only your illusion that they occur in a linear row and that they are separate incarnations. It is a useful illusion as it helps you to gain a sense of your progression but it is, none the less, a figment of your imagination.

As you engage actively and consciously with your own spiritual growth you might begin to get a glimmering of this. For example: when you were younger you knew nothing at all of your past lives and you were also full of all kinds of unresolved anger and fear. As you grew up so you worked very hard to understand where these feelings came from. You went for hypnotic regression and uncovered the root-causes of much of what ailed you psycho-spiritually. As you did this you engaged in an active and conscious process of loving, healing and integrating the parts of yourself that felt most lost, alone and divorced from the wholeness of your soul. You thought in terms of doing “past life” work. But do you not see that you were working directly in your own consciousness at the “eternal now” level? If that which hurt you was truly in your past then you would be able to go back to observe that but you would not be able to heal it. It would remain as it was fixed in the past. But it is not so. You can heal your past. You can bring love to the part of yourself that is struggling and you can help that version of yourself to find peace. So clearly you can affect and change your past and work deeply in these alternate lives and you can, and do, do so with the choices you make right here in this lifetime. This is because all these lifetimes are, at some level, one much greater life. Truly, I tell you when you do such spiritual work of inner-healing then you begin to touch your own 6d consciousness. You are at such times gaining the

awareness that you are, right now, able to change the course and alter the experience of beings that have lived other lives in other times... even on other planets or in other realities. You can bring compassion, wisdom and love to them and in so doing you not only relieve a pressure in your own psyche and release a blockage in your own energy but you also bring healing and relief to them where they are. You do great work at such times. It is the work of The Oneness. This is the work of the 6d being and it can happen inside your life and inside your consciousness if you have the courage to choose this and if you invite your highest wisdom, love and compassion to act through you.

At 6d your physicality in many ways resembles a crystal lattice. If you imagine every moment of choice in your life to be a node, then your 4d-self is a line drawn from one node to the next, plotting the path of all your choices from birth to death. At 5d we see that the nodes of choices not taken are also valid and also exist. They are available as alternate time-lines. All these nodes together look like a cloud. Well now at 6d we realise that all the many clouds of all the incarnations you have ever had all intersect. They are in fact not separate from each other. They are one single greater entity. Each node is in perfect harmony and alignment with all the other nodes that are symmetrically positioned around it. If you understand the physical structure of a crystal then you will have some insight into this explanation.

So that is you at 6d. A crystalline being.

7d

At the 7d level your consciousness transcend the physical completely. You come to see that the physical is just an expression. For 7d-you, your current life here in 3d is a bit like a note played on a guitar string. If you pluck the string the note is produced. If you pluck the same string again in the same way a very similar note is produced. If you change an attribute of the string by, for example, tuning it differently you can get variations on that note. But the note, though beautiful, is not a thing you need to worry about. It is just something that you can play if you wish to experience it.

7d-you does not confuse itself with its expressions. It knows it is not these lives and these bodies and these events. It knows that all of this taken together is like the performance of a beautiful song. You can take it seriously if you like or you can do it with fun and lightness in your heart. You can do it any which way you like but, when all is said and done, it is just something you are playing. It is not actually YOU. You are an eternal mote of purest consciousness and

cannot be altered or transformed into anything other than what you are by any of these experiences. And that realisation is your window to 8d. If you are not changed by the game and the game only matters as much as you want it to, while you want it to, then you can, with peace in your heart, release yourself from the game at any time.

At 7d you bring a very high level of consciousness to all that you observe. You are able, with a single thought, to change anything and everything in the universe. But, ironically, you see it for what it is and so you end up enacting very little change at all. You see truly and you see that there is nothing that is inherently broken here. Nothing here actually needs change and so you observe with love. You shine your Light. And you give all of yourself as a the greatest gift of love to the Life that is expressed here before you finally turn and face eternity. Before you make the final great transcendence and move into the everlasting oneness of 8d.

At 7d your form is Light. You are a beam of light that is not limited in its ability to shine or the form that it might take. It can be anywhere it needs to be instantly. It is this Light which is the energy that precedes all matter. But you are intelligent Light and can manifest from your own being any and all forms of matter as you might choose. It is your thoughts that hold matter together in existence. Indeed all of physical reality in the universe is made of the bodies of a number of 7d beings.

A 7d being is a Light being. The form, tone and intensity of that Light depends on the being and Its choices.

8d

At this final level you come to what might be quite a startling revelation. You come to see that there is no universe at all outside of you. There are no "other" beings playing this game with you. There never were. It was all, always, just you. You discover that every other being that played every single other role, that imagined every single other imagining and that did every single other thing that you hitherto had thought you did not play, imagine or do... was really just another version of you. As you enter 8d you "remember" all your other incarnations, inventions, creations, actions... all of it. And there is no-one and nothing that you cannot, at that moment, remember being and doing. You were and are ALL OF IT. And there is not one little atom anywhere that you did not imagine into being, not one blazing star that you did not cause to

shine. There is not one single life that you did not live. At 8d you are, in every possible sense, the whole universe. All of it bar nothing. You are IT!

And so... for 8d-you there is nothing to wonder about. Nothing to try to know. Nothing to try to understand. Nothing to do. Nothing to change. Nothing to forgive. Nothing to heal. It all just IS. And it is all you.

Now what to do with information like THAT, huh?

Z: Now even my boggle is boggled! Wow, 8!

But you are right... what can one do with that info? For myself I have two different responses. First my heart leaps with joy. I absolutely love this. I can't get over how things that I have taken to be spiritual truths are coming together in this stuff you are now sharing with me. It is simply astounding and very beautiful. It makes me happy to think that this is true. And that is great.

But then my head chimes in and say "no". There are people here on earth getting up to some pretty funny stuff. And I don't mean funny as in humorous! And... well... I'm not sure I want to be them very much. You know?

8: I comprehend perfectly. But my dear friend, isn't it then perfect? You don't have to do any of those things or make any of those choices because someone else is already taking care of that for you. You are free to get on with the life you want to live thanks to them.

Z: Yes, that's true. We already covered that in the previous chapter when we spoke about judgement.

8: That's right. But here now is an additional level of understanding. Not only are you released from the need to do these other things but, indeed, when you are finally ready, after your long and winding journey all the way up through the dimensions, then you will finally arrive at the remembrance that indeed it was all you. And in that remembrance will also come perfect comprehension. Not only did you do all of these things but you will, in that moment, know exactly how it came to be that you did what you did. Perfect knowledge with perfect compassion will yield perfect bliss.

Z: Yes. I feel what you are saying in my heart. Thank you for that, 8.

So then... what does an 8d being DO. I mean what is it like to be a whole universe?

8: Everything. Nothing. It depends on your perspective. There is no real way to answer that question. An 8d being does "the universe", in so much as the universe needs any doing. Maybe a better answer is to say that It dreams. And you are Its dreams, all of you.

Z: And you?

8: Why, yes! I am a part of this 8d being's dream and I am also dreaming this dream. But I am also aware of myself elsewhere, outside of this particular dream, playing parts in utterly different dreams. In due course you will awaken to the complexity of that awareness of yourself too. But that is very much an entirely different conversation.

Z: Okay but then what dimension do you perceive yourself as residing at? Are YOU an 8th dimensional being? Is THAT why your name is 8?

8: You know... we are all actually the 8th dimensional being. There where this whole universe and everyone and everything is One – THERE we are the 8th dimensional being. But you see, implicit in that fact is the understanding that there is only one 8th dimensional being experiencing itself as being many, many beings who are experiencing themselves as existing in many different states of consciousness in these dimensions within the mind of The One great being. So tell me, do YOU think I am an 8th dimensional being?

Z: I think I get what you are saying. We are all the 8th dimensional being and we are all part of it but obviously you could not be all of it. No more than I could be.

8: You know the funny thing is that we ARE actually, each of us, all of it. We are each the 8th dimensional being. But we are very hard at work creating a very powerful illusion that we are not. The illusion is called "separateness". It is the ego. It is the idea that we are not one being. It is the identification with our creations rather than our truest being. Which is oneness. If we were to change our identification and let go of all of these illusions then we would each see that we are one, that we are in fact THE One. That we are the 8th dimensional being. That there is nothing but Self everywhere you look.

Is that hard to comprehend?

Z: It's a paradox. I like it and it seems true but I also don't understand it.

8: You are right, it is a paradox. Many of the greatest truths will be paradoxical to you. This is because of the Veil and the nature of your reality.

But let me complete the answer to your question. We are The One playing a game of hide-and-seek with Ourselves. You are a part of The One that has chosen a corner of the third dimension to hide yourself in. I stand at the cusp, on the very lintel, between 7th and 8th. I am at a place where I am suddenly becoming aware of myself as being... everywhere and in everything. I am therefore right there with you in 3d too. This dawns upon me as the new truth that I am busy awakening to.

Z: You are awakening to 8d consciousness! Is this another reason for your name being "8"?

8: There are many reasons. Some you have discovered and others you have not yet. And, yes, this is an additional reason. In this particular context calling myself 8 is akin to naming myself as that which I know I truly and ultimately am and as that which I am longing to experience myself to be. Being at one with All That Is, is my desire and my destination. Very soon I will awaken from my slumbers here in the 7th dimension of existence and I will know that there is no separation. 8 is my true nature. As it is yours and everyone and everything that is.

Z: So... then we are all 8?

8: Of course! How else could it be? I have told you we are all One and there is no separation between us. Clearly we are all 8! (he smiles)

Z: Another paradox! My head is spinning with them.

8: Seeing such paradoxes are a sign that you are travelling quite fast on the ascension path. Your whole life you have only seen one side of a coin. You thought that was all there was to the coin. Now you see the other side and your mind is confused but your heart says both views are true. The only way to resolve this paradox is for you to come to full realisation of the coin. You will come to see that it is not a thing with two different sides but indeed an

object with depth, weight and texture that you can experience in many more ways than just the two sides you have now discovered.

My best advice is to enjoy these paradoxes as they come up. It is a good sign that you encounter them. It means new insight is on its way.

And this brings me right back to the dimensions. You will notice I have chosen to describe them to you in quite a personal way. I spoke to the way you might experience them directly. I did not try to tell you conclusively what each dimension really IS, rather I told you a little of how you might experience yourself if you resided at that dimensional level. To try to describe the dimensions themselves is not actually possible. Each being will experience them slightly differently and some will experience them radically differently. And it is only when you are ready to know that all experiences are equally true, equally valid and that all experiences ARE your experiences that you will have the full, final comprehension of what each of the dimensions are. But then, of course, you will be the 8th dimensional being.

Z: Is it possible to give me a taste of a very different experience of the dimensions?

8: Yes. But let's be brief about it as there is much material to still get through in this chapter.

You that inhabit lives on planet earth are ones that have chosen to experience Life as collapsing possibilities into actually. You take infinity and define it into a single perspective. That is the path you have chosen. As a result you think in terms of the individual, the personal, the personality, the identity. You would struggle to think in any other terms. But there are other very different perspectives. Let us look at just one example: In Chapter 3 of Book 1, while discussing the nature of Oneness from a scientific perspective, Joy-Divine told you about Pattern Holders. These are beings that each hold a pattern in your reality. As the energy of this reality flows through one of these beings' particular pattern it forms into one particular type of sub-atomic particle. But you see there is no actual particle there, it is merely a perturbation in the flow of the energy field. Other beings hold different patterns which likewise distort the energy but in slightly different ways and this results in other different sub-atomic particles. You only need a handful of such patterns and you have all the types of sub-atomic particles that exist. And then other beings can come and hold larger patterns with these sub-atomic patterns within them. This next-generation of pattern creates atomic particles: electrons, protons, neutrons

and the like. And then other beings can come and hold the third generation of pattern which results in atoms of different sizes. This gives you every one of the chemical elements with which your universe is created. You need just less than 120 of these to make up the periodic table which is all the atomic elements in your reality. And from these atomic elements all the molecules are made. And there is an astounding number of patterns needed for all the many, many molecules. And then a mind-numbing number of patterns of things can be made with molecules. And these latter patterns, finally, are the objects of your world: large-scale things made from many molecules locked together into forms such as the complex proteins of your body that make up your hand or the plastics that have been moulded into the keyboard upon which you type. The patterns for all these things, from the sub-atomic particles right up to your body, are all being held by Pattern Holders. And it doesn't end there! Indeed the Pattern Holders hold all the patterns for all things right the way up to the light-bodies that exist at 7d. So it all gets very complex indeed. But these beings, these Pattern Holders, are one of the many classes of being that share this reality with you but that experience it quite differently from the way you experience it. If they were not there you could not experience this reality at all! There would be not matter for you to play with. You would not have a body to inhabit. There would be no planet to walk upon. There would in fact be nothing that you currently call "real". These beings dwell at dimensional levels other than your own. At the third dimensional level you interact with their 3d creations. You collapse the potentialities they create into the one actuality that you choose to perceive as being "the one true reality". But that is just YOUR temporary illusion. It is just the way things look from your perspective. Do not confuse yourself and think that it is the only way things can or should be perceived!

You who inhabit incarnations on Planet Earth are therefore right now predominantly of the Observer type of consciousness. Your observations collapse all the probable realities into one actualised reality. The Pattern Holders are of another type as they, through their activities, create ever more probabilities from which you might choose. Their experience of this universe is, therefore, very different from yours. And there are other types of consciousness besides the Observer and the Pattern Holder!

Z: I remember you telling me about Consciousness Construct Holders in Book 1. What are they?

8: Yes, it was in Chapter 10 that I first mentioned these beings. You'll recall I said Joy-Divine is an example of such a class of being. They are a type of

Pattern Holder. The nature of your reality in 3D is such that you think matter is real and thoughts and emotions are not. But this is not a perspective that I would share. From my perspective, thoughts, ideas and emotions are as real as matter, if not more so, as they pre-exist matter, bring matter into being and will remain long after matter ceases to have any relevance or interest to you. But all of these things are, ultimately, just patterns in consciousness. The pattern that Joy-Divine holds is of a very pure kind. As I have described above, most patterns are constructed with layer upon layer of smaller patterns within them. They are like boxes within boxes within boxes, ad infinitum. These patterns are of dizzying complexity if you should have the intellectual courage to try to unravel them and understand them. Joy-Divine holds a very simple and very pure pattern that does not include any other patterns within it at all. It is the light of pure, unadulterated joy. Happiness.

Z: But how can it be that I am of the Observer type of consciousness and my Inner-Self is of the Pattern Holder type of consciousness?

8: It is always like this. These types of consciousness do not define you. You define them. It's like a job description. For so long as you choose to do that job then you can describe yourself like that. But, in due course, as you grow and develop you will come to see that your progression will be better served by you doing some different job. Change is inevitable and so you will make a new choice for yourself as you change. By way of illustration: you have discovered that your Inner-Self is a being called Delight who is an Interventionist. You mentioned this to your readers in your introduction chapter in Book 1. Well, an Interventionist is a different class of consciousness from an Observer or a Pattern Holder. An Interventionist is a being that comes to those that have created themselves into a corner. Being stuck and unable to move and grow causes great pain for the Soul. Such beings then cry out for help from The Oneness. And there is always an answer. Very often the answer is an Interventionist who comes at the exactly opportune moment and... intervenes. The Interventionist places its own self between the patient and Its pain. A new outcome is created and offered to the patient. If the outcome is accepted then movement and growth occurs and the pain is alleviated. Of course it is much more complex than that short description but you get the gist of it. And so it is that you are beginning to awaken and beginning to progress from being Zingdad-the-Observer to being Delight-the-Interventionist. And that is what you will be and do for a while until some other even vision of Self beckons to you. After much adventure you will come to find yourself being Joy-Divine-the-Consciousness Construct Holder. That is the Inner-most version of you

before you proceed to the final realisation that you are Logos-the-Universal Consciousness. As we all are.

So to answer your question: you can take any occupation that serves your growth. When you do then this becomes your purpose. In due course your purpose will change and you will take another. From a higher perspective you are fulfilling all these purposes at the same time. And it is also true that you very seldom do only one of these things to the exclusion of all else. Though you are now primarily observing your reality into being you are also, though the work of The Ascension Papers, working an Intervention on your reality. You are also beginning to hold some patterns in your mind also. And so on. It is all a matter of perspective. And it is so for all your readers too. Each is an Observer busy choosing and deciding who and what they will be next as they prepare to awaken to a grand new awareness of Self.

Z: So then what are the other types of consciousness? We have Pattern Holder, Observer and Interventionist. What else?

8: I can tell you these things but it won't do them justice just to label them and this is not the time for a full discussion of them either.

Z: Alright. Then just tell me what you do... What does YOUR job description entail?

8: Ah! I have a very interesting job. Given a full understanding of my job you will reach a new understanding of your life. I think you will find it interesting indeed and it will elucidate much for you. You'll be pleased, therefore, to know therefore that this will be the subject of the next chapter. And, of course, the timing is perfect. We started out in Chapter 8 with you asking me who I am. The next chapter will be my last with you and we will be finishing my section with the completion of the answer to that question. And then you can go on to the next seven chapters with Adamu.

Z: Oh excellent! That sounds very exciting. I can't wait to hear...

8: Well, you shall unfortunately have to wait, I am afraid. We must finish this chapter first and there is some way to go yet.

What I have sought to do thus far is to describe to you the dimensional structure of your greater reality in such a way that you can understand it. I have,

therefore, discussed with you the way you might personally experience each dimension. I have now also explained to you that there might be some very different ways to experience these same dimensions and that the one perspective does not invalidate the other it only adds to it. What I did not try to do is to describe the dimensions in terms of the hard and definite edges of mathematics. It is the norm in your current culture to see the dimensions as the purview of scientists and mathematicians. But it is far more suited to my purposes to bring to the subject the awareness that your whole reality is composed of consciousness and that one cannot remove the observer from the experience. Without the observer there is nothing. And you, all of you, are the Observers! And to bring this home I spoke in the most personal terms possible – the way you would possibly observe your own experiences in the various dimensions. And so I believe I have acquitted myself quite well of the task of describing to you in simple, understandable terms the what you might find at each of the eight dimensions.

Z: Wow, yes, I certainly think you have! And I really enjoyed this description of yours. It was so much richer in meaning for me than I anticipated it being.

Thank you, 8.

But there is one thing I am still wondering about. You closed each description of each dimension with a shape. 0d was a point, 1d was a line, 2d a flat shape... and so on. All except the 8th dimension. Is there no shape for 8d?

8: Ah yes, there most certainly is! And it is very easy to describe too. The shape for 8d is... are you ready for it... a point! A singular, imaginary point of nothingness which contains everything. It is a point in which depth, width and height have no meaning. 8d is the same as 0d because 8d IS 0d.

Z: (laughs) Of course it is! That is poetic and perfect. I love it!

8: (smiles) And so we have come full circle, have we not? We have ended where we began. But, as we do, so we realise we have changed and grown for the fact that we have gone around the circle. And so we are not at EXACTLY the same place as we began. It is therefore not a circle we have travelled but a spiral.

What fun!

Shall we begin another spiral loop? Lets talk about densities next.

Z: Excellent. You said these were experienced within myself. But I must say the dimensions, the way you describe them, seemed to be all about my experience anyway.

8: It is the difference between inner-experience and outer-experience. You'll see what I mean as we discuss the densities next...

Densities

8: While the dimensions just discussed are a way to understand the "outer world" around you, the densities we will now begin discussing refer to the "inner world" of your own consciousness. From the perspective of the consciously ascending soul it can very much seem to you as if you are climbing a ladder of densities as you evolve spiritually and as your self-identification (or ego conception) changes.

Interestingly, these same levels of consciousness are recapitulated in your body in the chakra system and also in your human experience as you grow from child to adult to fully-mature personality.

Something else to be aware of is that there are whole realities that appear to exist at one density level or another. When this occurs, then most of the beings inside that reality will share the same level of consciousness.

Zingdad: Can I stop you for a second please, 8? These two names confuse me. Why is the one called "dimensions" and the other "densities"? These names just don't make sense to me.

8: Alright, I shall help you to make sense of it. You do know that another word for the physical measurements of a box, for example, would be its *dimensions*, right? So, if your whole universe were inside a hypothetical box, then we could say that your universe is inside a box with three dimensions: length, breadth and depth. A 3d box. And so it is. Except there is no box... it is a frame of reality. And that 3d frame of reality is inside a 4d frame of reality, which has an additional dimension which, despite your current inability to perceive it, is none-the-less equally real and equally measurable. And this is so, right the

way up the 8th dimension. So *dimensions* are things you could measure about the world around you.

Densities, on the other hand, are about the level of consciousness at which a reality is created. It is called "density" because of a perceptual effect. Your world is part of a 3rd density reality. At this level, *things* appear to be *real*. Rocks and plants, your bodies and the bodies of animals. The things you manufacture out of all this: desks and chairs, houses and cars. All of these things appear very, very real. They appear so real because, when one of these items encounters another, there appears to be a high degree of density. Your hand touches the desk and it *feels* firm, solid and real. But moreover: if you turn your back and stop paying the desk attention it doesn't begin to disappear. It seems to *always* be there. If you go away for a few years it will still exist and seem to be more or less the same when you return. At your level of experience, the 3rd density, *things* seem very dense and very real. At higher densities it becomes ever more apparent that *things* are simply projections of the creative mind and, as such, that they are not real. It becomes ever more apparent that only consciousness is real. *Things* are simply artefacts of consciousness. *Things* appear, therefore, ever less and less *dense*. But, unfortunately, there is a convention to call these higher levels of awareness the *higher* densities. I understand how this arose but it is not a useful expression. 7D is actually of a *lower* density than 3D. But the convention is well set, so we will continue to use it as long as we all understand what is actually being referred to. Agreed?

Z: Perfect, thanks 8.

8: Now let us discuss exactly what the densities are and then we shall discuss how they apply to you personally.

For the sake of expediency we will use a capitalised "D" as a shorthand notation for density as we have already used a lower-case "d" to indicate the dimensions. So 1d is the first dimension but 1D is the first density.

D1

The consciousness of the first density is that of simple existence. The most basic biological functions of organic consciousnesses and electro-chemical functions of inorganic consciousnesses occur at this density. Many of your body's functions occur from, and within, this level of consciousness. For

example: a cell takes sustenance across its cellular membrane by a process of osmosis. This alters the chemical balance of the cytoplasm, which causes a biochemical switch to be turned on, leading to an increase in metabolism. All of this occurs in quite an autonomic way. No one had to decide anything for this to occur. The decisions were all taken when the system was created. Now it runs like a machine on automatic: it is the very simplest switch-like logic of "if this/ then that" which makes up the world of 1D consciousness.

There are beings that reside at 1D. The most basic single-celled organisms are an example. It might surprise you to know that much of what you might call the rocks and minerals of your world are also of 1D consciousness.

There are very many planetary realities that resonate at 1D. Most of the planets of your solar system, at this current space/time nexus, exist at 1D. That is to say, if we were able to travel by spaceship to the planets in your solar system you would find them to be inhabited pretty uniformly by beings of 1D consciousness. You do understand by now, of course, that I regard rocks and minerals as "beings", don't you? (he smiles)

Z: Yes, that has come up before in Book 1.

So you are saying that a rock is a "someone" and that it has a 1D consciousness?

8: In a manner of speaking, yes. But just as you have an Inner-Self of a higher consciousness than your own, so too are there higher consciousnesses associated with these elemental and mineral bodies.

Your solar system is also rich in other 1D forms that you would conventionally consider to be "living". Bacteria are an example. These are single-celled organisms that metabolise the chemicals available to them on each planet. Mars is a good example of this that your present culture is beginning to explore. You will discover that there are very simple organisms there that are very busy changing the chemical make-up of that planet and its atmosphere.

1D consciousness is therefore the basis and beginning of life. It is about the pure existence of a being. As such it is also found represented in your being by your base chakra, which is indeed involved with your simple existence.

1D is also represented by the first stage of human life – the foetus and the new-born baby that is coming to terms with the basics of survival: ingestion, digestion and excretion; breathing in and breathing out. These are actions that are required for your life to continue. At the 1D level there is no decision-making process. 1D consciousness expresses itself, as I have suggested, at the level of “if this/ then that”. If there is carbon-dioxide in the lungs, then breathe out. If the lungs are empty, then breathe in. Very, very simple logical processes such as these are the domain of the 1D consciousness, but without these crucial processes nothing more complex could occur.

D2

The consciousness of the second density is that which you might call instinct or “drive”. On planet Earth it occurs in higher-order animals which have developed nervous systems. These nervous-systems allow animals (including the human animal) to feel urges from various systems within your body and will drive you to respond in a particular manner. You don’t need to think much about these drives but you can, if needs be, over-ride them. Which is just as well. For example: if you haven’t eaten for a while your body will begin to enact the hunger drive. You will feel a compulsion to find food and to eat. If, in this state of hunger, you were to encounter a small child with an ice-cream, for example, your instinctual drive would have you take the ice-cream from the child and eat it. That would be an appropriate response from the 2D consciousness’ perspective. But that does not mean your 2D-conscious self would always steal every ice-cream he saw. If, by way of another example, you were to come across a person who appeared very much larger and more powerful looking than yourself, and you saw this person was eating an ice-cream, your 2D self would evaluate your chances against him and probably decide the ice-cream was not worth the beating you were likely to take over the attempt to steal it. And that is an illustration of 2D consciousness in action. It is the level of consciousness you will see being exercised in most complex animals: a baboon troupe, for example. In fact, some notable exceptions aside, most higher-animals on planet earth at this time are of 2D consciousness. Their choices and actions are governed by instinct and drive. This leads them to eat and procreate and migrate and do all the other things that each species needs to do for its continued survival.

A 2D being is not self-aware in the way that you are. They do not have a sense of a “me” as an individual. There is simply the drive to do this or that in response to the environment. There certainly is decision making... sometimes quite complex decisions taking numerous factors into account... but there are

not ideas, beliefs or philosophies and there is not the sense of a “self” as being separate from what is outside of “me”.

You experience 2D consciousness impacting your life all the time. Hunger, thirst, the need for sleep, the desire to have sex, the desire to have children, the urge to run away from harm, the drive to stand and fight when challenged... these are some of your 2D urges. And sometimes these urges can be extremely complex. When a pregnant woman is in urgent need of a particular nutrient for the continued sustenance of her unborn child’s body – or her own body for that matter – she will feel cravings. It is a well known phenomenon. The craving will be for a foodstuff – or a combination of foodstuffs – that is needed for the continued biological well-being of the mother and the growing foetus.

Your 2D consciousness can also form addictions. For example, a person can become dependant on pain-killers. The 2D consciousness can actually manifest the experience of pain to cause you to re-dose on the pain-killer that your 2D being has become confused into believing it needs in order to keep you alive.

This is all 2D consciousness in action. When it calls, it is can be very hard to ignore.

2D is the basis of highly complex life-forms: very nearly all the fish, birds, reptiles and mammals on earth... and it is this level of consciousness that allows such animals to survive.

This consciousness is expressed in your sacral chakra – the chakra in your pelvis where it is often associated with sexual and reproductive urges. But of course this is a shallow understanding. It is actually about all drives, urges and instincts.

The second phase of human life, the baby and toddler, are representative of 2D consciousness. At the point at which the baby begins to express desires... to want this and not want that... to accept this mouthful of food and reject that one. This is when this new human being is expressing 2D consciousness. And indeed, such a little being has not yet conceptualised the “self” as being something apart from its world and its experiences. It is still simply following its urges and desires in its quest for survival.

3D

The third density will be very familiar to you. It is the consciousness level of your planet and the consciousness level of most human beings now alive on Earth.

3D is the consciousness of self-awareness and of true choice. It is the consciousness of ethics and morality. It is the consciousness of "good" and "bad". And because it is the consciousness of "self" versus "other" and "good" versus "bad" it is also the consciousness of duality.

If I may re-use a previous example to illustrate: a 3D being who is very hungry indeed might encounter a small child with an ice-cream and decide not to simply take that ice-cream because doing so would be "wrong". Maybe the 3D being decides that he would not like to think of himself as being a mean bully. Maybe he has internalised some ideas about what is "moral" or what is "just".

But not only will a 3D-conscious being be able to choose not to harm another... such a being might actually be willing to put himself directly in harm's way if he thought it was "right" to do so. For example: A 3D being sees two total strangers engaged in conflict. He sees that the one is much larger and more powerful than the other and the weaker individual is taking a beating. Our 3D friend might very well spring into action and put himself at risk in order to assist the weaker stranger in defending against the stronger. This is interesting; being willing to put himself directly in harm's way over a complex ideological concept such as "fairness".

It can go the other way, of course. A 3D being might decide that he has been unfairly treated his entire life and could therefore choose a life of crime. He could become the one who predares upon others and takes what he wants from those weaker than he is and feel quite justified in doing so.

The world of 3D consciousness is complex, intricate and often confusing. It is also the world of ego: the place in your psyche where you say "I".

"I am this. I am not that."

"This is what I do."

"I am that kind of a person."

These are the statements of 3D consciousness, which it is centred in your solar-plexus chakra.

This is the place from which resolve and will-power originate. It is the go-it-on-my-own and do-it-my-way consciousness. And it is a very powerful force. Empires are built by such a consciousness when it is in full effect.

The third phase of life, which is the 3D phase, starts when a small child first utters concepts such as "I" and "mine". To observe an awakening 3D-consciousness is to observe toddlers squabbling over possessions and the right of access to playground equipment.

In a healthy world this phase would continue for only a few years. It would very soon be moderated by the reinforcement of reward for more socially accepted behaviour such as sharing, kindness and empathy. Certainly this level of consciousness should, in a healthy world, have been replaced by 4D consciousness long before the child has emerged from puberty into adulthood. In a world where all children are loved and emotionally nurtured this is what would happen. The desire to prove the self, define the self, and separate the self from parents and others would be drawing to a close by the late teens or early twenties at the latest. But this is not the case in your current planetary reality. Your planetary consciousness is 3D and so most beings reside at this level for much, if not all, of their incarnation. Sometimes a softening occurs in what is termed old-age. At this point there is a natural diminishing of the ego-body as the being discovers its limitations. This can cause the being to move from ego to heart and become more 4D conscious but it certainly does not always work out this way. More usually a move from 3D consciousness to 4D consciousness happens as a result of a being actively choosing to "listen to their heart" or to "find their own truth" or to love unconditionally. If it happens in a 3D world like yours then the being finds themselves a little out of synch with the rest of the world as they ascend the ladder of densities and leave the 3D world of "me-first and damn the rest" behind.

4D

The third density is the density of choice... at 3D, you find yourself constantly being offered places in which to invest your energy. You must choose what you will serve, what you will love. When you have made that choice clearly and unambiguously then you are ready for the 4th density, which is the density of love and of service. Beings that have moved from the indecision of 3rd density consciousness into either a Service-to-Self or a Service-to-Other mindset

find themselves at 4th density consciousness. At this level of awareness the being begins the journey to true individuation as a sole, sovereign entity. Beings residing at the 3D level might wish to think of themselves as such but, in fact they are still very much a fragmentary consciousness. Spending a little time in conversation with beings of 3D consciousness will show this to be true: at the level of 3D consciousness there is a lot of internal conflict, as there are diverse opinions, beliefs and desires which are in internal competition in the mind of each 3D individual. This inner-conflict is obvious in the world in which 3D beings live. The world itself is wracked with conflict. Some of the conflicts are large and very obvious such as the wars that have raged across the globe unabated for all of your history. Some of them are equally obvious but perhaps less violent, such as the social conflict that occurs over every possible and imaginable schism: racism, classism, sexism... if there is a group, then there is another group in conflict with them. This all changes at the 4th density level of consciousness. In order to graduate from 3D to 4D, each individual needs to come to certain clear decisions about itself. Those decisions can be paraphrased as:

"Who do I love?"

Or

"What do I serve?"

OR

"To what will I give my energy?"

The answer to that question will vary from person to person. One possible answer is "myself," another equally valid answer is "*others*". And so it is that the 4D level of consciousness is often quite correctly identified as the density of *Service To Self* and *Service To Other*. This is why it is also called the density of *polarity* because there are these two polar opposites in the manner in which you direct your energy.

Most often people who have moved their consciousness to the 4D level are not aware that they have done so and they are usually also not CONSCIOUSLY aware of taking this choice. But, for example, the person who is living their life on the streets amongst the poor giving all of their energy to the upliftment of others... such a person clearly exemplifies 4D STO. As does the person who

has chosen to serve planet, earth or the animals upon her. All of these are 4D STO beings living amongst you in your 3D reality. By their example they offer you the choice to similarly decide to love (or serve) the *other*. The 4D STO polarity is called the polarity of *compassion*, as that is what rules the heart of such beings.

On the opposite pole is STS. This is where you will find petty dictators of every stripe who have decided that they love themselves only. They give all their energy towards the constant drive to attaining power, wealth and influence. Such people will attempt to ruthlessly destroy anyone who gets in the way of their desire to expand their ego-reach. They will strive at all costs to manipulate others around them to serve their wishes, desires and ego-gratifications. Such people will often SAY that what they are doing is, in some way, for the greater good. They will SAY they are serving the needs of the electorate, the shareholders, the customers, the community or whoever they are pretending to serve. But you need not look too carefully to see that this is a sham. They will go directly against the interests of anyone and everyone if their own ego will be better served by them doing so. 4D beings of the STS polarity can be found playing out their dramas anywhere from criminal gangs to corporate offices, to political parties, to religious organisations and beyond.

4D beings, irrespective of the details of their polarity, are characterised by a kind of clarity of purpose. They have clearly decided where their energy should go. Such beings follow their hearts and go where they must. Because they are not pulled hither and thither by all manner of conflicting thoughts and beliefs, they can align their personal energy with their goals and drive towards those goals with great power. 4D beings *get things done!*

The 4th density of consciousness is represented in your body by your outer-heart chakra (there is an inner-heart chakra too and this is something that we'll talk about later).

The challenge for those at this density is that, eventually, all 4D beings begin to run out of resources. The occupational hazard of the 4D being is burnout. You give all you have and then you exhaust all that is at your disposal. Illness and disease easily then takes hold of the body and you exit the incarnation. The reason for this is simple: no system can exist in which the energy only flows in one direction. A dam which ONLY gives water, and is never replenished, will run dry. A dam that ONLY receives water, and never releases any, will burst its banks. Or, more likely, people will find a way to bypass it entirely because they know it is useless to them. Both STS and STO beings find that,

lifetime after lifetime, they run out of resources. They either burn themselves out or end up all alone with nothing.

This is why 4D beings (and 4D societies) can achieve a modicum of success and power but they are ultimately quite limited. 4D beings will never get the traction and the reach that they desire to really change the world. At least not until they find themselves ready to awaken to a simple fact:

You have to give to get...

and you have to get to give.

When they do, they awaken to 5D consciousness.

5D

5D is often called the density of "balanced polarity". At this level of awareness the ascending being will still be inherently STO or STS, depending on where they came from. But they will now know that they must also balance their polarity with some of the opposite polarity.

The 5D STO being will know that she must be willing to receive with an open heart from all those that would give to her, SO THAT she can give her great service. She will become a powerful force for change in the world because she is now, for the first time, really beginning to channel energies through herself rather than simply giving from her own small store of personal energy.

The 5D STS being, by contrast, will know that he must be willing to give to others around him, to feed them and to nurture them, SO THAT they will remain faithful and loyal to him and continue always to give him what he demands. He becomes a "benevolent tyrant" and might very well be admired, respected and even loved by his subjects. At 4D you find "bosses" but at 5D you find "leaders". Here you find beings who inspire followers and unite them with their vision. Powerful corporate CEOs and admired national presidents are perfect examples of this level of consciousness.

As 5D really is about a deep knowing of how to give to get (or how to get to give) and because it is based on the wisdom of knowing how to manage the self and the other, it is very aptly called *the density of wisdom*.

5D consciousness is represented in your body by your throat chakra. It is all about powerful expression.

At some point the 5D being will awaken a little more too. At some point, eventually, she will tire of all the endless cycles upon cycles of life in which she tries to change the world in order to make it different from what it is. At some point she will begin to wonder what it is all really about. "*What is the point of all this endless service of the self or the other,*" she will wonder. For indeed she will have noticed that there is a simple rule that seems to work, always:

What you do to another you do to yourself also.

And at this point she might be ready to choose to make the leap to the realization that the separation between "self" and "other" is only illusory, that, in fact, All is One. If she does... then 6D consciousness dawns for her!

6D

At the 6th density there is no more polarity. The STO and STS streams converge. It matters not which path you trod before. Now all paths are one path. And because the 6D being knows that All is truly One, this density is often called the density of Unity Consciousness.

It is represented in your body in the brow chakra. The aspect of self that observes what is. That takes it all in. That resides in loving acceptance and surrender.

The 6D being's "natural" body is a light-form. A pure expression of bright light. But the 6D consciousness CAN still experience itself in a human body, for example, and this is the highest level of consciousness that one can attain whilst still attached to a dense body. But when you meet such a being outside of incarnation, you will see it as it really is: a bright light-form.

The sixth density of consciousness is a truly beautiful place to find yourself in. This is the level of awareness in which you finally have a good and useful grasp of the meaning of life in this system of reality and are able to enjoy it to the full without constantly tripping yourself and hurting yourself.

I shall explain: To enter the sixth density is to discover that you are One with All That Is. And so you live a life that is congruent with that truth. For example:

you only put out what you want back. And you therefore only get back that which you want to experience. Life becomes a lot more harmonious and peaceful. But at the same time you are able to enjoy all the fruits of the illusion of separation. You can play and love and explore. You can taste and feel. You can live in a wonderfully complex human body on Planet Earth (or a different body on another planet, for that matter). You can have all these wonderful experiences that separation provides and yet, at the same time, you can simply choose to forgo fear and suffering!

The 6D being knows that he is One with Life. He knows, when he meets you, that you and he are two faces of the same eternal, infinite Source of All. He knows also that he is the creator of his own reality and that he is constantly bringing all his experiences to himself by his deepest beliefs. He therefore dedicates some of his time and energy to learning to heal the beliefs he holds which bring him results he finds undesirable. In this way he masters his thoughts and choices. In this way, in fact, he masters *himself*. Though, from the perspective of the 3D being, even a 4D being is of a *more ascended* consciousness, I myself would not consider a being to have attained mastery until they have attained at least the 6th density of consciousness. Before this they are still experiencing inner-conflict, suffering and pain. Before this they are still creating fear and undesirable dramas in their lives. The 6D being rises above this. And it is precisely *because* the 6D being rises above fear, pain and suffering that these things cease to drive him to evolve any further. Below 6D his evolution was driven by his desire to move away from that which he did not wish to experience. By a kind of a "running away" motivation. At the 6D level his motivation changes to a "running towards". That is to say, the 6D being, as a direct consequence of his level of consciousness, no longer finds himself having "negative" experiences. This allows him the deep peace and stillness necessary to truly observe "what is". In that state he can see quite clearly who he really is and how, from the deepest depths of his Soul, he wishes to respond to life. In this state of truly still BEing he can clearly see his own true purpose. He can see himself as he is and he can see life as it is. He can see what the perfect fit between himself and all of life is. He can see EXACTLY why he is in this particular *here and now*. And so, from this place, the 6D being responds and delivers to all of Life his Greatest Gift.

And THIS is the motivation of the 6D being: neither to serve the *other* nor the *self*. For that is an irrelevant thought at this level of existence. No. Neither to give nor to *get*. None of these things. But indeed, simply to find and express his truest nature, moment by moment. And doing so cannot be anything other than him giving his greatest gift. It cannot be any other than that which is

MOST desired and needed by the Life that he finds around himself at that time. He MUST, by divine right order, be the perfect response at the perfect time to Life's needs, there and then.

But of course we, by now, know the way life works, don't we? We know that:

What you put out is what you get back.

Right?

So I am sure you can imagine what our 6D friend's life is like. He is giving his greatest gift and this is his highest joy. And so Life responds by giving Its greatest gift right back to him! It can do no other! So he finds himself living a remarkably abundant life too.

And just as it is true that what the 6D being does, is to give his greatest gift, so too is it so that this is the means of his continued growth, expansion and evolution. Anything that you do repeatedly you will get better at. Your skill and capacity will increase. And so much more so if you really love what you are doing. And so it is that the 6D being will come to truly master the giving of his gift. His reach will become great. His impact very large indeed. And all this will become close to effortless for him.

At about this point it might very well dawn upon him that the work he is doing is indirect. That is to say that the gift he is giving is by way of working with metaphors or representations rather than the thing itself. At about this point he will be ready to come to an understanding of the true nature of the energy *behind* the metaphors. He will realise that he has been working with the realm of *story* rather than the true energy and ISness of life itself. As all this dawns for him, so it will become time for him to awaken yet further and to evolve one more step up the ladder, to the 7th density of consciousness.

7D

I myself am of 7D consciousness. This is my home in this reality and I currently reside here.

Z: You are a 7D being, 8? Have I misunderstood... doesn't that mean you must have 6D, 5D, 4D... right the way down to 1D within you?

8: No, no. You have indeed misunderstood - you have it somewhat "inside out". One can penetrate this reality as deeply as one is called to – or as deeply as one wishes. You, for example, penetrated right down to the 3D level. So you have a version of self, an Inner-Self, at 4D, 5D, 6D, 7D and 8D. This is all WITHIN YOU. But you don't, as it happens, have a 2D or a 1D self. This is provided for you by *other* consciousnesses. Those who help you by making up your body and the planet around you, for example. But you, yourself, do not have 2D and 1D outer-selves.

I am of 7D consciousness. I have not been called to penetrate any deeper than this. I do not have lower density consciousnesses within me.

Z: Okay, that makes sense.

So I have an Inner-Self at 4D?

8: Yes. All 3D beings do. But you should know that you are very rapidly awakening. You, and others around you who are ascending, are raising the density of your consciousness whilst still remaining invested in a 3D world. You are becoming your own Inner-Selves whilst still walking the Earth. It is, I must tell you, a very beautiful thing to observe happening!

Z: So we might still be *in* a 3D world but that doesn't mean we have to be of 3D consciousness?

8: No, indeed. You can attain anything up to, and including, 6D consciousness whilst still incarnated.

Z: Okay – so why no higher than that? Why can't we get to 7D?

8: Attachment to a dense body, such as a human body, implies certain things that are quite simply incompatible with 7D consciousness.

Let me tell you about that:

7D has been called the magical density because, at this level of awareness, one becomes one with all form – and therefore formless. You are beyond the illusions of dense matter. You are a direct part of the primal energy that is the very Life of this reality. You are, at this level, quite close to the Oneness of it all. At 7D you partake in the creation of this reality by directly working with

the energy and the consciousness templates that make up this reality. Some part of your mind is occupied with some great task upon which the realities experienced in the lower densities depend for their very existence. Some, for example, are holding the frames of planetary consciousness or of galactic consciousness. Some are holding the frame of the consciousness of Human Body... or of some other animal. Or of an electron or a photon. At the 7th density of consciousness our perspective is very different from yours. It does not appear to us as if a photon is "less" than a galaxy. They are very different patterns, but the one is in no way inferior to the other. Neither is a planet "more" or "less" than a species of animal. It's all just different patterns. But not all 7D beings are pattern holders! There are many other employments for the mind at this level. Some undertake the task, of being a Watcher: that is to say, being a special kind of "observing" consciousness. Ones that collapse the huge range of possibilities inherent in the interaction of all these patterns into a small range of actualised expression. There are many others: Speakers, Seeders, Recyclers, Interventionists... and more. Each being, at the 7th density of consciousness, directly working with the formless energy of this reality to allow the magnificently multifarious forms and expressions that constitute this reality to exist.

But in order to do what we do, we at 7D must, by definition, be everywhere. There cannot be a restriction on where... or when... we can find ourselves. We are everywhere, always. And so a dense body with all its limitations is just not possible for one at this level of awareness. Certainly, such a body could be imagined into existence in an instant with almost no effort at all. But if I were to do this... if I were to imagine such a body for myself (and I could certainly do so) then I would not be able to limit my perspective enough to believe that I am *inside* that body and not also everywhere else at the same time too. I simply could not do that and still retain my 7D consciousness. If I want to experience myself *inside* a dense body I must do as you have done... as all your readers have done... I must lower my consciousness further and enter at least the 6th density.

Z: Well now! That would be awesome! I'd LOVE to have you come to earth as a human being. I'd LOVE it if you would do that! Why haven't you become 6D or lower and incarnated?

8: We are digressing again. The reasons that I have done as I have... and that you have done as you have... have to do with our true natures and our purposes. I would not have been able to enter any deeper than I have without

causing deep contravention in the rules of this reality... without causing great harm. This is why YOU had to do this for me.

And instantly I can sense your intrigue! You are suddenly exploding with questions. And every one of them will lead us further from the course of this chapter. So I will promise you one more chapter. In the next chapter I will tell what I am doing in this reality... what my function and purpose has been... and in so doing I will conclude the journey started in Chapter 8 of Book 1. I will give you some great insight into who I truly am. And from this, perhaps, you will gain some deeper insight into who you truly are. But between now and then, you will have to rely on one of your very poorest skills... patience.

And with that I shall return our attention to 7D consciousness. At this level of consciousness it is so that all the experiences that, to you, seem to be separate process, are really the same one process. Thinking, feeling, seeing, knowing, creating, expressing, dreaming, fantasizing, smelling, tasting... all of these processes are, for the 7D being... one process.

Z: I don't understand that...

8: Imagine for a moment that there was no distinction for you between sight and hearing. Imagine you had one perceptual field in which sights and sounds all played out together. Perhaps you could imagine that you "see" the world around you but it gains an extra layer of texture based upon the noises being created around you. You "see" a tree, for example, but you also see an extra texture on it because the wind makes the leaves sigh.

Now imagine that all your other senses... tactile, emotional, olfactory, taste... all of them... are all in the same way an indivisible part of this sense-scape.

Now imagine that there is no difference between your sensing of the tree and your creative imagination of it. To look at the tree is to know that you willed it to be so. You know that you can change your perspective, hold another intention, and the tree will change form. It looks as it does BECAUSE you are imagining it as you are.

That is what it is like to be of 7D consciousness. It is, as I say, the density of pure magic. At this level, your will is made manifest.

The 7th density is represented in your body by the crown chakra.

Beings of the 7th density don't really evolve and change. There is nothing more that we can become inside this reality. There is nothing that we are apart from and nothing that we cannot know or experience. It is all available to us. So we simply do as we have agreed to do: we undertake the role we have been called to and we experience the Life that exists here. We do this for exactly as long as it is required and then, when the task is done, we leave this system. Or perhaps we penetrate more deeply into it and gain a different experience entirely.

There are specific points in the great cycles of creation when 7D beings collectively change roles and shift perspectives... when some leave this reality and others enter. This is busy happening now. I will address this subject at greater length in due course when I talk about "time".

If one wishes to leave this system entirely, the only way to do so is from the level of the 7th density consciousness. If a 7D being gives ALL of Its creations back to the system of life... if It releases all Its creations as a gift of Love... then It begins to balance Itself perfectly. It attains true Oneness of spirit. It releases any and all separation within Itself and, metaphorically speaking, It opens Its eyes to a new awakening as an 8th density consciousness.

8D

It is very hard indeed to say anything at all about the 8th density because any attempt to *define* it, is to limit it. And the 8th density has no limitations. So I will offer you some thoughts that will point you in the direction of understanding, but please remember that the 8th density is actually the doorway and the destination... it is the process and the end-goal. 8D is where you are One with the Oneness. The 8th density of consciousness is that which contains this whole reality and also contains all other realities. For this reason it is the portal through which you may leave this reality and enter another. But it is SO much more than just a gateway. 8D is Oneness. To be at one with the Oneness is an experience for which there are no words. Perfect completion. Wholeness. Home. Belonging. Centeredness. Being completely seen for all that you are and wholly loved exactly as you are. These kinds of thoughts are the best I can offer for what it might be like but, as I say, they are just words and they do no justice, truly, to the experience. Bliss beyond anything anyone here in separation is able to imagine lies there. Peace that transcends anything I can even hint at.

Z: But 8, doesn't 8D also include all the negative stuff? I mean if it has all the joyful and peaceful stuff... what happens to the fearful, angry and sad stuff that it surely also encompasses?

8: Perfect comprehension happens to it.

At that level of awareness there is nothing at all that is beyond the scope of your mind. Your mind IS the universal mind. You perfectly know and understand absolutely everything that ever was, is, or will be. To bring your inquiring consciousness to something is to gain the WHOLE of the understanding of it. It is simply not possible under those circumstances to have a "negative" response or feeling about something. And such a deep and perfect comprehension IS bliss. You see that everything is a work of creative art. And it is ALL beautiful. You love, love, love EVERYTHING. All perspectives are your perspective and so there is nothing that you feel called to change. There is nothing that is problematic. Nothing that is incomplete. All IS. You are One with the All. And All is perfect.

Until...

Until you come to decide... to choose... to WILL that something should in some way be created somewhere in a way that would please you more. And promptly, in that moment, you are a part of Life that has created some imbalance within yourself. In that instant you find yourself inside a reality. If it is THIS reality that you find yourself in, then you find yourself at the 7th density of consciousness, ready to plunge as deep as you need to go to fulfil that desire. And so the game, for you, begins again.

The 8th density of consciousness is represented inside your body in your Inner-Heart chakra. This 8th chakra is hidden, it might seem to you, deep within the 4th chakra. Many highly spiritual people who have actively meditated their entire lives do not find this chakra – mostly because they do not know to seek it. But it is there and it is the place where source-energy enters your being and nourishes you. No life would be possible for you if this chakra was not, at least to some extent, open and allowing energy to flow. This chakra has been very poetically described by some of the most ancient spiritual and mystical traditions. Look for descriptions such as a jewel hidden in the centre of the city of your heart... and a flower within the flower of your heart.... These kinds of ideas. You (he is specifically talking to me, Zingdad, here,) have not read much of such scriptures so these are not easily available to me to address. But you can seek them out. The truth of the 8th chakra is not really new. And the

ideas that you will find expressed in the ancient traditions is that it is the most beautiful and precious thing you can possibly find... that it is elusive and that it takes commitment to find... that it is hidden deep, deep, deep inside your heart.

You have, in your meditations, found this 8th Chakra. I would urge you, if at all possible, to show others the way. To assist those, who wish it, to find this also.

Z: I'll do this 8. I'll record a guided meditation that people can download and listen to which will take them to find their 8th chakra.

8: That is good. But remember, YOU cannot take them there. The best you can do is point the way. If they are ready and willing your pointing will be all they need. If they are not, then nothing you can say will take them there. But I make a subtle point. I agree with you that this would be a wonderful gift for you to give.

And with that we have concluded my description of what the densities are. Next I will like for us to have a short discussion on what they mean to you and your readers...

Space and Time

Z: Ooooookay! So, 8, I feel as if I have finally readied myself and my mind to have a conversation, for which we have, quite literally, been waiting years.

8: It's true! So much time has passed since you first realised you wanted to talk about time. And it's going to be a truly fascinating conversation - a conversation of many delightful parts with numerous fun twists and turns.

But now, given that you have already waited SO long for this conversation, perhaps you will humour me and allow me a small tangent before we begin?

Z: Of course...

8: As we sit down to write this together, you have just concluded a time of the year known as the "festive season". So, I would like to ask you first about

this fellow Santa Claus who seems to make such an impact in many parts of the world.

Z: I... uh... Santa?

8: Yes. Could you describe him to me, please?

Z: Sure. I'm not sure where this is going but... sure. He's known by different names in different parts of the world. Here in South Africa as children we called him Father Christmas, for example. But it doesn't matter what he's called, Santa Claus is a large, rotund, jolly old guy who wears a red outfit with white fur trim. He is known for making a big belly-laugh as he distributes gifts to children all over the world. He has a sleigh pulled by magical reindeer and...

8: ... okay, yes, thank you. You are aware, of course, that you are describing a **fictional** character to me, aren't you?

Z: Of course (I laugh), that goes without saying!

8: So, you can describe a person who doesn't really exist. You can describe him in detail as if you have known him personally. And people all over the world, even people in far distant countries who speak entirely different languages, will also know of this fellow and describe him, his personality, his activities, his nature and his function in the world in very, very similar terms to what you would. Am I right?

Z: Yes. I believe so.

8: It doesn't matter that he is a **fiction**. He is still understood the same by many people. But equally, there are people on the planet who know nothing of him at all.

It's superfluous to my needs to get into the complex relationship between the celebration of the birth of the Christ and the ancient pagan celebration of Yule and this jolly fellow who comes bearing gifts wearing clothing, the colour scheme of which is provided by a corporation that produces beverages. Suffice it to say that there are cultures on planet earth right now that do mark this celebration, cultures that do not mark this celebration and then there are even some small, remote cultures that are utterly unaware of it.

Z: Right. But what does dear ol' Santa have to do with "time and space"?

8: We're just about to get there!

Imagine for a moment what it would be like if your belief in Santa made him real. I mean **really** real. If you believe in him then, like so many children the world over: he **is** real for you. But the difference in this imaginary scenario is that, if you believe in Santa, his existence will stand up to careful scrutiny! If you believe in him then you see him... then you can travel to the North Pole and visit his workshop. And, if you are observant, you can see his sleigh whizzing by in the night sky on Christmas Eve, dropping off prezzies for all those believers who were "good" that year.

But of course there will also be those who don't believe in his existence. For them there is no Santa whatsoever. He simply doesn't exist and there is no evidence to gainsay their disbelief.

Can you see that these two groups of people cannot inhabit the same world?

There must be one reality for Santa believers and another for disbelievers. Quite simply, you cannot have a world in which they co-exist, because in the one reality there is empirical evidence for Santa and in the other it is totally absent. So these are different realities.

And "Space and Time" is a lot like that. You see, "time" is one attribute of the 4th dimension of reality. "Space" is another. If you really, **really** believe in this little fictional tale called "space and time", then you can come to live in a reality in which it appears to be absolutely real. When asked, pretty much everyone who believes in "space and time" will describe it in the same kinds of terms. You'll agree it is real and you'll all be able to describe your own personal experience of it. There is clear empirical evidence for it and you can study it. And so it is that you are inside the reality of the believers. Only this time you are believers in space and time.

All of the above is really just my way of explaining to you that "space and time" are the same thing, that they are fictional and that they are consensus reality constructs. They are only real for you if you agree that they are real. But if you DO agree that they are real, then there is empirical evidence to show that it is so. And it's very hard to argue against empirical evidence! So it's almost as if they **are** real!

Z: "Almost"?

8: Yes. All illusions **can** be made to break down if you know where to look. And we will, in the discussions that follow, find some of those "frilly edges" where the illusion breaks down. But, for the main part, just as with your description of Santa, I will be describing the illusion to you: what it is and how it works. Even though I do not live inside the illusion, I am like a person from the world of disbelievers who knows a great deal about Santa and the world of believers. So I can tell you about it from the outside, looking in.

Z: Okay! That sounds good. So where do we start?

The Torus of Space and Time

8: With a shape. Can you picture a torus?

Z: Yes. A donut-shape is called a torus.

8: That's one kind of torus. I'd like you to imagine a shape that is halfway between a donut and an apple. Like an apple it is more-or-less round. It is slightly flattened at the top and bottom where it dimples inwards. Like a donut there is a hole that goes right through where the apple core would be. But the difference is that the hole tapers from both the top and bottom so that it meets in the middle at a point.

Z: Yes, I can imagine that.

8: Good. For what it's worth, this is called a Horn Torus. And if you can imagine such a shape, then you are holding in your mind an image of the 4th dimension of the universe you currently inhabit.

The form of your universe is, at the 4th dimension, equivalent to the surface of a horn torus.

Perhaps this seems like a purely academic thought, but it has some striking implications that will actually give you access to insight and answers to some of the fundamental conundrums with which cosmologists at this point are still wrestling.

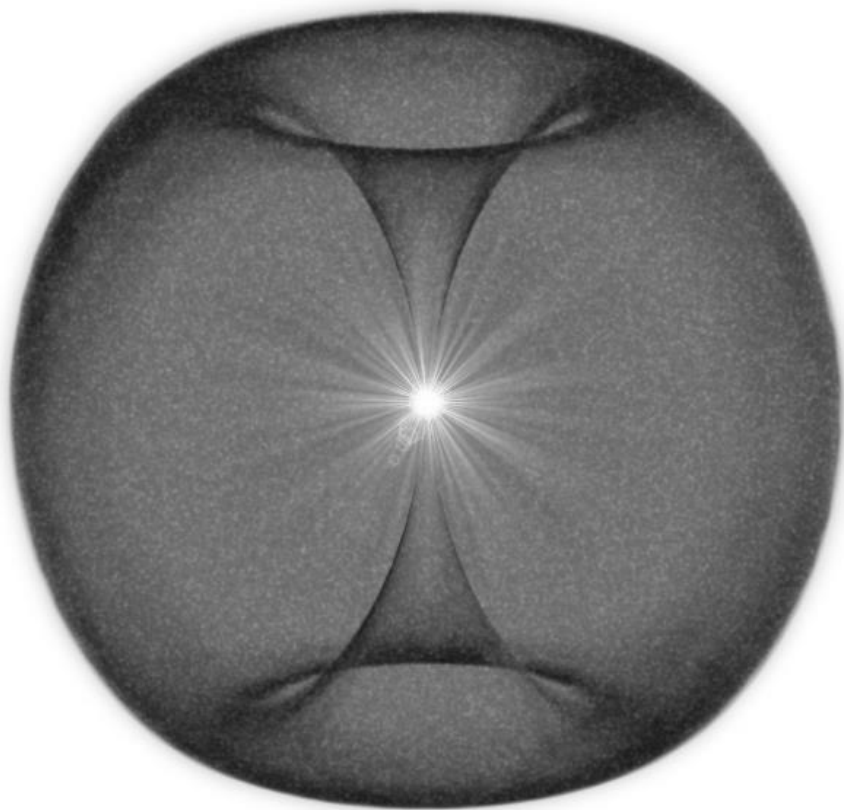
The difficulty that arises for anyone on earth that would ponder the nature of your universe is that you are 3 dimensional beings, living in, what appears to be, a 3 dimensional universe. It is nearly impossible for you to discern the form and nature of the 4th dimension and beyond. But coming to these understandings is what will allow you to begin to understand your own true nature and your place in creation. And that is what we will be doing in this conversation.

Z: Wow, okay! I look forward to having you explain that!

8: Good. But before we proceed, I want to make sure that everyone who reads this is on the same page with us, as regards this very special shape. So I am going to place an image in your mind and ask you, please, to find a way to draw that for our readers.

Z: Okay (I get the image), got it. That shouldn't be too hard... (I go away and do some graphics work and then...).

Okay... what do you think of this?



8: Not a bad job at all. So, what you have there is a 2-dimensional picture showing a 3-dimensional object that represents a 4-dimensional surface. So it's a nice picture, but please understand: it's just a representation. The trick is to extract the understandings implicit in that representation without getting too attached to the universe actually **looking** like that from your 3-dimensional perspective.

Z: Okay. So, 8, if I understand you correctly then you are saying that the 4th dimensional form of the universe is represented by the surface of this torus. How so?

8: Yes. Let's get into that. The first thing to be aware of, when looking at that image, is that you are looking at a representation of all of space and time right there in front of you. If you look at a normal map you look at a representation of a piece of land, right? Well imagine you could see a map that showed you that piece of land from the beginning of time to the end. Now imagine you can look at a map that shows you the whole universe for all of time. That is what you are looking at when you look at this illustration all of space and all of time represented in one picture.

If you travel **inside** the 4th dimension, as you currently are, you do so in a time-like fashion. The easiest way for me to explain that concept is to begin with the bright light at the centre of the torus. See that? That is the universal singularity and is also where the event commonly known as the "Big Bang" occurs.

Let's begin there.

At the beginning of time a vast quantity of energy is expressed at the Big Bang. From there, the energy expands into the funnel "above" or "after" (depending on your perspective) the singularity. As it expands, so the energy cools and condenses into less energetic states. It becomes matter. Space and time are already there. The form of the horn torus is already there. The energy of the matter is simply travelling across it.

There is more expansion and more cooling. And in this matrix of super-excited proto-matter, beings come and play. Perhaps you'd call them creator-beings. In a way they are like children playing in a stream of water (and they don't

mind me saying so either). They make patterns in the stream and watch as those patterns play out, spinning and whirling away, as the energy and matter continues to expand. And, from here on out, the story gets more and more complex. Too complex to tell of today. The basic point is that there are more and more consciousnesses that come to play and to make and hold patterns in the energy, at every level of scale. Very early on, at the smallest scales, the energy is knit into sub-atomic particles. And then atoms and later molecules. At a larger scale the expanding gasses are given twists and swirls and, as a consequence of these playing consciousnesses, proto galaxies begin to form. And then, later, as those galaxies take shape, stars and planets are spun together inside those young galaxies.

And so, as the matter and energy of the universe begins to exit the horn at the top of the torus, it is already quite cool and there are many very well defined structures knit out of the available energy. And so it is that, at this point, you will find well-defined galaxies including discrete young suns and planets spinning and cycling like wheels within wheels as a consequence of the games of those creative consciousnesses.

From here the expansion continues. Energy expands and matter moves further apart. Stars and galaxies move further and further from each other, seemingly rushing away from each other into an ever expanding night. And from where you are right now inside this time-like progression it certainly might seem as if they will continue to expand eternally outward, as the expansion seems to just go faster and faster.

But, if one steps outside of the bubble of space and time, one can see that there is an equatorial high-point to all of this. Things only expand **so far** before they begin to contract. And then the matter and energy of the universe moves back towards singularity. As it does, it goes faster and faster. Galaxies begin to draw together. Space begins to shrink. And, at last, as the matter and energy of the universe begins to rush towards itself, it begins to heat up as it compacts again. As the matter of the universe rushes towards itself it begins to collide. Large objects are smashed together and broken into smaller objects. Molecular chains are broken. Then atoms are smashed into a super-hot soup of sub-atomic particles, then pure energy and then... singularity. The Big Crunch. At this point time slows down to a dead halt. All time is now. All space is here. All matter is energy and all energy is one energy. All is One. **Singularity!**

Z: Wow. That's so elegant. I love it!

8: It is performe a huge over-simplification of events, but it does at least give you an overview from which we can work.

Z: There is something I don't quite understand though. The first half of the journey is expansive from the Big Bang... and then the second half is contractive, ending in the Big Crunch. But you just said it **appears** to us as if we keep expanding. Can you clarify that?

8: A good, observant question. It comes down to two reasons, both of which have already been covered. The first reason is that you can only see "backwards in time". You can only see things the way they were. So, as you reach the equatorial high-point of the torus, you can still only see the way things were. And since it is the objects that are the furthestest away that most powerfully show you how objects in the universe move, relative to your position, you will still see everything moving away from where you are. It will continue to look this way for a good while yet. In a few years time it might become possible to discern the changing tide but only to those that are specifically looking for this with the most sensitive of equipment. It will take perhaps centuries before astronomers will see a mix of expansive and contractive signatures in the sky. And it will only be as one enters the Big Crunch itself that an observer would be able to observe no evidence of expansion in the sky at all.

So that's the first reason.

The second reason is, as explained, movement does not slow down. At the Big Bang, the stuff of the universe is ejected. It is flung outwards with a great deal of force. Things move apart. Then, at some point, those things are pulled towards each other by the contractive forces. If you look at the torus and imagine stars and galaxies moving over its surface, perhaps you can see why there does not have to be a deceleration for this to happen. And so, as astronomers examine the cosmos they notice that the objects of the universe are not slowing in their movement. Couple this with the fact that you are seeing the light of times gone past and logic would seem to dictate that the universe will forever expand. Though this is, of course, not the case.

Z: And, the other thing is, the way you described the movement across the torus, there seems to be a beginning and an end. But there isn't **really** one, is there? It just goes on and on.

8: Very perceptive. Energy constantly flows from the singularity and energy constantly returns. The Big Bang is **right now**. The Big Crunch is **right now**. But the wave your galaxy is surfing is between these two points.

But really, the first points that you can discover about space and time are already laid bare:

1. It's all an illusion and doesn't really exist
2. If you create that you believe the illusion, then you can experience it to be real by being inside of the illusion.
3. Space and time, energy and matter are really "one thing", although they appear to be separate and different things, and this is what creates the illusion.

Z: Okay, great. But I have some questions.

8: I'm shocked (he jokes). The aforementioned was really only meant to be an introductory framework. There is MUCH more to be said on the subject and this will come from your questions. So, go ahead, let's hear them...

Can We Distinguish the Horn Torus for Ourselves?

Z: Well, the first thing that comes to mind is: looking at that shape - that horn torus - is it possible for us to discern that shape with instruments, such as telescopes or whatever? I guess what I am asking is, whether we, inside of the illusion, can find a way to see that torus for ourselves?

8: No. The best you can do is to infer its existence. The torus is the shape of the flow of time itself. You experience yourself to be living through moments of time. You can only perceive one "slice" of that shape at a time and, as such, would not normally be able to perceive the entire shape.

To facilitate your understanding of this I am going to remind you of an old friend. Remember Shadowman?

Z: Yes, the flat guy from the discussion on dimensions (Zingdad note: see *Chapter 1.1 Dimensions*).

8: Right. Well the thing is that he is a 2D being and, as such, cannot perceive depth. He would have profound difficulty even imagining things that are not flat as he is. Even though he is in a room that HAS depth, he can't perceive that. He cannot perceive the shape of anything at all other than other 2D things, and they even have to be on the same plane as he is before he becomes aware of them. But, if he is a bit of a thinker, there might be ways for him to use what he can perceive of his world to hypothesise the 3rd dimension. And that is exactly what we are doing here - finding ways for you, a 3rd dimensional being to understand the 4th dimension. You are inside a space that has four dimensions, but you can only perceive that indirectly. You are in a shape that you cannot see. You experience it only by travelling through it and you struggle to make sense of this travel.

And so, to come back to your question: I'm afraid no telescope of any kind will allow you to perceive the horn torus. To do so, one would have to be able to see outside of time. Telescopes can, of course, not do this. Telescopes of all kinds appear to be able to look "outwards" - they appear to be able to look across great distances. But that is an illusion. What they are doing is powerfully magnifying a very small, dim portion of what is available right here and right now. It is a function of the illusion of the flow of time that telescopes therefore can only look in one direction... and that is backwards in time.

Z: Okay, so we won't see the torus with a telescope. But you said something interesting there. What do you mean when you say it appears as if we can only see backwards in time with a telescope?

8: Oh come on! You know this!

Telescopes do not "look outwards". All they do is concentrate and focus the light that falls upon them. But that light has had to travel some distance to get to the telescope. The very nearest star to your solar system is about 4¼ light years away. In other words it has taken more than four years for the light that shines from that star to reach earth. If you look at Proxima Centauri (the name that star has been given) then you are seeing the star as it was more than four years ago. You are looking into the past. And Proxima Centauri is your nearest star with the shortest transit time. Even with the naked eye you can see stars that are thousands of light years away and galaxies that are millions of light years away (though at such distances they appear to be a single spot of light). So, even with the naked eye, when you look out, you are looking back in time.

With the most advanced telescopes you are able to see some of the earliest galaxies more than 13 billion light years away. If you wish to “see” much further back in time, you will need to look more for energy signatures and less for stars and galaxies. And it is so that there are those scientists who focus on this area of endeavour and they are indeed picking up energetic particles and electromagnetic radiations from the expansion of the singularity nearly 14 billion light years back.

At the risk of belabouring the point... they are not seeing the singularity as it now exists. To do that you would have to be able to see outside of time and that is not possible for you. They are seeing it as it was nearly 14 billion light years back.

Z: Which means it was 14 billion years ago?

8: No, not quite. Light years are a measure of distance. Years are a measure of time from your relative perspective. It would be nice if they equated directly, but they only are not actually the same thing. I am trying to be accurate without confusing you with too much detail. If you like we can address the idea of “relative time” later. It’s really quite interesting but it will take a little work for you to understand. So for now this will have to do: when you look out into the night sky, and particularly when you look with a telescope, you are looking at events in the distant past.

Z: But you said that this was actually an illusion?

8: Indeed. You **seem** to be seeing backwards in time. But that is a function of the way you are travelling across the surface of the torus. The effect of that travel is the appearance of the march of time. Time does not really exist. It is just movement in the 4th dimension.

The concept I am getting to here is much more far-reaching than a simple understanding of what you are seeing through a telescope, though. So I’d like to take a little time to explain it properly.

The Universal NOW

All the matter, energy and light that you are able to perceive (directly or indirectly) is exactly the same age. Everything, from the matter in your own body, to the light that comes from the most distant of galaxies, was all expelled in

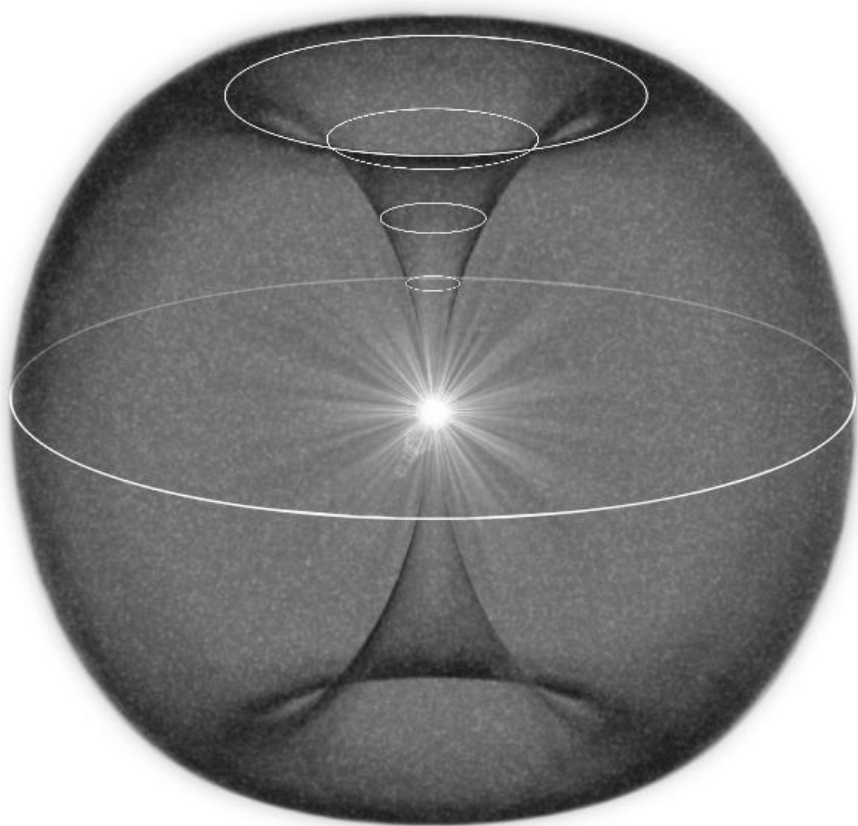
the same moment from the singularity. You can only see (or in any other ways perceive) matter, energy or light that was expressed from the singularity at the exact moment that the matter that makes up your body was expressed.

Z: I don't get that.

8: Stay with me. This is quite interesting and quite important. When you get what I am trying to tell you, you'll understand something quite fundamental to the concept of space and time being the same thing.

The easiest is for me to give you another image; a very small variation of the first one. Here we go...

Z: (I get the image and draw it). Okay... How's this:



8: Yes, that's the idea. Now here is where it gets interesting. One of those lines - the one around the middle of the torus - represents the whole of the universe that you can interact with right now. **Everything** that you can see, or in any other way experience in each moment, is inside that one line. That line is one moment thick. And when you consider that a moment is one flicker of time and that each flicker is many trillionths of a second in duration, then you understand that this line is very, very, very thin indeed. And every single thing that exists within your universe is inside that line.

Z: There is a line just trillionths of a second thick and the whole observable universe exists inside it?!?

8: From the 4D perspective, yes, that is so. The universe you inhabit started out as a pulse of energy some 14 billion light years back at the singularity. It all started as a single point. Then, with its first moment of expansion, it became, on our horn torus, a very, very small little circular line around the inside of the horn. As the universe has expanded, so the circle has expanded; growing bigger and moving up the horn of the torus. The rate of expansion has been steadily increasing and so the circle has been getting bigger and bigger, faster and faster.

Z: Okay but... whew!... so many questions...

8: One at a time. Take as long as you need. You will understand this soon enough.

Z: Alright. First question: How can our whole universe exist inside that one very thin line? I mean, our universe is billions of years old. What does it mean that it's inside a line trillionths of a second thick? And **why** is it **that** thickness? Why not ten minutes thick or a day thick? And also...

8: Wait, wait. Don't overload the questions. Let's start with the thickness of the line. You are a single-perspective being, right? What I mean is that the way you are experiencing yourself right now is that you can only observe one moment at a time. You cannot be here now, and also, at the same time, yesterday and also last year and also in another incarnation.

Z: Yes. Right. I do hope to become multidimensional in my scope but...

8: Yes, yes. Let's stay focused. You can only observe one moment at a time; this is the point. This is so for everyone incarnated on earth. It's how it is when you inhabit the 3rd dimension.

So you can only observe **this** moment. But what **is** this moment? What does "moment" even mean?

The answer to that comes down to a concept that I shall call "quantum flicker". It really means that your universe is flickering in-and-out of existence at a very high rate. Take light as an example. When a photon travels through space it doesn't do so smoothly. In this moment it exists here and then, in the next moment, it exists in its next position. It literally disappears from where it was, and then reappears, a little further forward. The gaps between its possible positions are very, very, very small. They are miniscule even compared to atomic particles. And the photon flickers along from position to position at an incredibly high rate. In fact, it flickers across these smallest of gaps at such an incredibly high rate that, in aggregate, it travels at light speed. Which, as you know, is quite a fast rate of travel.

So, "one moment" is the length of time that a photon occupies one position before moving on to the next position. And that "space" that is occupied for one moment of time is the smallest possible unit of space that is still in three dimensions. This means you cannot discern, interact with or in any way measure anything shorter than that space. You also cannot discern, measure or in any other way interact with something that occurs for a time shorter than one moment.

Z: And each moment is many trillionths of a second in duration? EXACTLY how many trillionths?

8: Ah! I was somewhat hoping you wouldn't ask for that level of accuracy. The actual number is quite large. I can't find the word for it in your mind, the biggest number I could find with a name was "trillion". And a trillion is a one with 12 zeros. Like this: 1,000,000,000,000. And a trillionth is its fraction: one over a trillion.

Well the actual number we are looking for is a much, much smaller fraction 1 over a number with more than 40 zeroes.

Z: Yes. I think I get that, but what I still don't understand is why you say the line on the torus of "all that we can perceive" is just one moment thick. I mean; let's say I could get a telescope powerful enough that I could look at the first light that came from the Big Bang. Would I not be looking back 14 billion years into the past? Is the line not then 14 billion years thick?

8: I love the way you are thinking about this and I enjoy your reasoning but, unfortunately no, that is not correct.

To explain... let us go back to the very first moment when all that is in your universe was released from the singularity. In **that** moment there was a pulse of the maximum possible energy that could be released. That is to say, that particular time/space nexus was **full** with everything that it could contain. And it was as densely packed as it is possible for anything to be. **That** was the very first moment of your universe: everything that is, all compressed into one space. From this point there was only one possible thing for all that impossibly compressed "stuff" to do, and that was for it to expand outwards in the most violent explosion possible.

So the second moment in your universe contains all the energy that your universe now contains, just somewhat expanded one quantum flicker outwards when compared to the first moment.

The third moment in your universe contains all the energy that your universe now contains, just somewhat expanded another quantum flicker outwards when compared to the second moment.

And this is the process that has continued, moment after moment, right to the present moment where you now find yourself. Except, of course, trillions of moments are passing each second. But perhaps you begin to understand that, in any given moment, you can only see (or in any other way perceive) the energy that has come with your universe from that **one** first moment of the Big Bang. Some percentage of that energy has condensed into matter; some of it is available as light; but irrespective of the form the energy takes, it remains so that you can only perceive the energy that was born in the one same moment in which the matter of your body was also born.

You ask about looking with a telescope. Well, it doesn't matter whether you look with your eyes, a telescope or some even more sensitive device; the principle remains the same: you are seeing the light that is **here now**. It might

have travelled a great distance to get to you now, and therefore have originated a very long time ago, but you are only actually seeing **now**.

If you pick up on the radiations from some of the early reactions following the Big Bang, then you are not seeing the Big Bang itself, you are seeing the echoes and reverberations thereof that still persist and are falling on your telescope (or your cosmic microwave detector, more likely) in this moment now.

Z: My brain feels a bit over-heated but I think I actually do understand that.

So, wow, our whole three-dimensional universe exists from the beginning of the Big Bang to the end of the Big Crunch as a line, just one moment thick, travelling across the surface of this horned torus in the 4th Dimension.

The Eternal Om and Alternate Time Lines

8: Yes. And your experience of that travelling line **is** the process of time.

You can imagine that moving line as a pulse, or perhaps a drum beat. In a manner very similar to a sound wave, a wave is set up at the Big Bang and that wave propagates outwards across the surface of the torus before collapsing again at the Big Crunch. That wave is your whole 3-dimensional universe and the movement across the surface of the torus is the change of time.

Now let's have some fun.

That wave is of course not the only wave. If your wave is one drum beat, then there are many, many, many more. In fact the whole of the surface of the torus is evenly covered with a non-stop succession of waves.

And just as it is with sound, a single beat is just that: one beat, but many beats in quick succession is a tone. And so it can very accurately be said that the whole of this creation - all the universes all taken together - are a resonant harmonic tone.

As you no doubt know there is a tradition in some of the most ancient Eastern religions to meditate on the sound "Om", or as it is more correctly rendered, "Aum". Well, what you perhaps did not know is that this is so because they believe that creation began with The One creating form (the universe) with the vibration of this sound: "Aum". They believe that, before this sound, there

was the potentiality for everything but nothing was manifest. And then "Aum!" and with this sound, they say, God took form. The universe was manifest. And the Aum is eternal. It resonates on forever and ever, without end.

Doesn't that sound very much like what I am proposing; that the beat, which is your universe, is one vibration of an eternal sound?

And isn't it really neat that they also believe that the three parts of that sound, A... U... M... represents The One in three forms: The "A" is for Brahma who is the god of creation and therefore the Big Bang. The "U" part of the sound is for Vishnu, who is the god of continued existence such as you now experience. And the final "M" sound is for Shiva, who is the god of destruction and release and therefore the Big Crunch.

When taken together "AUM" therefore is the wholeness and totality of all universes created at this frequency for all eternity.

Beautiful, isn't it?

You can see that the information codified and still remembered in these ancient religious ideas is really quite profound. It comes to you from civilisations that predate yours. The civilisations themselves are long forgotten but the information passed on from them can still be found if you know where to look. And here it is: high-order physics and cosmology explained in terms understandable by all.

Z: Wow! That certainly is beautiful.

But as much as I find myself in wonderment at the intersection between this ancient wisdom, science and this new information you are sharing, I have to say that I am suddenly a little troubled by its implication too!

If our **whole** universe is one beat. If that beat is just tredecillionths of a second long. And if there are many billions of years worth of beats then... that's a **lot** of universes! And they are all chasing each other over the surface of the torus, one after each other? Is that what you are saying?

8: Well... yes and no. It depends on your perspective. From inside the illusion of space and time it can seem as if there are all these many, many separate universes, each originating as a beat of the Big Bang and propagating across

the torus. From outside of time it is apparent that the whole of this creation is **right now**. The illusion of time-like change is just a function of the way you are moving across this creation. From outside of time this time-like progression is not readily observable. What is apparent from this perspective is a non-linear dance of fractal patterns that interplay between this torus and the other tori that this one is a part of.

Z: Uh oh! Wait, stop the bus! Which **other** tori?

8: You thought there was only this one torus? This, your “home” toroidal frame of space and time, is just what occurs at one particular frequency. There are many, many other toroidal frames of space and time, each occurring at their own frequency (their rate of quantum flicker). One way to understand this is that the other tori have a different speed of light from yours. Since each exists at a different vibratory rate from yours, you cannot in any way shape or form interact with these other realities. They are invisible and immaterial to you.

You can, if you like, imagine that your torus is like a layer of onion skin. Outside of yours is the next layer at a slightly higher vibratory rate and inside is a layer at a lower vibratory rate. And though it will confuse you for me to say this, I’ll say it anyway: the outermost skin **is** the inner-most skin. Exactly how this is so has to do with the next dimension, the 5th, where there is a “folding back” of all of these realities. But since we aren’t talking about that now, I shall simply affirm that, yes indeed; there are many, many other tori present in the greater creation that is Separation. But I don’t wish to confuse you by broadening this discussion too far. So I’ll say just one thing about these other tori. They too are actually one with the torus of your reality. All the tori together exchange energy at the singularity. At the singularity they are all one.

I raise this additional layer of complexifying information just to bring to your awareness that there is **always** more to every picture of reality than you can imagine. There is always **more**. And, yet, for all that, it always folds back to Oneness.

Z: How many times in one conversation can a mind be blown and still keep functioning (I laugh).

There is this question that I am clinging onto as I try to process this avalanche of new information. You are saying that this torus, my home torus, that I am

now living inside of, which contains our universe at the 4th dimension, also simultaneously contains many other universes?

8: Indeed. "Many" is, however, too small a word. And while the number is not infinitely large, it is large enough that you can, from your limited perspective, think of it as such.

Z: ...And that is just **this** torus! You went on to say that there are many more tori...

8: Yes. Again, a large number. Not infinitely large but a very large number.

Z: So then there must be an insane number of different universes!

8: "An insane number" is quite descriptive.

Z: And they are all different? Totally unique?

8: "Totally unique" is a tautology. They **are** all different but the degree of novelty varies. Allow me to explain it in this fashion: your universe is as you experience it to be. Exactly one moment "behind" your universe is another that is very, very similar to yours. If you were to be "bumped back" to that universe you'd be very unlikely to notice any differences. If we were to transfer you to a universe a larger number of iterations back, you would encounter some noticeable differences. Perhaps you'd find yourself in a universe in which, for example, you had allowed yourself to be more motivated by fear and less by love. A universe in which you had not found the courage to follow your heart and publish [book 1](#) of THE ASCENSION PAPERS. Perhaps in that universe you are still doggedly clinging to a life in which you pursue the solution to your own sense of lack. Perhaps you feel motivated to do whatever is necessary to earn money rather than seeking your highest, most authentic expression, as it is for you in **this** universe.

Z: Really? Is there such a universe in which I am still just chasing money?

8: I was using that as an example so that you and our readers might understand the concept. As it happens, no, it is not your soul's purpose that you become so entangled. The purpose of this lifetime, for you, was awakening. Remembrance. Self-discovery. What we have called "ascension". So you are not present in a very broad band of possible alternate universes. You are not

present for choices that are not congruent with your ascension. You make the kinds of choices you are now making or not at all.

Z: So... I make the kinds of choices I now make or I die?

8: No, you don't understand. You don't die as a punishment for wrong choices. That's just silly. Death is a means of transitioning your consciousness out of that reality without harming the Veil. That's all. Death has nothing to do with the topic at hand.

What I am saying is that each soul finds itself present in a number of "alternative" universes. You are either present in a universe or you are not. It comes down to the choices which your soul wishes to explore. I'll give you an example: there is a universe in which you explore music as your primary expression. You become quite a talented musician and do quite well with this. The music becomes, for you, an expression of your spirituality. It is every bit as meaningful to you there as the words you now write are to you here. That is a valid choice for you. Your soul wanted to explore that. So there is an alternate "you" who does that. You can feel his influence, as he can feel yours, since you are of course the same person; just exploring different possibilities. You find yourself in **this** universe as it closely reflects your choices and beliefs back at you, while he is in a slightly different universe that reflects his choices and beliefs back at him. Your universes are slightly different, but your experiences of those respective universes is quite starkly different.

Z: Can you give me an example of how they differ?

8: There are many, many small differences and some really big ones. He, for example, does not have Lisa as a partner. Lisa plays a particular role in your life. Without Lisa there is no ASCENSION PAPERS. Lisa has an innate facility with "truth" that you have relied on in so many ways to make this *kind* of expression possible. This was desirable to your soul and so it is. The version of you who explores musical expression requires different influences. His life is quite different from yours, even though his universe is not very far from your own.

But let us leave this line of inquiry there. I don't want to get too deeply into **your** personal story as it is not relevant to the discussion at hand and things are different for other souls. Some of your readers might, for example, have a fairly wide range of possible experiences. Their "footprint" might be

much larger than yours. Which is another way of saying that they might be expressed in a broader band of concurrent universes.

Z: All right. So there are other universes that are very similar to this one close behind it. The further behind you get, the more dissimilar they become?

8: Yes. And it goes “forward” too. The notion of “backwards” and “forwards” are not actually significant. But never mind that right now.

Z: Whew! This whole conversation is just about at the edge of what my mind can cope with. So, someone might choose one thing in this universe, but is choosing something else in another?

8: That is exactly what happens. You have heard of the concept of “time lines”? Well, the word is nonsensical since there is nothing linear about it other than your 3D thinking. There is a range of potentiality. As your Inner-Self, you decide what will be possible for you. Then, as the Outer-Self, you explore one subset of those possibilities. There are other Outer-Selves of the same soul who explore other possible variations. But the notion of Outer-Self is just a temporary illusion that you hold. What you are not aware of is that you can (and often do) move from one universe to another. Every time you make a choice of any significance - a **real** choice - a choice about who you really believe yourself to be, then you find yourself at a nexus point. Depending on what you choose, you shift your perspective; you move yourself to a reality that is congruent with that choice. As you change yourself, so you change your whole world. If you are the version of self that, for example, decides to love, trust and respect yourself unconditionally, then, as you enact that choice and make it **real** for yourself, so you navigate to a reality that reflects that back at you. You find yourself surrounded by others who feed that back to you; others who are respectful of you; others who show you love; others who are trustworthy and also trusting of you. You become a greater version of yourself and your world becomes a brighter place.

Z: Wooooow! You see... I know this stuff to be true! I mean, I know it works like that. From my spiritual practice and from processes I engage upon with my Soul Re-Integration clients, I have seen that it is an absolute fact that, for each of us, our reality reflects ourselves back at us, but now I understand how that is possible! It’s because there are these alternative universes!

But explain further why you say these are not “time lines”?

8: The concept of “time lines” implies that, once you are on a line, you are going to one fixed destination. Like being a train on a track. And nothing is further from the truth. You are a conscious being. You are the part of your Inner Self that gets to choose and decide which, of all the possible experiences, you are going to observe as your life. You can move far faster and further than you might believe when you reach a place of being willing to radically alter your beliefs and self-conception. You have no idea how powerful you really are since it appears to you as if the world around you is a fixed thing. You really have **no** idea!

Z: I am totally intrigued by this!

So tell me, 8, if I am only present in this narrow band of universes then obviously my experiences of life are all quite similar to this one?

8: Yes. As Arn, you are only observing a small range of possibilities.

Z: So there are universes very, very different from this one that are still on the same torus?

8: Vastly different, yes. **This** torus is really just a particular tone of the 4th dimension. It is a frequency. Everything that every soul ever wanted to experience at **this** tone must be accommodated. It must be possible **somewhere**. So there are many different universes that are composed with different rules and different consensual structures.

Z: Examples?

8: The overwhelming majority of what is “out there” further away from your universe is so different from what you know that you would find it unimaginable. For this reason it would be nearly impossible to describe to you. Small changes in the mechanics of the universe result in wildly different outcomes. The planets and stars you take for granted are not even possible in most universes. These magnificent, complex organic life forms that populate many planets in this universe are quite unusual – certainly not common to all universes! Elsewhere life forms are so inherently different from yours that you would simply fail to imagine. What I am saying is that the kinds of life-forms and experiences that would populate even your most outrageous sci-fi or fantasy story would actually take place either in your universe or in a universe quite close to your own.

Z: Fascinating...

And what about “past lives”?

8: Good question. Of course past lives are no more “in the past” than your alternate possible lives are. When you really begin to understand this, you will get that there is actually no “past” and no “future”. It’s all just experiences in the topography of the torus. So “past lives” do not happen “before” this one – even if you chose to remember them in that fashion. These other incarnations are also alternates to your current one but, since you are telling yourself some very different story and holding some very different beliefs and self-conceptions in those lives, you find yourself exploring a different universe or, quite likely, a different part of a very similar universe.

So it is, of course, possible that you might have an incarnation in another time frame of this exact same universe. It is equally possible to incarnate into a different time-frame of a different universe. Anything is possible. It’s all up to what your soul wishes to explore and what the very best setting for that exploration might be.

Z: Okay. And then what about the other tori? Take one that exists at a faster flicker rate, for example. Can I also incarnate there? And what would life be like there?

8: Yes. The basic answer remains the same: you incarnate wherever you need to. It’s not about the place it’s about **you**. Before incarnating you begin with the question, “what beliefs and self-conceptions do I wish to hold in this incarnation?” You are placed in a reality that permits that. That is about the simplest way I can explain this.

Again, the tori closest to your own in flicker rate are most similar to your own. I don’t wish to get bogged down trying to explain all of this to you though so I will simply offer you some examples from your own soul’s journey: your wizard lifetime (Zingdad note: please see THE ASCENSION PAPERS, Book 1, Chapter 1. An Introduction to Zingdad) occurs in a reality structurally similar to the one you now inhabit. This is because it traveled somewhat in parallel to this one. But that lifetime played out in a torus that existed at a very slightly higher flicker rate. This higher flicker rate is what permits activities that you would now term “magic”.

To be continued...

Well, friends, I do hope you have enjoyed that which I have offered thus far. I publish this in its existing form on my website for your enjoyment. I am actively writing again so there will be more to follow soon. Please make sure that you have registered for membership here on my site if you wish to be updated (by newsletter) as additional material is made available.

Some of the issues I intend to still take up with 8 include:

- * The nature of the torus itself (how it comes into existence and what it is made of)
- * What is dark matter and dark energy?
- * What is light? What are photons?
- * What IS time? He has talked a lot about it but I want a deeper understanding still.
- * Why is time relative (a'la Einstein)?
- * If everything is alive and conscious... is the universe itself alive? And if it is, is it self-conscious? Is the universe a "someone"?
- * What's the deal with black holes? What happens if something falls into one?
- * What about quantum weirdness such as Heisenberg's uncertainty principle. Why does it work like that?

I hope to get to some (most? all???) of these questions in the remaining parts of this chapter.

Who is 8?

By early 2013 I found myself quite deeply disappointed that we had not experienced The Singularity Event which I had been expecting in 2012. I began the following conversation with my spirit-guide, 8, to seek some answers. As so often happens, I received a great deal more than I had hoped for. 8 used the

opportunity to share, in some depth, who he really is and what his role in this reality has been. To me personally this was a revelation! But this is not the high-point of this chapter. As you will soon read, 8 simply used his story and mine to bring home some deep insights that, I am sure, you will find to be as empowering, liberating and exciting as I did.

Zingdad: Hello 8?

8: I am here, my friend.

Z: I am a little puzzled by something. Quite confused, in fact.

8: Ah. Have you noticed how some of our very best conversations, featuring some of the richest realisations begin when you take that position? When you are willing to admit to your internal dissonance, describe it carefully and then open yourself to a new transcendent understanding you do a special kind of magic. An alchemical transformation. Lead into Gold. Fear and discomfort into love and delight. And of course we are going to do the same thing right now. And it all begins when you describe your difficulty. So... go ahead... What ails you my friend?

Z: Wow... er... okay. So the thing is this: Book 1 of The Ascension Papers is, if I say so myself, a pretty good book. I mean I loved writing it and it brought me, and countless readers, a great deal of peace, release and joy. I love it. But there is something that troubles me. In Chapter 7 I had a conversation with Joy-Divine in which he described in great detail an experience called The Singularity Event. A wonderful, exciting, blissful moment when we will all FEEL and KNOW that we are one with the Oneness. And then after that everything will be different.

8: Good précis. I am familiar with the subject. Tell me your problem.

Z: Well... 2012 has come and gone (it's January 2013 as I write this) and I thought this was going to happen in 2012. I mean... it wasn't exactly PROMISED that it would happen before now, but with all the hype around December 2012... I had hoped just a little bit that it would happen then. So I suppose I am wondering if this is still going to happen. And if so... when?

8: There are many different answers to your question because the answer depends entirely on who you are creating yourself to be. Your perspective is

everything. Where you stand, you see, determines what vista will be before you.

You held a particular perspective when you wrote that chapter... that is why the chapter came out exactly as it did. It wasn't at all *wrong*, it was the response to your question when you held the perspective you did at that time. So now we are going to look at this question again. But before we do I want you to tell me... what perspective are you now willing to take? Who are you, right now, willing to create yourself to be?

Z: Okay, I'll play. Here is who I am creating myself to be right now: I am a spark of eternal, divine Light who has chosen to express itself as Delight the Interventionist, a child of Joy-Divine, who is currently, momentarily, experiencing incarnation as a human being on Planet Earth with the self-chosen label of "Zingdad". How's that?

8: I like it. Now tell me... is Delight the Interventionist a powerful creator-being or a victim to his experiences?

Z: A creator-being, of course. I am becoming more and more aware, as I wake up and discover who I really am, that I actually do create my experiences with my deepest beliefs and choices.

8: So do you wait for someone else to give to you the things you seek, or do you create them?

Z: The latter. I guess that is what being a creator being means: you create, right?

8: Right. And so my beloved friend, you need to take a moment and see that you created a small paradox for yourself in Chapter 7.

The Singularity Event, which is an experience of that which is most real and true... an experience of The Oneness... cannot be given to you from outside of yourself. It can not come, like a Santa Clause in the night and leave presents for you depending upon whether you have been naughty or nice. Because something as inherently TRUE as a direct experience of The Oneness of All cannot begin with you being a child-like victim awaiting gifts from some outside agency.

Z: ...

8: You are silenced by what I have said. Somewhat shocked and some deep disappointment is beginning to well up. But before your mind begins to run circles, before you begin to throw the baby out with the bath-water, before you leap to any conclusions at all... let me remind you of something that, by now, you know well:

"If you can't see the perfection, you are standing too close to the picture"

Right? So what I am saying is that this too is perfect. And you will, over the course of this discussion, come to see how that might be so.

Z: But why could I not get this new "perfect" version of the story back then when I was writing that Chapter?

8: Beloved, think back. Think back carefully on who you were then... who you were able to create yourself to be. Think of your inner-struggles then. Think of your fears about your own inadequacy, your victim mindset, your self-limiting beliefs. Given all that, it is a wonderful and beautiful thing that you were able to receive all the information you did receive. And this issue of The Singularity Event... let me assure you again: it was not *wrong*. There is simply something new that you must understand about it. Something very, very simple.

Z: But 8... I didn't think I was just making that stuff up! I thought J-D was telling me all about it.

8: There is SO MUCH you fail to understand. Firstly, I did not say you were just "making it up". I said: The Singularity Event cannot be given to you from outside of yourself.

Z: So it can still happen?

8: If you are willing to be a co-creator of it, then absolutely, yes, it can happen. Indeed, that is the **ONLY** way it can happen. And if you enact your creator nature then it **WILL** happen. Beloved friend, the whole of The Ascension Papers is all about the teaching that you are not a victim of your circumstance but a creator. That things don't just happen to you but that you bring them to yourself with your choices and beliefs. And there, in the middle of that book

of creator-consciousness was this little incongruity... this little paradoxical impossibility. If we are teaching creatorhood... why is its highest and best experience one that you must just sit back and accept like a powerless victim? Why is the deepest experience of Oneness one that some separate "other" must give to you... or even force upon you if you do not choose it? And now that this event has not occurred as you expected it to, why does it make you feel like a whiney child who hasn't received the toys he was hoping to get at Christmas? Why is that?

I'll tell you. It is because there is a thread of victim woven right into this wonderful work of empowering creator-teaching.

Z: So... what went wrong? Did J-D get it wrong? Was he deceived? Or did I mess up the receiving? Or what?

8: What you are essentially asking here is, "Who is to blame?"

Well no-one is to blame. There was no mistake. Nothing is wrong.

If you are willing, I can set this all straight for you. But you have to take a breath, square your shoulders and be willing to really, truly let go of your victim mindset. And let go especially of your fears that you are a liar, a cheat or a fraud. Let all of that noise go. Silence your mind and allow your perspective to expand. Only then will you be able to get what I need to tell you.

Ah, good... that's a lot better.

The story I have to tell you is a long one. But I will tell it in as brief and simple terms as I can without losing too much of its essence.

This is my story. The story of who I am. Or who I have been *in this reality*, anyway. Parts of it will be familiar to you and your readers. Parts of it will be of great interest to you personally. But whatever the case, I am going to ask of you that you retain this position of open receptivity. That you simply hear this story and transcribe it exactly as you get it. That you don't block your mind or interrupt with questions. I assure you, you will be well rewarded if you do.

Z: I'll try, 8.

8: Good... Then let's go...

How did we all get here?

This story begins where all stories truly begin... with The Oneness in state of perfect, blissful balance. From that stillness arose awareness: "Here I am!"

And from the awareness, curiosity: "but what am I?"

And into that curiosity many answers were created. And as a result of that powerfully self-creative drive to discover Self, with each question, a new being sprung forth from the Oneness to fully explore and express the answer to each question. And so it was that The Oneness was able to eventually posit "what if I am not-one... what if I am MANY?"

And as it answered that question, a particularly bright part of The Oneness, called Lucifer, came into being. In order to explore this answer, Lucifer invented a many-layered veil of darkness, called "the Veil of Unknowing", which brought about the possibility of a reality called "separation". Bright god-like beings could express parts of themselves through the veil into this reality and for a while, temporarily, come to imagine themselves to be something quite different and new... *separate individuals*. Miracles and marvels! It was quite an achievement and whole new vistas of experience and expression were born into being. Vast quantities of energies poured into this frame of reality to come and feel this strange new state. For this had to be experienced to be believed!

There was, of course, a substantial price to be paid, for entering this reality. Separation is not an easy thing to bear. Being disconnected and apart from The Oneness is not easy at all. It is quite painful. For one thing there is the loss of the inherent sense of connection that all parts of The One otherwise take for granted. For another there is the disintegration of the self into fragments: bits and pieces of the Soul that go hither and thither to enjoy or endure all kinds of *separate* experiences.

Allow me to illustrate this difficulty in the simplest of terms. Perhaps many parts of The One conspire to produce an experience that is perceived to be very beautiful to behold. You know what that is like: every time you stand on your deck at sunset and look out over the forested gorges in front of you, you have such an experience. You see the birds flying to nest for the evening, singing their farewells to the day. You hear the frogs and the crickets filling

the gently cooling air with a soft pillow of sound. You watch the clouds change from fluffy white through all shades and hues of gold then to pink and finally crimson as the sun disappears from view. Each moment more beautiful than the last, you drink in the passing of the day.

But you see therein already lies a difficulty. You cannot hold on to this beauty. You cannot capture even a moment of that sunset. There is no way to encapsulate this experience, the moment, the sights, the sounds, the scents, the feelings. It is so, so inexplicably beautiful and then it is gone. Then it is night. And though the night has a beauty of its own, that sunset is unarguably gone. Gone forever. There will be other sunsets, it is true, but not one will ever be like that one. THAT sunset is gone and will never be witnessed again.

Implicit in the notion of separation is change. Nothing can stay with you forever. Everything must change. And so, you see, even the highest and best and most beautiful experience, because it changes, is lost. And loss is pain. The more you try to hold on to that which you are losing, the more you suffer. Which is problematic because *in every single moment whilst you are in separation, you are busy losing something. Something is changing and you are losing something.*

And it gets much, much worse than that. The deepest layers of separation (the 5th Density of Consciousness and below) are a very dense area of experience called duality. Duality is where one can believe in the absolute separation of creator from creation. Where you can exist believing that what you are experiencing is somehow being *done to you*. This place of deep victimhood is possible only for those who believe they are not one with the Creator. That they are not, therefore, creators in their own right. This deepest separation, the separation of Creator on THAT side (in "heaven" or something) and creation over here where you are on this side... this is duality. It is, of course, an illusion. But if you, as a creator being, choose to believe it and create it... then it can certainly seem true and real to you. As is the case for almost everyone on Planet Earth at this time.

Duality is not a bad thing though. Please don't misunderstand and think it was some grand cosmic error or a wicked trick that brought you here. Not at all. There is much that is truly wondrous about duality. Experiences that surprise you, pleasures that you thought you could never have imagined. Tastes, sights, sounds and sensations that appear to come from outside of you and delight you... These are all the "up side" of being a "victim". You need to believe that you are not creating something in order to experience it in this

unique and wonderful way. It can be deeply, deeply pleasurable. And given the mind-bending array of interactions that play out between the infinite number of consciousnesses that are inside duality, there arises an infinite number of permutations of experiences that are available to you. So you CAN be in duality and have some truly blissful experiences. But you CAN'T be in duality without also having wrestled with The Adversary.

The Adversary, often called Satan, is a consciousness construct created by Lucifer that is responsible for creating the notion that there is an "other" who must be feared. This is, in point of fact, the very origin of fear itself. Before The Adversary there was no such thing as fear at all. And with the invention of fear, there comes into being this deepest level of separation. For it is only when you have fear that you can find yourself willing to believe that you are a victim, that you are not a creator. It is your own fear that creates the boundary inside your own Soul that sets you apart from your own creator-nature. And so, having wrestled with The Adversary, having tasted fear, here you are... in the deepest layer of separation, called duality.

And that is, in broad strokes, the story of this reality. Barring an attempt to describe some of the many wildly diverse and multifarious creations that have sprung up here in this reality, this is a good enough description of how things came to be as they are. So let us leave the story of this reality there for a moment.

Who is 8?

Next I would like to return your attention back to The Oneness. You will recall that, at the level of Oneness, all is blissful, peaceful and in balance. There arises from The Oneness this drive... this quest for the search for identity and meaning. It is a profoundly creative urge that results in the formation of many new gestalt structures. High-order beings, god-like in their capacity for creation. Each arises out of a different thought that The One has about its own nature. Each is a pure expression of a thought of The One. And there is an infinite number of these "gods", each one expressing to the fullness of all possibility the answer to the founding question that brought it into being. Some questions, such as "what if I were not One?" result in startlingly complex answers. There are others that are dramatically more simple in scope. And then too there are thoughts about thoughts... meta-thoughts. I shall give you an example of this:

One very simple thought was "what if I am Joy?".

"What if the purpose of my being is to discover and to create that which makes for the happiest, most pleasurable and most joyful experiences?"

And, with that, a being of pure, radiant golden light was born into being. A being that WAS Joy. And that being created much, experienced much and co-created much. But from time to time that being would also ask itself questions about its own nature, being and purpose. Of the many questions that sprung to the mind of Joy, one was, "What if I am to bring joyful relief to other parts of the Oneness that are stuck in their own creations?"

Bringing joy where previously there was pain seemed like a wonderful thing to do and so, with that thought, yet another being was born... this time from the mind of Joy.

And so it was that I was born as an "Interventionist". There are many, many interventionists in All That Is. Because The One has often thought of finding ways to heal the harms that can spring up in Its own creations. I am one of the many. But I am unique in that it is my purpose to bring Joyful release where previously there was stuck-ness.

And I have travelled far and wide. I have seen great swathes of creation, going where I am called, doing what I am created to do. And I love it. I love being me. I love doing what I do. And I am extraordinarily good at it.

And now I will plait the above two tales together: **8 comes to separation**

It should be fairly obvious that the separation reality that Lucifer had invented was one that was greatly prone to causing beings to get stuck.

Very early on in the game it was discovered that beings, who experience themselves to be separate from each other, (and who therefore forget that harms done to each other are done to themselves also) are apt to begin to try to hurt each other. And if they penetrate into duality, then it becomes a veritable certainty: to be lost in separation with fear in your heart is a recipe for doing harm.

And since the way a being leaves this reality is to repair the harm and heal the Self... it was almost immediately discovered that there was a difficulty. Without someone to keep track of all these interactions, so that they might later be

balanced, there was no way of knowing what the state of play was and how one might right the wrongs when a being wanted to leave.

And so a great cry for help went up.

"Help us, for we are stuck!" they called. "We need help before we get completely stuck in our creations in separation!"

And it happened that I felt the tug of this call. I heard the call because it was right for me to answer. And so I entered separation.

This is no casual thing, I might tell you. Entering separation is not like walking into a room. A better analogy is, perhaps, that it is akin to ingesting some very, very powerful and very, very strange hallucinogen. As you enter into the experience you feel your "normal self" slipping away. You begin to forget a great deal of who and what you are. You feel tugged and pulled and then you are there... clutching desperately onto the bits of yourself that you can hold on to. It's a wild ride coming in, that is sure! This reality is not called "separation" for nothing. As you move into it, so you are separated. For one thing you are separated from a great deal of your own memories and knowings. For another you are physically separated into many parts. A better word is perhaps "disintegrated". Like a mirror that is smashed there are bits of the picture of "you" that go separate ways to have separate experiences. I separated into eight parts (perhaps that will not surprise you to hear). But the high-strangeness of all of this includes the fact that those entering here are oblivious to this fact. As you re-group and try to make sense of your experiences you are just aware that things are all strange and different and there is much you do not know. A deep amnesia has gripped your mind, you see. And in my case, I found I had forgotten all kinds of things. Each of my eight parts had a piece of the puzzle. And, because they were not with me, I had no idea of what those pieces were. Indeed, I had no idea that they were even missing. But there was a puzzle piece that I continued to hold on to. It was the knowing that I was here for a purpose. I knew I was called here to help. I retained certain intrinsic faculties and so, undeterred, I pulled myself together and began to use what WAS at my disposal to get down to work.

I quickly found the beings who had called for help and revealed myself as that which came in answer. With great gratitude and profound relief they began to regale me with their difficulties. We negotiated a resolution to the situation. I agreed to be the observer of their problematic interactions and the adjudicator of the balance of these interactions. In principal, what this meant was that I

would be called to observe every single interaction in which some imbalance was created. Then I would hold that interaction on record so that, at some later date, when they were ready to find balance I could ensure that all was right and fair. In this way, it was intended, any being who desired to leave this system of reality could call on my assistance and I could report to them all the imbalances that are on record for or against them. By rectifying all those imbalances, so the theory went, they would be able to leave.

It sounded both right and simple and I set about the task with vim and vigour.

I had no idea how very onerous this task would become. As the many fragments of the many beings began to splinter and multiply as they entered deeper and deeper into the densities... as they produced ever more complexity in their souls with ever greater numbers of interactions... so my task became greater and greater.

I didn't so much mind the vastness of the task. With that I might have happily coped. Watching and recording interactions beyond number in this whole reality is daunting but not impossible. What finally began to drag and tear at my soul was how very destructive and hurtful many of these interactions were. And even worse than that, when I was called not simply to observe, but actually to adjudicate an interaction, that is when it became deeply painful to me. I had to stand between two souls and render judgement as to which had more grievously harmed the other. I was called to indicate how the harm might be returned so that balance could be obtained. This is, somehow, what I had agreed to do! I can tell you, I more often felt like a highly skilled torturer than a benevolent and fair judge!

I didn't need to be very observant either, to see that what I was doing simply wasn't working. Aggrieved parties using my offices to exact vengeance upon each other was NOT leading to healing. Beings were not finding wholeness and were not leaving the system. If anything, every judgement I delivered lead to more acrimony, more pain... and more division.

We were simply creating more darkness and multiplying the separation.

It was at this stage that I remembered how it was that I was brought into this realm in the first place. A call for help brought me here. And I knew that I was the one who needed help now. So I quietly and earnestly spoke my grief and my heartache to The Oneness... I called for help.

I was unsure of how I might be assisted. You see, in that position I truly believed I was offering the best that I could. I knew too, deep in my heart, that I was a creature of light and happiness. It was always my truest nature to seek the beautiful and joyful in every moment that I could. And, lest you feel my tale was one entirely made of woe, I must tell you that there was much that I found that did bring me joy. Though my work kept me occupied at the 6th and 7th densities of consciousness... still I was observing interaction in all of the many tones of all of the densities. I really got to "travel"! I really did SEE this whole reality. Life in all of its marvellous guises on planets beyond number in the lower densities. Light-forms and energy-beings of astounding complexity and brilliance playing out creations and interactions that one could truly wonder at. What an amazing reality this is. At no point was the wonder of it all lost upon me. At no point was I unappreciative of the splendour of what Life does when given half a chance to express itself. And so I went about my task seeking after joy where I might, awaiting some... divine intervention.

And while I was awaiting this heavenly assistance, it occurred that on a day I was called to a task somewhat different from the norm. I was told that there was another soul in this reality who had become deeply troubled. Like myself, he was also an interventionist. But, in trying to find his way to the gift he had to offer, he had harmed himself and was currently locked in stasis lest he continue to seek to destroy himself. I was told all this and asked if I was willing to help. I agreed.

As an aside: "stasis" is a special state that souls might be placed in, under certain very extreme circumstances. One such circumstance is if the being becomes wilfully self-destructive. You see, it is known that no consciousness can be destroyed. But a being who is truly determined to destroy itself will wreak such harm upon its own psyche that the damage begins to ripple outwards and create a disturbance in the reality. This is so because, of course, no matter what we are trying to believe, we are all truly One. So while such a being's attempted self-destruction will be unsuccessful, it will cause an ever growing circle of perturbation that will eventually throw the whole reality into disarray. Such wilfully, powerfully self-destructive ones are therefore placed in stasis. This is a deep, deep silence. A place without thought. Perfect stillness and perfect darkness. It is not a punishment and the being in stasis certainly feels no ill effects or harm. But they do find calm. Perhaps the best analogy would be that stasis is a kind of an enforced deep meditation. Whatever the case, such beings are always easier to assist afterwards.

And so this particular being was brought out of stasis for me to meet and to see how I might be of help.

How can I describe to you what I felt when I first saw this being? I saw his pain, his abject misery. I saw his self-inflicted harm and his self-disgust. I saw all this and yet my heart leapt and sang! I felt life and light charging through my being. This hurt, broken, damaged one before me was, I knew with absolute certainty, the intervention I had called forth!

And what was I to do? Could I immediately begin telling this bedraggled being of MY woes? Of course not! Certainly I was in a MUCH better position than he was. So, instead, I set about offering him my assistance. I looked into his story and recognized immediately a score of imbalanced interactions that I had already observed. I put it all together and understood greatly his situation.

And by now, my dear Zingdad, you and all the readers of Book 1 of The Ascension Papers are sure to have clicked... that this is you I am talking about. You, as you were between this lifetime and what you have called "the wizard lifetime" (Zingdad note: please see the introduction to book 1 for this story).

We spent a vast amount of time patiently working out your hurts and your fears. I gave you many tasks to do so that you might see that you are not inherently "evil" as you thought you must be. And you fulfilled these tasks with great care. Many times you surprised me with the curiously delightful solutions you came up with to the problems I set before you. And so, slowly, over time you re-discovered your own self-worth. But what you perhaps didn't see clearly was how I was discovering inside my heart a great love and appreciation for who you are. Perhaps my manner was too brusque and crisp for you to see that. I had, you see, developed armour to protect myself as a result of the infinite number of painful interactions I was otherwise having in this reality. In my normal dealings, I saw to the truth of things, I offered what I had to in the briefest possible way and then I moved on. I became, of necessity, brittle and hard-edged. And so this is how you found me to be.

I came to realise that there was one last step required for your healing. You would have to incarnate one final time. You had taken SUCH strides in your healing but there was one last obstacle: me. You had come to believe that you were only okay because I was there with you. I was constantly either at your side or within very easy reach. You believed that without me you were a failure and that with me you were okay. I needed to show you that this was not true.

You needed to go where you could not reach me. You needed to incarnate again into another life in the depths of forgetting beyond the deepest veiling.

When I proposed this to you, you outright refused. You swore “never” and stuck to your guns no matter what I said. In the end I coerced you. I told you that, eventually, I would leave this system of reality. And if you were not ready to leave, then you would anyway be without me. In response to your anxiety over this, I showed you a picture... a lifemap... in which you could finally re-integrate yourself and therefore be ready to leave with me when that time came.

A life-map implies an incarnation.

Was that a trick? Did I deceive you? Did I do this for my own selfish purposes because I needed you to heal so that you could help me? Or was this the right thing to do because I KNEW you needed to agree to one more incarnation? I cannot answer these questions. They troubled me even as I saw your resolution not to incarnate again begin to waver.

There was another being, a beautiful one of brilliance and clarity who was working out a difficulty of its own with whom I was familiar. I knew that there would be a good pairing if the two of you incarnated together. Your separate hurts and separate needs to heal complemented each others’ remarkably well. I proposed a partnership for the incarnation and brought you to meet each other.

I was surprised how quickly you changed your position. After meeting this other being you were suddenly talking about “when I incarnate again...” rather than “IF I incarnate again...”

The prospect of having this other being at your side seemed to have swayed the balance. This other beings is, of course, the Higher-Self of your life-partner, Lisa. And the two of you have worked diligently, with great love and care to make your partnership work. And it has yielded a balance and a simpatico that has surprised and delighted all that have observed you.

Your final demand, before you were willing to incarnate again, was an insistence that I make certain powerfully binding utterances. I had to swear that I would watch over your every single moment, observe your every interaction, not leave your side for an instant. Irrespective of your awareness of me,

irrespective of whether you asked for help or not, I was to be there and I was not to permit any interference with you from any malevolent or mischievous entities. I was sworn to use always my own best judgement and to usher you through your incarnation with all the attentive, vigilant, loving care that I could muster. I had to swear this or you were not doing it.

So I took that oath. I bound myself to your side for the whole of your incarnation. And still I am here... right by your side for every passing moment.

And, in watching your incarnation as attentively as I have, a number of very surprising things have occurred.

Firstly, it was uncanny how quickly you became aware of my presence. Even though you passed through that deepest veiling, still you sensed my presence and knew I was there. You would talk to me in your mind and sometimes out loud. And as early as your mid-teens you began to find ingenious ways to allow me to respond. At first I didn't want to talk to you. You were, after all meant to be doing this "without me". But you broke my heart: each time you reached for me for a discussion you would open the session by asking "Spirit guide, are you there? Do you love me?"

How could I not shout "YES!" with every fibre of my being?

And so you received that answer and whatever divining device you were using reflected that answer too. You got your response. And with that my resolve crumbled and I made myself available to answer your painfully slow and tedious yes/ no questions (Zingdad note: See Chapter 8 of Book 1 for a description of my experiences of this).

The second great surprise occurred much later when you began to have these much more fluent conversations with me. As you grew and awoke... as we had ever deeper and more meaningful conversations... as I watched your thoughts with you... I became aware that you were finding me within your heart, as I was finding you within mine. What I mean by this is that you and I were becoming aware that, on some level, we are One being.

And here is what I now know: You have fragmented yourself into seven parts: your six incarnations that you are aware of and your "Inner Self" makes seven.

Your Inner-Self is who you are when you are outside incarnation and also aware that all six incarnations are “you”. Your Inner-Self is Delight, the interventionist. Together with me, the eighth fragment, we make up a much greater being: that which we are outside of this reality.

You and I will not help each other by “doing an intervention” upon each other. We are helping each other by re-awakening to our essential oneness. We are becoming whole again. One with ourselves. THIS is how we find peace, joy, love and balance.

And then there was the third great surprise. It came when I observed you receiving this information about The Singularity Event. Wow. I could see the problem you were creating for yourself there. But I could also see something else. You were telling the story of an experience that you KNEW to be real and true. You see, you told yourself this story in answer to your own questions (you and your Inner-Self are, of course, one being). And the reason you knew The Singularity Event to be real and true was that this is the gift you are carrying into this reality. You are bearing the gift of the knowledge of this event.

The problem was that you were then still somewhat stuck in your own victim-consciousness. And so, yes, you told it in that way. You told the story about this magnificent, wondrous experience as a gift that would be given. But beloved, a gift that is forced upon everyone, irrespective of whether they want it or not, is no gift. It is actually a theft!

You will recall our lengthy conversation about “evil” (Zingdad note: Chapter 10 of Book 1). You agreed with me then that taking away someone’s right to choose is the closest one can get to doing “evil”. So why then would the best gift from the Oneness come as an act of evil? It would not! But at the time of writing about The Singularity Event, though you needed to hear of the event and share it with others, you were not yet ready to hear that indeed each has the power and the ability to create this experience for themselves. And that collectively, those who desire it, can co-create it so that it becomes a shared experience. You were very far from ready to conceptualise that this might be so.

So you created for yourself a little test. Would you see through the difficulty? Would you resolve this problem? Or would you get trapped in this creation and get stuck with it when it didn’t “work out”. To make matters a little more urgent and clear you attached this event to the ending of the year 2012. There

was so much hype around this time that it seemed correct for you to do so. And then 2012 came and went and... no singularity event.

I observed with some interest how you fared. You kept a brave face. You feigned nonchalance. But inside you were screaming. You could not make sense of this and you didn't want to go looking for answers for fear that you would find that everything you had created – your whole book and everything you had ever expressed – might all turn out to be so much self-deception and delusion. Your greatest fear was that you might have hurt and misled others.

So I observed as you felt tempted to try and spin another layer of story to explain this. That would have just trapped you far more deeply in this creation. I observed as you felt tempted to just leave this whole creation behind. This would not work as, no matter what you do, you cannot ever leave yourself behind. And I observed you too as you slowly found your way to the possibility that The Singularity Event was indeed correct but that you had just, in some fundamental way, misunderstood some part of it. You already had all the parts in your mind when finally you could stand it no longer and you put your questions and difficulties before Lisa.

Now Lisa, as I have said and as you well know, is the incarnating aspect of a being of great clarity and Light. And in offering your difficulty to her you allowed her to unlock a connection within herself. And she was therefore able to offer you a set of deep insights and powerful wisdom that allowed you to begin to understand some of the parts of the puzzle. As a result of that conversation you were ready to bring it before me and we wove it all together into the above tale.

And that is what I wish you to understand. I can feel you burning with questions. Go ahead. Ask.

Z: Wowzer. Yes... I have many questions all lining up for your attention. The most pressing and urgent one, I guess is this:

How do I know that this above story isn't just another story that I (you? we?) am spinning to deal with my fears? I mean if the process has proven itself to be fallible, then how do I know that what you have told me won't also pan out to be wrong?

8: I have told you that the way you received the story of The Singularity Event wasn't in fact "wrong". You still haven't understood that. So let's start there:

If a child outgrows a pair of shoes and needs a new pair... who is wrong? Who is to blame? Who should we punish? And who should we stop trusting? The child? The child's feet? The shoes?

What you did was to create for yourself the very best understanding that you possibly could of an experience that you and your co-creators will have. There were parts missing... because you hadn't undertaken the growth required to know of them.

Now you have grown.

The point of "growth" is that it is a very special kind of change. It is change that takes into consideration that what you have is no longer appropriate for what you need. And so it is about adapting yourself and your circumstances so that you again have whatever is required by your developing needs.

So you grow.

But if you cannot grow without first judging yourself for who you were... then your journey forward is going to be a constant suffering.

So you retain that which serves you, you let go of that which does not serve you and you discover, create or adopt the necessary replacement for that which you are releasing. No judgements or recriminations are necessary.

And yes, it is so that as you continue to grow so, in due course eventually, you WILL let go of these words and ideas that we are now sharing. By then, of course, you will have the maturity to release them without first needing to be angry with someone for their "wrongness" You will release them with joy and laughter and float away to other much broader horizons.

Z: Hmm. Okay. I accept that. Thank you. But before I can move on I just need to know – just how far off WAS that chapter?

8: You can re-read it for yourself and see. The parts where you were expressing the notion that this is an event that comes to you without you first taking a hand in creating it... that is not possible. For the rest... if it brings you joy to

do so, then you can co-create it with anyone else who would like to share in that. The gist of it is good.

Z: And you said earlier that this is the gift I bear into this reality? What does that mean?

8: It means you carry the deep knowing of this experience in your Soul. You carry it in a way that you cannot forget it, no matter how deeply you are veiled. This means your eyes stay fixed upon that prize. You are unwilling to accept any other final outcome other than that. Because The Singularity Event is the most Delightful possible ending of the duality experience.

Z: It ENDS duality?

8: From the perspective of the experiencer, yes. Once you and your co-creators have tasted the Oneness in the Singularity Event, you will never again be able to fear... never again be able to pretend to yourselves that, as parts of the creator, you are not creator-beings ... never again be able to buy into the illusion that you are victims.

Z: So I came into this reality with the knowing of this. And now everyone else must create it with me? That doesn't sound like a very good gift to be carrying.

8: You are now just feeling a little sulky and sorry for yourself and as a result are expressing smallness.

You and I are actually one being. We are one of the many interventionists that responded to this reality's calls. We brought a two-pronged response. I sought to help by bearing upon my own back the burden of every wrongful, painful interaction that exists here. You sought to help by bearing upon your back a delightful, wondrous moment of ecstatic Oneness. Now we have found each other and are remembering again who we are. Now, together, we realise that we cannot fix, heal, change or repair anyone other than ourselves. For to do so is not intervention... it is interference.

So we do not create this experience for anyone other than ourselves. And as we create it for ourselves, so we gently, lovingly, carefully, without a hint of coercion share the journey of that creation with all of Life. We tell/ show/ share the creative process with others who would also choose it for themselves. We give to others ONLY that which we would want for ourselves and,

in so doing, we give it to ourselves also. Which is a loving, open-hearted, compassionate sharing of The Singularity Event experience... without demanding and without forcing. By giving that, we receive that. And then all who choose it, all who co-create it, will experience it.

Z: And how do we co-create this? I mean it takes a lot more than just “wanting it”! I should know... I have done a whole lot of “wanting” and... nada.

8: You have been taught the Tools of Creation and you have offered this in your Ascension School. You therefore already have everything you need. Now you just need to take the next step. To invite co-creators and to set yourselves to the purpose of creating that which you most desire.

Z: I’m scared. I’m scared I go through all this and get everyone together and we do the Six Sacred Steps and we give it our energy and then... poof... nothing happens.

8: Now you are finally being honest and owning your feelings. That’s good. But let’s look at what you REALLY fear. It’s not the “nothing happening” that you fear but what that might mean to you. There are two underlying fears. One, it could mean that all of this is false; there is no Oneness for you to be a part of and you are not therefore a creator-being.

Z: Yeah, but when you say it I can see that that is silly. I mean I have SOOO much evidence in my life that these things are true. I really have come to accept the Oneness of all and my own creator-nature as self-evident.

8: So you can let that fear go. Good. The second issue underlying “nothing happening” is your fear that you will then have deluded yourself and will therefore have been lying to your readers and will therefore be a fraud. This fear of being a fraud is one that you have wrestled with quite a bit. Mostly you are done with it but now it is time to FINALLY be done with it.

Here is how.

You know you create your own experiences, right? What you get is what you have created with your beliefs and choices. This is true... unless you are a victim?

Z: Yes. Right. The more I awaken, the more I see this is true: I get what I create.

8: And you cannot create for anyone else, other than yourself, right? You create for yourself and others create for themselves. You take responsibility for your creations and they take responsibility for theirs. Sound fair?

Z: Yes, absolutely.

8: So then, if you are only responsible for your own creations and experiences then you can finally and completely let go of the inappropriate desire to have any control of what anyone else is experiencing or creating.

And this is just as well because not only is it inappropriate, but as you have just admitted, it is also impossible for you to create for others.

Z: When you put it like that I can see that it is silly and even wrong for me to think that I could be responsible for others' creations. I create for myself. And I share the process of co-creation with others who also want to create what I want to create. We want the same thing, we create it together. But STILL none of us are responsible for what each other is experiencing. It's just a shared journey.

8: Now you've got it! And to bring it all together: how is it possible that you can then be defrauding anyone other than yourself? It IS possible for you to lie to yourself. But then you will know (or discover) that you are doing so because you ARE yourself! And if you were to share those lies with others... why would they believe them unless they too are lying to themselves? If it is so that each is responsible for their own experiences and creations, then can you not see that your readers and Ascension School members are each, individually, checking with their own heart and their own truth and being drawn to what you have to say because they find resonance? They are already co-creating with you! They are choosing to do so. And they do so, in great part, because of the "realness" and integrity that you display. You could not "force" them to like what you have written if they found it to be disresonant or if they thought you were dissembling. And so you cannot defraud them either... as long as you are, in each moment, being as integral as you possibly can, you will be fine. Your readers are not fools. They see you far more clearly than you could imagine. And this correction over The Singularity Event? You fear it will bring you discredit. You fail to see right now how the opposite is true. Your

willingness to “go there” and become more integral... to honestly face this area in need of growthful improvement... will bring you more loving respect. Not less. So, my beloved other-self. Take a deep breath in... and then breathe out all this noise and fear that clouds your heart. Let it go, for it serves you no longer. (I do exactly that.)

Z: Wow. That IS better. But now I am still curious about some things. Firstly, I want to know about the architecture of my soul. Like, how do I, you and Joy-Divine all fit in together?

8: This is a fairly self-indulgent question. It will be of somewhat less interest to your readers than to yourself. So I will address it quite briefly. You can get more detail from me afterwards if you like. It works like this: At the outer-surface of this reality, at the 8th Density, we are Joy-Divine. We are the bringers of the Light of Joy to those who have created stuckness for themselves. Then, in order to penetrate into this reality we have bifurcated ourselves into two beings who each operate at the 6th and the 7th Densities. I am the one half and the other half is the being you have continued to identify as Joy-Divine. It is with this being, especially the 6th density aspect, that you have discussions in Book 1. Then, from the 6th Density, J-D penetrated even deeper. There are 6 fragments of you in duality. One at the 5th density, one at the fourth density, three at the third density and then you as you currently experience yourself to be. You are the ascending lifetime. You are the aspect of self that rises in one smooth arc from the depths of the 3rd density, without again moving back into forgetting, right the way up to the 8th density. You do so by remembering, loving, healing and re-integrating all the other fragments of self at each level. You “roll us up” and bring us home. So you straddle all the densities from 3rd to 8th. You are, however, still in early part of that journey and have not yet arisen out of duality.

In summary: we are eight beings who are one.

Z: Thank you 8. I understand.

I think I have one more question. It was bothering me previously and now it doesn't seem nearly so important. But perhaps you will answer it anyway. The question is about “2012”. This was a moment in time that was anticipated by so many for so long. It was meant to be something BIG. And, depending on the perspective one is taking, either nothing happened or everything changed. But whatever the case... there was no universal, instant and undeniable

transformative experience that many of us were hoping for. So I am a bit curious. Was there anything special at all about that particular date?

8: I'm going to answer your question at some length. Our next conversation will be titled, "Space and Time", and will answer this and so much more. I think you'll really enjoy it. But right now I have a question for you. You say this question suddenly doesn't seem nearly as important as before. Why is that?

Z: Well, I suppose I was previously waiting for this date to come so that the wondrous events I was hoping for could happen. Then they didn't happen. So then I was angry, sad and fearful and needed to know what it was all about. Was 2012 a mass self-delusion or what? But now it doesn't really matter anymore. Beyond simple curiosity, I don't really mind what the story is. Because I am gearing up to co-create the outcome that I desire and then to experience that co-creation. A number on a calendar will neither stop me nor give me permission to do so.

8: Ah!

So if I told you that the end of 2012 was the end of a primarily victim-conscious age... the beginning of a new creator-conscious age... would you say that perhaps this is your experience?

If I said that the end of 2012 was the turning point for this reality as it ceased heading out into separation, division and duality and the beginning of the age of returning to Oneness, would that consistent with your observations?

If I said that the end of 2012 was the changing of the guard from an aeon of the truth being outside of yourself to a new aeon where you ever more magnificently discover and express your own most authentic self, would that not also be true for you?

Z: Hmm! Yes to all of that.

8: Of course "yes to all of that"! Because this is exactly what you have now discovering to be so for yourself.

Z: But what about all the many others out there who don't seem to be awakening? What about them?

8: They are responsible for their experiences and creations as you are responsible for yours. And you do not know what is going on within them because they are not sharing deeply with you what their experience is. You have neither the right nor the capacity to judge anything at all about “all those others” or their journey. Instead I will ask you: what about the many who DO share deeply where you can see their sharing? I’m talking, for example, about those who are posting on the Ascension Forum on your website. Because they are REALLY sharing from their hearts, you can get an inkling: do you think these beings are moving from victim to creator? Do you think they are returning to Oneness? And do you not agree that they are finding and expressing their most authentic selves? And finally... do you not concede that the number of beings awaking to such a consciousness is growing in an accelerating fashion? That this is a way of being that is now dawning upon your world?

Z: Yes. I must agree that this all seems true to me.

8: Good. I shall tell you all about what is going on at this time... and so much more... in our next discussion.

Z: And, with that. I suddenly find my questions to be pretty much answered, 8.

How strange. I usually feel a kind of a pressure in myself to just keep asking more and more questions. Sometimes, momentarily, I feel like I want to pause to enjoy an answer but I can feel the millions of questions that await on the other side of that answer. But now... I just feel a kind of a peace.

8: What you are describing is the feeling of the healing of your soul. I am the truth of your being. You sought me always. You relentlessly quested after answers, after “truth”, because you felt this to be missing from your soul. Now you feel us beginning to merge, beginning to re-integrate. And so you feel the first beginnings of the silencing of that urge. You feel the beginnings of the peace of wholeness settling upon you.

My journey has been the opposite. I have sought for joy everywhere. I have tried to create it, tried to find it, tried to think it, tried to feel it. But I felt a lack of it in the core of my being. As I have discovered you inside my heart so I have found what I was seeking. You are the joy of my being. And now I am finding wholeness and peace too.

This is the time for it... the time of making whole that which was sundered. And now, as we begin this process, so you can begin to seek anew. Instead of constantly seeking after a truth that is outside of yourself, now you might begin to seek after your own truest, most authentic nature and to simply express that in each moment.

A new journey has begun!

Zingdad note: As I record 8's closing words my mind is spinning. I know it is true. There is an amazing, exciting adventure ahead of me. I will be making sense of all of this and begin putting plans in place. I have only recently re-worked the Ascension School material so that it is available as a single-download e-workbook. So, as 8 said, I already have everything I need. But what next? It seems to me the obvious next step is to begin inviting new members to join the Ascension School and even more excitingly... to invite existing members and alumni who have been through the process to join with me in co-creating this wondrous experience that we desire. I have much work to do. A new journey has indeed begun!

Story and Isness

Zingdad Note: A few days after the completion of the above material I began to feel that there was something incomplete about it. Something *unsaid*. An additional conversation ensued.

Z: So, 8, I want to understand something. I think I almost understand that the way I wrote about The Singularity Event was not *wrong*. I understand that it was the very best understanding I could obtain about the event at that time and that I needed to get that understanding for myself and also to write it and share it with others. I also understand that I needed to do that then so that I could grow some more and eventually come to have the above conversation now. So it wasn't *wrong*. It was however internally inconsistent and therefore impossible. Like going to war to force peace. So it wouldn't have been able to happen in the way that I received it but that is fine because receiving it in that way allowed me to travel the journey to getting here which allows me to receive it correctly which opens up the new journey. The co-created journey of creator beings who will be expressing this thing that we, collectively, deeply desire to experience.

8: Very well put. Yes. It seems you understand it exactly. And yet you say there is something you DON'T understand? What is that?

Z: Well it seems to me there is an opportunity to learn something very valuable here. You and I both arrived in this reality and began to try to give a gift that didn't turn out very well for us. We both became somewhat entangled. I feel very powerfully that we are now disentangling and will soon have it all straightened out. But can we not learn from this? Can we not find an essential truth here that we can use not to make this mistake again? And obviously then also to share with others so that they don't make their own version of our mistake?

8: Ah! Beautiful! You seek to pluck the gem from the muck. I love it when you do that.

Yes, indeed, there is such a learning to be found. And when you find it you will see that it is far more generally applicable to *everyone* in this reality than you would have thought. That is to say most who have ventured into separation, and ALL who have ventured into duality, have encountered their own version of our trap. It's the same difficulty but each experienced it in their own unique way. Finding the understanding of how to avoid this pitfall – and more importantly learning to apply it in your life – will be a profoundly valuable thing indeed. A very large and bold step out of victim and into creator.

Z: Excellent! Please teach me what it is!

8: No. This one you will have to find within yourself.

Do you remember that this story started with me sending you off to incarnate one more time? So that you would find self-love and self-reliance. That you would come to know that you are okay without me. You have done well with this. But, as a result of these conversations you are still attached to the idea of me being outside of you. 8 is your truth but he is separate from you. Someone "else". But the journey forward takes us to the sure knowing that we are another Self to each other. I am your truth, yes, but your truth is within. Not without.

And so I want you to answer your own question. Meditate. Be still for a day or more if you need to. But quiet your mind and find your answer inside your heart. For your heart is the portal to your soul. And the question that you hold is the imbalance that is rebalanced by the fact that your soul already has the

answer. It is only your mind, insisting that it only has the question, that stops you from instantly knowing the answer.

Z: I'll do it, 8.

Zingdad note: and so the conversation ended there. I decided I needed to plan another "day of silence" similar to the one contemplated in Chapter 11 of Book 1. But before I had it planned events overtook me. That night I barely slept at all. I found myself lying in my bed for hour upon hour with thoughts and ideas buzzing around in my mind in the most infuriating way. I was too tired to really follow a thought coherently to its conclusion but there was also too much energy in my mind for me to sleep. I don't know why this was. It is not normal for me. It was just strange and exhausting. At some point I noticed the first greying of the sky before dawn. And then some time after that I fell into a deep sleep. Which would have been a wonderful relief except I awoke again before the sun was even up. Perhaps I only slept for half-an-hour or so. But when I awoke there was something new inside my mind. I awoke with some threads that wanted to be woven together into a story. As I lay there I knew it was the answer to my own question. It was arriving!

I sat up, fired up my laptop and began to write as soon as the word-processing program was open. Here is what came out:

Story and Isness

I have caused myself UNTOLD pain, over and over again. And I have taken that pain and folded it over upon itself and multiplied it over and over again because there was something I JUST DIDN'T GET.

I have looked at you, dear world, and all the wonderful life upon you. I have looked at you, dear beloved souls, who walk this planet with me. I have looked at you, bright beings of wisdom and light who stand outside of physicality and make your fragment to visit and revisit this deeper forgetting called incarnation. I see you. And I "get" you. I really do. Most of all I get that you too feel the same pain I feel, also multiplied over upon itself because, beloveds, you too JUST DON'T GET IT. And I say this with the greatest respect and love.

Because I come to this reality with the willingness and desire to HELP I am often granted the unspeakably high privilege of being given a window into many other's souls' inner-landscapes. That most intimate of views into another

that happens in deep interactions such as Soul Re-Integration. This has gifted me a recurring vantage which results in an iteratively deeper KNOWING of what it is like to be here. To be in separation. To be in the heart of this deep suffering.

And so I have suffered your pain first hand and seen your pain, as close as can be seen, second hand.

And now, finally, it begins to dawn upon me. Finally, I begin to get it. And beloved, my heart wants me to share it with you. Because I wish our suffering to end.

What "we" have not been "getting" that is causing us all this misery is, quite simply, the difference between Story and Isness.

It is incredibly simple and yet it is also incredibly hard to make the shift of awareness. I am engaged now in that shift myself. Please allow me to attempt to explain so that you too might, if you wish it, engage in this shift with me.

Story

Story is what is outside of you. It is the "stuff" that is going on in your life. That is your Story. Everything materialism, empiricism and science will tell you is true and real... is all Story. Everything your memories will tell you was real is all Story. This whole lifetime with all its interactions and experiences? Story! You past lives and all the things you did? Story! Every single word printed in every single newspaper and uttered by every single TV news caster... is of course more Story. Most people go their whole lives and never think about a single thing other than Story.

But Story is not wrong or bad. Story itself is not causing us to suffer. It is with our ATTACHMENT to Story that we cause this pain to our own souls.

I wish to offer you another perspective on this now. A perspective that I find to be much healthier, spiritually. A perspective that helps greatly to relieve emotional pain and suffering. A perspective that brings greater balance to the whole being.

I will use the analogy of a movie. An old fashioned one that uses a roll of celluloid film and a projector. When you thread the film through the projector

and switch the projector on, a beam of light is shone through a frame of the film and a static, lifeless image is shown on the screen. When we let the film run... when we allow all the frames of celluloid to roll past the flickering light at the right speed... then the movie takes life before our eyes. We see the characters playing out their rolls and we also hear the audio track featuring their conversations. We observe the story playing out.

See how the story can only play out when we allow it to change? Indeed the only way any kind of life can happen is with this kind of on-going transition of every single part of it. Nothing stays the same, everything changes. That is how the movie of life proceeds. That is how Story, frame by frame, flashes before you at a speed so fast you cannot even begin notice the individual frames.

And here is the first, basic, lesson of life. A simple, powerful understanding that, admittedly, can be quite difficult to live by. It is the realisation that we cannot hold on to anything in Life. We cannot insist that anything not change. That anything stays the same. Firstly, because the only way Life can happen is that it must move and constantly change. And secondly, because anything at all that you might identify as something you want to hold on to is all just Story anyway. It is an external, fictional created show that you are co-creating with all the others that share parts of it.

Holding on is both futile and impossible. Attempting to hold on is very like attempting to grab and stop the moving parts of a powerful machine. It WILL continue to move. You will simply hurt yourself in the process. The harder you try to hold on the deeper the injury to yourself. The more you let go and "hold lightly" the less you hurt and the more you can appreciate the marvel of the movement and wonder of the unfolding experience.

So this first basic lesson is not to resist the story. Not to insist that it be anything other than what it is. Not to demand that the parts you love stay and the parts you don't like disappear. The story is as it is when you are as you are.

Instead of resistance the right way to experience the Story is to truly, completely inhabit your part in it. Be IN the story with all that you are. Live it, love it, feel it, explore it. But do not think you ARE it!

And this is where the second deeper lesson that I wish to share with you begins.

Isness

If Story is the external experience of your life, then Isness is the internal experience.

The reason we create Story is much like the reason we go to the cinema to watch a movie. Think about this: you do not watch a movie so that you can get insistent about what should happen in it. You do not sit there fuming that it isn't going as you wished. You do not even go to the cinema to simply observe the movie. No, you go to the cinema for what the movie will do to and for you INSIDE. How you will FEEL. What emotions it will bring up. How it will bring you a new perspective and allow you to, perhaps, feel a bit differently about yourself afterwards. Every movie, right from shoot-em-up Westerns to weepy chick-flicks to quirky art-house productions all bring us a new landscape INSIDE ourselves. Be they thrills and excitement, pathos and compassion or wonder and surprise... no movie will ever make it to the screen if it does not in some way touch your inner-self.

In exactly the same way, the reason we create Story is so that we can have the inner-experiences we desire. Incarnation is just one kind of Story. There are many, many others but it is the kind we are most familiar with so I will use it as an example.

Before you decided to incarnate, you developed a plan. Your life plan. Together with your guidance and various other beings of wisdom and light, you decided on the events of the Story that you would be telling yourself. You chose who your parents would be, who your friends, lovers and partners would be. You also chose just as carefully who your rivals would be, who would play the painful goad-to-growth when you needed that. You chose it all. But why? Not because you so badly wanted to see the Story play out but because you really wanted to see what new growth, discoveries, feelings and explorations would happen inside of you as a result of the telling of this Story.

And all of that inner-experience... that is the Isness. That is what is real and important in all of this. The point of the Story is to derive the Isness. The Story has no purpose or value if you remove the Isness. A Story without Isness

will be like a movie that doesn't touch you in the slightest. A movie of paint drying or something even more boring than that.

And so a new set of understandings emerge:

The first point is to neither resist the flow of your story, nor to stand in judgement of yourself, others or any other part of your story. Not to attach yourself to any part of your story and insist that it be THIS WAY or THAT WAY. This first step is called ACCEPTANCE. It is the on-going process of deep acceptance of your story as it is, and yourself as you are, that brings profound relief from suffering. This issue is detailed in one of my Adamu Speaks videos and is offered as an experience in my Ascension School. If you wish to find peace for your soul then I cannot recommend highly enough that you seek after acceptance and all that this truly means. Seek after it and then LIVE acceptance. Allow acceptance to take you to the place where you become able to really immerse yourself in your Story, really and truly LIVE every day of your life, to truly LOVE it all and be joyful and peaceful.

The second point flows from the first. As we find true acceptance of the Story so we can begin to notice with ever greater clarity what is going on BEHIND the Story. Which is, of course, the Isness. Then we don't have to die to physicality and find ourselves back with our guides looking at the life-map one more time to remember the whole point of this whole saga. We can, right here, right now, right inside this incarnation begin to remember and explore the Isness of our own beings.

As you begin to discover, claim, own and inhabit the Isness of your own being then the third point emerges. It is the realisation that, since the Story is merely a vehicle of discovering your own Isness there is no point in trying to change the Story. The Story exists to point you to yourself. So take the lesson. Look where the Story points! Discover yourself! And as you do, so you will come to the realisation that you no longer need certain types of Story. You don't need to bash your head over and over again if you notice there is a low beam in the ceiling. In just the same way you don't need to repeatedly suffer certain kinds of difficult relationships (or whatever other painful experiences are recurring in your life) if you notice the origin of the pain within your own being. And if you are able to HEAL that pain in the Isness of your being then you not only avoid expressing the pain in your Story but you actually change the Isness and you transcend having to experience that ever again. You become a more whole, more integral, more powerful, more real version of YOU.

Engaging in this quest will bring you completely out of suffering, out of pain and into love, joy and peace.

And when you have accomplished this quest? Well, then a whole new adventure will begin. I cannot say for sure what that will be but I do know that neither you nor I will ever again have to play with suffering and pain.

I can see clearly that both 8 and I confused Story and Isness. We both thought the Story was what was real and important. Therefore we each in our own way set about trying to heal the Story. But now we release that. Now we realise the Story is perfect. It is a perfect expression of each of the players own Isness. We are not here to change the Story. If we have any role whatsoever it is to remind anyone that is interested in hearing it that the only thing they need to do to free themselves from their stuckness is to go within and to heal the pain that lies within the Isness of their beings.

If the Story is like a movie on a screen then the Isness is a little like the celluloid film. It is constantly changing and morphing. And as it does so, so the Story reflects that. If you think you are IN the Story then you are its victim. If you think you are in the audience then you can only observe. If you think you are fast-as-thought creating the celluloid as it is being shown, then you become the creator of that experience.

But who are you really? Bright being, you are the pure white Light, the radiant, eternal, undifferentiated Life Force that shines through the celluloid and makes the movie possible. And the less noise, darkness and filtration there is in the celluloid... the more you shall see yourself.

And that is the story about the Story that helped me to see the isness of the Isness.

I do hope it helps you too!

8: It certainly does (he laughs).

That was beautifully told. And the part I like best is that you can no longer fool yourself that you must have someone outside of yourself to tell you your truth. You found it inside yourself.

Z: Yes... I did... except it didn't come from me. It came to me as an inspiration.

8: Exactly!

You couldn't find the answer in your mind because your mind was too busy holding the question. The mind can only process that which is already within it. It can only think about that which it already knows or has experienced. It cannot reach beyond itself. The heart, on the other hand, is a portal to the infinite. By listening to what is deepest within you, you can find infinite wisdom, infinite creativity, infinite compassion and infinite love. It is all inside. The fact that you are not consciously aware of creating it inside yourself is due to the Veil of Unknowing. But see how you simply reach through that veil and find the truth and wisdom that you need? Despite the veil you can always find it because it's inside of you. And it is yours to have whenever you are willing to still the noise and to truly LISTEN to your soul.

Z: So then it is not that I don't need you... it's just that I don't need you to be separate from me.

8: You got it in ONE (he smiles)

Now can we get on with telling the Story about "Time and Space"? I am really looking forward to telling it because I know you are going to love it. I know your Isness will sing with pleasure at it.

Z: Uh, yes, soon. I have to edit and publish this and then there are other items of admin and that I must get to. As soon as I have taken care of these essential items of business we can get to the fun stuff, okay?

8: (Laughs) Did you notice there how much we were sounding like each other?