

Philosophy



of a Rubber Band

By Catherine McWhailor

This book is dedicated to all the acts of kindness & generosity I
have ever seen!



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Book Summary: Let's take a "ride" through an Astral Realm and see what we can learn there!



Mighty, Infinite, God-Presence
within each and every individual!

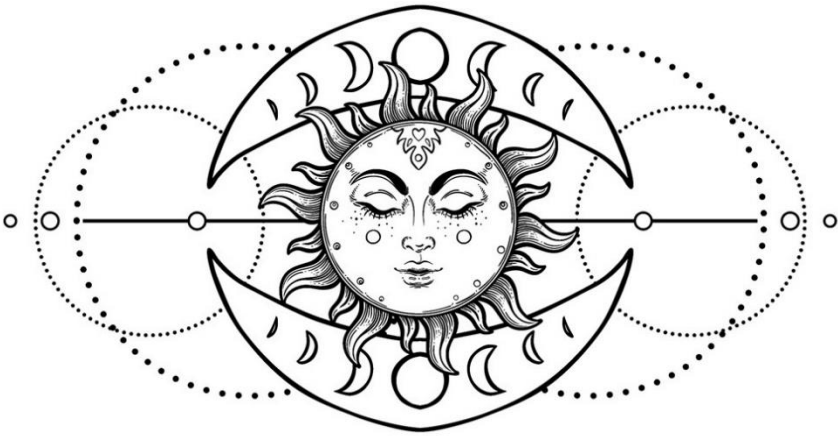
We give praise and thanks for Thy
Light, Thy Wisdom and Thy Power,
that illuminates all our activity.

Let each of us feel Thy Omnipresent
Love in our daily lives and enjoy Thy
Peace, Thy Silence, and Thy Poise as
our manifested reality.

When we fill our hearts and our
minds with Thy Sacred Light, we
bring forth “I Am” or “OM” as our
creation of pure perfection.

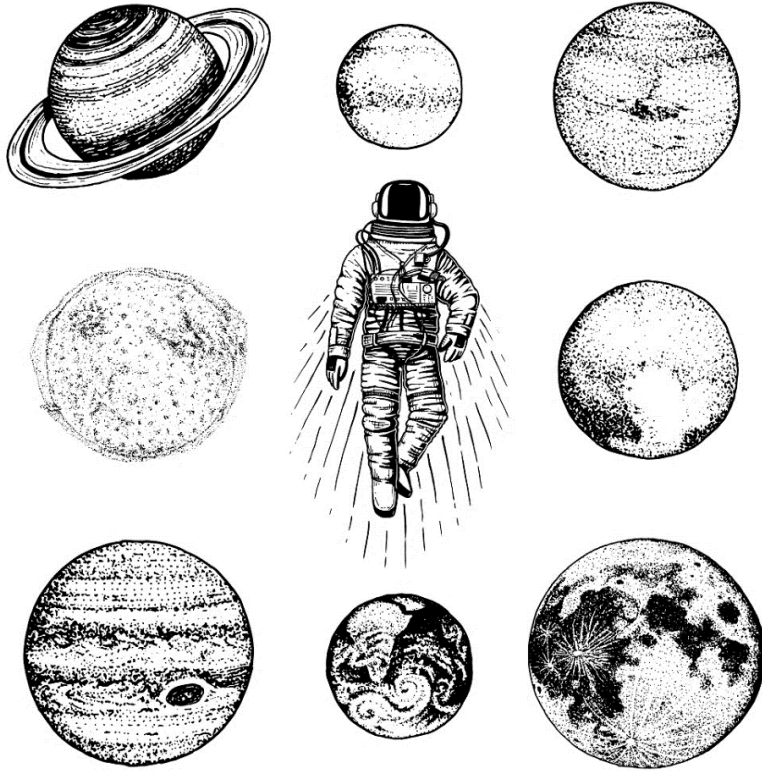
Introduction

How did it all begin? Let me share with you a story of where you really come from.



Heaven – is NOT a destination, it is where you live!

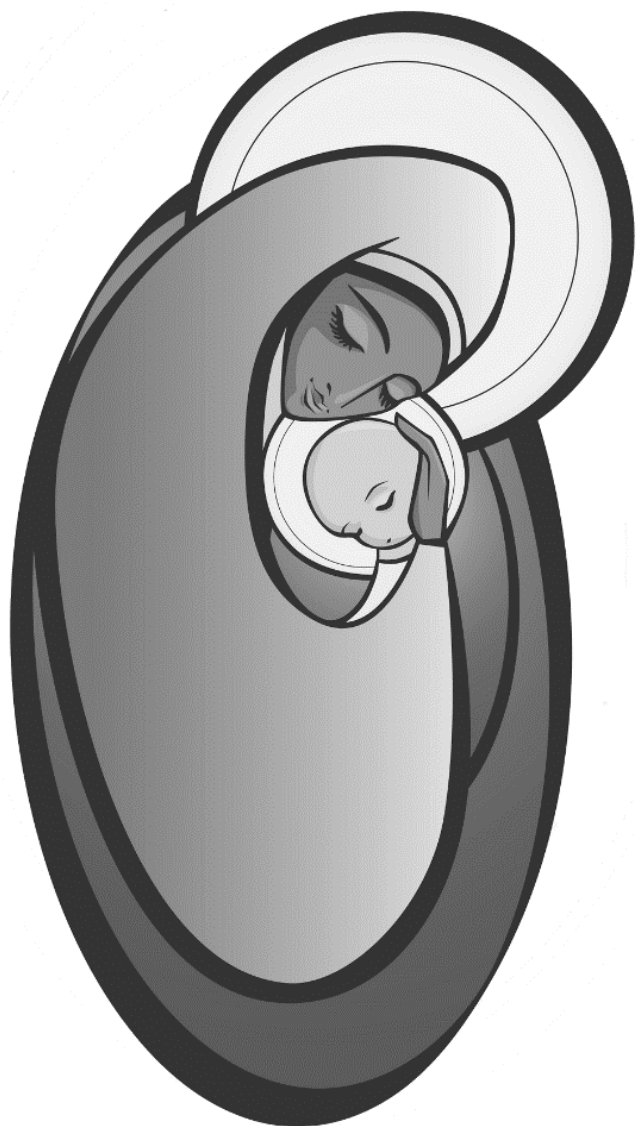
As you reached maturity under the intelligent guidance of Celestial-Beings, you were finally ready to take a final test on the planet of your own choice.



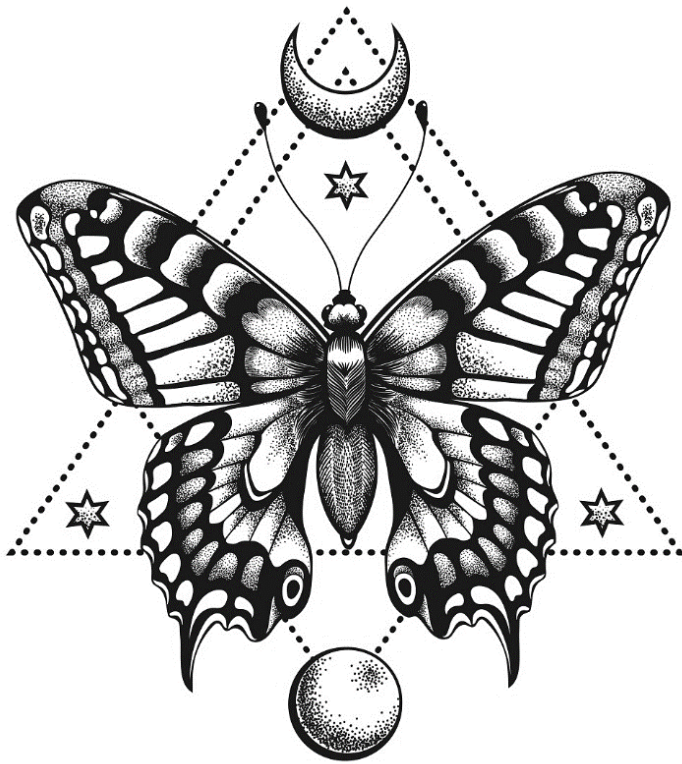
A beautiful Light-Body was prepared for you, and you were able to select a planet that was already in existence.

One of those planets – is Earth, and you chose it as your primary destination for a brand-new adventure.

Now, you are given birth into
Spiritual Cosmos as a Light Being
that comes from the Heart of God
in the Divine Image of God.



On planet Earth, you passed your test wonderfully and created many amazing structures that the world will always wonder about!



Many Light-Beings just like you were passing their own tests on this planet, and you have never been apart from each other.



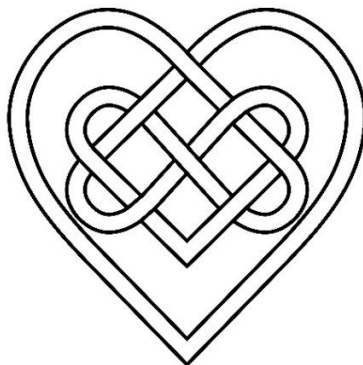
The most beautiful creations came into existence through your joint effort and when you were done, you all happily went home. Heaven, that is...

For eons of time, you all worked together in harmony and therefore no words were necessary for communicating. You were pure and intelligent Spirits that were neither male nor female.

And now is your opportunity to expand **Love**! A new experiment was created for this purpose, and we will call it:

“A RUBBER BAND”

Why “Rubber Band”? Rubber stretches and changes form. Regardless of how far you stretch it, it still remains being a “rubber” and when you let go, it quickly goes back to its original state.



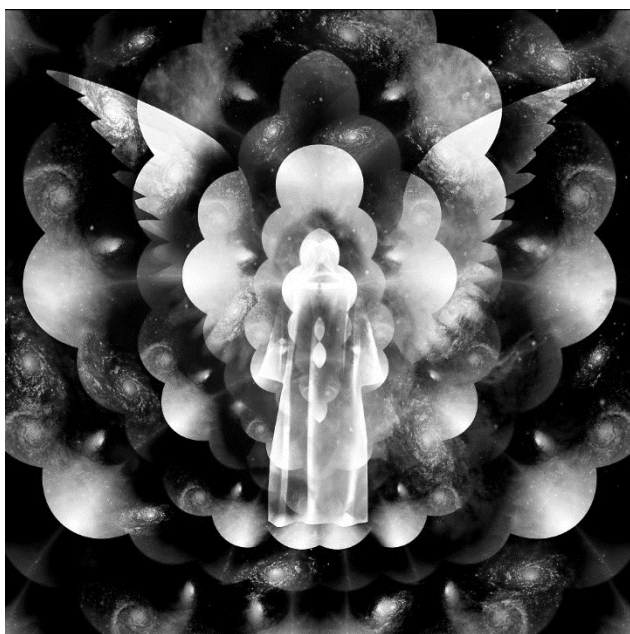
Same is with your own being. You will incarnate many times over during different periodic Cosmic Cycles on different planets. When your mission is accomplished, you will go back to your normal state – which is formless.

Forms will change. They are designed to give you a variety of experiences. The Divine Substance of your Being (or simply YOU) – will NEVER change.

Life will be experienced at all levels as you seek, learn, and create.

How much *Love* you can really experience does depend on your ability to courageously face your circumstances.

There are many beings in this Universe. Some are visible and some are not. They are all part of your big Spiritual family, and together, you all reside in Heaven.



Some Spirits become a part of Elemental Kingdom, some participate in decorating flowers and, of course, some of them take on a human form.

Your final “garment of flesh” was given to you AFTER your birth in Casual/Mental and Astral bodies, and it only slightly resembles what you really look like.

As you learn how to create different realities, the complexity of your form increases, and you become a structured Cosmos yourself! At this point many forms will be “residing” within your Spiritual and Physical bodies and you will be responsible for their well-being.

At the same time, you know that this Cosmos is the Creator, whose Creation is being “extended” through your loving hands. There really is NO existence beyond the Source itself!

Your Cosmic Dream includes a great variety of forms and circumstances. You are being challenged to the maximum and if you don't "break" – you will "expand".

What is "breaking"?

With your Spirit being pure **Love**, anything that you do "outside" of it, creates Karma. **Karma** – is a law of "cause and effect" and it is about getting the same treatment as you give other beings.

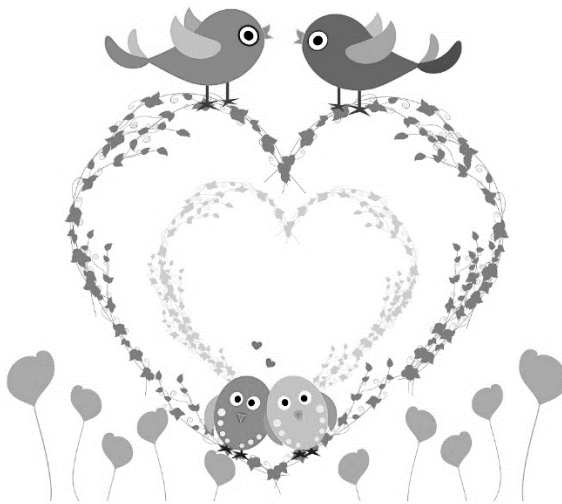


There are two basic rules to the Cosmic Game:

1. Don't "kill" Love – **Karma**

2. Expand Love – **Free Will**

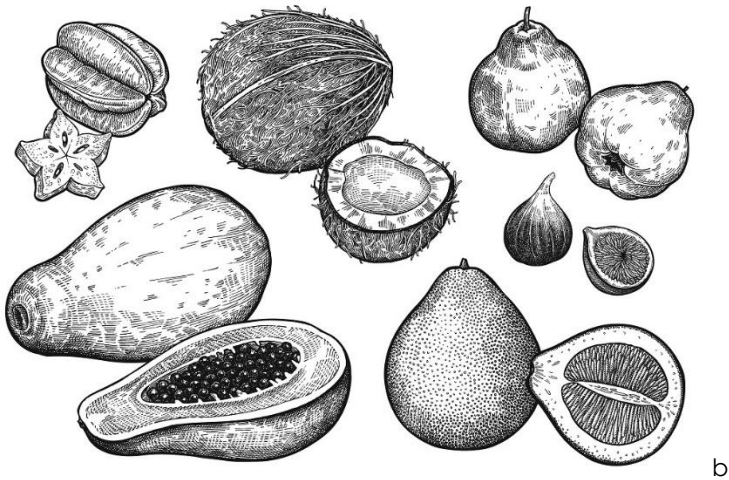
Bible (Luke 6:31) reflects the law of Karma quite nicely:



**DO UNTO OTHERS AS YOU
WOULD HAVE THEM DO
UNTO YOU**

The law of Karma does stretch beyond a single lifetime, and this is why it is sometimes hard to understand what people are getting “punished” for.

In reality, they are not getting “punished” at all but are “reaping what they sowed”.

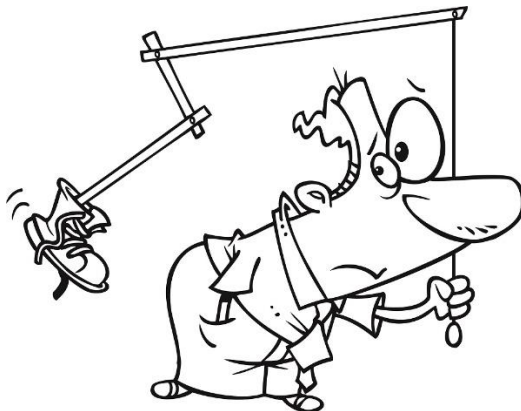


“Breaking” – is when you did NOT understand your lesson and anger got into your heart.

Realize that no one wishes to harm you in any way and your problems are only imperfect creations of your own mind. Karma is NOT something to be afraid of, it is actually meant to be your “friend”!

Once you learn what type of behavior or thinking is totally inappropriate, you will NEVER face this situation again.

Free Will – is another great law that helps you grow and expand. We can lovingly call it – a boot!



Will – is a synonym of **Love & Action**.

The purpose of life – is to expand
Love in any way possible, and if
this is what you are trying to do,
help will flow from every rock
and tree...

Why do we call it – a boot? It's
because you need to learn how to
face your fears and do what's
necessary in spite of them!

Your reality is created through your
Thoughts & Actions! You ALWAYS
take your reality and “cataclysms”
with you until you learn to transcend
your fears. How to do it?

You will need to face them! They
are already in your imagination, so
use it as a transcending “platform”.

Fears – are simply thought-forms.

At some point you created them yourself (by believing something) and you can easily let them go...

Completely “hopeless situations” don’t exist! Why? Because:

**IF THERE IS AN
ENTRANCE, THERE IS
ALWAYS AN EXIT (AT
LEAST – THROUGH AN
ENTRANCE DOOR) !**

Did you know that you are already
a powerful magician?

YOU – are a big “laboratory” that
can transform different elements
into whatever you want. How?

By BECOMING what you seek!

Anytime you say “**I AM...**” – you are
taking a personal responsibility for
your wish, and it will manifest in your
life. When you say – “**I AM NOT...**”,
you are activating exactly the same
forces and your “wish” will manifest
in your reality as well.

Once you figured out that you got
yourself in a bad situation by
“desiring” a wrong thing, you can
change it! Ask for the opposite and
take responsibility – **I AM + wish.**

You can also ask for help. How do you ask? Quietly. Silently. In the depth of your own heart.

Do the right thing and it will pass the message along. Don't forget that God will fill your "need", not "want".

**ASK, AND YOU SHALL
RECEIVE; SEEK, AND YOU
SHALL FIND; KNOCK, AND
THE DOOR SHALL BE
OPENED TO YOU...**

– Matthew 7:7

A thought is as much action as anything that you can physically do, maybe even more!

Thinking sends out a wave of consciousness in a certain direction and if your “message” is of hate or anger, it will simply bounce off the receiver and come back to you.

Besides the obvious Karma effect, this also challenges the basic Law of Love (or Free Will). If you can't expand **Love**, you will have to give up some of your resources...

These types of emotions are unnatural and only exist because human beings lost touch with their Divine nature.

Through many different lifetimes,
you experienced being both
genders, all races, and all
nationalities. Try to understand that
everything is a Creation, and no
one is better than another!

The purpose of this diversity is to
give you an experience of **Love**.

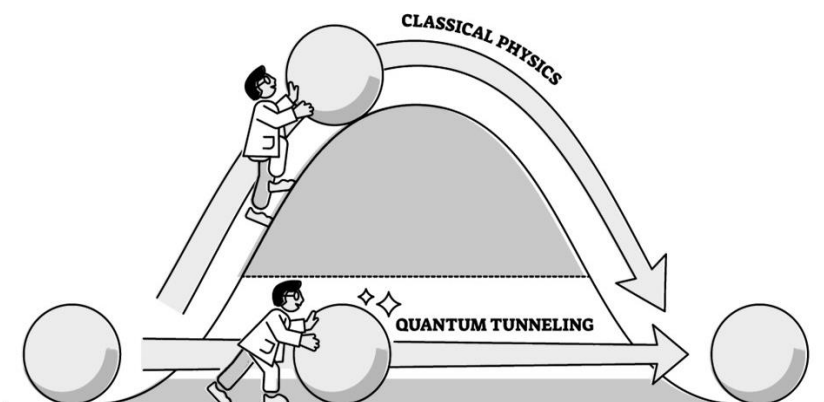
The Form

At this point, the consciousness is
“activating” two forms or the
creation at the same time with
following characteristics:

The **Male** part of you – Justice,
Courage, and Wisdom, The **Female**
part of you – Kindness, Nurturing
and Gentleness.

Quantum physics reflects the nature of consciousness quite well.

Experiments show that elementary particles are NOT restricted by obstacles and can be at several places at the same time.



When Male part of the Creation (which is a **thought**) “merges” with Female part of the Creation – **emotion**, a brand-new form comes to life and the sake of simplicity, we will call it – a Child.

Children are “born” through this thought/emotion union BEFORE they are physically conceived.



So, the formula goes as follows:

Thought + Emotion = Form **

** Intensification - increases effect

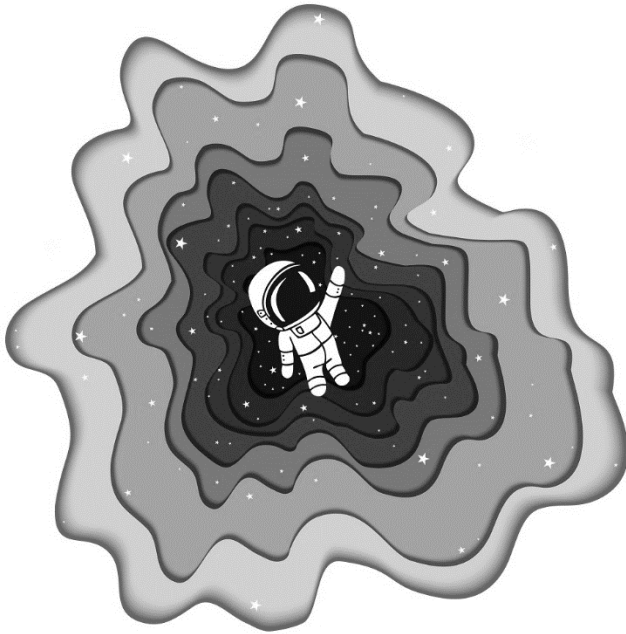
Even though, at this point, you are “split” into two (with the ability to create more forms), your OWN nature did not change a bit.

You are still a Divine Being, neither man nor a woman, who is having a Cosmic Dream!



In this Cosmic Dream, your Thought Body (Male/Female) is learning how to project itself into more forms.

To each and every form you
“project”, you are the Universe and
someone to look up to.



This multitude of newly formed
versions of you, need to get the
following experience:

1. Learn the nature of **passion**
2. Learn the nature of **inertia**
3. Learn the nature of **pleasure**

1. As we learn the nature **passion**, we find out that attachment to the object of desire brings forth greed and possessiveness.

This is where “emotional pain” comes from.

2. If you find yourself doing something by **inertia** (your friends are doing it, you saw it on TV, etc.), you will create many useless habits that will overtake your life.

If you ever wondered how come you are not doing anything that your heart really desires, you are living your life by inertia!

Eventually, as you lose the illusion of this so-called comfort, you may start making different choices.

Now, the fun part!

3. What is **pleasure**? When the vibration of every cell of your body is being raised, you start feeling that you want to fly up!

This feeling we call – **Bliss**.



Welcome to the world of happiness!



Happiness – is a feeling of lightness, joy, contentment, satisfaction, and fulfilment in life. This state of bliss is a natural feeling that we brought with us from Heaven.

As children, we feel this happiness for a while, but if our environment is not very loving, we start trying to “earn” it. We become “smart” with our affection and only show **Love** when it’s absolutely necessary.

The nature of happiness is – **Love**
and it is harmony with your TRUE self.

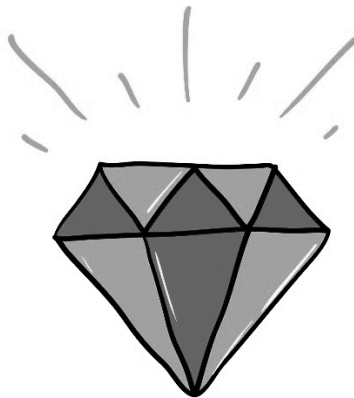
Showing **Love** to the world, is an
act of “pleasing” and you will
NEVER be fulfilled this way.

If you ever find yourself in need of
“pleasing” somebody, this means
that you are fearing something, or
you want a reward. Product
commercials are a good example
of that – they “please” your senses
and get their sales.

Love does not require a reward
and it is not afraid of anything.
Wherever is fear, there is NO love,
and you really cannot have both...
You need to start loving **Yourself**
to be able to express love fully!

Your body – is a Creation of
Perfection, but not in a way you
think! It is a TOOL for helping you to
become a better YOU!

All imperfections that people point
out, are there for a reason. You
want challenges – not leisure!



The more effort you put into
transcending your reality, the more
skills and strength you will gain.
Whoever has it “easy” doesn’t have
anything! Your challenges are your
real treasure...

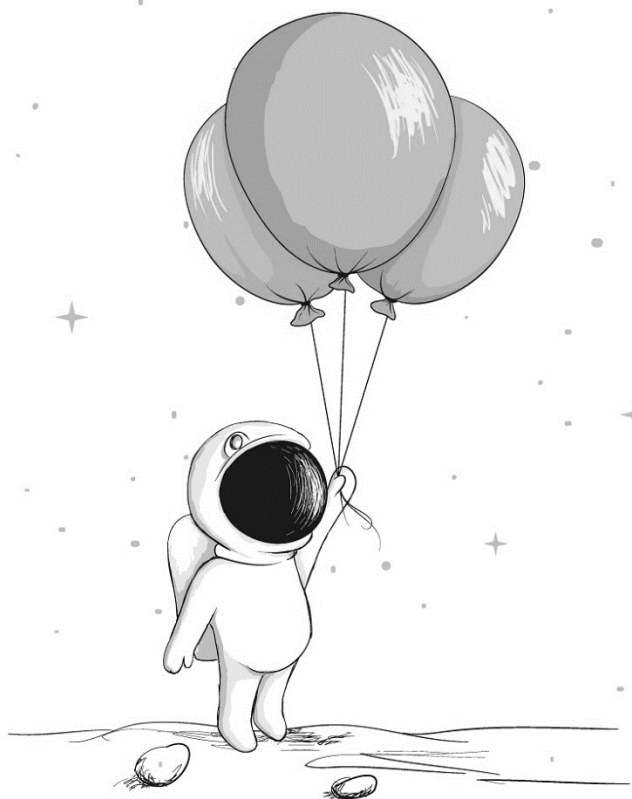
You may find that your body doesn't not look perfect or cannot do things other people's bodies can. Does this really make it "bad" or is it just something for you to experience in life?

YOUR BODY – IS ONLY A GARMENT. NOTHING ELSE!

It's a "vehicle" for transporting you from one place to another.

When you make peace with the "vehicle of our choice", you will start enjoying your body regardless of what anyone thinks!

If someone tells you that you should not be happy for some reason, it is really NOT your problem!



It's their own point of view and you are just having your OWN Cosmic Experience. You treasure your own lessons as you encounter problems and transcend them.

People in the world of senses can be harsh and tell us we should give up. Transcending – is NOT about giving up... It's about learning your limits and going beyond them!

The ability to turn ANY experience into a pleasurable one comes down to using your sixth sense, called

***Intuition* !**

Intuition – is NOT exactly as “sense”, but a sense-consciousness, which “activates” ANY of the senses in ANY location of your Astral and Physical bodies by your own will.

Visualizing – is willing.

Willing – is loving.

Loving – is creating.

Life is about MASTERING, and you need to master it on three levels:

1. In this Cosmic Dream your **physical body** is made out of the sensory triggers, such as – seeing, hearing, smelling, touching, and tasting. It responds to chemical and psychological stimulations. Transcending your Physical Reality could be accomplished by mastering your reaction to what those senses “tell” you.

2. Your **Astral form** is made out of intelligent life force called – Prana (or Lifetrans). Unlike atoms and electrons (which are blind forces), Prana – is a creative force that is responsible for supplying your body with proper information, which includes a karmic design at birth.

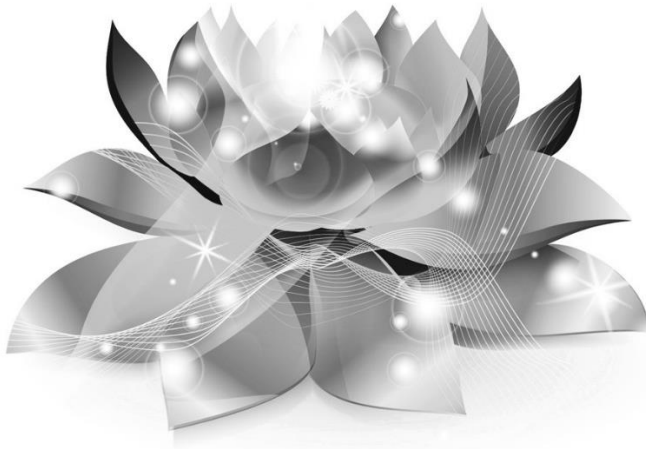
The attained level of Spirituality can be very high in the Astral Realm but being “emotionally attached” to the beauty of it will NOT allow you move on to the next Reality, which is the world of structures, ideas, and calculations.

3. The Higher Mental Realm (Casual Body) is where you will end up after you attain Astral and physical liberation from Karma.

Every planet or reality is a perfectly engineered thought or a Dream-Idea of God! The Cosmic “Blueprint” of anything – is located in a Mental/Casual Thought-World.

Bliss – is dominating sense in this Realm and we can call it:

THE SEVENTH SENSE



As we see beautiful things, hear soft music, feel delicate touches, smell fragrant flowers, taste delicious foods, our senses get stimulated, and we feel pleasure.

Desire for pleasure is not something to be ashamed of. We came out of **Bliss**, and this is something we will always want to come back to...

EVERYTHING is initially a form of Consciousness or an Idea. What if you learned that the World of Structures was something that you could easily see with your physical eyes?

“Shining structures” experiment:

There is a way to see them and all you need is to find a nicely lit place where no one will bother you. Let's say that you are in your room where you can lay on your bed and the light is turned ON.

This exercise does take some patience (and maybe courage if you are still afraid of the unknown), but once you master it, you will be able to do it pretty much anywhere.

Now, make yourself comfortable, lay down and close ONE eye. With one eye closed, start looking at any part of the ceiling (not the light), and wait 'til half of your brain starts falling asleep.

At this point you may notice little **sparkles** of light in the area of your closed eye. “Anchor” your thought to the sparkles and watch them turn into structural framework.



There are many different “blueprints” all around you and they can be quite visible if you would like them to be. The electrical field of your body can also be visible in a similar manner, but only through another eye (an OPEN one).

For both experiments to work, your background CANNOT be too light or too dark (gray color is best).

If you train your mind to ***always sense structures behind things***, you will find that your thinking becomes a “living” calculator!

Everything is being calculated, from your breath to how fast any car is going. As your world turns into “slow motion”, you will be able to react very quickly if something needs to be done.

Calculating notes in people's voices and movements of air when somebody's eyes blink can actually give you quite a bit of information about them!

By sensing their “vibrational instability” you will be aware if they can cause any harm.

Discovering that people are “made out of” beautiful symphonies, is also a real treat! Under influence of alcohol, their “music” turns into two or three boring notes...

Why sensing structures is important?

1. You are no longer “blind-folded”.

2. You realize that the world DOESN'T spin around your problems.

3. Seeing and analyzing so many things at the same time does NOT allow you to keep your mind full.

Mind – is NOT an attic! It's designed for processing, not storage.

You don't have to memorize anything or store any information if you have the ability to access a huge, limitless library of knowledge that surrounds you.

THE PURPOSE OF YOUR MIND IS NOT TO MAKE THINGS MORE COMPLEX!

Its purpose is to convert complex objects into structural ideas.

Replacing your thinking with a seventh sense of **Bliss** will put a “screen” in your head and give you the ability to “preview” NEW structural designs in your mind.

The impersonal version of **Bliss** – is **Joy** ! It could be called – “an eighth sense”, because we get to use it, but it’s NOT what this is.

The Impersonal Way of Life is easily the highest attainment that could be reached in our physical body.

Life is NOT about getting all the “miracles” and “toys” that proper knowledge offers you. Even NON-Attachment is NOT as powerful as seeing a world from IMPERSONAL point of view...

JOY – IS GOD IN ACTION

This is how you sense the activity of the Highest Realms.

It is easy to live in a world with no distractions, no responsibilities and only care about your own Spiritual Enlightenment. But is this really a Plan for us?

Why do we have families, children, events to attend? They are for us to:

IN-JOY

1. Only through **Joy** you will know your real purpose in life.
2. Only with **Joy** you can be truly selfless and caring.

If you give just for the **Joy** of giving
and live just for the **Joy** of living,
your life will be changed FOREVER!

You will need to learn through Meditation about what Higher Realms have to offer if you want to experience the feeling of Impersonal Spiritual **Joy** and realize who you really are – a Spirit or Consciousness in FORM.

Even though we talk about different “Worlds” and “Realities”, there is only ONE Reality. All three bodies are all made of exactly the same Divine substance – which is vibratory activity, and they are held together by your **Desire**.

The final liberation from all three bodies will be attained once you no longer have ANY desire for imperfect sensations of physical, Astral and Mental realms.

The human body did NOT result from animal evolution. It was condensed by the Will of God into a form that can produce other forms by its own will as well.

The Tree of Good and Evil is symbolically a nervous system with sensations as enjoyable fruits.



Any fruit could be eaten from that tree, except for one – a sexual sensation. Why? This was NOT how propagation was intended for human beings!

Adam and Eve – the first duality (thought-reason and emotion-feeling), “fell” from their immortal state into an animal birth/death cycle just by not being able to resist this powerful sensation.

If we want to “raise” back into immortality, we will need to reverse the process. People these days believe very strongly in their “animal nature” and basic instincts.

This instinct is an illusion (or Maya), and this is what I will try to show you.

“Senses juggle” experiment:

Find a quiet spot and take a sit. If you can sit in Lotus position with your legs crossed, it will be the best.



Concentrate your mind on a certain area of your arm. Once you feel it, start moving this spot across your arm and down to your fingers.

Now, wiggle your fingers to concentrate your thought there and touch fingers on the other hand.

Wait 'til you start feeling your other hand (keep it still, use your mind only) and let's see if you can take this sensitive area to the elbow.

Can you take it to the shoulder now? How about your leg? "Slide" your thought all the way down to your toes.

Now, try moving sensitivity all over your body!

Did you notice that when you started to "jump" from one place to another, whichever area lost your attention – it also lost the feeling?

At this point, feeling different areas of your body by simply re-focusing attention, should be easy!

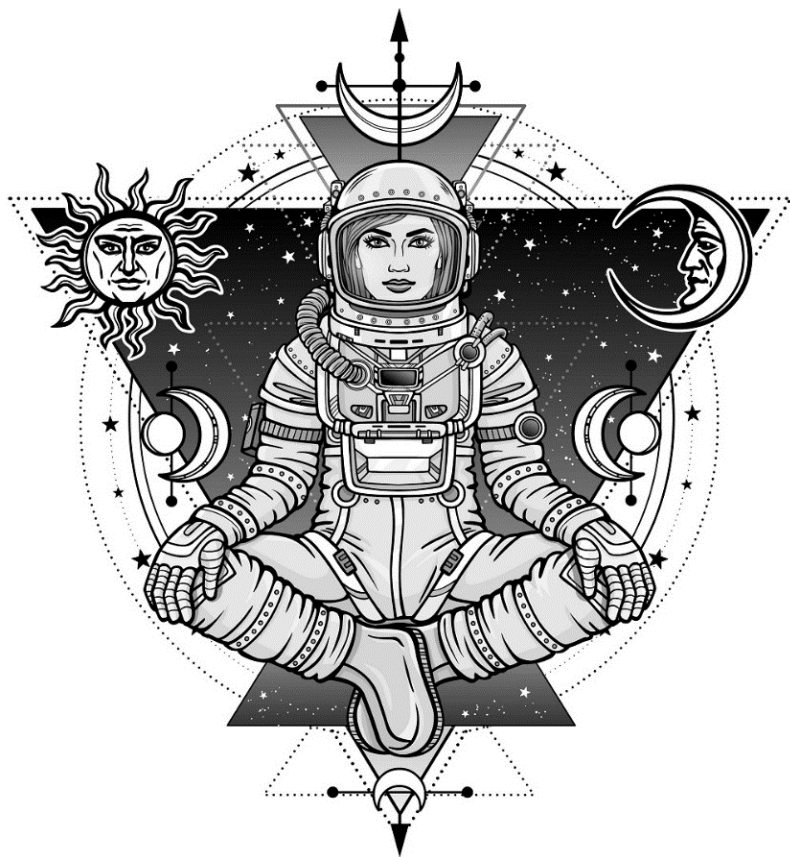
Now, if you feel really adventurous – make your left foot itchy. When accomplished, try scratching it without touching... So, who is in charge of your senses now?

How do we feel things?

All your senses get energized by an invisible substance, which is consciousness. This consciousness (or basically – YOU) is of an electrical nature, and it is your Primary Body.

You can also call it – your Presence or “I Am” Presence. Your physical body is only a “shell” that your Primary Electrical Body activates.

When your body is healthy and relaxed, your Primary Body (or consciousness) evenly “spreads” among each and every cell.



From this Universal Field of Knowledge, your physical body gets all necessary information on how to handle its organs.

The nature of your Primary Body (or Light Body) is - **Love** and it will respond positively to any loving commands from your side.

It does not know fear, jealousy, and anger! If any of those emotions are experienced, your Primary Electrical Body will shrink in size and avoid “covering” certain areas of your physical body.

When proper information to some of your body cells and organs gets “removed”, they will start making mistakes and create something that we call – “illness” or even death.

A good solution, in this case, is to notice your destructive **Emotions** and “let them go”.

If you learn how to control your senses, you will always be at peace in any situation. Letting go of all painful emotions will keep your Primary Body right where it belongs.

How do you forgive? You forget!
Mind Emptiness – is a wonderful way of making your mind STILL.



The Path

Your Consciousness (or your Primary Body) energizes and gives sensitivity not only to your physical body, but Astral Body as well.

Wherever your *Attention* is directed, it follows and lets you feel the structure of anything. You can think of it as an “extra sense”.

Let's try another experiment. Turn ON the light in your room and sit down. Quickly take a look at what surrounds you and close your eyes.

Now, try to recall a picture of what you saw inside your room.

If you cannot recall much, don't worry, open your eyes and we are going to do something different.

This time, try to feel your consciousness again and send it to the wall. You may or may not actually start feeling its coldness or texture, but this is not what we are trying to do.

Take your consciousness to the picture on the wall, a light switch, or anything interesting that you have there.

After sliding it on any of the objects, close your eyes again. And now:

RECALL THE PICTURE!

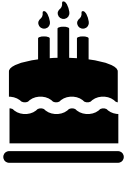
If the experiment was done right, you should be able to recall any object that your consciousness “touched” with relative ease.

You can continue doing this just for fun and you will find that your consciousness also possesses a great memory, which is also – photographic.

The practice mentioned below, will extend capabilities of your mind quite a bit:



At the end of the day, sit down quietly and try to recall your whole day in detail. Once you master this skill, the following exercises will be a piece of cake!



#1. Think of an object and hold it in your mind. Now, make it shapeless and start spinning it around its axis. Time to bring out some forms! Keep on holding the object and make it into a cube. Now make it into a ball. Time to do some stretching! By using your mind, turn your “ball” into a stem of a flower. Now spin the top edge of your future flower and ask it to grow petals. Keep your mind at this thought until petals show up. So, which flower did you create?



#2. Now, let's spin a flower and make it shine. My favorite colors are white with golden edges.

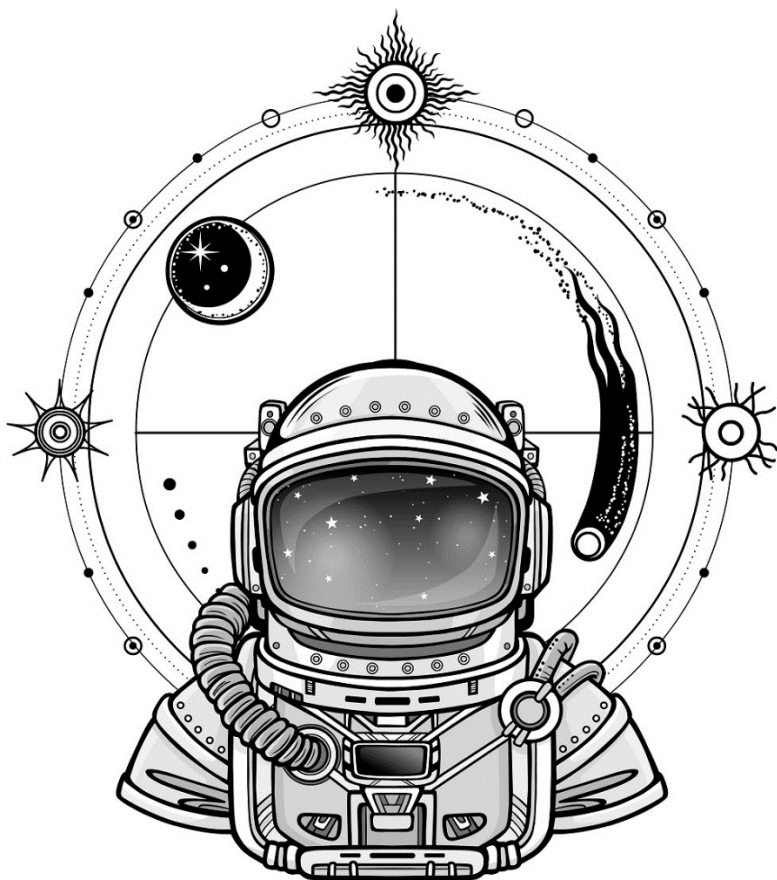
To strengthen your mind even further, you can also try:

ASTRAL SPACE-TRAVELING

The main difference between this type of space-travel and regular space traveling is that your “equipment” – is only your mind!

Find a spot where you know for sure that no one will bother you. Get comfortable and close your eyes.

Once again, if you can sit in the Lotus Position, it will be better.



There are two types of basic Astral
“space-travelling” techniques:

1. Where you fully leave your body.
2. Where you project yourself into a
thought-form.

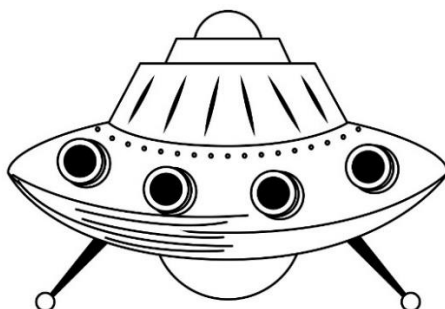
The stronger your Emotional / Astral body is, the more control you will have over your experience.

When your “psychological” or Astral Body is weak, you will feel like you are getting pulled through a “vacuum cleaner” and people call this experience – an Astral Projection.



If your Astral Body is reasonably strong, then your “space-travel” can be easily accomplished without this “bump”.

The first way of “Space-Traveling”



The harsh way of being “dumped” into the Astral World is going through a “vacuum”.

Many people get scared at this point and stop the process, but if you don't, you will find that at the end of this tunnel is a “round window”.

As you get to the end of the “tunnel”, concentrating on the window will get you to fall right through it.

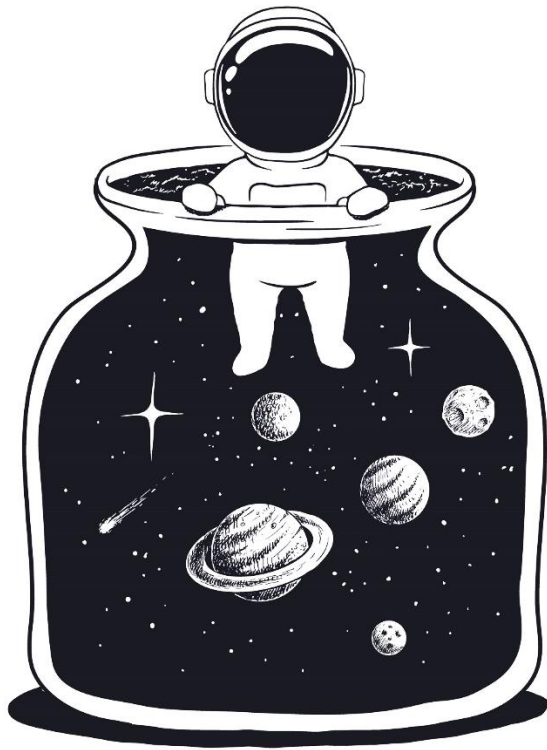
WELCOME TO THE WORLD OF THOUGHT-FORMS!

At this point, I really hope that you land on something soft, or you are conscious enough to manifest a pillow for yourself to fall on.

Another alternative is to make your Astral Body soft or bouncy before the fall takes place.

Yes, in this realm pain does exist, but there are many ways to avoid it. If your mind is functioning properly, you can get really creative and change things instantly before they get a chance to hurt you.

In the physical world we don't have any of these amazing tools, and this is why Astral World is so much fun to play with!



People that enter Astral World under influence of alcohol, drugs, or stress, usually end up with completely different experience.

If anything alters your mind while
being there, your worst
nightmares will come to life!

This type of “unhealthy” space-
traveling is usually called – hell.

Why? Because you will manifest
things right away and if your mind
is NOT under control, you will face
your worst fears and enemies!

This is why it's NOT a good idea to
send your consciousness on the
“wild ride” by drinking alcohol or
using substances that change or
alter your mental state.

Thoughts – are actual, quite living,
animated beings and this type of
unconscious creation leads to
imperfect thought-forms.

Even though everything is changeable in the Astral Realm, and you don't have to experience ANY pain, when you are NOT in control, these thought-forms will start controlling you...

The second way of getting into an Astral Form (or a thought-form) is:

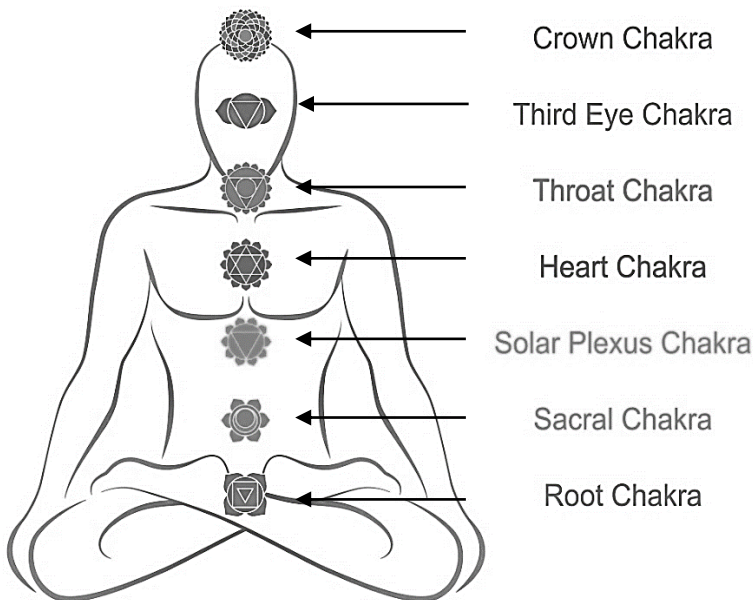
MEDITATING

If your Astral Body is a lot stronger, it is highly unlikely that you will be projected uncontrollably into completely random situations.

The point of meditation is also to focus on your destination and therefore – your activity.

Basic meditation techniques include calming down your mind, while focusing it on the subject that you would like to work with.

During meditation, you also have an opportunity to experience your consciousness at different vibrational levels, because you will be able to guide it through and out of different electrical centers on your body.



Whichever center your consciousness “falls through”, that’s the type of experience you will be having. Since this is a controlled environment, the destination of your thought could be also guided by pictures or sounds.

In meditation practice you can do a lot of good things as well! Through your “Heart Center” you can send out Love to someone special or to the whole world.

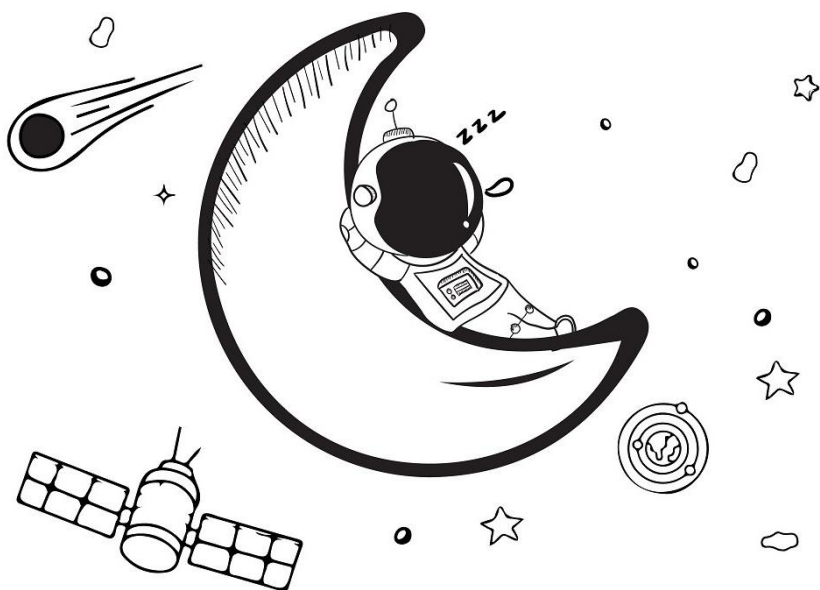
Another benefit of meditation-travel is that you can create in your mind your own comfortable space for practicing.

In “uncontrolled” Astral projections, you really never know where you are going to end up...

If you “land” in the middle of a serious conflict or next to a dangerous animal, you should go back ASAP!

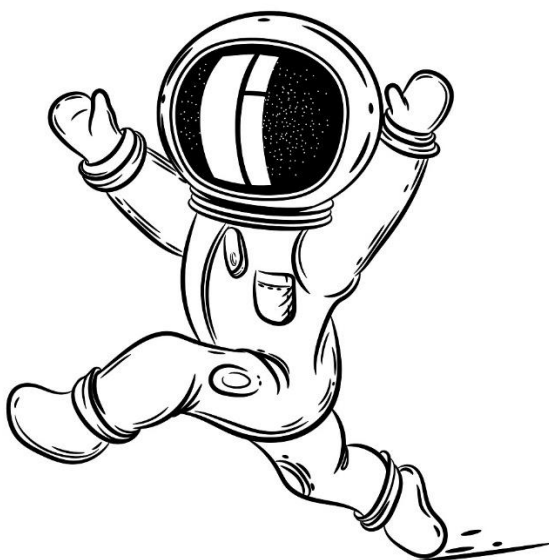
Now, let's master our Astral Body!

First of all, you need to know that during Astral Travel your physical body is at rest (just like during sleep), and you can always get back to it by simply wishing to do so.



Even though Astral space-travel feels exactly as our normal life, the Laws of this dimension are very different. In an Astral World:

- 1.** There is no weight
- 2.** There is no gravity
- 3.** Nothing is solid
- 4.** Everything can change form



And yes, you can fly!

Now, let's try to create a room out of our consciousness and put the standing projection of yourself in the middle of it.

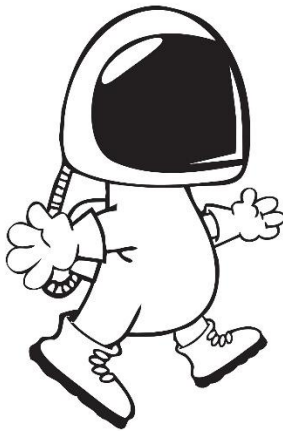
After getting accustomed to your Astral variation, realize that your body in this dimension doesn't have any shape or density!

It is YOU who is holding a visual projection of yourself and making your Astral Body look a certain way.

What we are going to do now, is:

**BREAK YOUR BELIEF IN
SOLIDNESS OF A MATTER.**

We all know how to use our hands and feet in the physical world, so it should be no problem to simply start walking to the nearest wall.



If at some point you feel like you just want to simply “fly up” to it, congratulations, you “broke” the first barrier!

Let’s touch the wall now. Can you feel its texture? Is it solid?

Imagine that a wall is a “bouncy substance” and try to push it.

Most people don't realize that they can "assign" qualities to objects. It does take some practice and memory, but manifestation is almost instant in this reality.

If you think that the wall is "bouncy", in the Astral Realm it will quickly take on this quality and become of a similar structure to a balloon.

REALIZING that the wall can be pretty much ANYTHING – will allow us to change its "structure" at will. As an idea for practice, if you would like to pass through a wall (or any other "solid" object), you will need do the following:

1. You must either "disintegrate" your Astral Form, or ...

2. You must “disintegrate” the object that you are trying to get through.

If you forget to “assign” the wall or your body this quality, by default, your mind will consider it to be solid.



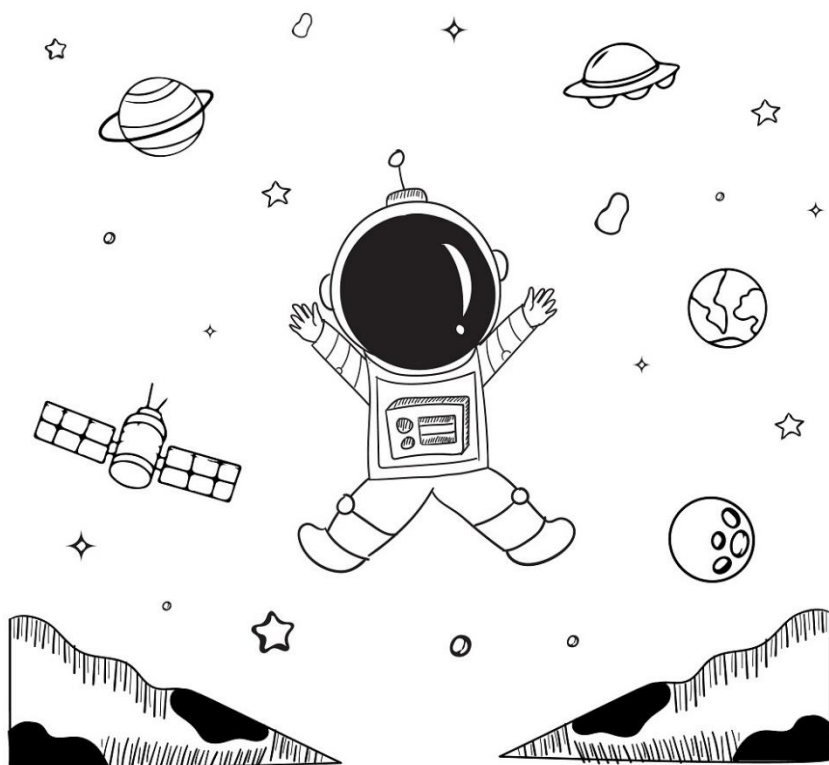
Your mind holds a certain image of how it “thinks” objects should behave and you will experience the Astral Word at the “**Default**” setting if you don’t change anything.

What are dreams?

In your dreams, you are unconsciously projected into the Astral Realm, but unfortunately, you cannot do much with it. Your dream will take you to the last thought you had in your head before falling asleep and you will be manifested as a physical being.

When you figure out how the Astral World works and get the hang of it, the possibilities are endless.

For example, you will be able not only to create objects in space and move them around, but also create events and watch how they will progress in time.



Of course, at some point you will get tired of playing with Astral Toys and want to move on to bigger assignments!

Lessons from Astral World will always be with you, and you will find out that your physical reality will be forever changed... Why?

*“As you think, so shall you
become...”*

– Bruce Lee

And what are we doing in the Astral Realm? We are learning how to think – consciously. All exercises that were mentioned, could be also taken to a lot greater extent:

- 1.** You can project yourself to physical locations by using images.
- 2.** You can project yourself in time by using imagination and memory.
- 3.** Out of the visible spectrum, the color frequency closest to our physical plane is of violet color and it could be consciously used by you to transform and transcend matter.

Just like micro-discharge plasma that offers a benefit of sterilization,

VIOLET FLAME consumes all

negative thought-forms that people carelessly create. This high-frequency light increases the vibration of a matter and restores it to its native purity.

If you picture a Violet Flame over a troubled area of your body – it could bring you relief from pain. Sending Violet Flame over certain disturbed areas of the world should help with calming things down.

The stronger the picture, the better it will work. Violet Flame can also be sent to your friends and family who are in need of a miracle!

4. Another tool you can use, which is not really “a tool” but your own being in a pure condition – is the

power of **LIGHT**. We don't

normally realize how much power we really have, but when “duty calls” – it's time to **Shine** !

Of course, your

CONSCIOUSNESS can do a lot

more than I mentioned, but I hope you got the idea!

I also would like to mention that consciousness is known under different names depending on its application:

1. When we talk about physical body, we call it – **health**.
2. In the Astral Realm – this creative force is known as – **life**.
3. In the world of thought, it is known as - **intelligence**.

But this is not all! If your Primary Body or consciousness is directed at another person, a pet or simply any pleasant object, we call it – **Love**.

When you finally stop desiring things from “outside” and direct your attention inwards, maybe in a form of meditation or a prayer, you will find that the consciousness is called:

GOD

The Return

Now, let's put all the pieces of the puzzle together.

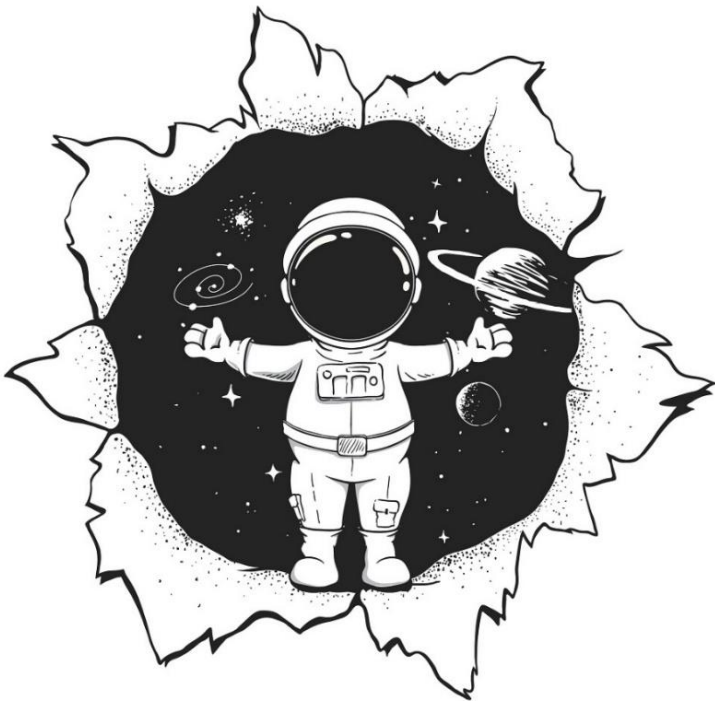


1. You were born into Eternity
2. You were born into form
3. Your form was split into two
4. You are able to create things and therefore give life to more forms outside of yourself.

5. Your “birth” into Spiritual Cosmos was in the form of a thought (or Male aspect or the creation).

Casual/Mental realm is where ideas reside and structures of anything are initially created.

6. Your **Astral Body** is a thought-form governed by emotions (Female aspect of the creation). In this realm all your ideas come to life!

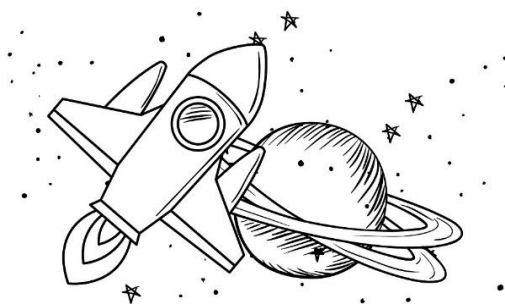


Any thought or idea that you hold in your head will get materialized if you give it enough emotion. If this “union” is NOT out of **Love**, watch out for Karma!

7. Your **physical body** is made out of condensed Astral substance and its purpose is to experience and transcend density. This is a “Child” aspect of the creation and as it matures, it starts seeing Creation as a Whole. At this point, the realities will start blending into each other and you become ONE.

So, what are the limits to our Soul? How much discomfort can we really handle? Only by living your life to the fullest, you will find out what you are really capable of.

Yes, it's easy to just be... But we
want more!

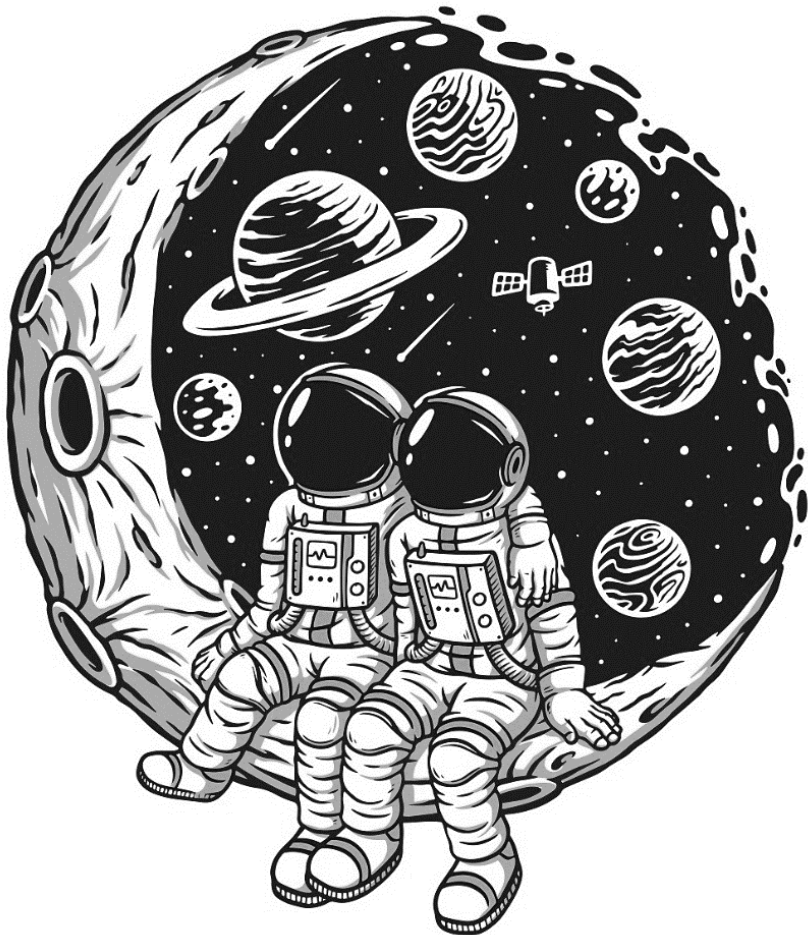


Imagine yourself being a drop in the
big Ocean of Consciousness.



Where is beginning? Where is the end? Who knows... Who are you? Who am I? No one knows either...

WE ARE ALL ONE!



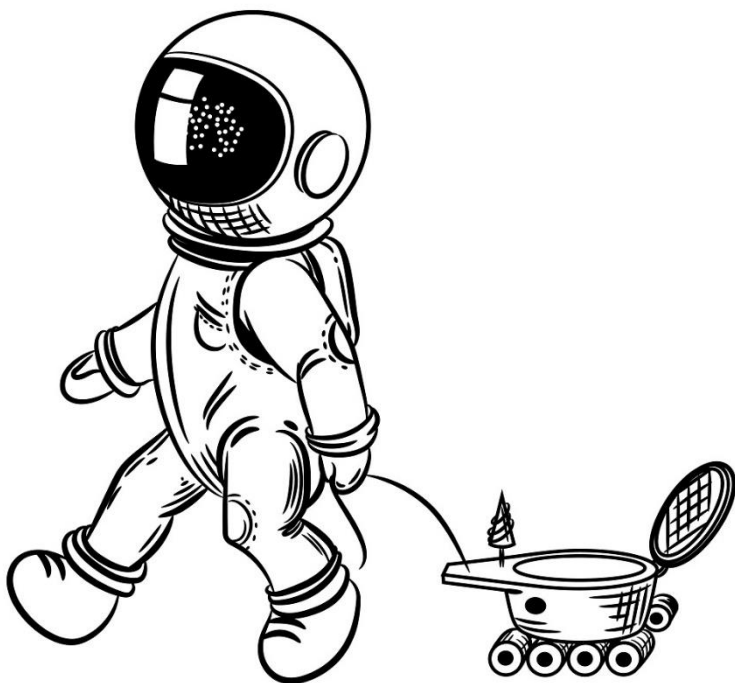
Being a “drop” of intelligence in the Ocean of Wisdom is a great responsibility, but it is also a great opportunity to learn and explore!

TIME AND SPACE DO NOT LIMIT US!

We are of God and God is us!

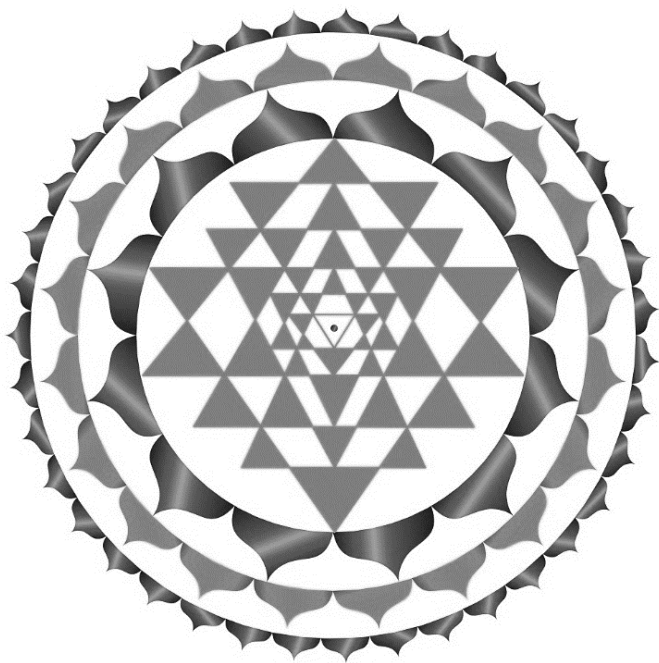
The Universe is expanding because it's fun to create new things.

Eventually, you will return Home (Heaven, if you remember), but you will always be in this ever-Expanded Condition. You will also never forget your adventures and with joy will jump back into ACTION!



Your next Cosmic Dream will be
different from this one, but one
thing will NEVER change – and that
is your desire to learn, to create and
to *Love*.

End of Story.

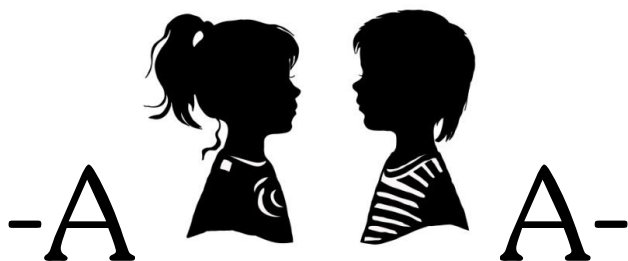


God, Creator – One Consciousness, Brahman
Heaven – Heart of God, Ocean of Consciousness
Primary Body – Consciousness, Mental Body
Secondary Body – Thought Form, Astral Body
Garment of Flesh – Physical Body
Soul – “I Am” Presence, God Within, Light Body

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Who are Ark & Ari?

Ark & Ari are never-aging beings of the Divine Light. Their only purpose here on this Planet is to guide you in the realization of your own True Self. All we ask you is to open your heart and we will go on the wonderful journey, where all you have to do is simply... remember!

