

VOLAH

The Way to Pure Awareness

*Experience the inner power of Light that very few people attain  
during their life*

**Volah Blog 2017 – 2018**

**First Anniversary Edition**

**Emissary of Volah**

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## Foreword

We have just completed the first twelve months of the VOLAH Blog, which is accessible on two different Blog sites on line.

As it is now well known, the posts on the Blogs explain a more personal way of how to apply what is taught in the Transmissions by Zadore. As well, we are able to compare the teaching outlined in the Gospel of Jesus with the Transmissions, which are compatible with the structure of Western thinking, and shows how everyone can attain oneness with their true nature without having to search for a personal teacher.

Those individuals who follow Eastern teachings feel obliged to somehow find a personal teacher, but that search is often expensive and fraught with disappointment.

Some think they have to have a personal Guru. In so doing often the seeker is following another's Light and not their own Light. We are already what we seek, so why do we need to pay another when everything already is?

As you are already aware we do not promote a system, nor have an organization; or have any courses or fees. We charge for publications to cover the costs of production and distribution, otherwise everything is freely given.

So the answer lies within your own consciousness, and the Transmissions given in our publications and Blogs are to guide you to experience Self-realization and your Oneness in the Eternal Consciousness and Pure Awareness.

We wish you all Peace, Light and Bliss now.

Emissary of VOLAH.  
Visit <https://www.lightpulsations.com>



# ONE

Posted by Emissary Sat, August 05, 2017 19:50:11

*Deep peace of the running wave to you...*

## **What is Consciousness**

Everyone uses the word consciousness assuming that it is their realization of what they see life is. It is common to conceptualize consciousness, such as being the body's consciousness, the world's consciousness, the universal consciousness, or the absolute consciousness.

However, there is only one consciousness, because everything is consciousness. If this is so, then who or what are you? Mostly you think you are your body and that your personality is your self, which has control over the functions of your body. As well, all aspects of consciousness in the world are thought to be the result of the knowledge that has been accumulated through the body's senses. So your consciousness belongs to the external world, and this is what is accepted as life.

This life you experience may not be what you like, because it does not provide you with the happiness and success you expect. Your life may be limited and isolated, with fears about your safety and wellbeing. You may well ask how all this pain and suffering came about; you blame your parents for not loving you; and everyone else who seems to thwart your efforts. What you fail to realize is that you alone are responsible for your present circumstances.

You have to come to the acceptance that this is where you are, and actually it was you who decided to live in these circumstances. It is your choice - you did not come here by chance - you have put yourself here through your own actions.

If you do not like your present circumstances then you have to change your mind. This has been discussed at length in the Transmissions; however, how many of us have actually made the effort to make this change of mind?

The first thing you have to do is to accept that you are responsible for being where you are, and ask yourself 'how did I get myself into this situation, and why am I this way?' Once you accept that you are the cause of your life, and take the responsibility for this, then you are in the position to make a change to your mind. To change your mind you have to change the way you think and feel.

What then does it mean to change your mind? Everything in our life is conditioned and programmed by the world we accept as real. Following the birth of the body we are conditioned in our thinking and feeling by our parents, which is followed by the world's education, which is not limited by schooling alone. All the knowledge we think we have accumulated is limited because it is based solely on what we perceive through our bodily senses.

From this we have to realize that to make a change to our mind requires our understanding that all the knowledge we have accepted is false and based on ignorance. When we accept this we can challenge all our concepts and attitudes on life. To do this requires understanding from another source, an inner source that is not of this world.

Zadore's Transmissions progressively re-condition our mind, directing our consciousness to experience the reality of what we are through understanding what we are not. This is how we change our mind and eventually know we are not of this world and body consciousness, that we are not the personality or ego that has attached and identified itself to the body, which has created the illusion that we are the body.

All we have to do is realize that if we change our state of mind, our conforming to false concepts, then the world around us changes. There will be no cessation of wars, greed and the vanity so rife in human consciousness; rather, when we live in harmony with our true nature within, we live in peace, love and oneness in Self.



## TWO

### The Watcher

Posted by Emissary Wed, August 16, 2017 16:01:38

*Deep peace of the flowing air to you...*

We have to realize that all the knowledge accumulated in the world is based on what we have learned and accepted through the outer senses, and actually is based on false concepts and ideas that exist within, which results in ignorance and illusion. As well, there is also that intuitive knowledge that comes from a higher source beyond the senses. What does this mean for us? Obviously there must be true and false knowledge that exists within the mind, and this forms the duality of the way we think.

The mind contains all the thoughts and memories that we have experienced in our external consciousness. We live, think and act out of these accumulated thoughts and memories. We believe that we have the power to think and reason, however that is based on ignorance where, when we say we are thinking, we are actually only bringing out different memories relative to the problem we are trying to solve.

All memories have thoughts and emotions underlying each memory, and these thoughts, Zadore has said, form all the I's or I-thoughts that plague our outer consciousness.

We have to become aware that what we consider as being emotions is only learned reactions and are not real.

Very early in life, as a small child, we copy the way our parents react. How often have you seen your infant playing with toys and are scolding a doll with the voice and emotion of the parent? As

time goes by we consciously learn to react in certain ways to suit a particular situation by copying actors in movies or plays. We have been conditioned in this way and it automatically flows from our memories.

It is obvious that we are asleep in the illusion that we believe we are awake and have the power to control everything in our life, whereas we are automatons.

So we have to begin to become aware that we are asleep, and to do so we have to observe the way we think and react, and not challenge or exert our will to stop these reactions, because to do so creates further memories and opposition. We have to observe dispassionately, without any judgment or action.

What is it that observes? It is that permanent state of being within that we are aware of, that never changes, never ages, but always is, for as long as we can remember. It has been called the watcher or observer, the consciousness that was present before the body was born and which remains following the body's demise.

Become aware of this observer and allow it to watch, and create that awareness of the behavior of your mind and personality, and you will begin to change within.



## THREE

### Higher Knowledge

Posted by Emissary Thu, August 31, 2017 11:56:10

*Deep peace of the quiet earth to you...*

The higher knowledge has no correspondence with the worldly or sensual knowledge. Higher knowledge is always intuitive or inspirational that comes from an inner source of consciousness, which is called the Self.

Higher knowledge is revealed to the world by one who has transcended the world and the personality, or Personal I, that attaches itself to a body. Such a being introduces this knowledge to all those people who have begun to question their attachment to the world and its sensual illusion.

Once this pure knowledge is expressed in words by the teacher it soon becomes integrated into the outer pool of conceptual knowledge and eventually has little value for the mass of humanity.

However, regardless of its limitation in the world, and because it reflects truth and reality, the core message is still vibrant and enlightening for those who are awakening from their sleep in the illusionary world.

How often have you found that the revealed truth is not separate from the false knowledge in many books, but for those with understanding, they see the higher knowledge shining like pearls amongst the coal. In such writing these pearls give out the taste of truth, which are devoured by the hungry aspirant.

There are very few enlightened people in the world because all the teachings and rituals follow old information attributed to personal gods, where the way to truth becomes separated. Truth is one, and where there is a god and the aspirant the truth cannot exist. For there to be unity, there cannot be separation, so the more you seek perfection outside your inner being, the more it becomes a sensual experience where you are indulging in a concept.

As such, until we approach this knowledge from within, and resonate with its source, we will continue to move from one teacher to another, never finding the reality, the realization that we already are what we seek. This underlies the true purpose in our study of Zadore's Transmissions, where we begin to understand what the world is, and whatever we consider to be knowledge is only ignorance.

There is only one true knowledge and you are that knowledge, it is I AM that I AM!



## FOUR

### **I am the Body**

Posted by Emissary Fri, September 15, 2017 17:14:50

*Deep peace of the shining stars to you...*

We see that ignorance is illusion, and the knowledge which is received from a higher source is given to humanity to dispel this illusion and change the content of the mind, which in humanity constitutes the body/mind. However, the body does not have a mind, only a brain to externalize the thoughts within the mind.

All thoughts emanate from the personal 'I', or personality, which through its attachment with the body believes it is the body. So the primal thought was 'I am separate from the total consciousness and I am the body'. From this original thought the personality filled the mind with subsequent thoughts relative to its existence, and these subsequent thoughts all begin with 'I am...'

The longer we accept this thought of bodily attachment, the more it becomes impossible for us to know our real nature. So we have to change the content of the body/mind, and recognize that whatever we think, accept and conceptualize is born of ignorance and illusion.

It is difficult for us to change this situation, because over thousands of years we have been conditioned to accept that we are the body with a personality that believes it is a separate individual.

We have to empty the mind of all these 'I'-thoughts, which are false concepts, ideas, identifications and attachments, and then replace them with the higher knowledge that will free us from the bondage of the world that is our own creation.

I suggest that you read the Transmissions that refer to the 'I's' that dominate our daily thoughts, so you will have a complete understanding about what we are referring to here. We assume that, because you have joined us in this forum, you have already studied the books and Transmissions from Zadore.

It is important that you realize you are not an individual and that you are not a body, which is finite and has a limited existence in time and space. Prior to the body's birth, the pure eternal consciousness existed, and still exists and continues to exist following the body's death. What is finite is not eternal and this applies to the personal 'I' as well as the mind attached to the body.

Unfortunately, in your daily activities you are conditioned to believe that the world around you is real, because it dominates your consciousness and behavior. However, this is only an illusion, a condition you have created based on the false knowledge you have accepted as being real. You also believe that what you experience as the world is the same as everyone else's concept of the world.

We are fed with information from the press and electronic media about what other people are experiencing throughout the world, as well as in their own country. However, because everyone's world is unique to them, they do not react in the same way to what is presented to them. But, in ignorance, everyone believes that everyone else's understanding of whatever information is broadcast is the same as theirs.

Because we create our own world in this mind/body, and because it only exists in our consciousness, the reality is completely different from everyone else's. When the body dies, our world ceases to be, because it was only a mental fabrication, no different from a dream we experience nightly.



## FIVE

### **I am the Body - Reply**

Posted by Emissary Tue, September 26, 2017 16:16:14

We are pleased to post an email from a Trustee and our response, which will be beneficial for all our members.

'Thank you for your recent forum posts, I am happy that the VOLAH blog has been created.

'I have a question/comment regarding the last post 'I am the Body'. While I can understand intellectually that I am not my body, and I can see that it is finite and of the Earth, I struggle to feel separate from it. Yes I am body identified, as that is my day to day experience through my physical senses interacting with the material environment. I have no firm memories of any other kind of existence, yet deep down I do know that something is wrong with this state of existence I find myself in.

'I take it that it is all the negative sensual 'I' s that are the cause of this feeling of separation from my greater being as well as the experience of feeling as though I am my Earth body? Then as I work to clear them from my consciousness, would I start to feel separate from my Earth body? Or does that only happen when every last aspect of the illusional personality is dispelled? I would so much like to make the Light a living reality in my life rather than an intellectual concept. I feel in a limbo between worlds, knowing the emptiness of the astral illusion yet without tangible memories or experiences of the greater Light to show the way through.

'Thank you for your consideration of my comments and questions.

With kind regards.'

Before replying, we want to explain again the purpose of the VOLAH Blog.

We are not presenting a method that can be followed, which will lead a seeker to reach a particular level of understanding and being. Generally, all teachings are gauged to promise an end result that is based on some expectation of illumination and enlightenment, where the seeker and the sought become one in consciousness.

However, this idea or concept is based on duality, which involves two entities, where two cannot become one. Any teaching where the seeker and the sought are separate, this only makes separation greater, with no possible result.

The VOLAH Blog has been structured with a series of short and succinct articles prepared stimulate your inner consciousness and produce understanding from within, where what is sought reveals its own nature.

During the process of becoming, you will increase your understanding and become aware of the imposition of how the Personal 'I', or personality, because of its attachment to a body, is a form that has no relationship with Self.

Enlightenment or Oneness is a Self revealing process that already exists and has always existed. It is eternal. When we observe the function of the mind and thoughts, we come to the realization that there is no Personal 'I' or personality, because it is only a thought without consciousness or form.

We will now answer the first question from our friend:

'I take it that it is all the negative sensual 'I's that are the cause of this feeling of separation from my greater being, as well as the experience of feeling as though I am my earth body?'

Yes, that is correct; however, we need to reflect on the nature of these negative I's referred to.

The separation from Self Consciousness is caused by a thought that results from the unchanging, repetitive illusion where every body is unconsciously conditioned by being given a name distinct from other family members, and some years later this person accepts the thought 'I am this body', and 'I am separate from everything else in this world'. This is the beginning of the illusion for everyone.

We believe we are the body, and accept that the personality is our self or soul. Following this acceptance of being a body, then all other thoughts relevant to the Personal 'I', such as I am something, I want, I can do, and so on, fill the mind.

All these I thoughts develop through the interaction of the body's senses with other people, developing relationships, ideas, concepts and reactions which manifest as experiences and are stored in the mind as memories.

It is these memories that surface daily when we interact with others, producing negative emotional reactions, behavior, and aggression with others. All this constitutes limitation and separation from our real Self and consciousness.

We have to realize that there is only one 'I' that is responsible for this limitation of consciousness, and that it has no substance and is illusion.

To Be our true Self we have to destroy this illusion of I am the body, because this separates us from being what we are, what we have always been, and will be forever.

So we have to work inwardly on changing the content of our mind. This we do through dispassionate observation, which means we do not become involved with these recurring I's, but only observe them and then ignore them, and in so doing we reduce their power and they eventually cease to be.

As the different I's and memories attached to them disappear, you will find that your mind seems to become more peaceful and relaxed. As you persist, eventually all that is left is the Personal 'I' in all its nakedness, and deprived of its attachment with the body, it disappears, leaving you desireless; you know nothing and are nothing. There is now no separation and you are the consciousness that you have always been, but now you are aware that you are that consciousness.

This also is our response to the second question.

You cannot make the Light a reality in this world, because it does not exist in time and space. You are so attached to the body that you have limited your consciousness to the world, and in so doing become insecure and suffer. To alleviate this suffering you desire wealth, possessions and relationships that you believe will provide

security; however, this only creates unhappiness and further suffering.

The way out comes when you reach the level of consciousness where the intellect has brought you to the understanding that there is something wrong with your life, but here the intellect is limited by the mind and can take you no further.

This is the beginning of the way of return, where you turn within to find the answers, answers that you cannot find in books, or learn from attending lectures, or by visiting gurus. Self within is the only real knowledge, which is the Truth, and all outer sensual knowledge is ignorance.

We shall delve deeply into this in future posts; however, for now you need to understand that the body has a distinct purpose in Being that has no relationship with Self Consciousness. There is only one Self, and all else has its existence in Self. You are that Self, but you are unaware that you are. Once you are aware that you are the Absolute Consciousness, the body has little meaning.



## SIX

### What the Body - Three

Posted by Emissary Wed, October 11, 2017 15:16:12

*Moon and Stars pour their healing light on you...*

*The baby new to earth and sky,  
What time his tender palm is prest  
Against the circle of the breast,  
Has never thought that 'this is I'  
But as he grows he gathers much,  
And learns the use of 'I', and 'me',  
And finds 'I am not what I see,  
And other than the things I touch'.  
Lord Alfred Tennyson.*

We believe we are born; yet this is part of our conditioned ignorance, because what is born is just a body, something that changes year after year, and eventually dies. So if we are not a body, then who are we? That is the whole purpose of our being, and we have to realize that we have never been born, nor do we die, because we are eternal.

What is this body we appear to feel is our reality, our self? The body is the result of a moment of pleasure between a man and a woman, and in that moment there was no consciousness of any creative urge, only momentary pleasure.

The uniting of the sperm with the ovum is a natural process devoid of any conscious thought of the man or woman, because the unification of the two cells occurs spontaneously in consciousness and has its seat in that consciousness, which is the Pure Eternal Consciousness, which is you. It is this pure consciousness that

monitors the growth in the womb and is present when the child body is born and remains until the body dies. This is the natural process which is inherent in Being, in the continual cycle of life, whether plant or animal.

The pure consciousness encloses within its nature the new body, and the body is totally dependent on the consciousness. The child is the reflection of the pure consciousness, which is Love, the being of pure consciousness. When we hold the baby we sense the warmth and joy that it naturally exudes, and we automatically reflect this joy and love from deep within, as warmth and love. Now we experience momentarily the reality of who and what we are; but how quickly we forget?

You are still the Pure Eternal Consciousness, only you have identified with the Personal 'I', which has attached itself to the body, isolating the Pure Consciousness from the body. This has caused immeasurable pain and suffering to the body. We have to understand that the I am has created a world in which the body participates, and has become the slave of the personality. Yet what is it that goes into fear when the body begins to break down under the demands of the personality? It is the personality.

So we need to observe just how the personality robs the body of the light of its natural state, and begin to disassociate the body from the Personal 'I', and allow the body to be what it is. We are not the body, and the body is not the I amness. Realization that this I amness is only a thought that has no reality in our consciousness, is necessary to free the body from this imposed slavery, in order that it can follow its natural life term free of further interference.

Jesus said that to be born anew you have to become as a little child. We know he didn't mean that the body would have to be born again in a womb, but to become one again in the pure consciousness.

What is the innate purpose of the body? Is it not to objectify the pure consciousness in the outer manifestation and reflect to the Pure Eternal Consciousness the awareness of Itself?

Once the body is free of the I amness, eventually it will begin to cast off the energy of the old attachments and begin to express the consciousness in which it was conceived. However, this does not mean that all injuries and maladies can be reversed, but there will be greater peace and harmony in the body relative to the absence of the Personal 'I' and the presence of the pure reality of the I AM that you are.



## SEVEN

### **What is the Body - Final**

Post by Emissary Tue, October 24, 2017 10:59:34

This is the final post in the study of the body in consciousness of the Self and personality. At a later time we will continue this discussion relative to Being and Consciousness.

Like all other Earth bodies and forms, the human body has its appearance in Consciousness as an outer manifestation of Being. This body is finite in that it is subject to the demands of time and space.

Time and space appear relative to the outer manifestation of Being, and all objects and forms that have their source within Being are reflected in Consciousness. The duration in which an object appears in Consciousness is measured in time, and the size of the object relates to the space. For instance, when we compare the human body to the earth, obviously the earth utilizes more space.

We have little awareness of what the body actually is, because we view the body through an illusional concept created by the personality, and this concept is based on ignorance. Only through ignorance do we accept a limited understanding of what truly exists.

If you want to achieve the inner level of understanding of what you are, you have to end the illusional concept that you are your body, which cannot be achieved by continual chanting of affirmations saying that you are not the body.

You can intellectually accept that you are not your body, but that changes nothing inwardly, because the intellect is limited by the mind and personality.

You have to begin to observe and watch dispassionately the daily function of the thoughts and how the body responds to your thoughts. As well, you need to observe how all other animals function in consciousness and realize that they have no attachment or identification with their body. Then you will understand that attachment and identification are only a human thing. Other animals continually serve Nature without any sense of personal separation.

In the Transmissions it is repeatedly stated that what separates humans from other animals is the intellect that humanity possesses, which functions through the brain, creating the thought that it has a separate existence from the rest of creation, and this thought is responsible for the attachment to the body.

The body is an object that exists within the outer manifestation of Being. It has no direct relationship with Self except that, like all other objective manifestations, it reflects awareness in Consciousness.

The personality, body/mind and the body create the illusion that the self is something distinct and separate from the whole creation. Intellectually there is the belief that the body somehow has a direct flow of consciousness beginning at the level of Self and ending at the physical manifestation.

This concept has its root in religious doctrines and pseudo mystical concepts where the Self or God is the highest manifestation of the human being, and emanating from that source are Light frequencies that become more dense as they move away from the source and manifest at different levels as 'bodies', to quote their literature.

These doctrinal and mystical organizations list these 'bodies' as being the atman, causal, mental, astral, chemical and physical bodies. All this suggests that the human being at the physical level is a separate being having god like tendencies. This leads to the concept that there as many individual gods as there are human bodies. This kind of thought, although being escapism, denies the oneness that is Self consciousness and keeps us from experiencing the truth of our real Self.

So what is the body? All animal bodies, which include the human body, are born out of the earth elements and are animated by the

vital force flowing through the sun. All forms and their patterns exist within Being, and in the outer manifestation are reflections of the inner nature of the Absolute consciousness of Self.

At the consciousness level of Self everything that manifests through Being externally does so in Self's Consciousness. There is no personal Self, only one Self in which everything shares and exists.

The human body is a reflection of an inner state of Self, emanating out of Being. As an object limited to time and space the body manifests its presence in consciousness and, through the reflected image of the body, the Light Essence, becomes aware of Self. However, because of the limitation and separation imposed on the body by the personality, awareness of what I AM is walled out. We have to reach that level of knowing that beyond this wall of illusion everything only exists within Self Consciousness. Because of the illusion everyone believes the opposite, and that is that the Self is seated within the body.

As we previously said, we have to observe the body and mind daily and be aware of the pure consciousness that has been limited by the personality. The Light Essence is the only pure consciousness that exists in the outer consciousness, and in everyone it is dormant. However, it often arises in our consciousness as intuition, which reminds us that during our daily affairs there is, within, something permanent and unchanging, no matter what the age of the body.

It is this consciousness that we call the 'watcher' which observes the changing thoughts and memories over the years. Through this observation we begin to perceive the illusion of the I amness. It then becomes obvious that we are not the sameness that we think we are, and when we cast this illusion aside, the body is free to be what it is, and that is not our true nature.

Following this realization and understanding from within, the 'watcher' releases the consciousness of Self which now becomes the sole presence in our consciousness, and we no longer have any attachment with the body.

The body will continue to exist until it dies, and it will still complete all learned tasks and its relationships, and will work in the same way it always has, with no outward change. Now there will be a difference, because the body is no longer controlled by the I amness, and lives with no negativeness, and reflects into the world the pure nature of Self, which is love.



## EIGHT

### **Soliloquy**

Posted by Emissary Wed, November 01, 2017 14:17:18

Out of the earth, with the presence of sun and water, seeds sprout and vegetation appears.

Out of the vegetation the essence of life is drawn.

Out of these essences comes the food for all beings.

Food is stored in the body's form, and is continuously consumed by the vital force.

From this consumption by the vital force, the 'I am' is sustained.

To maintain the consciousness of the 'I am', the food essence, the body and the vital force are necessary.

Only then is the 'I am' or consciousness manifest.

When this consciousness is involved with the body/mind, the individual concept manifests.

The individual personality is conditioned by the body and mind.

The mind is filled with ideas, concepts and expectations.

The mind receives impressions through the five senses, and these impressions are stored as thoughts, concepts and memories.

When the consciousness is conditioned by the body/mind it manifests as an individual personality.

You have to eliminate identification and attachment with the body/mind to end the dominance of the personality.

When this occurs you are in consciousness, and are all that manifests.

This you have to realize.

Then everything Is, including your world and Self.  
Being Self you are the primary cause for everything else to exist.  
Now you abide in consciousness.

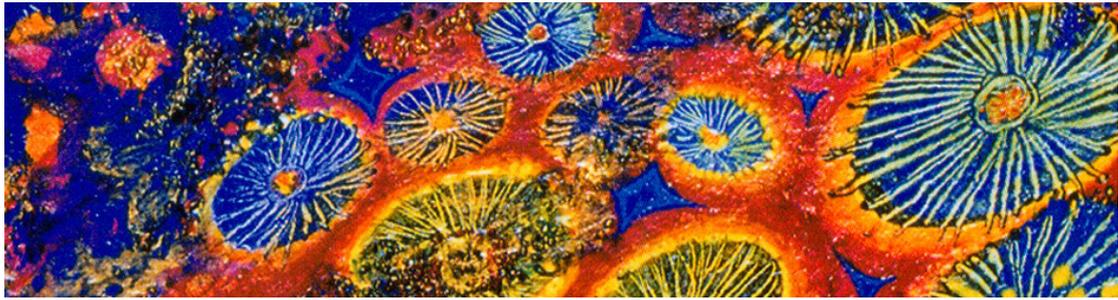
Are you now in a position to observe consciousness?  
When you observe or witness consciousness, the vital force, the  
body/mind and their actions, you are no longer in the  
consciousness.

You are the consciousness and in a state of awareness, and  
awareness is stabilized in you.

In this state of awareness is it possible for you to continue to carry  
on with your worldly activities knowing you no longer have a  
manifested form.

You will not know your Self until you cast aside your body  
identification, and release the personal 'I' and the personality from  
your consciousness.

Then all that remains is Consciousness and the knowledge I AM.



## **NINE**

### **Living in Anticipation**

Posted by Emissary Fri, November 17, 2017 18:55:24

Concepts, attitudes and ideas are the result of mind conditioning since childhood, and are formulated by ignorance. They are the result of accumulated knowledge based on sensual understanding.

This sensual knowledge belongs to the world, and creates dependence on external objects for survival. However, the sensual knowledge dominates the intellect and mind, causing conflict and aggression between individuals and nations.

We have to understand that all outer knowledge, which is based on conditioning, is not only ignorance but also illusion, and has no reality.

All outer knowledge creates separation in consciousness because it is based on duality, or cause and effect; this has been covered at length in the Transmissions.

In our world we utilize concepts as the basis for achieving the end result of our desires. I am sure everyone has been exposed to the need for a particular result in their desires, which is expecting a certain outcome and involves visualization or imaging. To be successful, to accumulate wealth and possessions, we buy a book on how to get rich, or go to a lecture where someone who knows all the secrets passes on such secrets to others for a fee.

We are told by these experts that by following their method all our desires will be fulfilled by our subconscious mind. We complete the visualization and give it to the subconscious mind, and expect that within a month or a year we will fulfill our desires. Many times the period passes and nothing manifests, or if it does it is not what we expected.

### **Anticipation**

We find that with all desires there is anticipation that a reward will be forthcoming; but working through the body/mind we expect the objectivation of our desires to manifest in our world, without knowing how ignorant we are regarding what constitutes our world.

Our world is created by the desires of the Personal 'I', which has created its world following its attachment to the body. The mind is a container for the consciousness that is based on ignorance and illusion of the I am. The I am is not an illusion but the cause of it.

The desire for material attachments and the process of accumulation are the result of the insecurity of the Personal 'I'. Without the body and all the objects of the world, the Personal 'I' knows that it would cease to exist in the mind. It believes that the greater the attachments that surround it the more secure it is. You may remember the parable of the rich young man in the gospel, where Jesus, in answer to his question of how he could enter the kingdom within, was: 'Give up all you have to the poor (within) and follow me.' He was not talking solely about riches, but all the attachments to the world. Of course the young man was not prepared to do this.

You have to apply this understanding to your own consciousness and observe how you are dependent on the results of so many desires, the many 'I's that are meant to keep you distracted from the reality within. Unless you begin to unburden yourself of all these attachments, you will never know the potential that exists within.

### **Spontaneous Thinking**

We know that intuition is not the result of the intellect or the body/mind, but is a spontaneous outflow of consciousness from within, and is the outflow of spontaneous thinking.

Spontaneous thinking, or intuition, arises when we are free from wanting, expectation and anticipation. When we do not project any thought or desire, spontaneous action arises in our outer consciousness. When this occurs we just act automatically, free of

thought or feeling, and always you will find that the correct outcome results.

When we observe our world there is always anticipation in our observation, and while we are observing, we project a result. However, true observing is perceiving without any thought of an outcome, so there is no tension between the observer and the observed, and there is only observation.

When you do not desire any result from your observation, you will begin to feel your true nature, which acts spontaneously. When you live in the moment and just be, there is no anticipation, projection or desire; you then exist in oneness.

### **Understanding Your True Nature**

Unfortunately, we believe there is a god, or Self from which we are separated, and following this belief we create the desire of fulfillment, to come together with the desired higher state of being. As such, we follow different paths, seek out teachers and gurus, always anticipating an end result, one we hope fulfills our desire. However, this seeking and anticipation for a creator only help to increase the separation from what is desired.

Intellectual understanding will bring you to establish the correct attitude where you will understand what can never be understood. However, this intellectual understanding creates an inner knowing that helps you see that you cannot reach objectless consciousness through thought, by revealing the limitation of such thought and the limitation of thinking and the mind.

You cannot become aware of something that you already are. The Personal 'I' can never achieve this awareness because it is only a thought.

When you know you cannot enter the timeless state of consciousness through thought, you then must realize that you have to end all producing, doing, wanting and projecting, because only then will you enter the stillness of being, a state free from all thought and thinking.

In this silence, awareness is aware of the totality of Self, but this is not a state that you can enter and leave as you do in the objective consciousness, where objects appear and disappear, as do thoughts, feelings and desires. In silence, awareness as consciousness is not touched by any changes.

This awareness is total, and everything exists within the pure consciousness of Self. No matter what you do in your outer consciousness you will always express the total awareness that you are, because now there is only giving, and all rapport with others is expressed as love that is tangible in a particular way.

Without any expectation or anticipation, your real being manifests, which cannot be attained by wanting, because then there is only the repetition of memories.

You must lose yourself in being where there is no body to which it is attached, because in timeless awareness there is nobody.



## TEN

### Oneness

Posted by Emissary Sat, December 09, 2017 19:00:32

On Jacob Boehme

Jacob Boehme was an enlightened being who wrote profusely about the inner visions he experienced over several years that led to his oneness with the Absolute Consciousness. However, because of his lack of formal education, he used the various passages of the bible as well as the language of the alchemists, with whom he became acquainted, to express this inner realization. As such, for the student it is difficult to appreciate the depth of his experience. However, in this post we will provide a short introduction to Jacob Boehme's experience which is truly enlightening.

Jacob did not write about the material world, but about eternity. He used an unique term, 'the uncreated heaven' to reflect what he considered as being the true heaven, which exists beyond the world and universe, and in this uncreated heaven is the Eternal Absolute.

If you remove the outer manifestation, what remains? For Boehme, it is the uncreated heaven, which can only be found within us. The goal of creation is to explore the uncreated heaven in the outer manifestation. He stated that the total plan of the Absolute proceeds out of eternity into time with the creation of the universe.

By removing the manifest universe only a state of nothingness will exist, which is a state of not having a manifest being. What Boehme saw when he reached a state of nothingness, was that he found the Absolute. He said that the 'nothingness' was the potential for all,

which he called the unground, similar to the abyss - a place of infinite depth, without limitation - a region of absolute nothingness, neither good nor evil, only freedom.

He saw this unground as a clear place where there is silence and stillness, where everything is possible, where the I -AM is. The unground is a place of infinite love, peace and freedom.

Jacob Boehme wrote: 'I always thought much about how I might inherit the kingdom of heaven; but finding in myself a powerful opposition in the desires that belong in the flesh and blood, I began a battle against my corrupted nature; and with the aid of God made up my mind to overcome the inherited evil will... break it, and enter wholly into the love of God in Christ Jesus. I sought the heart of Christ Jesus, the center of all truth, and I resolved to regard myself as dead in my inherited form until the Spirit of God would take form in me, so that in and through Him I might conduct my life.

'I stood this resolution, fighting a battle with myself until the light of the Spirit, a light entirely foreign to my unruly nature began to break through the clouds. Then, after some further hard fight with the powers of darkness, my spirit broke through the doors of hell, and penetrated even into the innermost essence of this newly born divinity where it was received with great love, as a bridegroom welcomes his beloved bride.

'No words can express the great joy and triumph I experienced as of a life out of death, as of a resurrection from the dead. While in this state, I was walking through a field of flowers, and in this fifteen minutes, I saw the mystery of creation, the origin of this world and of all creations... Then for seven days I was in a continual state of ecstasy, surrounded by the light of the spirit, which immersed me in contemplation and happiness. I learned what God is and what is his will. I know not how this happened to me, but my heart admired and praised the Lord for it.'

We have reproduced one persons experience, which outwardly differs due to time and experience. Although there is the limitation of the words and concepts that are used to express the experience, this in no way detracts from the ultimate oneness in Self. However, we are sure that regardless of position or education of anyone, through sincere desire, they can reach the oneness in light with the true Self. It is not something for the few, but for everyone.



## ELEVEN

### Self Perfection

Posted by Emissary Thu, January 11, 2018 13:46:43

In the last post we briefly discussed the need for having faith in our lives. We read in the gospel that Jesus emphasized that unless we have faith in the Father (Self) we cannot enter the Kingdom of Heaven.

The father of a boy who was possessed by unclean spirits asked Jesus: 'But if you can do anything, have pity on us and help us'.

Jesus replied: 'IF I can? Everything is possible for one who has Faith!'

The father cried out at once: 'I have faith. Help me when I falter.'

If we have faith, it never fails; however, gradually we begin to 'develop faith', but because sometimes we revert to the use of our memories and intellect, we always fail in our faith.

We need to understand what Jesus taught us about faith.

Faith is not something that we can read about, and use the intellect to decide what we should do to practice having faith. The mind does not know the meaning of faith, and in the mind there is no memory or experience of having faith.

Faith is not an objective experience, something we can relive through our memory. Faith does not belong to the world that bases all knowledge on the five senses.

Because faith has its seat in Self, it is impossible for you to objectively have any understanding of faith. You can never know Self, but only be Self, so you can never know faith. You are already love, peace and bliss, and that includes faith, and you cannot know what you already are. Faith is the expression of the perfection of Self.

When you turn your consciousness inwardly you know that you are more than the mind and body. Here you enter a state that is often called 'silence'. However, this word 'silence' is not a correct description of what is actually being experienced.

Beyond the limitation of the mind, body and personality is limitless consciousness and pure awareness. When you clear the mind of all thoughts and attitudes you realize that your body only exists as a temporary object in consciousness. Following the end of the body's existence, all that remains is pure consciousness and awareness, which is the I AM that I A M - the Self.

In this state there is only the Light of the Absolute Self, which is experienced as Love, Peace and Joy, as well as the oneness of all consciousness. Faith is the knowledge that everything in Self is perfect, and when we trust and surrender to Faith, all things in heaven and earth are possible.

Silence is not a state of mind, but quite the opposite, because it is pure awareness, where we know that we are all consciousness.

How does awareness manifest in Consciousness? Without awareness there is no manifestation, externally or internally. All objects appear in consciousness due to the Light of Awareness being reflected on objects. When an object is reflected in consciousness the form reflects its nature, and the Absolute Self becomes aware of its own nature.

To understand this we have to know how objects enter the manifestation. For anything to exist or manifest it has to be. Within Being all objects that manifest are reflections out of the totality of the Eternal Absolute Self.

Without Being, the Eternal Absolute Self is pure consciousness unaware of its own nature, so Being is a mirror of Light where the Eternal Self perceives its own nature. It is only through Being outwardly manifesting the reflections of the Eternal nature of the Absolute, that the Absolute becomes aware of itself.

Objects, such as the human body, point the way to self awareness. Working through the understanding that we are not the body, we come to the awareness of what we already are, and that is the pure consciousness and awareness that I AM.

The body should show the way in consciousness of what we are. This does not occur because we have limited our consciousness by identification with the body where we become the object rather than the perception through the object.

The body may be strong or weak, healthy or ill at ease; however, while the body maintains the flow of the vital force it continues to reflect the potential for the awareness of what I AM.

The body has a limited manifestation in consciousness, and like all objects will eventually cease to exist. Unless we actually understand what is meant here through inner knowledge, and not intellectually in the mind, we will never become free to be the truth and realization of what we are and what we will always be.

The body has never been perfect because nothing in the outer manifestation can be perfect. All objects are only reflections in Being. The body was born and nurtured by the pure consciousness in the womb. At the time of birth, the body has no consciousness or awareness that it exists. Everything in the outer manifestation seeks to exist and be, and it is through this desire to be that the personal 'I' arises out of the light of pure awareness.

As we develop faith by trusting our inner urgings and surrender all to our inner Self, all our insecurities, fears and suffering vanish. Initially you suddenly realize that these old problems no longer appear in your mind. Actually they never existed but were only an illusion of the mind, an illusion we thought was a reality.

Once you begin to see that you do not have the power to change anything, that you are ignorant, insecure and live in fear of the future, you have to give all this suffering to the Self within; and when you have faith there is nothing outwardly left to impede your oneness in Light. Is not this what we read in the Gospel, 'Thy will be done on earth as it is in heaven'?

The whole inner movement in Light is one of becoming open to awareness, the pure awareness of Self. You do not become aware, because it is the Self that is awareness, and the Self becomes aware of Itself through your consciousness.

We think that, through our desires and actions, we are moving forward in some direction towards Self. There is no movement because Self is drawing our consciousness toward Itself, and experiences Its own nature through the awareness that it is the I AM that I AM.

You cannot do anything, and whatever you do to seek union and oneness with Self only takes you further away from what you are seeking.

All you have to do is nothing, be nothing, and just be. Then you have true humility. Then the body mind becomes quiet and the personal 'I' is reabsorbed into the pure awareness of Self.

Stop desiring and doing; realize that you are nothing; then experience the sublime, and just Be - the pure awareness of Self.



## TWELVE

### **Life and the Timeless Moment**

Posted by Emissary Thu, January 25, 2018 19:08:09

He had the realization that in Consciousness everything was instant, and when sharing this with others, they could not understand what he was talking about, although to him it was clear and normal.

Obviously, when we are still attached to the illusion of time, we cannot see beyond our senses and our body, because the body, being limited to having an existence in space and time, cannot perceive beyond time.

How many people suggest they live life in the now? And what do they mean by that? Life to most people is having continual sensual experiences, and utilizing their memory to re-experience those experiences over and over. As such they are essentially living in the past, and not in the moment.

Life is present like consciousness; however, we believe we are thinking in the terms of the past or future. To live in the now suggests a mind free from achieving results and the recapitulation of a state free from striving and grasping for things.

In the present there are no thoughts, because all thought is fused into a whole. Life in the moment contains everything that can possibly occur, and that means no time. Being no time, everything has the possibility to spontaneously be without limitation.

Psychological time is based on memory, which is the past, and through memory we revive the past, and what we call the future is

only a modification of the past. Psychological time is never in the eternal moment because it involves duality, such as having or becoming, pleasure or displeasure, grasping or avoidance, security or insecurity, which are the source of conflict and misery.

To reach that moment in consciousness, which is spontaneous action, all thought must end and all projections of the intellect have to stop. When you cultivate the intellect and will, you cannot integrate spontaneously in consciousness. The mind has to become passive, sensitive and free from all violence, vanity, pride and greed, because only then can your real intelligence function.

Life is spontaneous living untouched by time.

To become spontaneous and live in the eternal moment, you have to be free from all wanting, from expectation and anticipation. Seek nothing, and be.

You are constantly defending your image with the personality and intellect, an image you have created, which stimulates emotion and sensation.

When you let go of your name and body image, all that remains is the timeless awareness that you are. Everything appears to maintain its image and form and follow the same pattern, because the 'I am', being a subject, is always seeking security in objects. Once the search for security ends, you remain outside the subject-object state, and realize that all repetition is illusion.

Always perceive that the I AM is ever present, because you are the I AM, and be that.



## THIRTEEN

### **Complexity of Understanding**

Posted by Emissary Fri, February 23, 2018 15:52:44

One of the greatest problems facing an aspirant in the search for peace, freedom and the realization of oneness as Self is the conflicting messages that surround true understanding of 'What Is'.

For instance, you may remember a previous discussion we had in an earlier post regarding our identification with the body and the body/mind. It is quite easy to say that we are not the body, and often that statement is basically only on the level of the intellect. However, true realization does not relate to thoughts and the intellect, nor does it relate to the feeling and emotional center.

Because of this, one generally becomes frustrated at not being able to separate their attachment with the body and the mind.

So, you come to a virtual stop in your progress and awareness. Often reason is involved when we attempt to disassociate our attachment to the body. Reason always brings us back to the memory relating to the birth of the body, suggesting that this birth constitutes our reality in consciousness. Often we have been told in these Transmissions that the Consciousness, the Self, was present before the body was born and continues to exist following the death of the body; however, we should realize that we are not the body, but the Eternal Consciousness.

Like all objects in the external manifestation, the body only manifests as a reflection in consciousness and is limited due to its manifestation in time and space.

Understanding is not a concept of the mind. It is something that flows from within Self. As such, we have to quieten the activity of the mind, and become aware of the inner perceptions, the truth of what is. In a state of openness and presence, this unchanging awareness within our Self Consciousness, which is understanding, is externalized as an intuitive knowing. What people seek as enlightenment is actually pure understanding.

We cannot willfully quieten the mind; to attempt to do so only increases the mind's dominance, creating a block to what we are wanting to reach. By now you will have realized that it is the process of observation of how the mind works every day that leads to a quiet mind. Such observation as this recognizes all the different I's, the I thoughts, that constantly seek to control our mind throughout the day. Eventually, through observation, we eliminate these illusional thoughts and our mind becomes naturally quiet and we become more open to the Consciousness that we are.

Everyone functions at a different level in consciousness and their understanding is limited to that level, which is distinct from the external body/mind consciousness, which is based on the function of the five senses. Being caught up in a projected world consciousness, everyone has little contact with the inner intuitive flow of consciousness.

The personality, or personal I am, is continually seeking security through the body, because it knows that without a body identification and attachment it has no existence. Actually, even this attachment is only an illusion, so the I am is nothing, and it knows this, and it is this knowing that produces the insecurity. The I am seeks to be, by increasing its attachments to objects in the manifestation, as well as seeking relationships, all of which always end in pain and suffering.

This personal I has its root in the I AM, and understands that it is separated from its source, and this increases the tension as it strives to be, in the outer manifestation. The I thought moved into the outer body/mind consciousness to create the awareness of the Self, the I AM, to remember and be the true Self. However, it became identified with, and attached to a body, which separated it from its source. It is through these Transmissions that we learn how, through this separation, we have conditioned our mind to become allied to concepts and attitudes of the body's sensual nature, forgetting our real being.

Recognizing the illusory nature of these concepts aligned to the multiple I thoughts, which are an extension of the prime thought, I

am, we lessen the power of the personality and begin to turn our consciousness within and re-experience our natural state. This return occurs when the I am returns to its original state within I AM, like the raindrop falling into the ocean.

All bodies, whether human or otherwise, are objects manifesting in consciousness, and, being objects, move in and out of relationships. For our understanding in the world we mostly engage in relationships with other humans, because we believe we are human bodies.

Such relationships function without any deep consciousness, and have little foundation and permanence. Being driven by the I am, or personality, all relationships have a basis of mutual need, the fulfillment of insecurity, and when that ends, everyone moves on to a new relationship, and never experiences the sought after expectations or results. Everyone is always seeking happiness, which ends in displeasure and pain. This is the real illusion that everyone believes is the world, and it is based on conditioning and false concepts. Everything in this illusion is repetitive and shallow, and lacks any permanence. Humanity has no originality in that everyone copies others and lives in daily imitating so-called celebrities. It is only when one becomes aware that this life in the world is mechanical and only produces pain and suffering, that they begin to question what is, and they move away from the unreal and begin the search for the truth.

We are conditioned to believe we have a soul which exists somewhere in the body, and this concept is transferred to the presence of Self when we initially begin to question who or what we are. The truth is opposite to this. This soul concept is an extension of the personality, and the soul, personality and body all have their manifestation in Self, they have no separate existence. On a universal scale every thing is a manifestation of Being, and is a reflection of the Absolute consciousness and awareness.

Once we have the realization that this external life, our world, is a complete illusion, one of continual pain, suffering, insecurity and destruction, will we seek to find the truth beyond this illusion. In this sensual world we live in state of conflict and limitation. Each one of our body's senses has its own concept of what is. The sight or seeing sense creates its own understanding based on what is seen. Similarly the hearing sense creates its own world different from that of sight. The same occurs with taste, smell and feeling.

Based on the dominance of any particular sense at any particular moment, the mind becomes obsessed with the immediate

sensations, and acts without any rapport to the information of the other four senses, which colors our perception of the world.

Every outcome in our world is based on expectations and outcomes. We believe we have the power to do things, that we can create the world to our liking through thought and desire within our limited environment. However, because all our expectations are based on sensual knowledge, the result is limited, so the desire for a happy and fulfilled result mostly ends in unhappiness and displeasure.

So where is the understanding?

There is none in the world, because we are continually making changes based on developing more concepts that have no reality. It is only when we see that this 'doing' leads nowhere, that we begin to listen, to see with our whole being. Only then do we become open to the consciousness that all manifesting objects reveal our true nature, the pure consciousness and awareness, and we just Be.

You do not have to try and stop identifying with the body. It is there, but you are no longer living in the world, you are now expressing your true nature. You are the I AM, the all pervading consciousness and awareness that you are.

What is it that you are aware of? You are Peace, Love, Joy and Pure Awareness. You are the Oneness, the Eternal Consciousness.

There is no understanding because you are that understanding.



## FOURTEEN

### **Pure Consciousness**

Posted by Emissary Fri, April 06, 2018 09:30:36

In the outer manifestation, which is the universe, consciousness only manifests where there is an object present to reflect the light of pure awareness from the Absolute Consciousness. Without the manifestation of an object or form consciousness is only a potentiality, that is, it lacks the awareness to be.

Without the existence of your body there is no manifest consciousness. Therefore, for consciousness to manifest, pure awareness reflects its light on the body, and this light reflects the body in consciousness.

Understanding who or what you are requires contemplation on how the body came into manifestation. We know that the moment of conception is when there is a union between the male and female, the sperm attaches to the ovum which begins the body's formation. However, the manifest body only appears in the world nine months later.

The Absolute Self, being ever present, modifies and nurtures the development of the body during the nine months in the womb and continues its presence following the birth, to shine through the outer consciousness as awareness. The body in the initial stages of growth reflects the Absolute consciousness; however, when this consciousness is limited by the I amness, the Absolute consciousness remains present in the background.

The moment the body leaves its host the vital force is breathed into the body,

and the pure awareness manifests. The pure awareness and the body are now subject to existing in time and space. Time is the duration the body manifests in consciousness, and space is where the body is reflected in consciousness.

Once the body's consciousness is activated by the vital force, awareness arises and with it the thought that 'I am, and I have existence'. Now the I am is identified and attached to the body and pure consciousness becomes limited.

The outer manifestation is ever changing as forms are constantly emerging while other forms are breaking down and disappearing. This happens not only at the worldly level but also on a universal scale.

The limited consciousness that the human being has accepted prevents any understanding of any other existence outside its limited consciousness. Regardless of the presence of the personal 'I' or personality, the body always remains in the Absolute consciousness until it dies. What is important here is to realize that the body is in the Absolute consciousness and not, as everyone assumes, that the Absolute consciousness is in the body.

There is only one consciousness, and at the manifest level of the body this consciousness, for its continual existence, requires the frequent ingestion of food elements. There is only one Absolute Self and all forms have their being in the Self.

Every form is important and is connected to Self through the manifest consciousness. With the body consciousness the I am arises, limiting the Self consciousness to the body consciousness. This creates the separation between the body mind and the Self.

Such limitation prevents the Pure Awareness of Self from reflecting the eternal consciousness through the body to the manifest consciousness. All forms reflect awareness from Self to the manifest consciousness where consciousness becomes aware of consciousness. With the human being, this is limited and the personality experiences pain, suffering and separation from its universal being.

The body consciousness is further reduced as the I amness develops concepts based on information through the outer body senses, creating a dependence on knowledge that is limited, imaginary, based on fantasy and illusion.

We can only return to being what we are, the Absolute Self consciousness and awareness, by understanding that we are not the body and its sensual nature. We cannot discard the body, but return it to its original state within the Absolute Self. To accomplish this we have to cut free the I amness, the Personal I and the illusion-based thought that I am.

This can only occur when we move our conscious away from the outer sensual body/mind attachment and release that pure awareness which has been called the 'watcher', which has always been present unchanging, while the body follows a continual changing pattern from birth to the grave.

The pure consciousness, through the 'watcher' function, dispassionately observes all the 'I' thoughts that surface from within the body/mind and sees that these are illusional thoughts belonging to the I amness and, being illusional, have no existence. Eventually, through the constant observations of the 'watcher', the I amness returns to its source in the Absolute consciousness. When this occurs, the 'watcher' also disappears, all that remains is the Absolute Self.

What is experienced when the watcher disappears into Self cannot be expressed by words, because in consciousness words do not exist. Thoughts and words belong to the body/mind, and, as such, what is beyond and higher than the mind cannot be reduced to speech or writing,

When you end all desires for things of the world and all forms of conditioning, including the thought that you have the power to do and change things in your life, you will reach your true reality, being what you are. You cannot know your Self, because you cannot know what you are, you can only be Self. To know Self would mean that you are separate from Self, and if you are separate, you remain in the illusion of the I amness.

In our consciousness the 'watcher' appears to arise from nowhere. However, this is not so, because the 'watcher' has always been present. It is of the Absolute awareness and is eternal. When we reach an inner state of awareness through questioning who or what we are and where we came from, we begin to sense the presence of the 'watcher'.

The problem we all experience in life is why the I am or Personal I attaches itself to the body, even though this I am has no existence, and, being a thought, it cannot manifest in time and space. So having no existence, it is obviously illusionary. However, it identifies

with the body, and uses the body/mind to assert its I amness. This assertion and attachment to the body creates a oneness with the body consciousness which, as we said earlier is dependent on the vital force for its continual existence. The I amness through the personality believes that it is the self in the body. The more this self desires sensual objects and feelings, the greater its separation from Self and the I AM.

Some people move their consciousness beyond the mass herd consciousness and become what the world calls 'doers'. These people accrue greater attachment to the world where power and wealth are their goals. They use their personality to control the mass of humanity, who have always given their lives and rights to authorities. Unfortunately, these so-called leaders have completely separated their consciousness from the Absolute source of consciousness, and live within their sensual consciousness, becoming identified with their world and attachments to objects and relationships with others, believing this will lead to happiness.

Zadore has said that no one can change the world, but they have to change their concept of the world within. What is your world? It is the total externalization of your consciousness; your likes and dislikes; your ignorance; your concepts that are only imitation of other peoples concepts. Most of all, it is the desire to have, to increase your attachments to objects, such as wealth and possessions. You believe you have the power to change this world, and you use your wealth and attachments to create the desired changes in your favour. You do not know who or what you are so nothing changes. You continually live in the past and create a future based on expectations.

When people try and change the world as they perceive it to be, they become frustrated and unaware that they live in a mechanical repetitious state, which cannot be altered, and they fall asleep to the reality they seek. The outer world is in a constant flux and everything appears to happen. It is the flow of objects on a universal stage of consciousness which produces manifestations that are out of the control of individual personalities.

For instance, since the first manifestation of human consciousness with the body, there has existed within an inner conflict due to the separation from the I AM. This inner conflict is externalized as mass wars between communities and countries. Wars only happen, and for thousands of years war has been the constant companion of humanity, and nothing can be done to end this repetitious cycle. Humanity is unable to end their warring nature, and until they stop

being at war within themselves and with one another on a personal level, there will never be an end to war.

When you begin to question the state of the world, your world, you begin to move your consciousness inwardly where eventually the 'watcher' appears and you begin to understand the function of the body mind. The deeper the level of observation, the more the I amness begins to lose its power over the body and the mind, and the result is that the mind becomes quieter and quieter and you begin to sense the presence of peace where all the thoughts become insignificant.

When the thoughts stop, realization appears. When the I amness returns to its source and disappears there is the silence of the Absolute awareness - the I AM that I AM.

As we have previously stated, no one can express in words what is inwardly experienced. There is nothing that you can do to reach this Oneness in Light. There is nothing to desire, because you can only Be, and allow everything, because you are everything.

Give no heed to what others are doing in the world. There is nothing for you to do. Go deeper within and your world ceases to exist, because it was only an illusion. Release all thoughts and concepts. Most of all become aware that you are not the body, because when you relate everything to the body you cannot be what you are.

You are consciousness and the body reflects that consciousness. The Absolute consciousness through its awareness of the reflected consciousness, becomes aware of Its Self.

Initially you have to make an effort to observe the body/mind and the I amness. Constantly passively observing the mind, you perceive the illusion of the I amness and its world.

Once you reach this understanding there is no need for any further effort, because you will realize that there is nothing you can do, because it is all illusion and you are nothing. Now you become quiet and be, still watching and observing the flow of thoughts. Allow, be and become



## FIFTEEN

### THE KINGDOM OF HEAVEN

Posted by Emissary Sun, April 22, 2018 19:09:12

Jesus was teaching the people about the Kingdom of Heaven and his disciples came forward and said to him. 'Why do you talk to them in parables?'

'To you,' replied Jesus, 'the secrets of heaven are revealed; but not to them. For more shall be given to the man who has - he shall be enriched; from the man who has not, even what he has shall be taken. I talk to these people in parables because they have eyes but do not see; they have ears but do not hear or understand. It is in them that Isaiah's prophesy is finding fulfillment: "You shall hear with your ears, but you shall not understand, you shall see with your eyes, but you shall not perceive." For these people have become coarse within; they have ears that are hard of knowing, and they shut their eyes, lest one day they see with their eyes, and hear with their ears, understand in their hearts and be converted, and I heal them. But your eyes are privileged because they see, and your ears because they hear. Indeed I tell you, many prophets and upright men have longed to see what you see, and have not seen it; and to hear what you have heard, and have not heard it.

'To you then I explain the parable of the sower...'

Everyone cannot understand the truth when they hear it, because this knowledge emanates from a higher source within. How can you overcome the worldly ignorance that separates you from receiving and understanding the Truth of your being?

Jesus tells us that most people only understand the truth at a sensual level based on worldly knowledge, because they are

conditioned by so-called authorities and institutions. The parables attempt to break conditioning by presenting a story with a moral recognized at that level.

When one begins to transcend the sensual level of understanding they begin to move their consciousness away from external things and become involved with their inner feelings. However, the process is slow, because we have to experience many recurrent lives before becoming aware of being under the control of the worldly sensual knowledge.

When a person acquires more understanding from recurrent lives, they stop relying on their desire for knowledge and open their consciousness to the inner presence of their being.

What is the Kingdom of Heaven that Jesus refers to? It is that oneness with the Truth, which is becoming one with the Self, our true nature. Often we are led to believe that by following some path or method of spiritual exercises we will enter this Kingdom and experience a oneness with god.

All methods like this involve working toward a set imagined goal, and there is always expectation of what this goal produces. Of course the more involved we are with the process, the further we are distancing our self from the Truth of our Being.

The concept suggests that we are a separate being from god, which creates a condition of duality, and this is a common belief shared by everyone in the world. Duality separates us from any understanding of oneness. As such, all methods involving expectations of a certain end result are illusory.

Jesus tells us that those who have developed an understanding within will be enriched and they will become open to the reality of the Kingdom of Heaven within. Whereas those who have little or no understanding beyond that of the sensual level, can even lose what little understanding they may already possess after listening to the parables.

The more a person lives in the body consciousness, the greater are the desires for the riches of the world, and the belief is that this is the way to experience happiness. However, because such happiness is only momentary, they continually strive to accumulate more possessions, hoping this will become a permanent state in their life. Everything in the world is transient and not permanent, so the only true happiness is found within. This is the Kingdom of Heaven that Jesus teaches.

Jesus also uses the words 'to see' and 'to hear', but he is not referring to the use of the eyes and ears as such, which is a limitation of understanding based on sensual knowledge alone.

Jesus teaches that it requires inner perception to see the truth; a perception that is intuitive, requiring a mind that is quiet and not involved with the movement of outer events. The Light of understanding flows into our consciousness and we 'hear' or understand the reality within.

Obviously, this inner understanding relies on the degree of perception available through our endeavors to become one with our Essence. So we find that everyone lives inwardly relative to the varying levels of perception and understanding.

When the truth is revealed through the inner teachings, either from advanced beings or our inner awakening, everyone receiving the teaching can only understand what is given relative the depth of their inner awareness.

In the parable of the loaves and fishes there are several thousand people who have spent the whole day listening to Jesus. It is late and everyone is hungry and the only food available is several loaves of bread and some fish.

Jesus breaks up the loaves and fish, blesses it and tells the disciples to distribute it. Everyone is satisfied with the food and there is still some left over.

We have to realize that being a parable there is an inner meaning distinct from the story. The loaves and fish represent the bread or manna from heaven, the higher understanding within. Did not Jesus say in his prayer, 'give us this day our daily bread'?

All day these people had been listening to the truth. They were hungry for knowledge, and when the bread and fish were distributed there was ample left. The majority of people were satisfied with only a few crumbs, because that was the limit of their understanding; some consumed a few more crumbs than others.

Once you understand in your heart and not your mind, you are healed, and this healing refers to your entrance into the Kingdom of Heaven. No one can lead you to this understanding because you are already that truth.

It is only when you become desireless; that is, when you cease desiring happiness through the accumulation of wealth and objects that you automatically become open to the presence within. You are Self, and as such you can only be the nature of Self. Because you are Self you cannot know or understand your true being. By becoming desireless for the things of the world your mind becomes quiet and you enter the peace that pervades all, and become one in the joy and bliss of Self.

We recommend that you visit our new website at <http://www.onelight.one>. Scroll down to the videos and immerse your consciousness in Bill Douglas's choral arrangement of Deep Peace. Enjoy.



## SIXTEEN

### **Desire and Desireless**

Posted by Emissary Tue, May 08, 2018 19:42:51

How often have you heard or read that you have to become desireless to attain that level of consciousness in Self which you so desire?

Of course that whole statement is contradictory in that to achieve the desireless state you have to totally desire what you want to reach.

Desire is the need to possess something, whether it is a person or thing, and it also involves emotional input. Where, then, does desire arise?

Desire is not a thought or feeling, although these become attached to whatever is desired. It is energy inherent in the vital force - the desire to exist - which is the inherent nature of Being.

On the level of the body/mind desire is the energy within the vital force that is directed toward a specific outcome, which is happiness. However, at the body level of consciousness, most desires are never fulfilled. Although the movement of desire outwardly focuses on attaining pleasure and happiness, its true purpose is to prepare the outer consciousness to experience its true nature, which is peace, love, joy and bliss. This can never be attained in the world of the body and senses.

Desire underlies all levels of Being, where, at the worldly sensual level, one seeks to desire pleasure through the bodily senses, which includes sexual fulfillment.

Through the mind, desires are pursued using the intellect and emotions. Without desire the human experience in consciousness would cease to manifest.

Desire is an outer expression of Being that continually strives to be; that is, becoming aware of who or what you are. It is the underlying force that impels us to understand consciousness beyond the world, the universe and Being.

All desires in the outer sensual manifestation are limited in their outcome to attaining possessions. In the world all desires are personal, that is they are aligned to the personality and have negative outcomes.

If this is so, there has to be a positive aspect because all manifestation in the world is based on the concept of duality and separation.

Obviously, like all thoughts, concepts and ideas, desire is considered as being a dual force - good or bad - depending on the needs of each individual, where one person's desires conflict with that of another person.

Inwardly we observe that there is only desire, which is non-dual, because here desire is the pure energy of Being that seeks to create the awareness of who and what we are, which is being bliss, joy and peace, the nature of Self.

Is it possible to become desireless when desire is an underlying force of Being? Without desire we can never be.

In the manifest world we live a limited and fragmented existence in consciousness due to the constant identification of the Personal I, or ego, with the body in an attempt to exist. Such existence is impossible because a thought has no being and no desire, it only has an illusory existence.

What has led you to reach this inner state of seeking real answers to your purpose in life? Eventually you will realize that this worldly life has no purpose, but only provides the consciousness for you to become aware of Self, the eternal consciousness that has no beginning or end.

Why have you continued to seek to be after having so many disappointments, after going down wrong paths, moving from one group to another, one organization to another, and listening to different teachers, becoming more and more confused? Yet there is

always that unseen force that overrides these pursuits and never dulls what you inwardly know does exist. This desire is like a flame continually burning within your consciousness, and nothing can stop its movement once it has begun in earnest.

You desire to know, to have that knowledge that transcends the limitations of the intellect that creates your world of ignorance and limitation. Soon you will become open to this inner presence; then you cease to desire, because you have become what you desired, and there burns within your heart the flame that transmutes all obstacles, fears and doubts.

How do you become open to this desire to Be? In the world the consciousness depends for its knowledge on the body and mind, and desire begins at this level, where it faces limitation, and cannot communicate with our inner presence. When you use the body/mind to desire oneness with the Light of Self, nothing happens because your mind always selects those memories that relate to what a self-proclaimed enlightened person taught about enlightenment, and taught that their system is the only true way.

You have to enlarge your understanding and become open to what you are, not what you think you are. Understanding at the inner level of Being is true knowing; the Truth; or as Jesus said, the Good. 'Only God is Good.'

To Understand the Truth, Jesus told us in parable form, is akin to water, because water is always in constant movement. However, Jesus gave an example of how the water for the sheep was held back by a large stone. This represents where there was no understanding because the water was motionless. Once the stone was moved the water began to flow and the sheep began to drink. The flow of the water that was damned, he described as the knowledge of the Truth at the intellect. It is all in the mind.

Finally the water becomes living at the emotional level, in that the truth is manifested in life.

How does the Truth live in your consciousness? You have to transpose the understanding of the truth into living the truth; you become the truth by externalizing what you know and understand, without thought. You become the understanding because it is your true nature where you act out of this understanding without any thought.

This is living the Truth. You have to abandon the ego, the mind and the body. There is no further need to act out of the body/mind or memories.

All desire ends when you transpose the understanding, because you have all the knowledge needed - you are the I AM.

Within Self there is no thought because thought only exists within the illusion; within Self all activity and action are spontaneous.

You have to consciously be what you are, and often initially it takes effort to recognize the illusion of the ego and body/mind. You have to understand that you are not making any changes, because changes just happen, and all you are doing is opening your inner consciousness to what is.

As the mind becomes quieter and the ego disappears, all that is left is Self, which reveals Its Self. You can do nothing except Be what you are.



## SEVENTEEN

### **Don't Believe Everything You Hear**

Posted by Emissary Tue, May 22, 2018 10:42:12

'Don't believe everything you hear, your imagination has led you to extreme...' the lyrics from an old song that are important in our quest for understanding of who and what we are.

You may recall that when we began this site nine months ago, we suggested that you should not accept anything you read as being the truth; that you have to contemplate the inner meaning, and only then can you accept or discard the information.

Zadore has said in the transmissions that to know what is true or false, all you have to do is shine the light of understanding on it and the truth will be revealed.

Interestingly, one person reads a transmission and immediately accepts what is written. Whereas, another person reads the same transmission, and they immediately reject it. You will see that both people are missing the mark, because they are applying what they have read to their conditioned understanding and, as such, neither can access the truth.

Truth is universal and non-dual, unlike our worldly concepts. It is only our conditioning that makes us believe that all Truth can only be apprehended by becoming attached to a guru or religion.

While we continue to accept the teachings, thoughts, ideas and concepts of so-called experts we will never know the reality of what is.

VOLAH has no organization, and what is presented on this site does not conform to a teaching or system.

If that were so, we would want to convert others to study a set of organized teachings only available at a price. Whatever you read here is free, providing you with the knowledge that will help you to remember who and what you are, because the truth has no material value. The truth belongs to all of us, because it is our real nature, our real Self.

However, we have all lost our way and are asleep, having no contact with our reality. We live in a state of ignorance, in outward worldly knowledge conditioned by the State and Religion. Such commitment makes humanity automatons, willingly giving away their rights in the belief that they are protected from harm and misery.

VOLAH first appeared in 1986 when Jon Whistler and his two associates were contacted by Zadore, and from that contact the Transmissions were revealed to the world. All this is disclosed in Jon Whistler's book 'One Light'

Following the publication of One Light several thousand people around the world were drawn to the remarkable original information revealed by Zadore. Many of these people still study the continuing transmissions. For them, the transmissions were released on a regular basis as received by Jon, mainly through books and later through the Earthlight Transmissions and the VOLAH Series.

The effect of these transmissions over several years of study gradually changed the way we think, creating a change of mind, which altered the negative conditioning that everyone in the world is bound to by illusion and ignorance.

De-conditioning is essential, because without breaking down this state of ignorance and illusion, we cannot be the Light and awareness of what we are. Without breaking the hold over our consciousness by the Personal 'I' we are continually functioning under the false belief that we are the body.

These early transmissions are extremely important to be studied and understood because it is impossible to Be what we Are while still conditioned by old thoughts and memories.

You need to create a solid understanding where you cannot be controlled by the illusional outer knowledge.

When we begin to understand what Jesus taught in the early parables and the Sermon on the Mount, we know that he was de-conditioning morals and character, which were related to everyone's personal behaviour and relationships. You cannot move into the Kingdom of Heaven within while you continue to live in the world of ignorance and illusion.

It is important to transform your mind by understanding what you are not; that you are ignorant conditioned and separated from the Truth by this conditioning. Once you break down this barrier you will find that your mind is quieter, you have less fear, and you are experiencing a more peaceful state of mind free of all negativity where you no longer express anger and violence, not only to others but also to yourself.

Only now can you truly begin to become open to the presence or awareness within that will enlighten your understanding.

So it is important to follow the basic steps by studying the early transmissions such as the Oracle to Freedom and Enter the Vortex as One Light, as well as the VOLAH Series, where you will experience that understanding that flows from within without any effort.

No one can provide you with a manual for enlightenment. Do not to follow any system, because all systems only isolate you consciousness from what you are, creating further separation. You are already what you seek, and one day you will know this and Be that Self.

Initially we think we have to do something; to make a concerted effort to reach an expected goal, illumination, where everything will be spectacular and exciting. But that is not the way; the way is through silence, where peace, love and bliss abide, where you are free of personality, mind and body.

We will continue to post transmissions here to help eliminate the years of negative conditioning that has been imposed over human consciousness and reaches deep within the human psyche.

You will be amazed by the changes that occur in your life when you cast aside all the ignorance in your world and, slowly but surely, you become free, and even though you are in the world through your body, you will know that you are not of this world, but you are I AM that I AM.



## **EIGHTEEN**

### **I Amness to I AM - One**

Posted by Emissary Sat, June 23, 2018 16:27:24

We have often been told that the world is an illusion; however, many people are unaware of what the world is. Mostly these people are confused and think the world and the Earth are one and the same thing.

The Earth is a part of the universe and exists in consciousness in the outer manifestation of the Eternal Self.

The world is a concept, accepted by humanity, that underlies all knowledge, desires, behaviors and fears shared by everyone. Because it is a state of mind it has no reality and is only an illusion. Every individual lives in their own created world which is not visible to others, and this world is limited and private, which ends when the body dies. Every human being shares a common interest in the world that is based on conditioned concepts and desires, and this is the outer world that everyone shares.

Our world is limited and isolated, where we think we have a body to satisfy our desires, to injure it, and make a slave to do our bidding.

But who is it that exerts this control over a body?

It is the I-thought, the I amness that arises in consciousness early in the life of the body and asserts its control by attaching itself to the body, and then that world begins to develop in the body/mind in the succeeding years. This follows the basic conditioning by the parents over the child, which continues after the mind is led to accept that its body is its self and is dependent on the world thought in its daily life, a life built on lies and ignorance.

The I amness creates a sense of being in the body reflecting the idea that both the body and it constitute a separate being from the total consciousness.

However, the personality which is the externalization of the I amness believes it has the power to create its own existence based on the desire to be.

Out of this desire to be, all other desires follow, such as all the I am thoughts: I am a boy or girl; I am a certain religion; I am a doctor or Indian chief, and so on, distancing them from their true state of being, leading to isolation and suffering.

To escape these inner feelings, people desire pleasure and happiness, but which always leads to experiencing pain and suffering. The desire for happiness is the memory of pleasure and fear is the memory of pain. It is the process of trying to recreate a pleasurable experience of the past into the present in the attempt to combat the pain occurring in their life now.

In a recent Transmission we saw that the ultimate desire was the realization of oneness with god or a higher being. This desire has limitation because it is constantly seeking something outside of itself.

We do not know what we are. We even do not know what the body is. We are associated with the body during our waking hours, and although we have been educated to having a limited knowledge of the body, it is all based on sensual observation and treats the body as something like a machine, where it is either treated chemically, or given spare parts to keep it working. This alone shows the ignorance of human understanding.

Because we are not a body, but pure consciousness and awareness, the body is only a manifestation in consciousness and it serves the purpose of acting as a means for communicating the Self Awareness in the world, and it is not the Self but has its existence in Self.

This then leaves the mind that is not of the body, but is created by the I amness in its vain attempt to manifest its presence in the world, a world that is the illusional creation of the I amness. To be aware of the I AM, the Self consciousness requires the elimination of the I-thought and subsequent I thoughts stored in the body/mind.

We have to reach an understanding of what we are, and such understanding supersedes the I amness, personality and I-thought,

which is not an intellectual understanding, but one that comes from our deep contact within.

Only when we know we are not the body will the I amness become unattached to the body and return to its source.

There are two things that involve our being what we are, and that is eliminating all thoughts pertaining to the I-thought, and realizing that the body is separate, because we have no attachment with any other body, human, or other life form.

The best attribute we have is consciousness, where we are aware that we have a personality and a body. This is basically where everyone in the world is, and at this level function in a state of dependence, having little understanding outside their basic needs, such as food and shelter, and the protection from one another. Here everyone is conditioned in different ways to being subserviant to a higher authority, whether religious, science, or political.

Beyond this passive life function are those individuals who erroneously believe they are the 'doers' or leaders, whether in business, religion or politics. They are dangerous because everything they do is directed at attaining wealth and the power they desire. From the ignorance of these leaders, the world is constantly plunged into wars, pain, creating suffering to the conditioned mass of people.

There are those individuals who think they can change this world by becoming involved in the different conditioning organizations; however, they are readily eaten up by the system and thrown out into the world as outsiders. Of course the mass of automatic humanity has little time for outsiders because they see them as threatening their stable world that gives them a sense of safety and protection.

So when you come to realize that you cannot change outwardly what is projecting the world illusion, which has been happening since humanity first moved into a body, only then can you change your world from within through the realization of what you are. When you change your world, the whole world around you changes, and you are what you have always been, I AM - that I AM.

We will continue our discussion on understanding in the next post, where we will seek to to learn what has to be done to remove the presence of the I amness and how the body returns to its status in the manifestation, and how you will realize that there is nothing you have to do to Be.

Here you are receiving the understanding needed to become free. Don't just read it, but allow it to be digested inwardly without any intellectualization, and allow the understanding to flow.



## **NINETEEN**

### **I Amness to I AM - Two**

Posted by Emissary Fri, June 29, 2018 19:46:17

We have to become aware that everything appears and disappears in consciousness, and if there were no bodies, then there would be no I-amness, in fact there would be nothing. As such, for us to experience consciousness we require the presence of a body.

Often we ask why we have to become aware that we are not the body, when it is an essential object for consciousness to manifest?

To find this answer we have to realize what is the source of the I-thought and the I-amness. When we expand our consciousness beyond the body and body/mind we will know that the source of the I-amness and I-thought is the I AM. However, locked into a body the I-amness is only a small reflection of the I AM.

In the outer manifestation the I AM has become limited to the consciousness of the body, the senses and the body mind, which effectively separates the I-amness from the consciousness of the total Being.

Cramping the I AM into an object, in this case the human body, creates frustration and feelings of insecurity, hopelessness and a separation from one's real nature.

We have to realize that the body, being a host to the I amness, separates us from the total consciousness. When we realize this we know that what stands between our true nature and Being is the body, and this realization is not based on an intellectual understanding, but arises through the feeling I AM. So what is the I AM?

When we use different words that have various meanings relative to different concepts this creates conflict and confusion. We have seen how people confuse the world and the Earth when referring to human behaviour and the planet. The same is seen when referring to Being and the Universe, where many people think they are the same thing.

Being brings the totality of Self into existence and manifestation, and the Universe is the outer manifestation of Being. Being mirrors the inner nature of Self into manifestation where Self becomes aware of Its Self.

It is the Light of Pure Awareness that is reflected on the manifest forms of Being in consciousness, that allows Self to be conscious of Self.

Often people refer to this as the Universal Consciousness or the Consciousness of the Universe. However, this is limiting the manifestation of Self and Being. Within Being there is the total reflection of Self, so the manifestation cannot be limited to one Universe.

Early last century there appeared a thought that we should seek to attain a state of consciousness called Cosmic Consciousness. This became, in the West, the ultimate goal of spiritual attainment. Cosmic Consciousness was described as becoming one in consciousness, or a state of oneness with the whole creation.

In the late 1960's young people sought to experience altered states in consciousness by taking hallucinating drugs such as LSD, which certainly altered their consciousness leading to self-destruction of the body.

People seeking mystical experiences, through desire and imagination, have altered states in consciousness where they experience their god concept, and believe they have reached the desired heaven. Following the experience they return to their daily life and proceed to tell others what is needed to reach this high spiritual state. However, it is the body/mind that fulfils their desires by creating the expected experience.

We have to understand what is true and what is imaginary. To experience oneness within Being differs from the imaginary state of the body/mind in that with the mystical state one moves into the experience which ends when one returns to the outer sensual life. When one becomes in consciousness what they already are, there is

no return to the old state of sensual consciousness, because you are that I AM permanently.

What then is the I AM? The I AM is the total consciousness in Being, where you are conscious of all; you are the Creation; the total manifestation of Being. I AM is what people ignorantly call God.

What is needed to move from being, the limited I-amness consciousness, to being I AM?

We come back to what is understood regarding the body, body/mind and the I- amness. We have to learn how to disassociate our identification with the body, which we have already discussed. As you witness the continual flow of thoughts and memories, and do not become attached to them, and ignore them, the mind becomes quieter and quieter until all thoughts and memories vanish.

Then when there are no thoughts, the I-amness begins to depart and moves back into the consciousness of Being, from which it arose. Now you have to follow the I- amness, to where it returns to in Being, and you, the Light of the Essence, will become one in Being - the IAM.

This is the experience that has been thought of as Cosmic Consciousness, a free and universal state of being. Most seekers reaching this state in consciousness remain, believing they have reached the ultimate experience. It is an expanded and permanent state within Being, where there is no more I-amness. It is a transformation of consciousness from the limitation of being imprisoned in a body to being the consciousness of the whole manifestation where you are that manifestation; you have moved from the I amness to the I AM.

Know that there is only one way and that is knowing, and feeling that you are not the body/ mind or body.



## TWENTY

### **Pure Awareness and Consciousness**

Posted by Emissary Tue, July 17, 2018 20:14:23

Pure Awareness and Consciousness

What we have understood from studying the Transmissions is that our knowledge of consciousness is limited to the body and the illusory world we live in.

This worldly consciousness is based on duality, which means that there is me and something separate from me. We are the manifestation of those thoughts and concepts that maintain our sense of duality.

Zadore's Transmissions are based on oneness, or no duality; hence, Jon Whistler's first book, 'One Light' reflects this non dual state of being and consciousness.

We have already looked at the duality of concepts and desires, as well as the I am, thoughts and personality. We know that these states limit consciousness and foster the feeling of duality, which is enhanced by the sensual knowledge we rely on to function in the world.

In the previous two transmissions we reached the understanding of Being and the universal state of consciousness. To elevate our awareness beyond the limitation of I am, we have to separate our outer consciousness from all identification with the body, because as long as we continue to identify with the body we remain in a state of duality.

When we reach that level of awareness of the universal consciousness, we are still living in a state of duality; however, it is at a new level of consciousness. Here, it is where Being is separated from the Eternal Self.

Everything has its existence within the Eternal Self and is not separate from Self. However, as we related in the last Transmission, that to reach a state of mind where we are no longer inhibited by a constant flow of thoughts from the body/mind, we have to still the mind.

While we continue to identify with the body we cannot still the mind. Thoughts will continue to generate and we become frustrated, because we believe we can actually stop our thoughts from rising in the mind. How can the mind control its own function? It can't. Often some people resort to the practice of meditation to exclude extraneous thoughts. They continually focus their attention on a single thought to the exclusion of all other thoughts. If they are successful then their meditation is complete, because they have attained what they set out to do, and now have to somehow eliminate that thought. Then what remains? Nothing. They return to the body and the world.

Stilling thoughts is not an active process. It is the outcome of passive observation that reduces the power of thoughts entering consciousness. You stop these thoughts and weaken them by ignoring them. If you meet someone who is annoying and negative, you will eventually ignore them and shun their company. The same applies to these unwanted thoughts, ignore them.

Once these thoughts are stilled, what remains? Is it not your ever present Self?

You may reach this state and experience nothing. You try harder to return to that state of nothingness, always expecting something that you have read or been told that you should now be experiencing, and still nothing happens.

So what has gone wrong? You have to realize that you are still expecting something that you have developed by your mind, something that is a fantasy and imagination.

We have been taught by the world to live in expectation and set goals, and even now, after all this work, we still resort to old habits,

which is comparing the inner consciousness with the outer world consciousness.

Where you are now is that you have to come to an understanding and realization that you have to stop limiting your consciousness with the body and mind, because that is still happening .

You cannot compare the outer consciousness with what's within, they are separate states within Self, where one is an illusion and the other a reality. In the world everyone lives out their life clinging to past experiences, thoughts and memories.

We think there is a future which is based on expectations and perceived results that are only illusions. We say there is a past, which we remember, and what we are presently experiencing is the future of our past actions. However, we will say again there is only the present moment, and only in this moment you are the consciousness of the I AM. You cannot experience the Pure Consciousness in the past or future, it is only in the present moment that you can be what you are.

Within the Eternal Consciousness everything is complete and perfect. The problem lies with the mind and thoughts that identify with the world, time and space, where we see everything from our limited perspective.

When you seek to be that consciousness which is your true nature, you cannot become locked into the outer world of thoughts and emotions based on body actions.

You cannot become one in perfection and return to the sensual consciousness. You have to realize this and become quiet without any expectations. Another reason you experience nothing when thought stops, is because you have not listened to your inner feelings. We just said that when you become quiet during the day, the I AM is present, but you never give this any thought and begin the thought process in the mind again. During the day there are periods when the mind rests, and it is then that you should direct your awareness to Being. How can you experience what you continually ignore?

You have to come to the realization of what it means to Be. To Be means that you know that there is nothing you can do, and nothing to desire, even to Be. All you have to do is allow. Do not want or expect, just allow. Move out of your head, because while you continue to live in your head you cannot become anything. When

you know that you live every day just being, allowing and accepting everything as it is, then you are becoming one in consciousness.

Then, without thought or expectation, the inner Light shines. There are no words or thoughts, because these are non-existent in Self. You are Self - allow everything to be.

Know this: I am everything; I do not have to go anywhere, because I am everywhere; I have no desires or wants, because I have all; I know nothing because I know everything. The only knowledge there is, is that I AM.

Live then in this pure Light where there are no thoughts, time, space or illusion.

Now you are forever.



## TWENTY ONE

### Lost and Found

Posted by Emissary Fri, August 24, 2018 19:45:48

When we begin our search for greater understanding, we ask the question 'Why am I here?' In seeking the answer we spend many years following different systems in the world, which always leads us nowhere. Eventually we begin to perceive that all those ideas, concepts and ignorance act as conflicting buffers that blind our consciousness of the realization of our true nature. Zadore rightly outlined how we have to respond to this.

'By the power of Light, you will know the innermost selves of men'. Zadore said. 'As the Light shines upon each one that comes before you, you will know them but will not judge them. You will easily see who are the unbelievers, even as they profess to believe in you and will go along with you for quite a time, but in the end they will fall back asleep, preferring the ease of old habits and behavior to the struggle out of illusion.

'But it does not matter if many do not believe. For what you do at this deciding moment in the Time Loop in Human Consciousness will be the greatest thing the world has ever known - the beginning of the end of illusion'. (The Golden Shore)

Jesus gave the people the parable of the sower of the seed, which outlines the different stages that we have to move in consciousness before we reach the understanding of the nature of Self:

'When anyone hears the Word of the Kingdom and does not understand it, the Evil One comes and flies away with what was sown in his heart. There you have the man who received his seed by the path.

'The man who received it on rocky ground is one that hears the Word and accepts it at once with joy. But he has no roots in him, he cannot hold out for long; and when suffering or persecution comes on account of the Word, he promptly recants.

'The man who received it among the thistles is also one who hears the Word: but the cares of this world and the lure of riches choke the Word, and he becomes unfruitful.

'Finally, the man who received the seed on rich soil is one who hears the Word and understands it. He indeed bears fruit, producing in some cases a hundredfold, in others sixty, in others thirty.'  
(Matthew)

Here the Word means Truth and Understanding, which only develops as one begins to cast aside all ignorance and illusion.

The only reality is the Self, which is the Eternal Consciousness. In the general sense, the ego, which is another word for the 'I' thought that arises in the consciousness following the body's birth, is the thought that I am, or the I amness.

This 'I' thought contains the seeds of all the unresolved tendencies acquired in previous life experiences. The Self reveals the unresolved tendencies, through the 'I' thought and the five senses that materialize as our world and the universe, which then becomes perceptible to the 'I' thought or ego. The 'I' thought or ego is a reflection of the Eternal Consciousness.

The I amness identifies itself with the body and loses sight of the Self, which results in a state of darkness, ignorance and misery in the present life.

The 'I' thought arises from the Self, and forgets the Self. It then believes it is not only the body, but was born with the body. This is the beginning of all illusion. There is always the feeling that something is missing, hence the question, 'Who am I?' or 'What existed before I was born?' This desire to know is, in reality, the desire to regain Self, or the death of the I amness; to surrender to the Self in order to eternally Be. The answer is always in the question 'Who am I?' - You are the answer!

Jesus illustrated this in the parable of the prodigal son - Lost and Found.

'A man had two sons. The younger of them said to him, "Father, let me have my share of the estate." So he divided the property between them.

'The younger son realised his whole share and left home after a few days for a distant country, where he squandered his money in extravagant living. But when he had spent it all, there was a serious famine in the country and he faced starvation. So he attached himself to one of the local people; and the man sent him out to look after the pigs on his farm, where no one gave him anything, and he would have gladly gorged himself with the husks the pigs fed on.

'This brought him to himself and he said, "To think of all my father's paid hands, with more bread than they can eat, while I am dying of starvation here! I will set out and go up to my father and say, Father, I have sinned against Heaven and yourself. I am no longer worthy to be your son. Treat me as one of your hired men." And he set out and went to his father.

'His father saw him when he was still a long way off, and was filled with pity. He ran and fell on his neck and kissed him tenderly. "Father," said the young man, "I have sinned against Heaven and yourself. I am no longer worthy to be called your son. Treat me as one of your hired men."

'But the father said to his servants: "Quick! Bring me out a robe, the best we have, and put it on him. Give him a ring for his hand and sandals for his feet. And bring the fatted calf and kill it. Let us eat and make merry; for this son of mine was dead and has come back to life, he was lost and he is found.'

Luke: 15.

Many times in the Gospel, Jesus describes the Kingdom of Heaven as something that is lost and eventually found. In this parable Jesus relates that the father, his two sons and servants are living outside the manifestation, in a state of pure consciousness. The young son decides to leave and experience consciousness in another country, which is the outer manifestation in Being. As he aligns his consciousness with a body, he becomes immersed in the sensual relationship with the body and forgets his true nature, which is said in the parable as his money or wealth.

Now he is lost, driven to feed on the husks provided for the pigs. He remembers his lost state, and how his father's servants have more

bread than they need. Jesus always refers to bread as meaning the truth and understanding, of which the young man now had little.

We have said that the ego, or 'I' arises from Self, as does everything, and the forgetting is the birth of the individual. Once one remembers that there is something that is lost, then there is the desire to regain what is lost, which is Self, and it lives eternally.



