

# Thought Reflection

## Disk 1 Track 1

Eric: Thought is what's going to shape and form you. Thought is going to be a huge contributor to whether you achieve a higher state of consciousness or not. How you think will be how you perceive yourself and others, how you will perceive the possibilities of what you can even achieve. In some ways, how you perceive has been pre-determined in you by your thought. Not only your surface thought, perhaps concentrating on this very subject, but your internal thoughts that are continuously going on in the back of your mind, that you're not even fully aware of. Your feelings of being threatened by other people who may or may not be listening to this conversation, and judgment of yourself as to where you stand in comparison to them may or may not withhold you from asking a question that could be the liberation of you awakening spiritually. You won't ask it, or you'll assume to bypass it just because of the judgementalness that you assume other people will take. That assumption comes from your own inner mind, which leads to something else. Thinking in that process explains that you are a product of the matrix rather than the product of self-liberation.

The matrix is the global consciousness of the planet. Matrix is a new word. An old word would be the Gaia mind. What is the Gaia mind? The Gaia mind is a collective of hundreds of billions if not trillions of living, thinking creatures; human beings; animals; whatever you like, collectively pooling their intelligence. This is the matrix. The matrix is now telling you how to function in life the same way that you would tell red cells or white cells, organisms in your own body, how to function. There is a due process to keep you in check, how you think, how you will process your motives or your internalizations of what you want to do. How much of that is the matrix affecting your thinking and how much of it is actually free will, or free thought, or free choice *per se*.

Concentrate today on thought. When we think about thought, I find something intriguing. The majority of spiritual teachings all really derive down when you distill them to one thing. It really comes down to how you're thinking. If I said to you: "mindfulness", what does mindfulness mean? It means be mindful of yourself. Be mindful of what you're thinking and how you're thinking. If you're mindful of your thoughts you will be able to achieve more.

Willpower again is what? It is directing your thought to achieve a goal. Willpower is again thought. Mindfulness is a thought. It's a thought process.

Consider positive affirmations. When you do a positive affirmation to create positive things in your life, you're told to think of these positive things, to visualize these positive things, to manifest them in your life. What are we getting back to? We're getting back to thought. It's about how you process your thought or your thinking, or how you're being told to structuralize it.

Self-discipline: what is self-discipline? Self-discipline is thought again. It's to discipline you into a ritual, or discipline you to be at a certain place at a certain time, or to achieve a certain goal. Again, it gets down to a thought process. Directing your will is again almost the same thing. It is all one thing. It's a thought process.

In analysing your thought process, turn inward. Reflect on your thinking process. Reflect on how you're thinking. Really dissect it all down: how do you think, why do you think the way that you think. What we want to do is dissect thought, not just look at the method of doing it but what is the method of progress behind it, what are the dynamics, the mechanisms? Instead of looking at the clock, instead of looking at the hands and the time that it represents, we want to learn what are the fundamental gears behind it all. In so doing, that understanding will help us liberate something deeper within us.

The first thing that we have to understand - thought is a living thing. Your thought is a living thing. If you think about your body, your thought process is what governs your reaction with life. You tell your arm to move; it moves. You tell yourself to walk; you walk. You tell your mouth to talk; it talks. You tell your nose to inhale and smell; it inhales and smells. So thought is very integrated to the functionality of how you exist, in this dimension at least. Even as a dimensional being, thought is the movement of you propelling through time or space to achieve from point A to point Z, to make yourself move through the ribbons of time or the ribbons of space. Thought is a living thing. It is, in itself, you. In itself, it is the dynamics of your real body. You could say that the thought process could be the flesh for the energy body as much as the flesh for your physical body is the flesh for what you think of as yourself here.

Thought is going to design you. How you think, how you process thought is going to design you. It's going to make you. Therefore, it's something that you want to give some very serious thinking to. When I say to you thought is a living thing, it is thought that makes you what you seem to be, the interaction of consciousness, a representation of you -- how you move, how you talk, your face gestures, your body movements -- all of these things are a

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representation empowered by thought. If you take an object and you will your emotions into it, it has a program. That program has intention. That program in a sense has thought. That now becomes a living thing. It's just a matter of how you want to perceive it.

Consider the energies in a household. A person comes into the house. They're very angry, and they pick up a pillow. They're talking to the person, venting their frustrations or twisting the pillow as they're talking. Unconsciously, not being aware of it, they may be hitting the pillow, dramatizing how they're feeling and their emotions. Well, they're programming the pillow, and then they leave. Understand that pillow now is a living thing. It has intention. When something has intention, it is a forward movement; it has an agenda. Everything that's affected by thought has an agenda. The whole planet has a huge agenda. If you think about the consciousness of the planet, it must have an agenda for all of life and non-life absorbed within it. You have an agenda for your own body. You have an agenda for life, for exploration, for the way you want it to appear or look, its cleanliness. You have agendas on thousands of levels.

Well, so does the planet have agendas for itself, and you in another sense are a byproduct of that. So there are forces of consciousness, of thought, that are bombarding you and affecting you every single moment. A town can have a certain vibration and when you're there it has a certain effect on you. If you leave the town area you feel almost relieved. What is that? That's a thought consciousness that is imbued or embodied into that area that you are being affected by. So to think of it in terms of thought, we are no longer looking at the clock and saying we understand what time is. We understand when we go into a town, that we're being affected by these things. We know when we go into a house that we're being affected, dissect the gearings of what is making this work. Don't forget that.

Understand this: the matrix is a living thing. It is a living program and you are part of this living thing. It expects you to function in a process that works within it. When you bump that system, its natural inclination is to force you back into place. When we try to meditate, we try to get out of what we call the matrix. We try to get away from the babblers. What does the babbler do? The babbler is trying to keep you in check. It's trying to keep you in place. So it in itself has a goal that is derived by an intelligence behind it. It's not just a thing that automates. It's automating with an intention. Whether or not you can see the complexities of it does not mean it's not there; it is there. Everything is a living consciousness; everything has an intention and its intention is to keep you in place, in check, in a certain position that works for it. If you can understand this, liberation through meditation makes another level of sense.

When we say we meditate to remove ourselves from consciousness so that something higher

can come in, think about what we're saying in terms now in gearing. What you're doing is trying to separate yourself from the will of this matrix, from the will of this collective consciousness. Separating yourself from it is in itself the liberation that you're after. Maybe you have a consciousness purely of your own accord, or your own will.

We have to now look at the matrix and ask ourselves, "How many levels does this work on?" Ask yourself one thing. How many levels do you have working within you? We have courses where we discuss the I's. The i's are many personalities inside of you: love, hate, anger, positive, negative, whatever you want to break it down to. You have all these different emotions and different consciousnesses within you. Well imagine how complex the next level up is, the planet that you exist on. These I's that exist for the planet are now infusing you, willfully putting their intent on you to be affected in a certain way. When you can acknowledge or recognize something, that is the first ability to true liberation. It is the first way that you can resolve a problem if you know where the problem is coming from or if you can identify it. If we were in a scenario where you were being hunted, the best way to defend yourself is to be aware that you're being hunted.

If someone is stalking you or has negative intentions for you, and you have no idea that this person has these intentions -- they're following you, observing you, studying you, preparing their moment of launch -- you are at a great disadvantage. Every general's job is to have the first initiative, the ultimate opportunity of surprise. Once you lose the opportunity of surprise you're at a huge disadvantage. The first thing that anybody has to learn in their pursuit of spiritual consciousness is to recognize and acknowledge what it is that they're up against. Who or what is their opposing agenda that they have to deal with. Until you can figure that out, you're at a huge loss, a great disadvantage. The best thing that you can do is to try to educate yourself, to study whatever this opposing force is.

It's not to say that you should necessarily look at it as an opposing force because the thing that becomes even more complicated is that as long as you're in a physical body, you're part of that opposing force. You're really trying to separate yourself as an energy being that's co-existing in the physical one. So now, your job becomes twice as difficult because you have to work with this mechanism, at the same time you have to be able to step outside of it. This is where things become very complicated and very difficult. It does not see you as individual at this point. The individualization actually gets down into the nitty-gritty of the mechanism.

What we've done so far is to look at the big gears. Now we're going to look at the smaller gears -- the springs, the nuts and bolts -- behind the bigger gears, and how all of this

works together to hold time in a specific sequence. It's an illusion of time. We know that time is something that we deal with in our reality. If we look at Einstein's theory of relativity, we look at time in different aspects, distances, and ratios. We know that there are levels beyond that. You are at a point where you've accepted that you are controlled by mechanisms because you see time as being the accepted fold. Even though you're having this conversation with me or you're listening to these teachings, you also know on some other level in your consciousness that there's something beyond all of this and you're trying to liberate yourself from that. The problem you really have to understand is that somewhere in your deeper psyche, you've locked yourself down because you believe that this is where you are. You've already accepted that and you just don't know you have. So even if on the surface you're saying, "No, I know there's something more and I'm looking for it," internally you're locked into this zone and that's what you're trying to liberate yourself from.

What are the smaller mechanisms to this gearing that I'm talking about? We know the big gearing is just the will of Gaia. We know that it wants red cells to be red cells, as I've taught. It wants you to function in life, do your routine and collect experiences. When you die, you release these experiences into this pool of consciousness it belongs to. White cells are constantly trying to separate from that mechanism so they can move more independently. The real question is, what are these smaller mechanisms? I'll tell you what the smaller mechanisms are; you know what they are.

When you cut the webbing, why do you cut the webbing? Because individuals have their thought consciousness on you. When you meditate, we often say you will expect to hear from people you haven't heard from in a long time. Why? Because you're sending energy out to these people through what would be considered psychic webbing. Even people you haven't heard from in a long time or people that you've cut relationships with because you wanted to move on and they didn't hold a very positive effect in your life, all of a sudden as you meditate, you're drawing energy, and you're shaking these lines so that these people become aware of you. We often say, "Just cut those lines or try not to deal with those people," because they're going to what? They're going to eventually distract you from achieving the goal that you're trying to achieve and that's a higher state of consciousness. How is it that they're doing that? By being your friend or just saying hello? In many ways, yes, we already know the answer to that. We know that you're trying to liberate your consciousness or teach your consciousness to separate from the regularities of what you are used to, your patterns that you've created in your life. People represent markers of those patterns. They are the bumpers or the catalyst to get you to return back to a method of thinking that they're used to,

or how they relate to you. When they relate to you that way, your natural instinct is your familiarity with them. So you're going to relate to them in a pattern that is old, rather than the new progressive way that you've learned to become.

What does it all boil down to again? It boils down to thought, how you're thinking, how your process of thinking is affecting you. The goal (in part) of this conversation is to learn to create new thought patterns with old relationships. Sure, you're going to be able to now look at the person in your past life and if you are strong enough, if you have designed yourself well enough, you will now be able to reprogram them. When they start to refer to you in a certain way or playfulness, tapping you in the arm, "Hey, don't you remember how we did this?" Or, "How do you remember that?" Most of the time, people want to refer to the past, to the way things were, to re-establish that marker to bring you back into the past so that you begin to access that stage of your mind. When that happens it brings all of the old design of your personality back into the forward-state of your consciousness. Do you see what they're doing?

In a sense it's a kind of a manipulation. It's not that they're necessarily doing it on purpose, but the real question is, are they really doing it on purpose unconsciously? That is really what they're doing. Unconsciously they're bringing you into their zone into a place where you reflected at one time but you've outgrown. How you would control something like that is by realizing during the conversation that is exactly what they're doing. You can recognize this by listening to their terminology of words or how they're treating you. You need to assert yourself, to say, "Oh, I really don't like it when you tap me in the arm. I don't mean to be rude." And say, "Yeah, I remember all of that but you know what, what are you doing in your life now? Where have you gone?" You take control of the situation rather than letting them bring you into where they want you to be, to what's familiar to them. You have to establish a higher order of familiarity now in the present as to who you are, instead of reverting backwards to who you were.

Referring back to old memories can be a very dangerous thing unless you can learn to stay unattached from them. They will become more powerful as you begin to reflect more and more on those old memories. Old memories are power places; they're programs and they're still alive. By conversating on old thoughts, old concepts, and old things that you did before, it is actually in a sense a program that goes into your computer system, your mind system and your mind system begins to play them. They become the active functioning thing, and they start to reintegrate their ways into your design or personality.

Looking at the finer mechanisms, what we've just discussed would be very small gearing, which in itself works up to something bigger and bigger and bigger. Ask yourself, "What keeps you in the matrix?" It is a thought process and largely the relationship of what you have in life. Why is it that when you want to meditate, you're often not allowed to meditate? It's usually because other people are infringing on the limited amount of time that you have, or you're busy with life, which is part of the larger mechanism, which is okay. But when you have free time, often you will find people will infringe their energy, their time on you. Do you understand what I'm saying? It's not to say that it's a bad thing. For them it's quite ordinary. The thing is that we've learned to accept that. We've learned that that's supposed to be an okay thing. Why think about it? It's the first step of not realizing who or what your enemy possibly could be. It's not to say that you can't be courteous or kind, but you have to be mindful of the decisions that you make. Be mindful when you agree to go out and camp with other people that aren't inside that mechanism of spiritual growth that you're working so hard on. Be mindful when you hang out with certain people or you spend time with certain people who don't have the same aspects or goals or agendas that you may have at this point in your development. You may be consumed by where they're state of consciousness is. So you have to be sure that you're prepared and you're strong enough to do that.

Now, one of the problems to this thinking is that most people say, "When you join a group and they tell you that you shouldn't hang out with your family or your friends, they're taking you away from us. That's a bad thing; it's a cult thing; it's a negative process." I'm not telling you that you need to leave your family behind. What I am really telling you is that you need time to reflect and design yourself and build yourself to get to where it is that you're trying to get to. You have to realize that your family, your friends and all of these people have a designed state of consciousness as to who you are and how you are allowed to react. They identify you with a program of what they expect you to be. When you have growth in yourself, you will find often that your family will try to bring you back into their reality. Your family will try to draw you in to the old design of who you were rather than allowing you with the new design to be who you are. If you were never really the intellectual *per se*, whenever you try to give your intellectual thoughts, they're more or less ta-ta'd, or they'll start speaking over you. They won't give your statement much credit or reflection in the conversation and then the person who was always seen as being the intellectual will take over. Their opinion is supposed to be the just opinion and everybody who's within that family

or group that knows the process will turn their head to the person who's always been the enlightener of that particular area. Does everybody understand that?

So again, it's part of being in a mechanism and for you to bump that system or to change that system takes a great deal of effort or energy on your part even if you decide to do it. It's not so much that we should focus on that particular scenario, as much as we're trying to have you realize the mechanisms that are shaping and molding how you think, how you are affected. I always find that old proverbs make a lot of sense and to every wise tale there's usually a lot of truth. But I'll give you another scenario: birds of a feather flock together, or who you hang out with is who you become. If you hang out with people who have a lower level of achievement, so will you not achieve. If you hang out with people who have a higher level of achievement, so you will achieve. The circles that you choose to travel in will be the programming that affects your psyche whether you willfully or knowingly know it's happening to you.

Usually groups of people have a stronger collective will than a singular person. If you're with people who don't have a progressive goal or a goal that you feel that you want to achieve, it's very likely you will never achieve your goal because you're putting yourself in a situation that is dominating you. Even if you think that you can overcome this domination, how much energy are you putting in swimming against the current? Even though you're making headway, how much effort are you really losing during the destination of this physical life? You have a limited amount of time, per se, so how much of it is being wasted fruitlessly by you choosing to swim up-current when you should just simply swim to the shore and walk uphill. Why is it that you cannot see that common reasoning of this logic? Tiny, tiny gearings now, something's affecting you. Why is it that you insist on swimming up the current? That's what you have to be asking yourself.

You have to again reverse your thinking and study the inner design of what's going on in your thinking and why you're making the choices that you're making. Ultimately you know what you want to do; you want to achieve the highest state of consciousness that you can. You want to enjoy life. You want to share life. You want to be giving and caring and kind, but I think in some cases people have confused in the inner mechanisms of kindness with foolish self-sacrifice. That is not getting you forward. Again, don't throw your pearls before swine. There's a truth behind that. If the swine can't understand what a pearl is, it's really you who's being foolish by throwing the pearls on the ground. They could have been used for something much better. So until you can realize that concept and not see that as being elitist or arrogant or egotistic, you can not make a higher level of progress. It's you who's being held

back by your own design of what you perceive as goodness or selfishness or kindness or graciousness. You could say that in one aspect you could be kind by helping someone that's always requesting your help and every time that you give advice for this person to help themselves, they don't truly apply it. If they don't truly apply it and they keep asking you for help, ask yourself a question: Are you being kind by consciously helping them? Simply let them go so that you can help other people who are willing to apply your help.

The matrix is designed on multi-levels. Everybody is affected by the matrix, the Gaia mind, the consciousness. Its goal is for you to be a living organism, for you to procreate, create more organisms and finally collectively take your experiences when you die. You release those experiences like raindrops into a bucket to the Gaia mind, that's how effectively it grows. It grows in slow processes of collective consciousness, not by an individual having massive breakthroughs. It would have to be hundreds of people if not thousands of people to have that massive breakthrough for it to achieve a collective for the Gaia mind. What you are basically achieving is that you are trying to step out of the mechanism. That's a very difficult thing to do. In meditation, what you're doing is extracting yourself from everything that attracts you. So even doing selfless things, if you really wanted to look at it, could be an egotistic thing. It could be gratifying to you to not accept gratification for doing anything. If you really want to get to the core, today we're talking about getting to the tiniest, the nuts and bolts of the mechanism.

### **Disk 1 Track 2**

Eric: At this point, I think it would be very interesting for everybody to think about what you've been thinking about during this conversation. By thinking about what you've been thinking about during this conversation will tell you a lot about yourself. What people have you thought about during this conversation? What inspirations have come out of this conversation so far? How do you look at the people that you've drawn up in your mind as being challenges and why did you choose the people that you've thought of in the first place? Because these are immediately the people who more than likely have the greatest programming effect on you, so you better be sure that their intentions are in the best place and not just assume they are.

Now, I want you to keep in mind something very important. We're dealing with very, very integrated deep, deep mechanisms. It is not right for everybody to take the extreme level of saying, "I'm going to remove everything and have absolute selfishness in order to achieve

my higher consciousness." It's just not feasible. You'd only end up harming or destroying yourself and in the end, destroying your true objective to find your higher self. What we're doing today is we're discussing the most intimate levels of inner manipulations, inner control, thought control. The idea is that you learn to integrate it slowly into your life so that it becomes a positive aspect. You still always should reflect on the other trainings that you've received. You still must use your meditations in a daily process so that you can better design yourself to approach this higher level of understanding when it is time for you to do so. It does not mean that you have to separate from somebody in your life, but what is important is to realize that you have to take control of what actions they may have on you because it is your own fault for allowing it to affect you, not their fault, not for you to point a finger and say, "You've manipulated me or you've done this or I've lost this out of my life because of you," or whatever. You have the power to control your own destination and how you choose to give that power and to what level you choose to give that power on your life is your choice and yours alone.

Mindful is to be conscious of what thoughts are going on, what are your inner motives and where do they come from. What are your motivations of manipulating someone else? What are your motivations to get what you want from someone else? If you're going to be concerned about how you're being affected, what about the effect that you have on other people? How much control are you trying to exert over other people? What is your goal? What is your agenda, and how truthful is that?

Now, if we wanted to get into selflessness, I think that is a larger category to look at. It's not so much about you being aware of how you're being affected by thought, but how much are you affecting someone else by your choices and your whims and your desires, whether they be monetarily or physically in a sexual context or any other way. And to be aware of that is to say something in itself. To be aware of that is to have self-awareness, self-consciousness. That will stem from a higher level of purity. If you can be more conscious of what your intentions are and keep them in check, keep them in a level that's unselfish or at least diplomatic because you have to remember. I think that there's a necessity to be selfish in the context of what you want in this particular world. You may have to be at work and someone else could be going to the store because they have more time. Is it selfish to say that you are trying to get them to go to the store, or is it that you're trying to manipulate them to go to the store? Do you understand that there's a difference?

Purity within yourself starts from understanding your own level of manipulation, to how you're trying to control someone else. If you're finding that you need to control someone

else to get what you want, they're probably not the person you should have in your life. The person you should have in your life shouldn't need to be manipulated to the situation or the direction you want. They should actually be like your yin and yang and work with you; that's the best situation. When you find that one person is trying to manipulate you, it's a very very dangerous thing. When you find that you have to manipulate back, it's twice as dangerous because now you are caught in a mechanism. Again, when you can only see the wheel, you can only see the horizon, and you never realize that the lower horizon is simply keeping you in the same spiral. You just think you're progressing but you're not at all. Once you get into that, it's a doomsday scenario.

So, you have to really be able to recognize this and to react on it. Sometimes reacting to it is to separate yourself from it and that could be a very painful process, depending on how rooted they are psychologically within your mechanism and how you are to them. So again, it all gets back to thought. Thought is the inner matrix. The inner matrix gets down to individual relationships with other people; it gets into relationships with people in your life whether they be sexual relationships, physical relationships, mental relationships, spiritual relationships, even your relationship with me. All of these have their gearing, all of these are controlling of one another and your destination or direction as to how you will unfold. And the more that you can recognize it, the more liberated you will become. It's not the fact that it's not there or that it's happening. The fact is, can you see it happening? And that's understanding thought, how thought works, how thought is a living thing and how thought will affect you.

Again, we have larger energies that control you through thought, which is like going into a town having a certain vibration, a house having a certain vibration; these are all forms of thought control. Then we have individual beings that have their desires and their wants that work on a micro level constantly with you. Now, there are other forms of thought manipulation that we're going to get into. Much of micro control can also be done through emotional broadcasting. Emotional broadcasting means that you could want for somebody to want you so badly that you keep emanating that energy at them. They may not recognize that as specifically from you but for some reason they feel this drain; they feel this heavy weight somehow upon them that they feel a depression or they feel an anxiety. Usually a person who wants another person will go through a heavy depression of desire, of wanting that person. In a sense, in my opinion, it's a robbery of the person and to me it could almost be another form of attack even though it's not done with the intention of attack. They're just depressed; they're in love. But what are they doing? They're evoking all of their spirit upon you. They're

evoking all of their energy upon you to be with them, to be drawn to them, for you to be attracted to them, for you to desire them, for you to be obsessed with them. It is a sense for them to create a security. How do you look at that? If it was a person trying to control you, would they not use similar methods? Well what if it's an act of love, is it not in the same similar methods?

So again, someone's psyche as to how they approach you may be a good thing, "Well, they're just wanting to love me." What if it's a bad person or somebody that you don't want to love? What if it's a guy who feels the same way about you as the girl does? You may not be attracted to the girl but you feel more comfortable with a girl wanting you that way because it's a girl. Psychologically you have this program in your head to accept it that way. If a guy does it, you see it as being a horrid, nasty, terrible thing. Well the point is we need to reanalyze, how we are processing the acceptance of this because I don't see that either one should be acceptable. In the end, it's no longer your free will. What happens if their energy was enough to dominate you? What if it was done to a person who does not have the knowledge of this conversation or the teachings of what I offer to defend oneself?

What if, what if, what if? What if then they're like, "I don't know what's the matter with me; I'm just really depressed; I don't know what's going on. I feel like I'm being pulled on and I don't know how to deal with it." Well, this person may just be so in love, they just want you to want them, but on the same token, they're almost robbing or programming you with a program that you don't really want in you. What do they want? They're programming you to want them. So now you have a program being forced on you, not really that you willfully want. It's against your will and they're being merciless about this because somewhere in the psychology of their own mind, 24/7 every waking minute, they're obsessed with this. So this is another form of programming and whether you realize it or not, you're going to be affected by it.

How you think and how you feel will be an effect of that byproduct of their will on you, and this happens every day. You could go to a party and someone could just be attracted you. Their will is on you and you don't even know who this person is. You have no idea who it is. You also probably do this to other people, whether you realize it or not. To what extent is a whole other matter, but the fact is that people do this all day long. Now, what is this? This is an inner binding of the matrix. It's a design that keeps it stable and functioning; it's a necessity in itself. It's a *control and be controlled* process that's constantly going on 24/7 in the consciousness of the grid, in the consciousness of the planet. It is a mechanism that keeps the fiber working with interrelated relationships -- pods, electrical beings, human beings,

consciousnesses moving about. Their interrelationships of sharing data, manipulation and directing -- if one's moving too high up, let's find something in there that keeps and brings them back down again.

So these are all complex systems of thought, thought control, and consciousness. The matrix is self-sustaining by these properties and as long as we are biochemical in regards to how we process thought and how we react, forever we will be subjugated to the effects of it. So the most that you can do is try to limit it by acknowledging it and seeing its processes. That in itself begins to separate you which becomes part of self-liberation, but it's no easy task to do. And if anybody here is thinking, "I'm going to go out and do it tomorrow," well you're setting yourself up for a very difficult process, and you're going to most likely meet failure. It's better to gradually work with something than it is to try to do it instantaneously. Understanding thought is a critical thing. Understanding your own thought and thinking about it is called what? It's called self-observation which is something you're told to do often. Through self-observation you will find liberation.

When we think about why we're doing something or why we're saying something, it's self-observation. In that self-observation we say to ourselves, "Gee, now that I've done it, I guess I am being kind of manipulative for this goal or that goal. What's really my motive behind this. Is it for the greater good of this person or is it for my own inner gratification?" Do you find that you habitually are following a program of manipulating a certain way or certain person or controlling a certain person as one individual and excusing yourself for doing it because just one person is okay? It's true to say that there's nothing wrong with wanting someone to want you; there's nothing wrong with wanting somebody to love you; there's nothing wrong with trying to get to know someone or whatever. It's all in the process of how cleanly you want to go about the business of doing that. Truth is a perspective of how we want to see it. Through self-observation you will find inner truth and inner awakening. So it's not so much for me to tell you what truth should be or shouldn't be. It's to say that you have to discover your own inner truth by listening to that inner knowing. That inner knowing knows when you shouldn't be doing something and you should be doing something and to what extent that is.

There are certain motivations that you should utilize for yourself that somehow will get you to a better place and then there's some things that just aren't and you already know what they are. You have to have the greater will inside of yourself to release those from you and that's what surrendering the ego is. It's a different kind of empowerment. There's empowering yourself spiritually which I think is perfectly okay because the end result of that

is you finding the truth in your heart. Do you see what I'm saying? So if you want to use ego to build yourself spiritually, by all means, please do; I encourage it. Use your ego all you want because it only has one result. The end result is a blossoming of your inner spirit, your inner heart, and ego is vanquished. So you can use ego to fuel you there if you think that's what it's going to take to get you there, but to use ego for control of others in a sense that is self-empowerment for the ego is a whole other trip and you need to know the difference. That knowledge comes from self-observation.

We were talking earlier about how other people who maybe in love with you but you're not in love, can affect you spiritually. It can be a big problem because you can feel depressed and not know why you're depressed, or feel drained and you do not know why you're drained. You may keep getting images of someone in your mind, maybe that person who's madly in love with you. Then all of the sudden, even though you're not in love with them, you feel this person in your mind as being depressed and that somehow you could be more supportive of them and you should feel guilt because you're not. Now, ask yourself the question: is that an evil thing or a negative thing or a bad thing or a positive thing? Someone's in love with you; all of their being is being pressed upon you. Because it's being pressed upon you, they're in your mind; you're constantly now thinking about them. Do you say to yourself, "No, I refuse to bother myself with them because I just don't want to be bothered by them." Or do you say, "Gee, that person's really depressed and I could make them happier by giving them some of my time because I feel guilty because they feel so depressed." Which is it?

If you see that person, yes, they're depressed; yes, there's a chance they may even take their life. That is not something you should feel guilty for. Because they are so in love and they in all their heart want you to love them and they cannot control it, you're going to have to think that one out. You're going to have to think about what your position on it is. If you're just simply not in love and you need to move on, then by visiting with them and making them think that they're going to get whatever, you're rewarding them for their depression and they're pushing this energy on you because it got them what they wanted in the end. They're learning now to continue doing this process of throwing this kind of energy at you. It's better to say, in a way, it's cruel to be kind, which in many ways is how I look at a lot of things. It's cruel to be kind because eventually they're going to likely outgrow you. So give them an opportunity to meet someone else or to move on with their life. The longer that you give them hope, the longer that you keep feeding this; you cannot relate because you're not in the same place. All you see is the extremes of their suffering. What you don't realize is that

you're just prolonging this, that eventually in the human brain there's a point where you shut it off and you move on.

So you have to ask yourself: are you letting them hang on because you think that you're being kind? Or are you letting them hang on because in a way you're still feeding your ego? Do you secretly want that person to still want you? Is this somehow empowering as a backup plan as you progress through life with other things? You know the difference already in your heart. That's self-observation. The question is: what do you have the power to do about that? Are you going to be able to let this person go and let them destroy themselves to ashes in their suffering? Remember the story of the phoenix. Inevitably they will come back to life and they will move on with their life. I have certainly been in love with other people in my life, and I've certainly had to let go of them, and they've gone through their suffering, but they've also moved on in their life later on. It could take a month, it could take a year, it could take five years, but inevitably, it's a matter of time, a matter of doing what the greater necessity or the greater good is. It may seem cruel, it may seem selfish, but in truth it is the truest thing to do.

You could say that you're gradually going to ween away from them; that's a truth, but the amount of energy that it takes for this process also could be very consuming and limiting in your life's journey. There has to become a point where you have to say, "I've been trying to ween off of it but it just never quite gets there. Am I fooling myself by allowing this process to keep going on and on and on?" You have to realize, at one point you just need to walk away from it completely.

So selfishness, there's a very gray fine line in-between, if you think about it. But you have to think also, what is being affected by you? Is your psyche, your thought process being manipulated? Ten to one it is. Even though the intentions of the persons aren't bad in many cases, if you do begin to separate that person can become very bitter towards you and decide, "Well, if you don't love me, I don't want you to love anybody else." So now they wish death on you, or ill health, or some traumatic thing to happen to you so that you have to come crawling to them. It takes on an extreme level of what is considered psychic warfare. You don't have to be trained in the arts of psychic phenomena to be harmful to another human being. I think one of the greatest levels of psychic warfare that is done on an everyday basis is relationships that go awry. The magnitude of mental energy that's projected out at other individuals is phenomenal. If you think about when people break up, the amount of suffering that goes on, how people turn to alcoholism, suicide, anger, hate, jealousy; it's all the worst things that you can imagine. The bottom line is that usually there's no winner out of both of

them. Most of the time people are scarred forever mentally from relationship breakups, whether it be from marriage or from whatever it is. It could take a significant amount of time to heal from that, but eventually they do heal; that's the interesting thing.

As spiritual people, attempting to evolve, we are much more sensitive to the arena of thought and what it can do. It is for us to learn a kind of Tai Chi of the mind, to use our mindfulness so that we do not get pummeled by people's consciousness pounding on us. If we allow ourselves to fall asleep, we fall into the matrix and the matrix pummels us, forges us, and creates us to be the byproduct of whatever it needs us to be. We cannot afford that to happen. That's what we're trying to be conscious of and defensive of so that we're aware of these things when they happen. We need to have a Tai Chi method or a martial art method mentally of dealing appropriately with that thought consciousness so it doesn't do harm to us. That is the whole point of this conversation: *awareness*.

You are affected strongly by previous lovers. People that you've been intimate with know your energy best. When you are intimate with someone, you know that person's frequency. You can draw on that person's energy simply by knowing their frequency and vice versa. Looking at it psychically, I always say that each individual has a frequency, 98.6, 104.3. You have a very specific frequency. Well, the people who have the most effect on you or the most power on your thought consciousness who can invoke their thought on your thought process, are the people who know your energy. The better they know your energy, or if they've been intimate with you, it means that there's a very strong psychic connection and ten to one it will last forever. Forever. Even when you leave this world and die, if it was strong enough, that conscious energy is still connected somehow, some way. This is why, again, I say usually the greatest level of psychic warfare that's done in negative prospects are from people who have gone through relationships because there's such a mental invocation of thought that is pushed into it. It can be one of the most positive healing, enriching energies or it can be a very negative, destructive, powerful souring energy. It has potential for either.

Moving on to other thoughts of projection, we've had classes where I've taught you that you can heal someone across the world if you want, to a hospital, to a ten foot distance, whatever, by thought projection. The matrix interconnects everything. Everything is connected, all of our consciousnesses in this room are connected, all of our consciousnesses outside of this room are connected. There is a grid; it's a matter of whether you know the channel or the frequency to follow in order for you to connect with whatever person you want to connect your mind with. It's about following some kind of mental path or some pathways I've described. Every single person that you meet in your life you make a connection with.

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Now, if you're intimate with someone it's a powerful connection. If you have other levels of a friendship or bonding or hanging out, all of these can be powerful in themselves but a person learns your frequency and it lasts forever; it's not something you can remove yourself from. If you project healing energy, it's a form of healing at a great distance. If you project negative energy at someone, you can still do it at a great distance. In many cases, a lot of times you may feel depressed. You have to ask yourself a question, "Why am I depressed?" And in some cases you're going to say, "I have no idea".

Now, it could be biochemical in your body; that is always a question, but I wonder sometimes if you might realize that it's someone invoking their will on you. Someone's thinking so heavily on you that they're invoking their own depression and it's affecting you and you're becoming depressed. It could be a mother yearning for you and it could be a father, maybe, wishing to control certain circumstances in your life. It could be people that you've met in your life who now want you back into their life because their life isn't as good as it was when you were there, or they're just thinking on you. When somebody thinks on you, you tend to get their thinking process, their thought and whatever inter-fibered information it has with it which then gets inter-fibered into you. You interpret it, not on their premise, but on the premise that you just feel it but you don't know where it's from so you assume that it's just simply your feelings.

### **Disk 1 Track 3**

Eric: Thought projection is a very powerful thing and this is why we say *meditate*. This is why we say *clear your your thoughts*. This is why we say *have mindfulness*. This is why we say *cut the ribbons with the sword*. This is why we do energy movements for our body because it removes outside faculties that are affecting our consciousness, and all of them are thought based. Every last one of the things that we've discussed are thought based. They originated from someone who's thought had created it, and when they project this bulk of energy out, it is a complex ribbon of life; it's a program. It has a full spectrum of what its intentions and desires are. What better can it be of a design than it being pre-prepped and pre-designed to be input into you? In other words, it is like a mother bird and its chicks. The mother bird goes out and eats food, digests it somewhat in its stomach, and when it's half-processed the mother bird regurgitates it so that the babies can eat it. The babies could not eat it normally because they don't have the properties or the enzymes or the acidities or whatever it takes to digest that food. When a person creates a certain invocation of emotion of what

they want and broadcast it to you, you absorb it not knowing what the real spectrum of its intentions are; you just simply react to it. Your biological brain does not have the properties to decipher it so easily unless you're trained to filter these things out or to acknowledge or recognize them. This is what makes them very lethal.

Again, it goes back to the very beginning of what I said -- if you do not know you're being prayed upon, then you are a victim of non-awareness. You are a victim by the sheer fact that you're not on guard. You're not thinking that you have to have your consciousness at a level that you should be in check with yourself. You're reacting and experiencing something that may not be truly or bonafide from you. This is why in some ways I say it's a living thing they create. That as much as you can feel in this room now and you know it to be your inner self, it's the same if somebody sends their inner self to you; it is a living thing. You need to self study it. Self study means you can see the branches of the tree; you can see the leaves; you can see the branches that lead to the inner core of the tree. You can see then what you can see as the base of the tree. From the base of the tree you begin to study the inner core of its fiber, meaning it goes down into the depths of the ground. You find the roots. In the roots you find the source from where it begins. Self-study finds the roots and then from that you know whether it's something that you want there or you don't want there and the truth of what it is.

Knowing the truth is where you begin to liberate yourself. It goes right back to the same thing. Why do you meditate? You meditate to separate yourself from these consciousnesses. Why do you practice what you practice? So that you can separate yourself from this. By separating yourself from this you have a higher chance of finding inner truth. With inner truth comes liberation. With liberation comes enlightenment. Most things will be a reaction to life; that's what you're going to learn. If you begin the de-weeding process, you're going to find that there's not much vegetation left in the end, but the vegetation that is left in there will be vegetation of life. It will be fruitful trees that can grow if you now give them the room to grow and they will give you the fruits of life, the fruits of awakening, the fruits of enlightenment.

Once you recognize something, instantaneously you have power over it. So you have to begin now to observe. Multitasking of a computer chip means that you can run multiple tasks at one time. Let's say you're doing an algorithm for some really big result and now you're going to run a Microsoft Word processor; you're going to run different applications; you're surfing the Internet; you're downloading other stuff. What's happening to the speed by which you're doing the big result project on? The more you multitask, what happens to the

big project that you expect to be done in five minutes? All the other little multitasks that aren't necessary are taking away from you achieving to find enlightenment in this life. You're doing all these other things instead of focusing and allowing as much concentration of energy to be put into your ultimate goal. So you need to isolate, by selective choice, which are the best programs to leave running that will contribute to the algorithm's completion. All the miscellaneous stuff is actually distractions slowing down, feeding on that same amount of energy you have to finish the end product. Much, if you really use self-observation, are not necessary at all. You could remove yourself from things that are draining you and prevent things that are needlessly being drained. Isolate it down to the things that are necessary for your main algorithm, which is to get to your end result of enlightenment.

So what I'm saying to you is, yes there are outside sources, things that are a necessity -- working your job, feeding yourself, taking care of the basic things -- but there are also a lot of things you're not aware of, all micro programs you've forgotten about feeding off of you that you could be shutting down. Drawing all the extra resources you find, like raindrops into a bucket, and you will have a good amount of resources that you had no idea you were losing. That's self-observation. That's self-study. That's the reasoning for it. Through self-observation you will find that you will control your thinking better. Somewhere in the recesses of your mind there are issues you're thinking about. How much consciousness you choose to give them is a whole other thing. When you sleep, there is a huge bandwidth of loss because your mind now is running, and all the issues you hadn't realized that you were thinking an awful lot about in the back recesses of your mind have now bled into your dream states. So by removing them you find true inner peace and then you can concentrate that energy into better areas.

Every spiritual lesson that you have, every technique you practice, really boils down to controlling thought in many ways, or the invocation of thought and how it's going to project outward. All of the things that you learn are tools to help you achieve this goal. They're all designed, if you really think about it, to help you maintain thought control. I would sit down on a notepad and I would write how many ways you waste money. As I said earlier, about you being aware of when you're doing something bad and something good, you know you're doing it. You already know how you're doing things wrong. You're choosing not to think about it. You're choosing to ignore it. So if you start writing down, "I spend money on candy. I spend money on frivolous stuff," or, "I buy excessively," or, "I bought this; I bought that." Start writing it all down; that forces you to reflect on it.

What is now your intent? Why are you writing this all down? You're writing this all down because you're trying to find an answer to what you're doing frivolously. So the next time you do one of those things, what's going to happen is your little alarm in your head is going to say, "I wrote this down on my list as something that I do that I shouldn't be doing". Now, you have an act of choice at that moment. Instead of working without consciousness and just reacting, which we call *being asleep* or *in the machine*, you've just been awoken. You set an alarm on that alarm clock to wake you up. Now if you hit the alarm clock and you roll back over in bed, there's not much we can do. If you hit the alarm clock and you say, "I have to get out of bed because it's a responsibility," you will then put down that object and you'll walk away. You'll say, "I have to walk away; that's what I have to teach myself right now." Ten to one, you'll do it. It comes down to your willpower. That's how you begin to make change in your consciousness. It's that you first have to invoke the recognition in your thought as to what you don't want to be doing.

Now, if you don't write them all down on a list and you say, "I'm just going to think about it," okay, you didn't manifest it into this reality. When you write something down in pen on paper, it has a profound ability to manifest itself in this dimension. Everything you're doing that you want to change is in this dimension. It's not just in your mind, it's your reaction with this dimension. So, you're picking up the object and you're exchanging paper money; it's a physical reaction. If you mentally say, "I'm just not going to do this," it's one thing, but if you manifest now with ink and paper that thought onto a piece of materialization, it has a different effect somehow with how you relate with other things in your life. That's the best way to make change, to write it down on paper. Physically manifest it in a paper form. It's now gone from this inner dimension of just pure electrical thought and it has now taken on some kind of a molecular structure in this lower dimension. You've moved it from the inside out. When you buy something, what are you doing? You're buying something and you're taking the outside and making it into inner gratification. You're going to either take it through your ears, your eyes, your smell, your taste, or through your touch. It's some kind of an inner gratification you're doing in your consciousness. So, you need to reverse that program.

It's the same way I say -- take your hands, make the movements, change your frequency inwards instead of just letting your hands flip around during a conversation. If you write down the things that you want to change in your life on a piece of paper, that is the best way to make it possible. It's the fastest way to empower you, but do you know why most of you guys won't do this? Because deep inside you have an enemy. That enemy is saying,

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"Don't worry about it,;you don't need to do it." It's the babbler. It's just a different way of getting you. You'll say, "Nah, it's to much time," or, "I really don't feel like doing it; it's not going to make much of a difference." See if I'm right or wrong. Then, post it up on the wall; get a pen, and every time you go and you knew that you weren't supposed to do that habit, you put a check mark on it, "Did it again; did it again; did it again." Each time you put the check mark on there, it's going to have an effect on you, and you're going to say, "I don't want to do this." It's manifesting it stronger into this outer reality.

The same method can be applied with what you want to achieve, rather than what you don't want to do. Write what you want to achieve in realistic terms on paper; you have to manifest what's in here, out, and what you want to change from the out, in. It's a simple thing -- out with the old, in with the new -- and it's the fastest, easiest way to do it. All the things you don't like about yourself, put on paper that you want to work on them. If it's a huge list, after you write that huge list, number them one through a hundred. Then you're going to do ten at a time, or five at a time, or two at a time; you're going to work on them for two weeks. Then work on the next two and work on the next two, and even if the other ones get bad again at the top, it doesn't matter. Run through your list and then start over again. It'll be easier to get back to one and two than it was to work on them the first two weeks; for you to master them this time will take you maybe one week. The third time around, maybe it'll take two days. Eventually you're going to achieve them.

Eventually you're going to progress, but you have to remember that the human brain is a machine; it has a mechanism but most of all, how does it use its thinking process? It thinks in methods of tagging. I keep saying this over and over again. It's a very structuralized system, not necessarily hierarchical, but a database of how it interprets things. You need to project that outside of yourself so that anything that you observe, you must think in terms of how do you observe. Everything you observe is from outside of yourself and you bring it in. So when you take an inner problem and you project it out, the only way for you to re-analyze it is to put it outside of yourself and look at it and re-internalize it coming back in again. That's how you dissect it.

If you think back to Socrates and Plato, they really stood out, not to mention the hundreds if not thousands of other people who just never were noted. Considering the hundreds of thousands if not millions that existed, they were the fore-bringers. I think that your Socrates and Platos are all in this room now. We've evolved to that level. Everybody in many cases in our society is at some level of Plato or Socrates or some level of a higher breakthrough of consciousness. It started with a few then, and you can be sure that there will

be more high level beings already in another hundred years from now. How does that come to be? It comes to be through self-study, self-awareness, self-truth. It comes through self-reflection. I would say that there're more people on the Earth now trying to find self-realization through other schools, other methods than there ever has been in the history of man. In itself, if you look at this as a factor of numbers, what was once maybe a few hundred to a few thousand to a few hundred thousand now are probably in the millions. So already this progressive consciousness has begun, it's just dissecting it to what level of truth each one has found but it's certainly leaps and bounds majority-wise.

If you just look at it as a canvas concept, compared to people already a hundred years ago, or a thousand, two thousand years ago, it's the process of Gaia having a better neural system. What I mean by that is, it's the same way your brain achieved the same goal. You built a better neural system than the other animals on the planet. Your firing system of electrons in your brain, your complexities and processing got better. At first we were doing maybe clacking of tree trunks to communicate information. Then once in a while we would gather one time out of four years and walk hundreds of miles. We would send our brightest, smartest, greatest warriors to meet at some clan gathering. If you look at that, you can see the beginnings of our neural system collectively sending data. Well, it's much the same way that the brain kind of worked, similar in some ways to how animals' brains work on a lower level compared to ours in some ways and some ways not. But the point is that as we progressed, we created better and better ways of communicating information, not only communicating information but the bulk of information. So now all of a sudden not only are we saying, "Go to the river for fish," but we're now saying, "If you go to the river for fish during the hours of such and such, or when the moon will be in such and such, you'll get a greater yield." Now we've increased the complexity even more. We're saying, "If you go there during the summer or at a certain day on a certain time that's been recorded and documented, we know it's going to be the best time." So we're getting more and more complex data that creates a higher evolution of shared information.

If you look at the neural system building, we then started to develop from smoke signals to other forms of communicating -- Morse code to communicating across continents by dropping fiber optic cables across the oceans like rope, thus tying greater synapses of information. But how much condensed information could be done in books. Books were a huge part of this before even the fiber optics because you could take not only information but complex information, compressed information, and have it travel and then be re-opened like an accordion of data which is really a mimification of modern technology. What do we do in

modern technology? We download packets of information, we have them de-compressed. It's the same way your brain in a sense works. You're taking all this information, it's compressed then into your brain, and your brain thinks upon it and it unfolds it. It decompresses it and when you're done with it you kind of forget about it. What happened? You stored it back into the recesses of your mind somewhere, compressing it. This process is how the evolution of the mind is working for the Gaia consciousness. So in the end, the better usage of this, the higher state of consciousness comes from information. The information feeds the modern neural system, which again, builds better and better systems.

We are the byproduct, as a people, of that ingenuity. Our capability has improved. If you look at the skull of evolution, you will see how the brain adapted to a bigger brain from one that's probably about the size of your fist, which was reptilian. Then you have the mammalian, which is a little bit larger than that, and then neocortex which is the brain that you see with all the squiggly things. Why are they squiggled? They're squiggled and they inter-fold because it's how it compresses data. All those neurons are so long that if we spread them all out they would be maybe four feet away from our heads. So the reason why they curl in like a sponge is to hold more data pressing in. Our brains now are holding much more data, which again is a contribution of intelligence and information. This in turns creates a higher frequency of consciousness. Thought is living. So it's a way of holding living consciousness within, residing in this physical body.

I believe enlightenment, in one part, is contributed largely by the mechanism of the organism's potential for having that self-realization. When self-realization is achieved, even if you were to incarnate into a lesser intelligent vehicle which did not have the same dynamics as the one that you achieved consciousness, it doesn't matter. Under certain levels of photography systems now, you can see what looks like a gray static electrical charge around the head. What I'm suggesting is that it is the truer higher being that you are and that your limited amount, whatever that brain can handle, is what comes out in the reflection, The rest of it is all held in what I call the hyper-consciousness. It's still there, but the body that you're manifesting in cannot give that data.

It's to say that you have a TV that can give you 900 channels. Out of those 900 channels, can it give to us right now a cellular phone conversation that you can communicate through? No. Does that mean that information is not here? It's here. So, the brain, with whatever you have, will be able to utilize whatever it can. When you die and leave that physical body, you will recollect full totality of your consciousness to the highest level that you've achieved in any of your lives. Anything that you might have experienced on a lower

level that you weren't aware of is like reading a book; it just becomes inserted into your total consciousness, and it's just of another part of you.

The Universe has an ultimate truth. How can I explain it to you? If you look at a conch shell, a sea shell and you cut it open you see the spiralization of it. As I've shown to you, a galaxy, multi-galaxies, you see the same unification over and over and over again. That is a method of truth in a way for our Universe. Do you see what I'm saying? As much as that is a method of truth in nature, you see again, chaos theory, it's always reproducing itself, whether it's greater or smaller. So is there an inner truth to totality of consciousness for us? As long as you are constantly leaving yourself open, even if you're confident that you've completed everything, just as inner truth of constantly letting yourself open to the Universe, it will help you to unfold anything you might have missed. It'll surface to the truth, and you'll go, "Ah!" You'll have an inner revelation.

When you refuse to let that happen or when you attempt to ignore that from happening, which everybody does, that's the problem. By controlling the babblers, you're controlling your inner mechanism that is part of the Gaia mind. You're not controlling Gaia as you have the babblers moving inside of you, the static information. It's like multiple channels bleeding over each other. There's no difference from inside of you than outside of you. So you're blind to it.

When you get the inner babblers under control and you can think without thought, you can think with a higher consciousness, which I've taught you guys to do. It's a different kind of thinking. Then inside of you has clarity. When you're inside of you, you have clarity. When you look outside of yourself, you can begin to separate all the static and you can see whatever truth you choose to see within the Gaia mind. Your frequency has harmonized to the same frequency. Instead of you being one of the static channels within all the static channels, you've tuned in each station individually. They all slow down. Instead of being "vzzzzz vzzzz vzzz," they slow down and separate, and you could see the bands of truth with each one. Whichever one you want to access, you access it. Then you see micro-bands of truth until you absorb whatever amount of information you require. So, by clearing your inner self, it allows you to separate, to see the outer side. When your frequency is just static inside, it matches the outside. You have to define your inner self before you can see what's outside of you.

There is a shortcut. The shortcut is just clearing your mind, but again you need the tools to recognize how to find the shortcut. I could say you have to cross the mountain range. Okay? In order to cross the mountain range, you're going to have to drive all the way around

it. That is a sure way of doing it, or you could take the shortcut. What do you want to do? Well, the shortcut is only good to you if I tell you where it is. You still need a systematic amount of tools, in other words, to find even the shortcut. So, what I'm saying to you is that even a shortcut needs direction. "The shortcut is on the north side of the mountain range. It's about X amount of hundred of feet up. You'll see a cave. If you go down the cave there's three paths. If you take the wrong one, you're going to be screwed. Take the one to the far right, follow that all the way down and it will open to the other side and you will cut your journey by a hundred percent." You know that it'll take hours off your trip. It doesn't matter; you still needed the direction in order to achieve that. Other schools of teaching, 30-40-50 years of this, and sometimes they never get it. Everyday they meditate in monasteries -- isolation, dedication to their path and still they never even begin to reflect as deeply as you are reflecting right now through this conversation. You're already on the shortcut.

### **Disc 2 Track 1**

Eric: There is something I want everybody to keep in mind about selfishness and selflessness. It's important that you always allow your spirituality, your inner growth, whatever you want to call it to be predominantly the most important thing in your life. If you're not careful and you're not aware of that, you're going to allow things to push it aside into second, third, fourth, and then fifth place. That's about that selfishness. It's about saying that my spirituality is a prime and important thing to me. It's about not letting people who are feigning for my affection absorb my time. What I'm trying to say is that you should never ever forget that you have to build your life around your spirituality, not your spirituality around your life. When you can achieve this, you will probably be the happiest in your life. Nothing should come before your inner spirituality. Your inner spirituality is the doorway to your inner soul.

As difficult as this is to accept, the people in your life will always come and they will always go. You can even marry and your marriage will end perhaps, or maybe it'll stay; the point is that the one thing that's guaranteed is that inner development within your soul will probably reflect to create the best marriage or the best relationships in your life. That will be the greatest power to long-term happiness in your life. So therefore, if you make it the second thing in your life and the first thing fails you, you have nothing to give you life or support for the rest of your life. Does that make sense for everybody? So, the selfishness means to work on developing yourself. It's not really meaning that you're being selfish. In truth you're trying to be the best being or the best person that you can be for everybody else in the world. If it

means that you have to isolate yourself or to make radical change in your life, try to be as pleasant, compassionate and understanding as you can. You will always be affecting other people in your life. What you must remember is to always empower yourself to make the choices that are going to help you to awaken. Always check yourself to see if you're manipulating yourself for ego in order to do it, or if it's really sincerely truly for the sake of your inner spiritual growth.

An example would be, "I'm in a relationship I don't necessarily want to be in, so now is the time to tell everybody I want to find my inner spiritual growth." That's not the right answer. It would be better to say, "I'm not happy in this relationship. I want the best for you. I've put money aside for you when I leave so that you have money to support yourself. If you have problems financially or you need somebody to talk to, feel free to call me, but I do need to move on, and if I feel that you're working me to feel guilty in any way, then I'm going to have to sever that connection." It may sound cruel, but you have to set a realistic amount of time to move on. You could say to yourself, "I'm going to give this person a month, two months, six months," whatever you feel is reasonable, but at the end of that time you cannot continue to make exceptions by putting extensions onto that. You need to move on or you're not progressing with your own life and your own destiny, which is what you need to fulfill in a reasonable amount of time.

Now, let's talk about that reasonable amount of time. Youth is a wonderful thing. In youth we explore life; we explore ourselves; we explore relationships; everything is new and interesting. As you grow older, things that were new and interesting are no longer new and interesting because you know them well, so they become familiar things. The things that once captivated your consciousness no longer captivate the majority of your time mentally or emotionally. It gives way for other things and usually this reflects then into the deeper meanings of life. The problem with this process is that it's not to your advantage as a spiritual person. It's to the advantage of a red cell organism. The red cell organism basically wants you to proliferate life, create more babies per se. It's like an organism that sees you. By the time you lose your youth for production, you're nearing then the death cycle. You know you're going to die in X amount of years and you're getting old. Your body just can't do like the younger people, to get out there and to procreate per se. So, this gives way in your life also through the stuff that doesn't stimulate you any more to find something deeper that can stimulate you for ever. And that's what you really begin to seek out.

The problem is that by this point the body is aging and the body directly correlates to your consciousness as long as you reside in it. If you have the flu or if you're sick, it's going

to have a big effect on your thinking, your motivation, and largely your inspiration. As you age, you are also waking to the possibilities of something beyond you, but on the same token, you've lost the ability to easily attain it. So, these are factors that you have to consider into being selfish in a way. The sooner you can realize that you need to work on your enlightenment process and you need to control certain factors that are demanding in your life, whether they be work, school, relationships, whatever, the sooner you can assess what is the best course of action for you. This is to say that you can't put any of these other things on the backburner, but which is going to take priority and which is not? It's to ask, "Does spirituality ever take the backdoor?" The answer is no. You make your spirituality first, then you integrate your second most important thing, whether that's school or relationship or whatever, then the third most important thing, and so on. But you have to realistically understand that you can only have about five things, not twenty things. So you have to surrender (as they say in *Desiderata*) the things of youth, the things that really aren't serving you to move forward. Then a lot of times, it's about who is absorbing most of my time mentally, emotionally, or anything else like that. You need to begin removing those things. If you see that they're not allowing you to progress or to isolate your own path of awakening, you need to deal with those things.

What I'm saying is in relation to your physical health. The sooner you begin devoting yourself to your spiritual path and make it your prime directive, the most important thing, the more you're going to achieve spiritually, to get to where it is you're trying to get to. There's no better time than now. So if you're 10 years old, 20 years old, 30 years old, 50 years old, 80 years old, if now is the moment that you are hearing this, now is the moment that you understand this, then now is the moment that you must put every ounce of your effort into achieving this. Time is going to rob you of your advantages. Time is going to rob you (with age) of your motivations, your desires, your hopes, your dreams. It's to say that right now you're seeing color but your eyes will fade and they will begin to blend the colors so that it's taken away from you. How much have you developed yourself in order to find your inner awakenings? You want to stack as much in your favor as you can. As I said before, I'm not a gambling man. I don't go to Vegas to gamble because it's not in my advantage. If I'm going to invest, I want to invest as much as possible in my advantage. The earlier you work on your spirituality, the better advantage of finding that enlightenment you're going to find.

So, getting back to the subject of this conversation. Your thought process is largely affected by the well-being of your body. If your body is not in good health, your thought process is probably not in the best of health. If you are not at the best performance that you

can be, then your thought process is not going to be at its best possibility. It doesn't mean you have to be physically fit with a six pack stomach, lifting weights. You want to be well. Youth is your advantage, whether you're 30 years old, 40 years old, 50 years old, you have to use whatever youth you have at the moment of this realization. Use it, squeeze and pull every ounce that you have left, to throw you over that last horizon to get to where you need to be. You should never lose sight of that; you can never lose sight of it. You have to keep that in the front of your mind, that each day you're not getting younger. Your birth was your first moment leading to your death in this life. You have to keep that in consideration. There is a certain time limit in order for you to achieve the highest level of conscious development that you can. You shouldn't say, "Well I'll probably die at 80 or 90 years old," or whatever age you assume this at, because you could die tomorrow in a car accident; you could die from whoever knows what. More-so, putting all of that aside, your mind is most limber from the moment you were born. And from each moment on, even though you're learning, its ability to learn is slowing. So, you have to keep that in mind.

Your greatest advantage to finding what you're looking for is today. That's why I say, "Keep your spirituality the number one thing in your life." Never lose track of that. You'll never be happy until you learn to live your life for yourself. Don't hurt anybody else in the process. Don't willfully cause physical or psychologically harm to them, but in some cases by choosing to live your life you're going to disappoint other people. Family members always want you to live by their ideals. They want you to become a product of what has brought them peace or understanding or solitude. They're assuming that you will be looking for this also and in their love, correctly so, they want you to have it. People who live their life making someone else happy are usually the ones who have the highest risk of depression, suicide, feeling that by the time they're 50 and they outgrow it that they wasted their entire life and never did anything with it. They resent the people then who they lived their life for. You're actually doing them a greater service if you really think about it. You have a right to find your own happiness. You shouldn't let anybody else dictate what that happiness should be as long as you're not harming anybody else.

The first arrangement of consciousness exchange, thought exchange, is very biological. What I mean is that it's all in your eyes. It's all in your face. If you look at someone, every single thought that they have goes through their mind (unless they're trained) and is broadcast from their face. Your face will always give you away. If you're lying, if you're telling the truth, whatever it is. It always comes out through your face. We have a natural decoder in our brain that gets that communication. So, communication isn't always

just the words. It's also visual and auditory. What you're hearing has tonatures in it and what you're seeing tells you stuff also. Your senses are much more acute to communication than you think. When you're talking, you're broadcasting whatever is going through your mind. Now, if a person approaches you to say hello but they have an intent of knowing who you are, there's a programming in that hello. There's a tonature that somewhere in the back of your mind says, "Oh, this person is asking me to tell them about my life." On the surface you hear hell" and you're saying hello, but on the undersurface you're already projecting all these random things out automatically. Do you understand? It's like we unwittingly or unknowingly begin to do this. The more evolved intellectually someone is, the more difficult it is to get from them, but the less mentally trained they are, it just flows naturally.

A salesman does it to people all day long. They say hello, in five seconds you're giving them all of this information through your face, through twitches and movements, and eye left to right and expressions in your cheeks, your chin, your lips, barely puckering and moving, frequencies in your eyelids, believe me, there's a thousand words being said. Your face is a reflection of every thought you have. This is the first process of exchanging information. Your mind starts going there for several reasons. One: physically, their face, their mouth said hello, but their face said to you, "I want to know more about you; tell me about your whole life." You are responding in the recesses of your mind, unwittingly, by giving all those flutters of information. In exchange, they're getting all that information, maybe not in precision, but in overall adjustment, they're getting a sense of who you are. Do you see what I'm saying? In a sense of scanning, they're seeing in their mind all of those images interpreted through them. So you might see a red house, they might see the red as a brown house. Do you see what I'm saying?

It doesn't matter how exactly because that comes from practice and perfection but what matters is that their brain is getting frequencies of information. As I said to you, the human body has about a thirty foot electrical field around it. It shares data with everything around it unconsciously or consciously, generally unconsciously. So, when someone approaches you and they have no intent, you'll find that when they say hello to you nothing goes through your mind. They have really no intention for you, they're just saying hello because they have to and they're going to move on with their life. The people you meet where your mind starts racing are a tip to you to be conscious enough that this person has other motives. How you choose to handle that situation, the second you notice that, is another thing. So again, it gets back to self-observation; it gets back to thought and thought process.

How do you handle that? It's very simple how you handle it. I'll show you -- (breathes in, breathes out). Get it?

So, for those of you who weren't watching me, I simply manifested my heart chakra and I pronounced this passionate love which just totally barricaded every level. And I'm still in that place. I'm having a conversation but it's kind of bluffing or filtering what the actual information is that's going out. Okay? It takes time to develop that skill and again, mindfulness is being able to juggle, so it takes practice. But the bottom line is that you can broadcast the thought as soon as you realize what they are doing, and that's the thought that they're going to get. You just plugged them with this absolute love and happiness and without them knowing, they're going to think, "Oh, this person is just really a very loving happy person." I think most people are not really out to psychically scan you. It is within us genetically, primitively speaking, to look at someone in the face and to read their intentions. We come from a genetic pool that probably had violence and aggressiveness and territorialness and everything.

With animals, if you look them in the eye, it's a sign to attack or to fight. You can't look at another dominant one in the eye. So it's natural for us, without us realizing it, that we're observing the other person in the eyes and we're reading information from that. It's a sense of accessing data from you. If there's not a violence part of you and that person has a very strong dominant energy, you're flooded with all these different emotions or thoughts and you're also trying to feel what it is they're feeling for you. You're just flipping through all this data maybe. So it's primitive to look someone in the eye and try to pull information from them, and naturally that's the case. You need to know that you can create an emotion and broadcast it outside of you through your eyes. Every emotion can be broadcast through the eyes. When you guys are watching me, I'm really talking to you not only through words but through my eyes. When I raise my eyelids, when I bring them down, when I give you "the look," all of these things are a broadcast to you that you're receiving and you will respond to a certain way. This is all communication.

So, there's a lot of communication that's going on, not just verbally, but psychologically through thought process on very primitive levels that we're not paying attention to. And you should pay attention to it because it's critical; it's done every single day. So not just the hands moving around but face gestures, that's what you have to remember. And if you learn to follow face gestures, you can read a lot of information on someone's face. The eyes will always give you away. Most books who talk about subjects like this will tell you that your eyes will give you away 99.9% of the time. The only people that you've got to

be careful of are professional conmen. They know how to control their eyes, so you have to use other senses with them. There's a certain evolution that comes within you from just experiencing.

Most of the times when people scan you, the reason really comes down to something again very primitive. Scanning is usually sexual-based. You're sizing someone up. You usually read their face characteristics for things that attract you. When someone looks at you and you know it's sexual and you look back, what are you doing? You're accessing them to see if they're sexual or not. But what's the next stage, what happens when you decide they are? There's something you send them that says, "I'm open to communication." You all of a sudden take it to the next level. You communicate with a little nod of your head or a little smirk of smile or the subtlest wink of an eye, or you don't even have to wink; they just know. If they reciprocate it instantly back to you, then all of a sudden a conversation breaks or one of you guys chooses to step forward or not. But the point is that you just broadcasted and communicated something. So couldn't you have also had the ability to communicate something other to somebody that wasn't talking to you in sexual terms? It just takes a little bit of effort and a little bit of conscious reflection to realize how to do that. But when most people are scanning you, they're trying to establish what you're attracted to, if you could be attracted to them and if so, how could they dominate you to get what they want from you sexually. That's usually what scanning is.

The second form of scanning is to see if you are a threat to them. It's an assessment to see what your motives are and that's usually what you feel from people when they're looking at you. They're trying to size up what your motives are or if you are going to take their position of power I would say. We deal a lot with social ranking and when you meet someone, everybody's threatened that you might want to take their position or you potentially could take their position. So if you approach a group of friends or a business structure, most of the people there will be trying to size you up as to what threat you pose. We all have motives; all of you have motives. You don't bother with a group of people without a reason. Do you? You have a motive to what, just be friends? There's your motive; you're looking for companionship. Or, ten to one, you're infiltrating a group and being friendly; it's because you've isolated someone in that group that you're attracted to or that you want to get to know. You're playing this social gamut, and you're feeding and studying and sizing people up, projecting what you think they're going to want to hear, just so that you can achieve your goal. All of this is thought combat; it's all social combat; it's all progressive consciousness. If you have absolutely no interest, ten to one you won't approach. If someone approaches you,

right away you're wondering what it is it that they really want. Right away you're on a level of, "Okay, what're your intentions?" If you do that, you need to project it as an intention that will get past their radar.

## **Disc 2 Track 2**

Eric: You're packaging now condensed data and you're slipping it under the doorsteps, so it's a bomb. You get in and you can infiltrate that person's mental system and make them either like you or not like you, but it's always a social combat psychologically. It's always a thought consciousness movement of strategizing from one person to the other; we do it all the time. This is social functioning; it comes from primitive man. Animals do it; so do human beings do it. Anybody who ever approaches you, ten to one know that they have an intention. They're not coming up to you because they just want to be your friend; it's what established why they want to be your friend. What did you do; what did they see; what do you have? There's something there.

Now, there is the rare occasion when someone genuinely just wants to be friends, but even primitively speaking, the guys who befriended you while you were carrying your lamb that you hunted for around the corner then beat you up and take your lamb, or your deer or whatever. So, nine times out of ten, there is motivations under motivations. It's right for you to be skeptical because this all gets down to fear. Fear base is survival base; survival base says be fearful of anybody's intentions because their intentions may be harmful. This is your biological sensory kicking in, so you've got to use that biological sensory to your advantage. When you use reverse engineering, as we spoke earlier, then you can find ways of broadcasting information under control. Actors and actresses do this a lot. They have to create an emotion internally and broadcast it externally. What is interesting is that most actors can do this under a performance situation but in real life, when they have to act to accomplish whatever, they find it a lot more difficult because they're out of their natural element.

This is all consciousness; it's all communication, both physically through your face, emotionally broadcasting it, and of course, verbally broadcasting, with inter-fibered vibration. There are many levels of this information being exchanged and I would imagine thousands of bits of information are done in a second. As soon as you meet somebody, there're just mass loads of data being exchanged, sizing up, feelings, sensory. Is this guy after my girl? What does this person want? Think about when we've met new people and the whole exchange of the social ritual, establishing the pecking order, establishing who has what to offer, and

establishing what there is to be afraid of or not to be afraid of, or winning them over saying, "No, I'm not a threat here." But you can't actually verbalize that. Do you see what I'm saying?

I've always found that (for me) direct pointedness seems to work best, but then people think that's just a form of arrogance. My stand is that I can tell that person is sizing me up, and I know so well that I can say, "Okay, first of all, I'm not interested in your girlfriend; let's clear that up. Second of all," whatever I sense is going through their mind and dealing with situation. But that is just too brutal for some people and it's too intimidating. It's like you know too much too easily. I can't handle this so you're a greater threat and I have to get rid of you because how will I ever know what your intention is? I might as well just assume it must be bad because I can't keep up with you. So this is a disadvantage then for me and this is what most people get because I can't even help it sometimes. I'm just so right on the money.

This is another form of communication and it falls to that whole concept about the airplane on the ground and then taking off. These are all factors that are natural elements which I explain as being the wheels still touching the ground. The airplane, as it begins to lift off, is when you learn to go through someone's mind and get information that they're not volunteering through any of these other physiological ways that I'm talking about. That would be takeoff. That would be when you've learned to use your sixth sense. Instead of your hands moving around, instead of your eyes showing information or your ears getting information or whatever, you've found another way to communicate, and that person does not know how to use it, so you have the advantage. It's to say that if you were in a fight and the other person didn't have arms, do you think you would have an advantage? Okay, well, it's that big of an advantage if you can develop your sensory to that level of scanning. But remember, if someone's scanning you and they're very powerful, maybe you don't have hands but you've still got feet; kick them. Project that happy energy at them. It's going to be enough to deal with the situation up to a certain point.

Moving on to other forms of communication of thought, there is frequency. We've discussed this considerably about a person's frequency or energy or vibration. A teacher is obviously the best frequency that is going to be practical for you to approach until you can approach the frequency per se of God. Whenever you acknowledge thought or the process of sharing thought, by acknowledging this you learn from it. Do you understand? It's very simple, you don't have to do anything else in your head but to observe that there's a process of information being exchanged and that's thought. Do you understand? So, you could say everything that we've talked about, as long as you can see it happening, now you know what to be aware of. Again, going further back, if you know you're being stalked, you have

awareness; you can see it happening and then you have an advantage. Do you follow what I'm saying? You can better empower yourself. Think about when you deal with people in public and circumstances now; you're probably going to think about it in a different way. Because you're thinking about it in a different way you now have an advantage again. You have a power that you did not have before. Do you understand?

When you are in the presence of certain individuals, their vibration is another form of thought. Their consciousness resides at such a place that it's so refined that through you observing in this method, you are learning. It still applies to a higher being versus a lesser being in everyday life. It's the same concept; it's just a different response that you're getting from it. You're learning from it through observing. It makes you self-reflect. One of the interesting things that I should point out to you is that if I smile, what did that do earlier to you guys when I gave that big happy heart chakra energy out? Everybody kind of laughed and they got it, something in their head just kind of went "hihihihihi." Okay?. Well, that was a thought that was pronounced both physically and spiritually in energy from me. Okay? You sampled it. Do you understand what you did? You sampled it through your data process and bounced it back out. I sent it out as data, you internalized it, and you re-manufactured the exact same thing you felt and broadcasted it out. You knew what it was. Thought is a living thing. You can bring it inside of you and it can affect you. Just as much as I said that somebody could broadcast a depression on you and you would feel depressed, someone can also think of you in a negative hateful spiteful way and all of a sudden you feel ill and sickly and depressed. If you feel positive, the health of your body has a greater immune system. All the living organisms your body improve versus if you feel really depressed, your immune system drops, you feel sickly, and you're more vulnerable to virus attack. Everybody understand this?

So when someone projects a great amount of negativity to you and you are experiencing this, it's an attack on your inner energies. This is attack on your inner vibrations. When you have an argument with your lover, it's the same effect. They're assaulting you, not just with energy but psychologically through facial, through every method of thought that they can project. They're launching an all-out nuclear war on you. Because what do they want? They want you to submit. Submit means that you're going to have to be destroyed to such a level that you are forced to submit to their will unless they have some kind of control where they can get up and walk away and cool off and find another way of communicating. So this is an assault on you when someone's really angry. In a way they're working on finding your bands of thought to attack, to make you accept what they have to say instead of

communicating with you on an even level of communication so that you can find a different kind of truth. Now, in some cases you have to take this all out and assault, and I know that's hard to imagine coming from somebody like me, but sometimes people just don't want to hear it. Sometimes a child can just throw walls up and you have to find a way to break those walls down.

How you choose your armory of weapons is really what's more important. You can be either strategic about your warfare or you can just be blatantly canvassing it with destruction. I would say that it's better to be precise than it is to blanket somebody with an all-out brutal assault. There is certainly a difference there. But when someone at a distance is angry with you, you're going to feel that energy. You're going to feel it attacking. You're not going to know why you feel anxious, or something's just bugging you, or why all of a sudden you lost your appetite. You might have a fight with somebody over the phone, and immediately after, you're thinking you're just dealing with the issues psychologically, but that person is also pumping their energy out at you. On the same token, you could do the same thing to someone else by pumping out that energy. If you're all wound up and thinking on them, you're invoking them; you're invoking their frequency. If you're invoking their frequency, you've got their signal. If you've got their signal, you're broadcasting this onslaught onto them. Does everybody understand that?

These are things that you have to be aware of. What's even interesting is that sometimes you may all of a sudden feel an anxiety and you know you haven't talked to anybody. But they could have talked to someone who said, "Did you know that last week I spoke with blablabla and they told me this and this regarding you?" Then that person all of a sudden is invoking you, your image, your vibration, your feeling. They're saying, "I can't believe they said that!" and blablablablabla. Now they're invoking this broadcast through this signal to you; you just don't know who or why it's coming at you. It's another kind of energy or psychic attack. This happens all day long and this is another systematic way of keeping individuals in check within the matrix, from allowing them to go out. In order for you to hit a higher consciousness, your first job is really to liberate yourself mentally from things that are weighing you down or empowering the babblers.

As long as other people are invoking their consciousness always on you in certain ways, it's a way of keeping you from liberating yourself, from moving beyond all that. This is why you're given all these tools to practice and all these methods to practice. It's not so much of dealing with issues that you are dealing with; it's to say that there are people in your life that are constantly broadcasting on you whether their intentions are good or bad. A person

praying for you to find their religion or their God or their belief system, is still an invocation on you all the time. It's another psychic webbing that in a sense is constantly working you to keep you in a certain place. You have to understand that. You've got to clear all these things so that you can make a clear and decisive choice from your own inner being rather than it being affected by outside sources of energy or consciousness that you're not even aware of that are forcing or molding your destination.

That's part of the matrix. That's all part of the conscious grid moving around. Practicing your tools to clear all of that is very important and if you don't work on it every day, then you are going to fall under the will of the matrix. What is deemed as good thoughts doesn't necessarily mean that they're thoughts that you agree with, yet they're going to be invoked on you. And most of the time, not all of the time, but most of the time, internally, you're fully aware of what these other people's wants and desires are on you. That alone has a festering ability that's absorbing your energy. So when we talked about computer stuff earlier and we said all these little tiny programs running that you're not aware of, you are aware of. If you can say, "Yeah, my mother feels this way or my father feels this way or this person feels that way," just the fact that it's happening is still something that's feeding on you like a little micro virus. This is why they say to meditate; remove yourself from thought because it's your only time period that you begin to shut down all of these things. Does everybody understand?

Even when you shut down most of them, there're some still always running. This is what gets into inner training, where you go into your mind and you disengage these. You de-cord their power system and disable them. In some cases, they are run by guilt and so now, all of a sudden, it's selfishness if you remove yourself from those things. It's to say that I should care about what my mother wants; I should care about what my father wants; I don't want to hurt them. Now you've got a dilemma of choosing right or wrong and what is this going to distinguish in you about what's right and wrong is the real question. So all of those things steal or take from the energy to empower that main algorithm that's working for enlightenment, that main path. They're all taking a little bit here, a little bit there but when you put them all together, it's a huge amount. Your job is to isolate as much of that as is reasonable for you so that you could put most of your energy, most of your inner resources dimensionally into your main agenda, to your spirituality. That's where you have to get tough. That's where you have to be focused. That's where you have to say, "I'm sorry; this is the way it is." This is why sometimes you guys think that I can be kind of tough. There're certain times that I say, "That's it; that's enough; back off." I broadcast it and everybody is like,

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"Whoa! We better not bother him with these things." Do you see what I'm saying? Because they are things that I feel that you can handle, you're just choosing the easiest route, but it's now using my resources.

This is how thought works. Thought is invoked upon you. If you can think about it, you can acknowledge it. If you acknowledge it, you are empowering yourself because you are aware of the intentions of the stalker per se. It gives you the advantage. When you choose to be around certain people, as we were saying earlier -- birds of a feather flock together -- if you're around people who do a lot of drugs, more than likely you will get involved with doing drugs because you begin to see life through that perspective. We are creatures of absorption. We absorb the consciousness of the environment we choose to be in. So, it's no wonder that we become a byproduct of environments that we're in. It takes a lot of strength to change that environment. If there's ten people, it's unlikely that your will is going to change all ten. Usually the ten will absorb you. I'll give you a perfect example of this. If you guys moved to the south and they had a heavy accent, ten to one within your first year living there, you would begin to adopt that accent and not know that you have it. So, we are products of absorption of the environments that we place ourselves in. It's no different with habits of life, preferences, how we do things, what we consider neat and clean and the standards of what that level would be.

So, if you put yourself around people who are not striving for spiritual goals, it's going to be very difficult for you to achieve those spiritual goals. It's not to say you can't; it's just to say that you're adding things against your favor. I'm not a gambling man; I want to stack as much as I can in my favor to what I want to achieve. Place yourself in a group of people that have the same goals or same agendas, more than likely you're helping to fuel or empower yourself to achieve that goal. Now you have people who are stroking with you in that boat and it's creating a much more powerful momentum. You're still individual; you have to maintain your own physical exhaustion or what you can do, but you still have a group of people that are sending you in the right destination. So, where you spend your time and who you tend to spend it with has a huge effect on what you're going to achieve. Of course, it's very important to keep in mind, that you must always check the environment. Even this environment, the very environment I'm speaking to you guys with, you must always remember that even I can still have that clannish effect where we're all in our own little reality or bubble. Maybe there's something bigger beyond this. This is why I always say it's important to read outside of this. It's always important to look at stuff outside of this. When we lose that diversity, it's when we've become like everything else.

So, it's important that you do expand your life outside of our school of thinking. Do not isolate it. Many religions isolate; many groups isolate. Now, there's a certain level of isolation but there's also an extreme amount of flexibility, but it's always important for us to think about that from time to time and to reflect on that. It's always good to spend time with family and friends, but you have to feel strong enough to know what you want, and to direct that course of your life. When it's being infringed upon too much by those factors, you need to know when to step back out of it for your own inner cause, for your own inner journey. Does everybody understand that? The reason why people should have a spiritual teacher or a guru or a mind mechanic is that you're being around that person for their quality of consciousness. You're sampling, much the same way you would sample from other people, or other groups, and pick up habits or things from them. You're choosing to be around a spiritual guide per se because it's assumed that they are of a higher evolution than where you may be. You're esteeming to find where it is that they are. By you being in their presence, you're absorbing that frequency.

A spiritual teacher is always broadcasting a very high frequency. If you open yourself to it, the same way you have observations with other things, so do you absorb that. You can choose to absorb that, and that in itself elevates you higher. Just being in the presence of a very spiritual person in itself is very uplifting; it's very teaching; it's very freeing; it expands your consciousness. This is why you would want to seek out to be in that circumstance, or at least be able to hear this discussion. It's going to invoke that kind of thought, that kind of vibration and you're going to manifest that inside of you just by thinking on it. So of course, if you can't be in the physical presence, the next best thing is this. It's better than not invoking anything or being under the invocation of other frequencies that may not be beneficial to you. You have to create that vibration by it being created through this format, through this conversation. By us thinking on the topics that we are thinking upon, it is creating a very complex frequency itself just by the subject matter creating a total final product in itself. That would be a breakthrough per se or an understanding in a higher perception.

Being with a higher frequency is always better than choosing to be in a lower frequency. Always try to be conscious of where you are, who you're with. If you can do that, that's called what? That's called being conscious. We always say, "Be in the now." Think about the reality of what's going on. Think about who you're with. When you don't do that, you are more than likely absorbing the vibration of all the people that you're around, whether it be in your work environment, whether it be hanging out with people, whether it's in your school environment, whether it's at a wedding or shower. It's to step back and to think about

the very moment you're in. Instead of becoming part of the product of what's happening and you're just moving in it with non thought, you can move in it with having consciousness. That's what you want to achieve, to constantly be as aware or conscious as you can for as long a period as you can. That tends to be on and off, on and off, but it still keeps you in check.

Being around a spiritual teacher is your main window to sampling and experiencing a higher vibration and appropriately helps you to set the standards of what you're trying to create in yourself by mimicking it. Remember what I said, that you can create vibrations inside of yourself by invoking them. I invoked happiness by invoking my heart chakra and broadcasting out and everybody felt it. You guys can do the same. The thing that you don't often think about is that sometimes, as I've taught you before, if you think that you are that person, you can feel them. If you feel what it is to feel like their face, if you shape your face into the structure of how they have their face, you can feel what it is that they feel in their normal everyday life. You can do that as a practice. You would close your eyes and invoke your mother, your father, or whoever you're thinking about. If you do that for a few seconds, you're going to feel what it is to feel like them. After you've played around with this, you want to invoke someone that you esteem as being in a much higher place than you. This is kind of a cheating method, but by so doing, you're invoking that vibration to a certain level inside of you and you're learning from it. Do you understand?

So if you esteemed me, that is to say if invoking me, feeling like me, and internalizing that feeling, there're some things that you will learn that you can't understand in your normal way of thinking right now. There are other things you can feel as well. What you choose to interpret is the thing that you have to watch. If you choose to look at the negative and say, "Oh, it feels like it's powerful and it could do really intense things," it's not exactly what you're looking for. That's still more physical in a sense. It's lower energy consciousness that you're switching to. What you'd rather say is, "It feels perhaps that there's a sense of peace or a sense of knowing." You don't have to fully know what I know but just a sense of knowing that it exists, in itself is a lesson within you that you can learn, and it may open up other doors.

So, this is why spiritual people will often have shrines of their gurus and stuff. Most western people look at it and they say, "Oh, it's like some kind of cult worshiping." It's to invoke the quality of that teacher as a memory. All these teachers talked about God, so obviously the student isn't worshiping that person as God. They know that the teacher was the teacher, not God. But most western people, think they must be idolizing their teacher. Well

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western people do it all the time. Look at all their statues and everything else. It was religiously stated that there should be no icons or whatever, yet that's all there is. Why do they have it? They have it to inspire them. So, when you have a photograph of your teacher or candles of your teacher and you sit down and you meditate, it's not that you're praying to your teacher as much as you're trying to invoke the memory of what that person invoked in you. You don't want to lose that and you want to have it blossom inside of you or to grow inside of you. You want to feel it inside of you and it's your way of maintaining that link. It could be any teacher, any person that you aspire. For me it's Mahatma Gandhi. He's not necessarily a spiritual teacher, but he's the spiritual teacher of life in my opinion. It's whatever you choose to see. Even if that person did something bad, it doesn't mean that you have to just get the bad. You can focus on what is good and want to incorporate that into the quality of who you are.