

How to Play the Game of Life



Intermediate Version

By Timothy J. Doyle

**HOW TO PLAY THE
GAME OF LIFE**

Intermediate Version

by

Timothy J. Doyle

This book is dedicated to those who have gone before us,
the Ascended Masters who have set the example, living consciously
in the present moment, a place of harmony, balance,
order, and unity for the good of all.

This book is intended for those walking their path and trusting
their inner guidance, determined to find answers. The most difficult part
is being conscious of our thoughts in every moment, learning to
listen to the teacher of Divine Wisdom from Universal Mind,
Creative Consciousness, always communicating
with us in every moment.

All rights reserved. This book is fully protected by copyright and no part of it may be reproduced
in any form or by any means, including by photocopying, nor utilized by any information storage
or retrieval system, nor recorded on video or audio systems, nor shared through electronic mail
or the internet, without written permission from the copyright owner, Timothy J. Doyle.

ISBN:

978-0-9856730-4-8

Table of Contents

Preface.....	ii
Introduction.....	vi
CHAPTER 1- The First Teaching - The Big Picture.....	1
CHAPTER 2- The Second Teaching - The Soul’s Journey.....	6
CHAPTER 3 - The Third Teaching – The Manifestation Process	8
CHAPTER 4 - The Fourth Teaching - The Conscious Mind (Part 1)	17
CHAPTER 5 - The Fifth Teaching - The Egoic Self.....	24
CHAPTER 6 - The Sixth Teaching - The Soul’s Learning Process.....	28
CHAPTER 7 - The Seventh Teaching - Light and Darkness	34
CHAPTER 8 - The Eighth Teaching - Mastering Your Thinking.....	37
CHAPTER 9 - The Ninth Teaching - Healing.....	40
CHAPTER 10 - The Tenth Teaching - Trials and Tribulations.....	43
CHAPTER 11 - The Eleventh Teaching - Forgiveness.....	48
CHAPTER 12 - The Twelfth Teaching - Unanswered Prayers.....	51
CHAPTER 13 - The Thirteenth Teaching - Faith and Trust	55
Epilogue	57
Appendix.....	59
Prayer of Protection	59
A Question and a Prayer as the Answer.....	60
Removal of Emotional Parasites and Fears	61
Mantra of the Initiate	62
My Deepest Gratitude	63
About the Author	64

Preface

I am awakened at 2 a.m., feeling the urge to go to my computer and start writing. Normally, I get up at 3:30 a.m. to start my morning Kundalini Yoga Kriya, but not this morning. As my mind was filled with words as if I was telling a story to myself, I was surprised with what I thought I was going to hear and write, and not what was written. When I finished writing the first teaching and it was signed, “The Golden Ones,” I had no idea how profound their teachings were. After sixteen straight nights of getting up at 2 a.m. and scribing teachings signed by The Golden Ones, I knew this was the material for the second book in the series *How to Play the Game of Life*.

The Golden Ones are the “us” in “Let us,” the same Co-Creator Gods who said, “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

“So God created man in his own image, in the image of God created he him; male and female created he them,” (Genesis 1:26-27, King James Version).

The Golden Ones have established the curriculum for this Spiritual Hierarchy Training School on Earth; it’s an agenda that will assist all of us who have chosen to come to Earth to advance us from being Masters to Ascended Masters.

I read very little in the years when I was developing my spiritual awareness, because my spiritual guides always told me not to follow others as I would progress only as far as the others had progressed themselves. In learning, I may have been guided to particular portions of books as reference material, or maybe to a documented procedure such as yoga. Anything I have ever wanted to know would come to me or I would have to read the material through a required curriculum.

The two books I’ve read that have influenced my awareness are *The Master Key System* by Charles F. Haanel and *The Emerald Tablets of Thoth The Atlantean* translated and interpreted by M. M. Doreal, MsD, PsyD. Written in the early 1900s, *The Master Key System* was ahead of its time. It taught the art of manifestation through the practice of meditation in conjunction with Universal Laws. The Thoth writings offer the same premise, but the terminology encrypts the message, so only those with a sincere desire to learn the Secrets of Secrets can understand Thoth’s writings.

The Golden Ones are guiding me to write down these teachings for future generations. One day when these teachings are embraced by all, then peace will reign in the hearts and minds of all humans on Earth.

Within each of us is a driving force motivating us to take action in our life. Whether we are aware of it or not, this force provides us with the impetus to examine our current belief systems and to question how we feel about them. This innate force or feeling is our Divinity, the guidance of our higher self, the Teacher of Divine Wisdom, Universal Mind, or God. This force is constantly reminding us that we are much more than we think we are from the viewpoint of our limited self-perception. What distinguishes us as human beings from the other kingdoms (mineral, plant, animal, and angelic) is we are not part of these kingdoms anymore and we are here on Earth to learn how to serve all the kingdoms of God. We are here on Earth, a Spiritual Hierarchy Training School, learning to become Co-Creator Gods. Coming to Earth is a choice we each made.

Prior to coming to Earth, we were part of the mineral, plant, animal, and angelic kingdoms and we were connected to Universal Mind through innate intelligence, the same innate intelligence that guides beavers to build their remarkable dams, and birds to build their incredible nests. One of our primary responsibilities as Masters here on Earth is to learn how to manifest, something new to all of us coming to Earth. To manifest is a completely different process than just creating something. We will go into specific details later, but it involves using reasoning and the five senses, conscious mind, visualizing our feelings, and speaking the word of the desired manifestation. This is a complete bodily process that some of us take for granted without understand what we go through or what is involved.

We came here because of the Love within us and our dedication to serve, to make a difference. We reached a pinnacle point of our development as a soul and we made the choice to come to Earth. We are here to learn to manifest, using our conscious mind and our subconscious mind. Our ability to use free will is solely in the way we choose to manifest. Are we using the Divine creative energy within us to bring our thoughts and desires into manifestation for selfish desires or for selfless reasons? So here we all are, placed in a Hierarchy Spiritual Training School on Earth, stripped of all our previous understanding of who we are and our relationship to the Divine, forced to rely on our innate feelings with the interference of free will, reasoning, and the five senses, and struggling to balance the heart and the mind in finding our way back to our Divinity by becoming the Divine.

Each of us is an aspect of God on a soul journey learning to become a Co-Creator God, as loving and evolved in our thoughts and actions as we can be. Self-assessment, as to how we measure up, is based on how we directly connect to Universal Mind; this will be shown to us in our daily experiences. Are we conscious of all our thoughts in every moment? Universal Mind is constantly communicating with us. Are we listening? Do we hear the answers to our questions? Are we receiving an answer to our thoughts almost prior to finishing the inquiring thought?

I remember coming home from work one day in March 1977, not feeling good about my day nor about how I had conducted myself at work. No one but me would have noticed anything majorly inappropriate in my conduct, but being a Virgo, perfection in all I do is always important to me. On this particular day, I decided to meditate. It was 3:30 p.m. in the afternoon and I normally didn't meditate until 7 p.m. in the evening. I went through my normal preparations before meditating: sitting in my usual room, closing the curtains as I like the darkness, lighting a candle, and saying the Prayer of Protection (see Appendix).

As soon as I closed my eyes, my inner sight filled with a vision of a spiritual being dressed in radiant golden attire: a brilliant golden robe with a golden hood and thin golden rope-like sashes along his right side almost touching the ground. This golden being reached up and removed a necklace from his neck; this necklace floated across the space between us and settled around my neck. As it settled, a tingling sensation overcame my entire body, similar to the tingling sensation we all experience when we receive confirmation from our higher self; however, this tingling sensation was more intense. As quickly as this golden spiritual being appeared, it disappeared with the giving of this necklace. The necklace comprised a golden chain from which hung an inverted triangle, like the lower half of the Star of David, pointing downward to Earth, indicating that the teachings of The Golden Ones are a gift from Heaven to Earth.

I had had visions of spiritual beings before, mostly in dream states. This vision, however, was very special: it was in the middle of the day, I was fully conscious as it appeared as soon as I

closed my eyes after reciting the Prayer of Protection, and of course, it lifted my spirits. Days later I went out and bought a golden necklace and found a goldsmith to make a replica of the golden triangle from my vision. I have worn this necklace every day since, to remind me of this special day in my life. I later realized and was told by my loved ones that the hallmark of The Golden Ones is the inverted triangle; it represents gifts to mankind.

I had many opportunities to travel around the world as I was guided by my spiritual teachers to visit and experience many different Energy Vortexes around the world. One thing that came to mind is that people are the same and the only difference is their language, their belief system or their nationality. Another thing I observed while traveling and visiting all these different countries was that everyone was looking for the same things: “Where did we come from?” “Why are we here on Earth?” and “What is our purpose?”

After returning from my world travels in 2012, my spirit guides recommended that I finish a book I had started back in 1998. This book was called, *How to Play the Game of Life: Beginner's Version*. Needless to say, at that time, although I had plenty of teachings and experiences to draw from, I really wasn't pressed to write the book. Now, out of work, with no money, little income, and nothing but my spiritual experiences to draw from, I dusted off the old writing and began putting new life into it. While I was writing, Spirit recommended I develop a website to share teachers' tools with the public. After very little discussion with Spirit, the name of the website became “The Path to Oneness.” This was not the name I originally wanted for the website. I thought “The Path to Self-Mastery” would be more appropriate. I thought I was being prepared to assist individuals in becoming masters of their own destiny, as I had been trained for over forty years. But, after receiving Spirit's guidance over the next few months, I came to know why Spirit recommended “The Path to Oneness.” I could see they had bigger plans.

Earth is not meant to be an individual path, but a path of embracing the Oneness of Life. Yes, it is an individual path; however, each individual has to embrace their Oneness with the entire workings of the Universe, including all the kingdoms, in all dimensions, and in all realities.

Once I embraced finishing writing my book and developing the website, www.thepathtooneness.com, I started to receive spoken mantras and the teachings behind these mantras. To be honest with you, at the time what my spirit guides were telling me made no sense, but I went along with it as I had to believe that what they were telling was the truth.

Then one morning in late April, during my morning Kriya, my guides told me I would become a spiritual teacher, teaching the work that was about to come through. I remember arguing with my Spiritual Loved Ones, telling them that I was not going to stand up in front of any group of people and teach something that I didn't know to be the absolute truth. After all, I felt that surely everything spiritual had already been taught and I wondered what information they could possibly bring through me that would make a difference in the hearts and minds of humanity. Well, everything wasn't already taught and the information that came through me was not only overwhelming, uplifting, inspirational, and heartfelt, I personally was overwhelmed to be selected to bring forth this work.

In Kundalini Yoga, it is highly recommended to start Kriya one hour before sunrise. I have experienced that when I wake up later than sunrise I do not have the desire to do my yoga; I am too excited. However, by doing Kriya before sunrise, I am more attuned to the prompting of my spiritual guides; I'm very restful and patient to perform the two-and-a-half hour Kriya that Spirit

recommends. In addition, the communications with my spiritual guides is more connected and the reception is much clearer.

So, I was already getting up at 3:30 a.m. to start my morning Kundalini Kriya, but now my Loved Ones were waking me at 2 a.m. and I felt like I needed to write. For the next sixteen days, every morning I would start my day with writing a teaching from The Golden Ones. I remember finishing my first dictation and they signed it “The Golden Ones.” I was surprised at this, but when I went back to reread what I’d written, I couldn’t believe the wisdom, the logic, the understanding, the heartfelt feeling of truth in all the teachings that they were conveying through me to the masses.

I never prescribe to setting a time on going to bed or waking up. I have found that sometimes I sleep for as little as an hour and a half, and another time for as much as fourteen hours. When I only sleep just enough to take the edge off and I am completely awake, I ask my guides if I need to be up. When I feel they want me to write something or to take action, I don’t second guess the time of the day or their prompting. The early hours of the morning seem to be the best time for me to hear and receive the guidance from Spirit. I would highly recommend to anyone working with channeled writings or interested in hearing the prompting of their spiritual guides that they also consider using the first part of the day.

Looking back on this experience of documenting these teachings, I feel so blessed to have been chosen to be the spokesperson for The Golden Ones. Living these teachings for the past forty years, I see the profound wisdom of the Earth being designed as a Spiritual Hierarchy Training School for the development of Co-Creator Gods. I know I have the responsibility of documenting these teachings to support and encourage all of us in the knowledge of our purpose here on Earth, which we do know and feel on some level within. But when we are able to read these lessons, it just confirms what we already know, encouraging all of us to move forward. For this reason, I am so grateful for being accountable for this task.

I know some of these teachings are repetitive or at least may seem repetitive, but I didn’t want to change anything I received from The Golden Ones as they might have a reason for the repetitiveness that is beyond our ability to understand through human logic. There might be some readers who need to hear something more than once from a different slant. So please allow patience as you read these teachings as I have received them.

Introduction

The following pages are based on my experiences of these channeled teachings from The Golden Ones from April 2013 through February 2014. In addition, previous teachings from the Great White Brotherhood, Spiritual visitations as described in the Beginner Version of *How to Play the Game of Life*, plus forty years of life's experiences bring this book full circle. Until I received these writings from The Golden Ones, I didn't realize that all my life's experiences would validate their teachings and would enable me to share exactly the scientific procedures on how to bring these wisdom teachings into manifestation.

When these teachings are adopted, the consciousness of an individual, a community, a state, a country, a continent, and the planet cannot help but change for the good, as the teachings put the emphasis on each of us as individuals to take responsibility for our thoughts in every moment, if we want our desires and dreams to come true. You see the whole purpose of coming to Earth is to learn how to manifest, something we have never done before coming to Earth.

Within all of us there is a coded reason why we are here on Earth. When we are in the third dimension, our DNA is carbon-based. The density of our vibration as a soul is slower; the frequency of our thoughts is on a lower band width; and the food we eat is also denser and heavier, such as meat, fish, and fowl. Our desire ego nature is or may also be lower, perhaps selfish with more interests involving sensual satisfaction without responsibility to the cause or the effect. Living from ego makes it difficult to take responsibility for our actions: "just give us a pill to make it better"; we lack discipline. When we are ready to migrate to the fifth dimension, our awareness changes. We become more aware, more disciplined, more responsible. Our diet changes, our thoughts change, our friends change, our relationships change, our job and work change, and maybe even our location where we live changes.

When you read this book, these teachings will turn the switch on the coding within you and activate your crystalline DNA. You will have those moments when you feel the "light bulb" turning on and the process will start if it has not already started; but it will confirm that everything you are doing—all the changes that are taking place—are just perfect as there are no accidents in this Spiritual Hierarchy Training School on Earth.

CHAPTER 1

The First Teaching - The Big Picture

Message from The Golden Ones: *"We are now here among you."*

"We have returned after many thousands of years to assist each soul in their training. Yes, we say "training," as Earth is a training school for soul development and advancement. Until now, the truth has been shielded from you as you were not able to access this information while Earth was still in third dimensional reality. But now, as you can see, the people on Earth are communicating with others around the world so the Truth can no longer be hidden. Each soul is a Master Soul who has earned the right and has chosen to come to Earth, the planet which is the Spiritual Hierarchy Training School for the Galactic Council. This is a training environment for a soul to learn wisdom and to learn to manifest. The metaphor of eating the apple from the Tree of Knowledge is symbolic to learning wisdom through life's experiences, which is soul learning. All things on Earth are created by God—EVERYTHING—and it is all good.

"All the sensual temptations of the Milky Way Galaxy are here on Earth to assist you in learning how to manifest and develop your embedded God characteristics stored within the Subconscious mind, which is available to all souls. These embedded God characteristics stored in the Subconscious mind are the meaning of 'being created in the image and likeness of God.' Each soul is on a journey from Egoic Self to Spiritual Self to becoming a Co-Creator God, experiencing life and learning to use the embedded God characteristics stored in the Subconscious mind to discern the wisdom of their experiences.

"There are no sins, just soul learning lessons. The key to the soul's training is mastering the soul's thinking. It is a relatively simple process, easier than one may think. With awareness and practice each soul will start to understand and appreciate the value of disciplined thinking. Before we can communicate with you, the soul must become aware of their thinking, the thoughts the soul creates, and the thoughts in their mind so they can hear us. Throughout all the Twelve Dimensions of this galaxy and beyond, thoughts in all forms are how we communicate. This is one of the major priorities in the soul's development: being consciously aware in every moment of their thoughts.

"Each soul will experience many incarnations with many different roles through nationalities, genders, and social status. Do not take your role seriously. It is the quality of the soul's performance in each role that determines the soul's development and advancement. Be of service to one another. Be respectful and accepting of your fellow classmates in this School of Life. There are many levels of awareness in each soul's development, but all souls are working toward their ascension, whether they are aware of it or not.

"Finally, all life's experiences are for your own individual soul's learning and development. What you consider tragic in your own experiences or in observing another soul's experience is exactly what is required for each soul to endure for their learning and development. Yes, have compassion, but remember that whatever anyone is experiencing is necessary for their own individual soul development and ascension.

"Again, there are no sins, just learning lessons. Most important, be loving to yourself. When you are feeling you did not rise to the occasion through an experience, another opportunity will come along. Be ready.

“We are looking forward to communicating with you in the days to come. Express harmony, balance, order, and unity for the good of ALL in your thoughts and in the roles you play.

"Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, by choice you are a Co-Creator God in a spiritual training curriculum that is based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the First Teaching - The Big Picture

When I first received this information at 2 a.m. on April 4, 2013, I was already familiar with the fact that Earth is a place of higher learning; it wasn't that new to me: I had learned it in South America. I had gone to Peru in 2000 on the recommendation of my spiritual guides, the Great White Brotherhood. They didn't exactly say "Peru," but they recommended I take a journey. After five minutes of seeing where my next journey was recommended based on a spiritual reading by a channel called Star Feather, I selected Peru. After ten minutes on the internet, I booked a ten-day journey to visit the shamans in the jungles of Peru and, as I found out when I arrived, there were going to be four ceremonies drinking the Ayahuasca and one ceremony drinking the medicine called Huachuma.

The recipe for the Ayahuasca medicine drink is thousands of years old. It is designed to assist in clearing karmic experiences from the time the person drinking the medicine first came to the planet.

During my first ceremony drink of the Ayahuasca, I received a vision in my mind's eye as clearly as if I were watching a 3D movie. I saw myself sitting on a throne in royal clothing, with a crown on my head and a golden staff in my left hand, and the awareness that I had achieved a position of royalty. In front of me was the entire universe, millions of stars. All of a sudden, coming into my view from my left was the lower half of a hand, a thumb and forefinger. The thumb and forefinger slowly moved from left to right until they came upon a very small, slightly dim star. The forefinger pointed to this star and in my mind I heard the word, "Choice."

Well, the question I had been pondering in my heart before coming to Peru was, "Did the people on Earth come to Earth by choice or were we sentenced to come to Earth as a punishment." So I was pleased that we were here by choice. Once I had the opportunity to analyze the vision, then it became obvious that Earth was the next level of soul advancement for me and everyone else on Earth.

Being part of the Milky Way Galaxy, our Solar System is under the guidance of what is called the "Galactic Council." The members of the Galactic Council are from our Solar System, other solar systems within the Milky Way Galaxy, and from other galaxies. The Galactic Council is the authority for regulating the Spiritual Hierarchy Training School here on Earth. As well, it authorizes who can come to Earth to attend this training. As many souls come from different galaxies, the Galactic Council wants to ensure that all souls coming to Earth are represented on the council. In addition, many of these other star nations visit Earth to check on how the individuals from their particular star nation are adjusting to the training. Many souls wanting to come to Earth for this training have waited until Earth moved into fifth-dimensional consciousness, because once Earth is in fifth-dimensional consciousness, souls will be incarnating into a more loving Earth environment.

As I mentioned in my first book, my guides instructed me to become aware of my thoughts in every moment. At the time, I didn't realize why they wanted me to do this. I know my thoughts create my reality. So, I thought it was important for me to become aware of my thoughts in every moment or maybe it was their idea that gave me the thought to become aware of my thoughts in every moment. Regardless I became aware of my thoughts and was determining the motive behind my thoughts as I was asking myself, What am I thinking? If the thought was not loving, uplifting, positive, compassionate, inspiring, or beneficial, I was to cancel the thoughts in that line of thinking immediately and deny any further thoughts along that

lines of thinking to come into my mind ever again. At this time, I didn't realize my spiritual guides were teaching me to reprogram my subconscious thoughts.

Just as The Golden Ones indicated in the lesson above, it was easier than one would think. After a few days, I was really seeing the benefits of becoming aware of my thoughts in every moment. I hadn't quite reached my objective in every moment yet, but I was becoming more aware of all the negative thoughts floating through my mind. After a couple of weeks, I had a very good handle on 75 percent of my thinking, except there were some persistent thoughts that were deeply ingrained and difficult to remove. I remember being extremely persistent and talking to these thoughts as if they were intruders who had entered my house without permission. After four weeks, I had become completely aware of all my thoughts. It is like riding a bicycle: once you learn, you never forget. This was over forty years ago and to this day, I am always aware of what I am thinking and of the thoughts coming to me.

What I have also been taught just recently by The Golden Ones, by being aware of our thoughts in every moment, our mind is tuned into a frequency shared by Universal Mind, which is available to all spiritually developed souls. This frequency allows developed souls to be in tune with Universal Mind as well as to be able to send thoughts telepathically from one soul to another. This is a threefold process. When we tune our minds to become aware of our thoughts in every moment, we are first aware of our thoughts and can determine whether we really want to complete or cancel the thought in our mind. Secondly, we are now in tune with Universal Mind and if Universal Mind sends us guidance, we will be receptive. Third, being in tune with Universal Mind creates a means whereby our spiritual guides can communicate with us. It is almost like tuning into a radio station. The secret is disciplining our thinking and becoming aware of our thoughts in every moment.

There were a couple of other things that surprised me about this first teaching. One was the information about the embedded God characteristics within each subconscious mind and the other was the signature of The Golden Ones at the end of the teachings. To become a Co-Creator God, God characteristics such as patience, discipline, faith, honesty, integrity, etc., need to be developed during our daily life's experiences.

When I was prompted to get up and start writing, I really didn't think about what I was writing until the end of the channeling when The Golden Ones would sign the teaching. It seemed all the teachings started about 2 a.m. and ended about 3:30 a.m., just in time for my morning Kundalini Yoga.

Just as with my earlier experiences with Spirit, I came away from these writing experiences attempting to learn as much about the thought process as possible, and about the conscious mind and subconscious mind. I had facilitated meditation classes for many years assisting individuals in tapping into their subconscious minds to develop their intuition, thinking this was one of the purposes of the subconscious mind, which it is. But after this teaching from The Golden Ones, I now understand that also within the subconscious mind are the embedded God characteristics that are available to each of us.

Now, as of this writing, this is true. But, even as I write this and after the teachings I have experienced, I know there is much more to this. This will unfold later, but for now understand that each of us has the *"Image and Likeness of God"* embedded as characteristics available to us through our subconscious mind.

Here is the question that I am pondering now: Is subconscious mind unique to each person or is there only one subconscious mind?

Here is the answer my guides are telling me about subconscious mind. When the sperm and the egg come together and conception is realized, at that moment, the heart starts beating and the fetus develops around the heart. When the heart starts to beat, there is an immediate link from the fetus to Universal Mind. During the gestation period of the fetus, the Akashic Record of the soul is downloaded into the fetus. The soul enters the body on the first breath at birth. From the time the soul is born, Universal Mind is constantly monitoring every thought, word, and deed the soul expresses. Since Earth is a training environment for each soul, Universal Mind will facilitate experiences for the soul, whether they are learning lessons or developing experiences.

“And even the very hairs of your head are all numbered.” (Matthew 10:30).

Within the Akashic Record of each soul is the entire consciousness of the soul, both conscious and subconscious. It is the soul’s responsibility to ensure only Universal Truths are stored in the soul’s subconscious mind. Eventually, the subconscious mind merges with the conscious mind and there is only one mind, the conscious mind. This is when the soul becomes conscious in every moment.

Let me address the salutation of The Golden Ones at the end of the First Teaching:
“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, by choice you are a Co-Creator God in a spiritual training curriculum that is based on your dedicated love and service to God, completely.” The word “completely” indicates instant response during our service to the Divine. It suggests we do not question our innate guidance for one second and we do not hesitate when responding to the urging of the Divine to demonstrate our love and service when called upon to support Universal Laws and Principles

CHAPTER 2

The Second Teaching - The Soul's Journey

“We have told you that you came to Earth by choice. It is the transformation process of a soul to come here when they reach that pinnacle point of their soul's development and journey. It is not an easy choice to make to come to Earth. You would lose all memory of your previous accomplishments and have feelings of being abandoned, isolated, unloved, lost, lonely, and forgotten. These feelings have never been felt by the soul before, but each soul makes the choice to come to Earth out of love and dedicated service to God. You have always been and will always be cared for, will always be loved, and will always be connected to God. You are the elite of the Universe; you have served and dedicated your soul to serve God to the highest of highs, and now you are here continuing your love and dedication. We tell you this because we want you to always remember what is anchored deep inside you in the truth of your being, in your subconscious mind. Your conscious mind is an aspect of your being, new to you since coming to Earth, because now you have free will.

“Each soul is now going through a metamorphosis from ego manifestation to spiritual manifestation, for the sole purpose of manifesting as a Co-Creator God according to Universal Laws and Principles. This process will take many thousands of years, and many incarnations through different nationalities, genders, and social statuses. The purpose is for each soul to gain wisdom, to learn to manifest according to Universal Principles, and to develop the embedded God characteristics coded within the subconscious mind. You are created in the image and likeness of God and these characteristics will become more apparent to you as you find no lasting satisfaction in the sensual pleasures and temptations on Earth, which satisfy only the egoic self. As you evolve in awareness and God consciousness through service to others, the transformation from egoic self will be apparent. This will come naturally when you are ready; never force change. Learn from your experiences, what feels good and what doesn't feel good. Your feelings are connected to subconscious mind, which is connected to Universal Mind. Learn to trust your feelings; this is your True Nature, even before you came to Earth; this connects you with your innate intelligence.

“We will talk more about egoic beings, conscious mind, and free will, and why it is necessary during your metamorphic process for each of you to first come here as an egoic being.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Second Teaching - The Soul's Journey

Again there was information I already knew in this lesson. In my first book, *How To Play the Game of Life: Beginner Version* (www.thepathtooneness.com/oneness-store), I reference the fact that we came here by choice and that I had received this information in a vision when I drank the Ayahuasca with the shamans in Peru in the year 2000, as I mentioned in the Author's Notes to the previous chapter. However, the information that we are at the pinnacle point of our soul development was a little surprising to me.

The fact that we came here to Earth out of dedicated love and service to God and we will always be cared for touches my heart and stirs a deep feeling within me. Each time I read those words, awareness opens within me that there is much more to learn about the feeling of either being loved by God or feeling the love of God.

Everyone on Earth has earned the right to be here and has made the choice to come to Earth out of love and dedicated service to God. Apparently, the majority of the souls now living on Earth are not aware of their original intention of choosing to come to Earth due to their love and dedicated service to God. I say "apparently," as I have traveled to six continents, assisting in facilitating many classes, so I've seen what people are looking for and how unaware they are of the workings of their conscious minds. They all know the power is within, but do not know how to tap into their gifts. When souls take responsibility for their own actions, demonstrate acceptance of the paths of others, live according to the Universal Principles of Harmony, Balance, Order, and Unity for the good of all, and consciously embrace their role as Co-Creator Gods, then we will see people, communities, countries, and continents working together for the good of all. So, I am hoping to take an active role in sharing these teachings through this book, plus facilitating lectures and workshops to share these teachings to change the consciousness of all souls, assisting them to make changes in their lives and understand the Oneness of creation.

Reference was made to the fact that we have never had free will available to us in the past. So if we never before had free will, then we must have acted out of Divine discipline or, as The Golden Ones mentioned, out of innate intelligence. Our feeling body is our Innate Intelligence—"always trust your feelings," as the saying goes. When we have access to conscious mind, our innate feelings take a back seat to the logic and reasoning aspect of learning to manifest. Eventually, we come full circle, returning to relying on our innate feelings after we have disciplined our thinking. Then there will be a balance of thinking and feeling in our manifestation process. If we have always used our feeling body, then we must have been directly connected to Universal Mind, like the other kingdoms, and used our feeling bodies or intuition to guide us in our decision making. If this is true, then we are still and have always been connected to Universal Mind without knowing of our Oneness in every moment.

CHAPTER 3

The Third Teaching – The Manifestation Process

“Prior to making the choice to come to Earth, each soul’s connection to Universal Mind was intuitive. The soul’s life was a work of love and dedicated service to God using innate intelligence, the same as the animal kingdom. Scientist call the intelligence of the animal kingdom ‘instinct,’ but the truth is all kingdoms use innate intelligence and are directly connected to Universal Mind.

“The Universe is constantly evolving, expanding, and multiplying. There are many dimensions and realities that exist throughout billions of galaxies in the heavens. The heavens operate entirely under the principles of harmony, balance, order, and unity for the good of all. Every galaxy requires an overseer to facilitate the operations of its galaxy. Where there are angels to serve God, there are also Co-Creator Gods to assist God in these other galaxies. The angels are not creators; they are the administrators of God’s laws. They govern themselves by innate intelligence with love and dedicated service to God, completely.

“When a soul decides to come to Earth, it is by choice to become a Co-Creator God, knowing they will be created in the image and likeness of God. Prior to a soul’s coming to Earth, reasoning and free will are not available to the soul, only innate intelligence. The soul’s entire being is in dedicated service for the love of God, completely. When a soul is in training to become a Co-Creator God, the soul receives access to conscious mind. With this conscious mind comes reasoning and free will.

“The metaphor of Adam and Eve eating an apple from the Tree of Knowledge is symbolic of the soul’s choice to gain wisdom through Earth’s experiences; knowledge is gained through experiences. The correct use of knowledge is wisdom. When Adam and Eve realized they were naked, this was indicative of their souls using their conscious minds for the first time, using reasoning and the five senses.

“Earth is a Spiritual Training School sanctioned by the Galactic Council; it is a playground where souls experience the many laws and principles of the Universe and learn to discern right from wrong through life’s experiences using free will and conscious mind. The dramas on Earth may seem real to each soul while experiencing life, but the reality is each soul is learning through these experiences. Universal Mind orchestrates every experience for the soul based on their developmental stage and their reaction to life’s previous experiences. There is no death, just repeated performances based on previous life’s experiences. There are no conscious memories of these previous incarnations of life’s experiences until the soul’s ego and their access to these experiences is sufficiently disciplined to understand these previous lives are not real. The purpose of each incarnation is to acquire wisdom through life’s experiences. It is not important what role we played in any incarnation, but rather how we played the role. Most souls are not aware of the capabilities of their subconscious mind. The subconscious mind will understand and garnish the wisdom learned from each previous life’s experience for the soul.

“What appears to be real is only a perception of the soul’s awareness through conscious mind. As we have said, each soul will have access to conscious mind using the five senses, in addition to reasoning and logic to determine what is real. This is a major part of soul learning. To determine what is really real, the conscious mind also has to integrate the subconscious mind, which is the gateway to Universal Mind, located in the Solar Plexus of the physical body

of each soul. The subconscious mind is also referred to as the 'Feeling Body' or the soul's intuition. The soul's ego is the initial phase of using the conscious mind for self: self-preservation, self-interest, self-satisfaction, and self-glory. As the soul experiences life, eventually the realization comes that serving self is an isolating and lonely objective without internal soul satisfaction. Through life's experiences, the soul learns that complete satisfaction comes when the soul is in service and their thinking is aligned with Universal Principles, and all thoughts, words, and deeds are in harmony, balance, order, and unity for the good of all. This is when the soul moves from egoic self to spiritual self on the developmental path to becoming a Co-Creator God.

"We will talk about 'conscious mind' in our next communication.

"Again, you are never separate from the love of God.

"The reasoning perception of the soul's status while on Earth is greatly underestimated. The soul does not yet understand its soul purpose on Earth, nor the complexity of aligning its thinking process in accordance to Universal Principles. This is our work: to bring these truths and learning tools to each soul for their understanding.

"Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are a Co-Creator God in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

"The Golden Ones"

Author's Notes on the Third Teaching – Manifestation Process

There are some very interesting facts in this teaching. The fact that all the kingdoms operate under innate intelligence and are directly connected to Universal Mind explains the animal-instinct concept. Before we ever came to Earth, we also operated under innate intelligence.

First of all, when The Golden Ones indicate our previous lives were not real, they mean that the roles we each played were meaningless. What they have always taught me is it is not the role we play but how we play the role. The “real” part of our previous lives is the wisdom we learned and, unfortunately, there is no way to discern how much wisdom we learned until we demonstrate the wisdom in our current life’s experiences.

What The Golden Ones want us to understand is the difference between “real” and “really real.” Behind every thought is a motivational reasoning for the thought and the action taken to bring a particular thought into manifestation. There is a heartfelt discernment for knowing the difference between the “real truth” and the “really real truth.” If the soul is in the evolving stage, the soul will be fooled by the egoic self to manifest a pleasure, pretending it is for the good of all, when the egoic self knows the manifestation has only one purpose in mind and that is to please the sensual nature of the soul. This goes back to the statement of The Golden Ones where they indicated we are here because we have loved and served the Divine, completely. There is no egoic self when you love and serve the Divine, completely.

In discerning the “really real truth,” the soul has to search its subconscious mind located in the Solar Plexus, our feeling body, to discern the “really real” motive for wanting to take action. The really real motive is always out of Love and in alignment with Universal Laws and Principles, in every moment.

The premise of Judy Satori’s book, *Sunshine Before the Dawn*, is that many souls came to Earth from Star Nations within this galaxy and incarnated here within the last four Great Cycles of 25,920 years to receive a body with a 12-strand DNA potential. What this means is that human beings have the genetic capability to traverse 12 dimensions of reality in what is called by the Star Beings “the 12 dimensional worlds of the lower heavens”. The original inhabitants of Earth were confined within third dimensional bodies as the Earth fell from a fifth dimensional consciousness and vibration to a third dimensional consciousness and vibration. These original Earth beings could not advance as they did not have the genetic capacity to do so. When the true potential of the human DNA code is fully activated, human beings will have access to faculties of mind and energy from other dimensions and realities that until now has been impossible to access. The Earth’s shift to a fifth dimensional pulsation rhythm has now made the activation of true human DNA potential possible.

Our Sun Solar System is solely for the purpose of training souls as Co-Creator Gods. There are hundreds of billions of galaxies in our Universe, the Milky Way being just one of them. Each galaxy has billions of solar systems; each solar system has several planets. Advanced souls from all these different galaxies come to our particular Sun Solar System within the Milky Way Galaxy to train to become Co-Creator Gods.

All souls who come here to train as Co-Creator Gods come through the Lyra Stargate. Lyra is a twelfth-dimensional environment, whereas Earth is currently a fifth-dimensional environment. Although Earth ascended to a planet with fifth-dimensional consciousness at the end of the Mayan Calendar on December 21, 2012, there are still souls in the process of making this adjustment. Souls with fifth-dimensional consciousness will understand the importance of

taking responsibility for their actions and disciplining themselves in their daily lives. We must remember, Earth is a training school and there are many souls on different levels of learning; everyone is perfect, exactly where they are in the classroom of life. The higher the dimension, the faster the frequency, and the less physical the dimension. The lower the dimension, the slower the frequency, and the more physical the dimension becomes. There are other dimensions declining from Lyra to Earth where souls train prior to coming to Earth.

Souls coming from other galaxies and solar systems do not have twelve-strand DNA. Only when souls incarnate on Earth do they receive this capability. Since there are many different body types within other solar systems, one of the main purposes of the twelve-strand DNA body is that all souls coming to Earth will receive this new body type and be able to procreate with souls with similar twelve-strand DNA bodies from other dimensions regardless of their original star system. This will allow all souls coming from other solar systems to Earth to be able to take their bodies with them when they become Ascended Masters. Eventually, all souls will have the same body type. This may take a while, but it has already taken 13.7 billion years for our Universe to develop as it is now.

In addition, since there are billions of galaxies and there is a Co-Creator God assigned to be the Universal Mind for each galaxy, then it may appear, as I am told by my spiritual guides, that we are each here to train to become a Co-Creator God for one of these billions of galaxies. How long this process takes may be billions of years, but most important, I am being taught to live in each moment as the I AM consciousness.

I never realized how simple this process is, to live in the moment, but maybe it has to do with not having a job and not being married and being able to dedicate my life to yoga, meditation, and exercising. Previously to receiving these teachings from The Golden Ones, my life comprised planning each day, scheduling what my diet was going to be, planning how I was to execute my daily routine, and how to discipline myself each day. Now, I find that I am not even aware of what day it is, and I am more focused on what I feel like doing in the moment.

Of course, I still intend to do my morning Kundalini Kriya, but if I wake up and feel tired, I will allow the body to roll over and go back to sleep until I feel like getting up. If I miss my daily Kundalini Kriya, then I miss it for that day. Previously, if I missed my Kundalini Yoga routine, I would beat myself up. Kundalini Yoga is designed to be performed at least an hour before sunrise. For some reason I don't feel connected to my Kundalini Kriya if the sun is already up; it just doesn't feel right to start it so late in the morning.

The Golden Ones told me that the choice for each soul is to come to Earth, train to become a Co-Creator God, continue their path, and train to become an Archangel.

When coming to Earth the soul receives a twelve-strand DNA body; this body will have the capacity to access Universal Mind. As mentioned earlier, the soul will now have free will and access to conscious mind prior to coming to Earth. What The Golden Ones have also indicated is there is only one mind, Universal Mind, and all souls are connected to Universal Mind.

The Golden Ones further explained, as a metaphor, that there is only one internet and everyone can be connected to the internet. As the internet facilitates online users to find whatever they are searching for, Universal Mind does the same thing. However, Universal Mind is the facilitator of all manifestations on Earth. When a soul recognizes there is a lacking and there is a need to be fulfilled, at this point the soul asks Universal Mind to provide a solution to fulfill the need. Universal Mind will provide an idea to the soul. It is up to the soul to take that idea, work with it, and build on it, or replace it and ask for a better idea. In other words, if someone desires

to manifest an idea, then Universal Mind will facilitate the connection of all individuals and events necessary to facilitate the manifestation of the idea. All answers are in Universal Mind. When a soul is looking for a solution, Universal Mind will supply a solution. However, the tenacity of the soul will determine whether the idea is implemented into manifestation.

When I ponder on what Thoth meant in *The Emerald Tablets of Thoth The Atlantean* when he referred to finding wisdom in the hearts and minds of men, I realize he was referring to having the soul connect to Universal Mind, to receive and manifest an idea according to Universal Laws and Principles, which would be for the good of all. There are many souls who connect to Universal Mind, receive an idea and manifest the idea for selfish reasons. No wisdom exists when an idea is not used in accordance to Universal Laws and Principles.

The Golden Ones have explained to me that there are many different frequencies or lines of thinking within Universal Mind. The quality of the thoughts determines which frequency the soul is tuned into and what lines of thoughts are then available to the soul. For example, when the soul initially comes to Earth, his thoughts are primarily egoic-generated thoughts. This frequency is a denser, lower-based frequency, and the quality of thoughts are egocentric. In the metaphor of Adam and Eve initially realizing they were naked when driven out of paradise and coming to Earth, their thoughts were self-centered on being naked, and concerned about taking care of their personal needs, what to wear, what to eat, how to keep warm, and basically fulfilling their sensual and egoic desires.

As the soul advances from egoic soul to spiritual soul, the thought frequency into which the spiritual soul is tuned is higher. The thoughts of a more spiritually evolved person are primarily concerned with welfare and service to others, with thoughts of taking care of immediate loved ones, with concerns about family, the well-being of their community, country, and world.

As the soul continues to advance and learns of his purpose in becoming a Co-Creator God, the soul learns to generate his thoughts according to the Universal Principles of harmony, balance, order, and unity for the good of all. The soul also learns about the Oneness of Life. This is where the soul understands that all life is precious, even the life of the smallest insect, and all life is connected to Universal Mind through innate intelligence. The soul understands where he evolved from—innate intelligence—and then starts to realize the connection of all life and the role that each aspect of life has in the manifestation of the harmony, balance, order, and unity for the Oneness of all and his path as a Co-creator God.

Eventually, there is no difference between conscious mind and subconscious mind; but initially, the soul is so focused, she is only aware of conscious mind. All thoughts are in Universal Mind. When a soul is not fully consciously aware of her thoughts in every moment, the soul is subjected to be in a frequency of Universal Mind in which some thoughts are in focus and other thoughts are out of focus, but still being processed by the individual. These out-of-focus thoughts are still manifesting the reality of the soul. All thoughts have a frequency that determines the vibration of the thought and the aura of the soul. The more loving the thoughts are, the higher the frequency of the thoughts and the level of vibration of the soul. However, until the soul becomes fully aware of all her thoughts in every moment, the soul's reality will still be subject to any self-defeating or sabotaging thoughts; these will cause karmic debt.

This is where the soul needs to continue to discipline her thinking, being aware in every moment of her thoughts and reprogramming her thinking to eliminate any thoughts that are not loving, uplifting, positive, and compassionate. In other words, the soul needs to create thoughts

that are in a higher frequency and in accordance with the Universal Principles of harmony, balance, order, and unity for the good of all.

Many years ago when I was studying for my Metaphysical Minister's degree, my Spiritual guides were teaching me to discipline my thinking. After about twenty-eight days of learning to become conscious of my thoughts, I would question myself: "Why do I have this particular thought at this particular moment?" If a thought was not uplifting, positive, compassionate, caring, or loving, I would ask my higher self to remove the thought from my mind by saying something straightforward like, "Loved ones, please remove this thought from my mind."

I found the persistent negative thoughts were the most difficult to eliminate and stop from recurring, once I had taken care of the simple mundane thoughts such as "What time will I go to bed tonight?" and "What is playing on television on Sunday?" We need to treat these persistent negative thoughts like burglars in the night attempting to steal our valuable concentrated thoughts.

Learning to be conscious of your thoughts and replacing negative thoughts of a lower frequency with a loving thought of a higher frequency will eventually change the disposition of the soul. This was an important discovery for me, because I learned to use a pleasant memory as a tool to replace unwelcome and unhealthy thoughts. When a persistent negative thought pattern occurred, I would replace it with an uplifting image, which had enough impact to overwhelm the negative thought. For instance, I would intentionally think about a time I had especially enjoyed in the past, or a really special event I had previously experienced, like going to the carnival. It needed to be an event that was charged with enough good emotion to enable me to rid my mind of the presence of the persistent negative thought.

Surprisingly, it did not take too long for me to be actively aware of all my thoughts. It seemed as if I could tell when the unpleasant thoughts were starting to come, like unwelcome visitors. I could then instantaneously deny them entry. This would allow me to entertain thought patterns that were more uplifting, supporting me in manifesting a better life. It took approximately twenty-eight days of constant awareness before I truly felt comfortable about having control of the thoughts in my mind.

I am finding there are always Angelic beings with us, but our wise awareness of these beings changes as we ascend in wisdom, understanding, and the discipline of our actions. I always trust this belief and use it to work for me. Now The Golden Ones indicate each of us has a spiritual guide with us in this training classroom of life and all we have to do is ask for their assistance.

I have also learned through the teachings of The Golden Ones and through my experiences with their teachings that I am telepathic. I understand now that I have always been telepathic but didn't realize this ability until the teachings of The Golden Ones.

What I have learned is that Universal Mind is constantly in communication with each soul in every moment. There is a frequency that I tune into now that allows me to be aware of my thoughts in every moment. Once I learned about the Universal Principles of harmony, balance, order, and unity for the good of all, and that Universal Mind is the facilitator of all manifestations, I began having a conversation with Universal Mind in every moment when I didn't understand why certain things were happening in my life. As I was rhetorically asking a question to myself, I became aware that the answers were coming before I had finished asking Universal Mind what I thought was a rhetorical question. The answers were coming through innate intelligence, which we are less likely to use since receiving access to conscious mind, free will, and reasoning.

Let me give you an example. I was coming home from visiting my son in Laurel, Maryland. I had left at 1:30 a.m. in the morning, honoring a habit of mine to drive during the night hours, when there is less traffic. Also I find that the traffic lights are synchronized to facilitate the flowing of traffic at that time of night.

During this one particular trip, I was coming through a small town in Pennsylvania. I always take advantage of the unwritten rule of being allowed to go nine miles over the speed limit, aware that the police will allow this without stopping a person for speeding. Well, coming through this one small town at 3 a.m. after coming off a super highway where I had been travelling seventy-four miles per hour in a sixty-five mph speed zone, the speed limit for this town was forty-five mph. I adjusted my speed down to fifty-four mph, but very quickly the speed zone dropped again to thirty-five mph. So once again, I adjusted my speed to forty-four mph, but apparently not fast enough.

I remember thinking that since it was 3 a.m., it didn't matter that I hadn't adjusted my speed quickly enough. Again, I was thinking there would be no police in the middle of winter lurking in the dark of night at 3 a.m. It was just a fleeting thought.

A half mile down the road, I stopped for gas and to stretch my legs after driving for almost two hours. When I stepped out of the car, a police car came up behind me with flashing lights. As the officer got out of his car, I jokingly asked if he was after me. When he said yes and that he had clocked me going fifty-five in a thirty-five-mph speed zone, I carefully questioned him with a response of, "Really?"

Of course, it was now 3:30 in the morning and I am in a gas station with a police car flashing its lights. I had no intention but to be polite and on my best behavior. After exchanging the proper credentials with the officer, I was on my way. I had received a fine, but at a reduced rate.

I asked the Universe what was my lesson here. Immediately, the answer came back to me with a vision of what had occurred. I was reminded that I needed to be more aware in every moment. Yes, I was aware of the change in the speed zone from forty-five to thirty-five mph, but I assumed that since it was 3 a.m. it really didn't make much difference how soon I adjusted my speed. What the Universe was telling me is that regardless of what time it is, I am required to adjust my speed immediately. By not being fully aware and responding slowly, assuming that the time of day was incidental, I had made decisions that were not mine to make. The timing of the action should be made as soon as the realization occurs.

When you know your actions are not aligned with Universal Principles of harmony, balance, order, and unity for the good of all, and you know better, retribution comes swiftly.

After this experience, I became more aware of changing my rhetorical questions to establishing communication with Universal Mind. In doing so, I still find myself asking rhetorical questions, but being more aware that I receive answers from Universal Mind almost before I finish the questions.

The Golden Ones recommended I speak in New York City at the NewLife EXPO, March 21-23, 2014—"America's Largest Mind, Body & Spirit Expo." I wanted so much to make a good impression on whoever would attend my lectures and workshop that I asked Universal Mind to provide me with additional tools to assist in clearing and cleaning my Light Body. Right before midnight, I woke up feeling I wanted these additional tools to assist me. As I lay there feeling very emotional with my heart open to the knowledge that there are many souls on Earth with feelings of fear that prevent them from being the best they can be, my teachers came to me.

They reminded me of two additional tools I had learned many years earlier, tools that I had used previously to clear my Light Body.

Here is the first tool to use when I find myself not liking someone. They reminded me to find out the reason why I disliked a particular person. Once you identify what it is you dislike about a person, search your own feeling body, and find where in your past experience you have done the exact same thing. Once you find that you did the same thing or something very similar to the other person's action, ask yourself if it was okay for you to have done it. This action will be what you dislike about the other person. Once you own the experience and allow that what you did was okay, then recognize it is okay for this person to do the same thing. Accepting and acknowledging this immediately clears from your Light Body any animosity between you and the other person.

I was working in the corporate world and had just joined a new corporation where I was working with an individual, a young single male, who was energetic, honest, trustworthy, and very professional. However, there was something about him I really didn't like and I felt uneasy working with him. After a few weeks, I asked my Spiritual teachers why I didn't like this person. They walked me through the procedure I've just described. I asked myself, "What is it you do not like about this person?" I searched and searched until I found what it was about him I didn't like. I found the answer: he was abrupt and this was the characteristic I didn't appreciate. My teachers then asked me to search my feeling body to find one occasion—just one was all I needed—when I had been abrupt. Of course, when I searched my feeling body, immediately I came upon several occasions where I had been abrupt, even rude. My teachers then asked me if it was okay for me to have acted this way. Of course, since Earth is a place to learn regardless of how we act currently or previously, it was okay for me. I agreed with my teachers that it was okay for me to act in this manner. My teachers then asked me to accept this person as he was and to know that the way he was acting was acceptable. As soon as I accepted this person for the abrupt way he was acting, immediately all animosity toward him disappeared from my feeling body.

Ever since this experience, I use this technique with everyone I meet that I feel any animosity toward.

I have not personally experienced the second tool my Spiritual guides shared with me, but it follows the same concept as the first one. We know many individuals are being abused, sometimes as children and sometimes as adults, and we also know they may hold feelings of animosity in their Light Body for these actions against them. My teachers reminded me that every experience in life is orchestrated for soul development, either to repay karmic debt, or to feel the energy as a victim, or to develop a God characteristic. In this illustration of abuse, the person being abused needs to recognize the feeling of being abused, as once they were the abuser. Once the abused person understands why they needed to become familiar with this feeling, and understands that the Universe is working on their behalf to clear these victimized feelings within them and move them toward forgiveness, any feelings in their Light Body of animosity toward their abuser would be removed instantaneously.

I remember sitting up in bed with tears of appreciation for the tools given to me in being able to aid my sisters and brothers in their awareness and understanding to heal themselves. But I was also extremely appreciative to be able to communicate with Universal Mind and my teachers when they responded immediately to my cry for help.

Your dreams and manifestations will become realities much sooner once your Light Body becomes clear of all feelings of fear, guilt, anxiety, stress, anxiousness, doubt, low self-esteem, and other sabotaging thoughts.

CHAPTER 4

The Fourth Teaching - The Conscious Mind (Part 1)

“We talked previously about Earth as a ‘Play Ground’ for each soul’s learning and we want to expand on this topic. When a soul first incarnates to Earth, they receive access to a conscious mind. The purpose of the newly received conscious mind is for the soul to learn how to manifest by using reasoning, the five physical senses, free will, feelings, and intentions so that each soul can learn to manifest, bringing their needs, desires, and dreams into reality. In addition, through trial and error, the soul learns to manifest according to the Universal Principles of harmony, balance, order, and unity for the good of all.

“Using conscious mind, the soul will formulate a truth and pass it to the subconscious mind. Once a truth is there, the primary function of the subconscious mind is to interact directly with Universal Mind. Universal Mind operates under the Universal Principles of harmony, balance, order, and unity in facilitating the soul’s truths. This is all based on the assumption that, in using conscious mind, the soul passed the real truth to the subconscious mind as determined by Universal Mind.

“Part of the soul’s learning while here on Earth is to discern the real truth from personal distorted truths. The conscious mind is the ‘Gate Keeper’ of the subconscious mind. The conscious mind available to the soul will not allow anything but the real truth as determined by the soul to be passed to the subconscious mind. Universal Mind distinguishes between real truths and distorted truths. The soul’s learning process is to be consciously aware in every moment of the motives when creating a truth.

“The conscious mind of the soul uses reasoning, the five senses, free will, feelings, and intentions in visualizing the soul’s needs, desires, and dreams. When creating a truth based on the Universal Principles of harmony, balance, order, and unity for the good of all, a truth is created and is passed to the subconscious mind.

“The subconscious mind then takes this truth and interacts with Universal Mind. The Universal Mind evaluates the truth passed to it by the soul’s access to subconscious mind. Based on the ingredients of the truth submitted by the subconscious mind available to the soul, the Universal Mind will determine as to whether or not the truth becomes a reality for the soul. This only takes place if the truth is indeed based on harmony, balance, order, and unity for the good of all or there is a learning lesson for the soul. If the truth is in accordance with Universal Principles, Universal Mind will facilitate the manifestation of the truth in accordance to the Universal Law of Attraction.

*“When the conscious mind of the soul uses reasoning, the five senses, free will, feelings, and intentions in the visualization of needs, desires, and dreams that are **NOT** based on the Universal Principles of harmony, balance, order, and unity for the good of all, but based on selfish, personal gratification or on greed at the expense of another soul or souls, this also creates a truth, but it is a false truth. This false truth is passed to the subconscious mind. The subconscious mind will then take this false truth, not knowing it is a false truth, and interact with Universal Mind. Universal Mind will evaluate this false truth and, based on the ingredients of this truth, which is not according to Universal Principle, Universal Mind will create a learning lesson for the soul. The Universal Mind will determine whether this false truth becomes a reality*

for the soul based on these ingredients: the soul's learning lesson, another soul's involvement, and Universal Laws.

"Through life's experiences and cause and effect, the soul will eventually align its thinking with Universal Principles. This process takes time.

Becoming a Co-Creator God is a tremendous responsibility and the Universal Mind is in no hurry for the soul to ascend. Eventually the soul will align its thinking according to Universal Principles. The soul must remember that this process of learning to manifest according to Universal Principles is completely new to the soul. The soul has never experienced before having access to conscious mind, free will, reasoning capabilities, and a natural desire for pleasure. The soul is placed in a 'Play Ground' atmosphere where all the sensations and sensual pleasures of the galaxies are available to experience, and it takes time for the soul to realize that the personal gratifications of the body do not compare to the internal feeling and soul gratification of being aligned with Universal Principles, anchored within each soul's access to subconscious mind.

"We will continue this topic in the next communication. Always remember, you are souls in a training environment. Don't be hard on yourself. When you feel you have not passed a test, there will be many more opportunities to allow your Light to shine.

"The Golden Ones"

Fourth Teaching – The Conscious Mind (Part 2)

“We want to continue discussing the process of a soul’s access to conscious mind. We mentioned the soul uses conscious mind along with reasoning, feelings, intentions, and visualization to determine whether or not the soul intends to bring into manifestation their needs, desires, dreams, and pleasures. This process takes place automatically without the soul being conscious of what Universal Laws of manifestation it is initiating when the soul allows its desire nature to act without conscious awareness. When the soul is conscious of accessing conscious mind, there is an understanding of the importance of increasing conscious awareness to further the soul’s development and role as a Co-Creator God, making the manifestation more powerful, more direct, and faster.

“It is important to know that feelings are an extremely important part of determining whether a manifestation becomes a reality or not. When the soul consciously injects feelings into their visualization process, these feelings will energize the process to bring their manifestation into reality sooner. This feeling portion of the process energizes and activates the truth being passed to the subconscious mind. The subconscious mind then interacts with Universal Mind. The ingredients of the truth now in the subconscious mind work together with the Universal Mind in facilitating the manifestation of this truth. When the soul learns to manifest according to Universal Principles, it is rewarded with harmonious reciprocal experiences throughout its life experiences.

“However, if there is any wavering, doubt, fear, or anxiety associated with the soul’s manifestation process, then these ingredients will also be passed to the subconscious mind and eventually to Universal Mind. Universal Mind will not facilitate a truth with these ingredients. The manifestation lacks the correct ingredients to bring this desire into manifestation.

“If the soul’s manifestation process is for intentions or reasons that are selfish, self-preserving, greedy, or harmful to another, then these ingredients will also be passed to the subconscious mind, and eventually to Universal Mind. Universal Mind will facilitate the manifestation of the truth created with these ingredients, creating a karmic experience for the soul to learn from. The learning experience may or may not happen instantaneously, depending on the understanding, awareness, and development of the individual soul.

“Universal Mind will facilitate a karmic learning lesson immediately for advanced souls who have an understanding that attempting to manifest a truth with selfish intentions that are not in the best interest for the unity for all.

“If the soul is not as advanced when it manifests a truth for selfish intentions and not in the best interest for the unity for all, Universal Mind will facilitate a karmic learning lesson when the soul is capable of handling the experience. We must remember that the Co-Creator Gods who designed this Spiritual Hierarchy Training School for soul development are not here to punish any soul for their thinking, but to educate them in the process of aligning their thinking when manifestation occurs in accordance with Universal principles of harmony, balance, order, and unity for the good of all. Based on the ingredients of the truth the soul passes to the subconscious mind, Universal Mind will determine whether the soul’s manifestation process was based on ignorance or not.

“This is the reason why a soul will experience the EFFECT of a karmic life learning process, without an awareness of when the soul manifested the CAUSE of the experience. The cause might have happened many incarnations earlier. When this scenario happens in a soul’s

learning process, the best action the soul can take is to graciously accept and learn the karmic lesson and forgive themselves for manifesting the cause in the first place.

“Universal Mind will facilitate a karmic life learning process by using another soul to be the cause of the karmic lesson, so the soul receiving the effect can be the recipient of the lesson. For example, when one soul steals from another, the soul who steals is manifesting a cause in their own karmic process. The soul who is being robbed is the recipient of the effect of their initial cause whenever it happened previously. Universal Mind facilitates this karmic experience as learning lessons for both souls.

“Remember, all of a soul’s life learning experiences are individually facilitated by Universal Mind. There are no accidents in the Spiritual Hierarchy Training School on Earth. You are souls who have committed your entire dedication to this training environment. You are the elite of the elite in the evolutionary process of a soul. If you were not qualified to be here, your home star system would not have allowed you to come and the Galactic Council would not have approved your entrance to this environment.

“We will continue our communications on the ego in our next talk.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

UNIVERSAL MIND

Highest Frequency

CO-CREATOR GOD FREQUENCY

Telepathic, Awareness of thoughts in every moment,
Practices Universal Laws and Principles,
Respects the Oneness of life in all living matter

SPIRITUAL SOUL FREQUENCY

God Awareness, Able to express love,
Practices self-discipline

EGOIC SOUL FREQUENCY

Soul's priorities are self-satisfying

Lowest Frequency

At any point of a soul's life experience, the soul can fluctuate between any of these three frequencies. However, most likely a soul will only fluctuate between the one frequency above or below, rarely more than two levels in any direction, and always moving towards the Highest Frequency.

Author's Notes on The Fourth Teaching - The Conscious Mind

I found these teachings to be very interesting when I first received this information. It almost seemed overwhelming to grasp the entire process at first. But as these teaching were repeated in my mind over and over again, they became a truth for me. I have included a visual here to illustrate the different frequency levels within Universal Mind and the thought patterns of the souls resonating at these frequencies.

Let's talk about a real truth compared to what a person may believe to be a truth. An example of a real truth might be that the Earth rotates around the Sun. This is a real truth, which is documented and supported by physicists. A false truth a person might store in their subconscious mind and believe to be true and thus part of their belief system could be "Only Catholics will go to heaven." Each soul is responsible to make sure only real truths are stored in their subconsciousness and not their own false truths or truths that are projected onto them by another.

During our manifestation process when we have a desire we wish were a reality, we visualize, feel, and normally we verbalize what it is we will bring into manifestation. In addition, we automatically attach a feeling of pleasure or displeasure to our visualizations, as well as other senses, such as smelling, touching, and hearing. For example, if you hear a beautiful piece of music, you may close your eyes and feel the pleasure of the sound. You would also capture a vision of what the music reminds you. For example, I love the John Denver song called "Annie's Song." When I hear this music being played, I find myself visualizing the lyrics, especially the line, "Sleepy blue ocean." I visualize a very large blue ocean with a very gentle swell, flowing softly in a warm morning breeze. So, whether we are aware of it or not, a vision and a feeling will accompany all manifestations.

The process to manifest is basically pretty automatic. The first step is that we have a desire and we decide if we want to pursue the desire. If we do, the second step is we put feelings into the desire, and then we continue to bring the desire into manifestation. So if we are unconscious of the actual process of manifestation when we are manifesting and a visualization takes place, how much more powerful would it be if we consciously visualized what it is we want to bring into manifestation? The third step is to consciously visualize the desires we want to bring into manifestation, allowing the desire to manifest much sooner when we take responsibility of the manifestation process. Energize the visualization with a loving feeling energy, similar to how we will feel when we actually bring it into reality. The fourth step is speaking the words, such as, "I thank Creative Consciousness for facilitating this manifestation, Amen."

Always keep in mind that you will manifest your dreams more quickly if the manifestation process is in alignment with Universal Principles of harmony, balance, order, and unity for the good of ALL. This "ALL" represents the Oneness of all the kingdoms: mineral, plant, animal, angelic, and human.

In my earlier years when I was learning to manifest, I would ask myself, "If I receive this manifestation, would I share it with everyone?" If I could not actually feel that I could share it with everyone, I would hold back from manifesting it, until I felt I could share it.

There was a time when my family was getting larger and my father-in-law was a car dealer. A Chevy van with an extended body, perfect for my growing family for camping trips, became available on the sales lot. I took my manifestation into my meditation room and asked the Universe to allow this Chevy van to be available to us for a very reasonable price. But before

completing the desire for the manifestation, I scanned my feeling body to see if I would be willing to loan this vehicle to my neighbour down the street. In my heart, I could not feel that I would be willing to make this loan. I was actually surprised with myself that I was not as loving as I thought I would be. I asked again and again, until my heart felt with certainty that I could freely loan this vehicle to anyone without any stipulations. Once I arrived at this feeling, I submitted my request to the Universe and within three days my father-in-law called me to say that the financing had gone through and the Chevy van would be ready within a week.

Even before channeling the teachings from The Golden Ones, I always discerned my feelings to make sure they were in alignment with the Universal Principles of harmony, balance, order, and unity for the good of all.

Remember, the whole purpose of coming here to become Co-Creator Gods is to learn to manifest, something that we have never done prior to coming to Earth. Please do not doubt the process. By doubting the process you cannot bring your dreams into manifestation. When the Co-Creator Gods said, “Let there be light,” there was no doubt in their declaration to manifest light. We need to have this same conviction when we are determined to bring our dreams into manifestation.

Let’s talk about the subconscious mind now and some of the characteristics of the subconscious mind. We know when we are learning to do something that may be a little complicated, like riding a bike, that several functions take place. Once we have gone through the conscious-mind process of verifying the truth of riding a bike—the balancing, the steering, and the peddling—we store all these ingredients into the subconscious mind until they become our truths. Once that happens, our conscious mind never has to think about them again.

If we believe something to be true and later find out it is not a truth, we will automatically go back and correct the falseness of that truth. This means we actually go back into our subconscious mind and reprogram ourselves. For example, when I was little I learned that once you were diagnosed with cancer, you automatically would die. Now, we see many survivors of this disease. So what apparently was a belief that I took to be a truth, I now have reprogrammed my thinking so that just because you are diagnosed with cancer, doesn’t mean you will die.

This programming process is exactly the same as we have to do as Co-Creator Gods in training: when we have sabotaging thoughts flowing through our subconscious mind, our conscious mind must reprogram them out of our subconsciousness. For example, a thought might come to our attention such as, “Only baptised people go to heaven.” When a thought is not uplifting, positive, loving, compassionate, and aligned in harmony, balance, order, and unity for the good of all, then this thought needs to be removed from the subconscious mind. To remove the thought, all we have to do is deny it from entering our mind. We must tell our conscious mind not to allow this thought to stay in our subconscious mind and replace it with a thought that is contrary to the negative thought. For example, the replacement thought could be, “All children of God go to heaven.”

Training to become a Co-Creator God is a goal we must have in the forefront of our thinking at all times. Be conscious of needing to eliminate sabotaging thoughts from your mind immediately and completely, or else the benefits of manifesting will continue to be a hit-or-miss process.

CHAPTER 5

The Fifth Teaching - The Egoic Self

“When the soul first comes to Earth, it receives a physical body. This body includes access to conscious mind and subconscious mind. Never before has a soul been exposed to the workings of conscious mind, subconscious mind, and free will. This is our first teaching and discussion relating to the workings of a conscious mind and the training process of a soul in becoming a Co-Creator God.

“The conscious mind is necessary for the soul to learn to manifest. When the soul initially comes to Earth, it is not aware of the Universal Laws and Principles governing manifestation; trial and error is the learning process for the soul. Eating from the Tree of Knowledge requires the soul to experience life through trial and error; and through trial and error the soul learns how to use knowledge wisely. The correct and wise use of knowledge is wisdom. In addition to learning wisdom while manifesting, the soul also has to become aware of intent, motivation, and feelings about their manifestations, which are the ingredients the conscious mind uses when it creates a truth and passes this truth to the subconscious mind. With every truth manifested by a soul, there is a vision and a feeling that accompanies the truth; again, these are part of the ingredients passed to the subconscious mind, which eventually interacts with Universal Mind.

“The first instinct of the soul is to learn to manifest for self-preservation. Naturally, the soul will start using conscious mind to find food, clothing, shelter, and security for itself. The soul has to use conscious mind to bring these manifestations into reality to survive. We tell you that all sensual temptations of this Milky Way Galaxy are here on Earth as we want the soul to learn how to use conscious mind to fulfill their needs, desires, dreams, and expectations. Through experience, the soul learns that self-gratification does not grant lasting satisfaction for soul happiness. Yes, the body is temporarily satisfied, but after a while, as the soul evolves more into its Co-Creator God role, the inner aspects of the Co-Creator God require satisfaction through service.

“The soul is not initially aware that a vision and a feeling accompany the formulation of a manifestation. For example, if a soul desires to build a shelter, the soul will visualize in the conscious mind what material is required to build this shelter. This visualization process takes place automatically without the soul realizing it actually does this. The soul will also feel whether what they are visualizing is appropriate or not. The visualization process will go through all the alternatives available to the soul. The soul may visualize a shelter made out of grass, sticks, or trees. The conscious mind of the soul will visualize all these materials until the soul realizes and feels which materials are appropriate. When this realization occurs, the soul will connect the feeling to the visualization process and then make a commitment to manifest the shelter in that way. When the commitment is made to build the shelter, this truth is passed to the subconscious mind. The subconscious mind interacts with Universal Mind. The Universal Mind then reviews the ingredients of the truth passed to it by the soul’s subconscious mind. If the truth is aligned with Universal Principles—which are harmony, balance, order, and unity for the good of all—immediately Universal Mind will facilitate the truth. By facilitating the Truth, we mean Universal Mind will communicate, as in telepathy, where the soul can get the necessary materials for the shelter. Universal Mind may also coordinate for this soul to be in contact with another soul who will assist in the manifestation of the truth. This is called synchronicity.

Synchronicity can happen as often as you would like it to happen, if you know and understand the process. Not understanding the process, synchronicity appears to be an amazing coincidence with events coming together as if orchestrated by an outside force.

“This process happens automatically in every manifestation. The soul creates a desire, a visualization, a feeling, and when all the ingredients feel right to the soul, the soul will create a truth. This truth is passed to subconscious mind and then the subconscious mind interacts with Universal Mind. Each soul is connected to Universal Mind. There are no other minds but Universal Mind. The learning process comes when the truth reaches Universal Mind. If the motivating energy of the feeling is for self-gratification at the expense of another, then Universal Mind will facilitate a karmic experience.

“It is necessary to understand that it is normal for a soul to have desires for self-gratification. The lesson here is to have the soul learn to manifest and to understand the process. Through the soul’s learning process of cause and effect, the soul will eventually evolve from egoic self to spiritual self, and eventually into the Co-Creator God role, bringing wisdom as the main ingredient in the manifestation process, aligned with Universal Principles.

“We know these soul-learning lessons may be difficult to experience; however, this is the only way to learn wisdom: through trial and error. Once a lesson is learned, it never has to be repeated. Once a soul knows it is wrong to kill, the soul never kills again. If a soul does kill again, it has not learned its soul lesson. All life comes from God. It is important to understand that when we use the word “kill,” we are not limiting it to human life; we are referring to all life.

“Our next correspondence will be on ‘The Soul’s Learning Process.’

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Fifth Teaching - The Egoic Self

It was interesting to see that all the temptations of the Milky Way Galaxy are located here on Earth for a two-fold reason. First of all, we are here to learn how to manifest. So what better way to entice us to manifest than to manifest sensual satisfaction for ourselves. This is why there are no sins. These sensual pleasures are here to encourage us to visualize, to feel into what the sensation might feel like, then speak the word of the desire, and bring the bodily desires into manifestation. There is nothing wrong with this. We have to crawl before we can walk, and walk before we can run. As we start to walk and evolve into a spiritual person, we find that pleasing the body, which was satisfying to our egoic selves, is no longer satisfying to our spiritual selves.

Now that we are in fifth-dimensional consciousness, we are learning to walk as spiritual people, and we are finding that what is satisfying to us is the feeling within our soul of being of service to others. It starts out as being of service to our self, then to our spouse, then of service to our children, then service to our employer, service to our community, and eventually back to service to ourselves. Yes, it takes us a complete circle to learn that service to ourselves is more important than serving anyone else. You see, when we take full care of ourselves, we are then capable of taking care of others. But our motivations are now different. Initially our motivation was for egoic self. Now our motivation is to serve our spiritual self.

One of the main purposes of this Spiritual Hierarchy Training School on Earth is to learn to manifest. We learn to manifest as an egoic person and as a spiritual person; but, we learn through trial and error. In this Spiritual Hierarchy Training School, the intention is to learn to make our dreams come true in every moment. When we learn to manifest according to the Universal Principles of harmony, balance, order, and unity for the good of all, then we are learning to manifest as Co-Creator Gods.

It is important to point out here that, as I was writing these teachings, I also had to experience what was coming through. On this particular teaching, I was reminded that prior to coming to Earth, we each operated under innate intelligence, just like the other kingdoms, including the insect kingdoms. This particular teaching came through in approximately July 2013. I had my house on the market in upstate New York. It was warm outside but not overbearing and I would keep the sliding glass doors open for the fresh breeze coming off Canandaigua Lake to air out the house. Periodically, big black carpenter ants would come through the screen doors and walk across the white porcelain floors. Well, I had no problems picking up the ants and killing them.

After this teaching, I was more consciously aware that all the kingdoms are connected to Universal Mind through innate intelligence, regardless of how large or small the life form is. As a result, I would allow the ants to have their way in the house knowing there were spiders lurking in all the crevices and corners of the house. I have learned to bless the life forms in the house and trust that even indoors, natural law is being applied. However, I will say that if a bee or a wasp came into the house, I would tell them that I was going to assist them to get to the outside, so please not to be afraid. I found myself talking to these insects as if I were telepathic with them so they would not be afraid or concerned with my actions. As I am editing this, the thought coming through to me is that Universal Mind does the same thing to us. When there is an experience which we may perceive as dangerous, doesn't Universal Mind talk to us through telepathy, telling us everything will be okay?

I mentioned earlier that there is a two-fold reason for all the sensual temptations from the Milky Way Galaxy being placed here on Earth. One reason is to encourage us to learn to manifest as egoic people. The other reason is to assist us in developing our embedded God characteristics such as discipline, courage, perseverance, balance, harmony, order, unity, faith, trust, patience, and hope as we evolve from egoic self to spiritual self.

I mentioned earlier that when conception occurs, the fetus is instantly linked to Universal Mind and all Akashic information for the soul is stored in the consciousness of the soul soon to be born. Since Earth is a training environment for the development of each soul, Universal Mind is aware of its strengths, weaknesses, karmic lessons, lessons learned, and lessons yet to be learned. Universal Mind will orchestrate every experience in our lives and Universal Mind will never orchestrate an experience the soul cannot handle. When an experience comes to us, we basically have only one choice: to embrace the experience and ask Universal Mind, What is my lesson?

If the experience comes to us based on karmic debt, embrace the experience regardless of how unfair you believe the experience is for you personally. Universal Mind is always fair when orchestrating the experience. You may not know or understand what is happening. TRUST and have FAITH that Universal Mind is working in your best interests, regardless of your personal feelings.

If the experience comes to you so you can learn to develop a God characteristic, be patient with yourself. If and when frustration start to irritate your feeling body, sit with this frustrating energy until it dissipates. The frustrating energy is our subconscious mind attempting to link to the God frequency and being unable to find the frequency in Universal Mind. The energy of frustration is seeking an outlet in Universal Mind, but we have not yet developed that frequency in our own subconscious mind. Once our subconscious mind makes a connection to Universal Mind for a particular frequency, a connection is made. All future experiences similar to this one will become less and less frustrating as we will have already made the connection before and the connection will become stronger with each experience. In other words, where there might have been frustration, we would be learning patience and acceptance.

Regardless of the reason for the experience, embrace the experience and know that it has been orchestrated specifically for you by Universal Mind.

CHAPTER 6

The Sixth Teaching - The Soul's Learning Process

“The soul learns lessons either through trial and error or through cause and effect in this Spiritual Hierarchy Training School on Earth. The coding of God’s characteristics is embedded in the subconscious mind available to the soul. This is where the statement from the bible refers to ‘created in the image and likeness of God.’ A soul manifests a truth in its conscious mind and passes it through to the subconscious mind, which then interacts with Universal Mind. Universal Mind then evaluates the truth and facilitates a response to the truth.

“The purpose of the Soul Learning Process is to educate the soul through learning from their experiences, trials, and error until the soul eventually learns to manifest in accordance with Universal Principles and Laws. The Universal Mind is in contact with every soul in every moment. When a soul manifests a truth, it is passed to its subconscious mind. This truth interacts with Universal Mind and Universal Mind then evaluates the ingredients supporting this truth. The process works directly with the Universal Principles of harmony, balance, order, and unity for the good of all. In evaluating the ingredients of the soul’s truths, Universal Mind analyzes the ingredients of each truth and determines whether the ingredients are in accordance with Universal Principles. Universal Mind will evaluate the visualizations, feelings, and motives for each truth. If these ingredients accord with Universal Principles, Universal Mind will facilitate the truth and bring it into manifestation without a learning lesson to the soul.

*“If the Ingredients of the truth made by the soul **are not** in accordance with Universal Principles, Universal Mind may facilitate the truth with a karmic lesson attached for the soul’s learning. In facilitating a karmic lesson, Universal Mind will evaluate the God characteristics embedded in the soul and determine which karmic lesson is appropriate at the time for the development of the soul’s learning. The purpose of the karmic lesson is not to punish the soul; but, through trial and error a soul will eventually align its thinking according to Universal Principles.*

“For example, if a soul in its manifestations includes stealing as a part of its truth and this truth is passed through the subconscious mind to Universal Mind, after evaluating the ingredients, Universal Mind will evaluate the developmental stage of the soul to determine which karmic lesson will be facilitated for the development of the soul. If the soul is in the early stages of development, the karmic lesson may not be imminent. Universal Mind will never facilitate a learning lesson that the soul is unable to handle.

“There is always a biological triggering mechanism within each soul, in its Solar Plexus or ‘Feeling Body,’ that will warn the soul that the truth they are about to manifest is not in accordance with Universal Principles. This warning is an uncomfortable nervous feeling that will come from the embedded God characteristics in the subconscious mind and be felt in the soul’s Solar Plexus. The soul can ignore this warning. If the soul continually ignores these warnings, the severity of the karmic lesson increases each time.

“When Universal Mind facilitates the karmic lesson to the soul who committed the transgression act of stealing, the soul will then become a recipient of a similar transgression act against him. This is where the saying, ‘An eye for an eye’ comes from. When the soul commits the initial transgression act to use stealing as part of its manifestation process, the ingredients of this truth—the soul’s visualization, feelings, and personal motive—feed selfish motives. In this

manifestation, there are no concerns for the welfare of another; this goes against Universal Principles. Universal Mind will facilitate a learning lesson for this soul to be a recipient of a similar transgression, so he will feel how it is to have a transgression committed against him. Over time, the soul realizes it is not right to steal or commit any transgression act against another, and this is how Universal Mind educates the soul in understanding and aligning its thinking and actions according to Universal Principles.

“The word ‘sin’ carries a negative connotation and a feeling of guilt. The word ‘transgression’ implies an aggressive action for personal gains. Regardless of which word we use to label an act that is not in alignment with Universal Principles and Laws, each one indicates that the soul is still learning. The fact that the soul’s action was not in alignment indicates the soul has not yet reached the point in its development to continue to dedicate the entire expression of its soul in service and love to God.

“As we have already explained, the timing of when Universal Mind will facilitate a karmic soul learning lesson depends on the developmental stage of the soul. If the soul is in an advanced stage of learning, Universal Mind will facilitate an immediate karmic lesson. On the other hand, the soul’s learning lesson may not occur in the same incarnation. The reason for this is the soul may not be advanced and may be unable to handle the lesson necessary for his transgression. The Universe will never give the soul an experience it cannot endure. This is why it is difficult for the soul to understand why it is experiencing something when the soul cannot remember the cause. We tell you this so you start to understand the process of this Spiritual Hierarchy Training School. We want to encourage you as souls to develop faith, trust, hope, discipline, perseverance, and the other embedded God characteristics to know that every experience is for your development. We tell you this to encourage you to trust the standards of Universal Principles and the training environment you are in. Your soul is learning to become a Co-Creator God and your soul will be in training until it learns these principles. The soul comes to Earth as a Master Soul and will leave Earth as an Ascended Master, continuing its training at the next level in the learning process of becoming a Co-Creator God.

“We will communicate the purpose of ‘Light and Darkness’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum, here by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Sixth Teaching - The Soul's Learning Process

My guides have told me that if we understand who we are—Co-Creator Gods in training—and one aspect of our training is to learn to manifest in accordance with the Universal Principles of harmony, balance, order, and unity for the good of all, then our desires and dreams will manifest much faster, and with ease and grace. They also tell me that it is extremely important for our learning process to have all our dreams and expectations manifest with ease and grace rather than learning through trial and error as this will encourage us to learn this aspect of our training more quickly: we will become conscious of the process.

Our manifestation will become a reality much sooner if we are conscious in every moment as we desire, visualize, energize, and speak our dreams into manifestation, and we align our thoughts and actions according to Universal Principles.

Now I know earlier I mentioned there is no such thing as sin, and this is true. However in earlier times, the word “sin” was used in place of “karmic debt.” In earlier times, the churches used the word “sin” to gain control over the people, to make them feel less than what they really were: Co-Creator Gods in training. When the churches projected the consciousness of people being sinners, they established the need to “save” the people. As time moved on, the word “sin” was replaced with the word “transgression,” which doesn’t seem as threatening but still has a negative connotation. You are not a sinner, but you committed an act of transgression. So here is the understanding if you violate any of the Universal Laws or Principles. For example, if you take a life, then you have not learned that killing is wrong and you will continue to create a karmic experience until you learn that killing goes against Universal Laws and Principles. Any time you go against Universal Laws and Principles, you will create a karmic experience until you learn your lesson. Once a lesson is learned, you will never have to repeat the learning.

As I mentioned earlier, while writing these lessons, I had to apply all the teachings in my daily life to understand the process so I could bring these teachings to the public.

I felt as if I was coming to the close of a major chapter in my life, but I didn’t know where or what lay ahead for me. I just knew that I had to experience the teachings of The Golden Ones. In late March 2013, when The Golden Ones told me I would become a spiritual public speaker, I remember telling them vehemently that I wasn’t going to stand up in front of people professing spiritual truths, unless I was absolutely positive that what I was saying was the absolute truth.

I had facilitated meditation classes in the past in a classroom setting held in my home, on Thursday evenings at 7 p.m. I divided the two-hour evening classes into three parts. The first part was a discussion on a topic I felt my guides would want the evening to focus on. The next part was a healing portion, allowing everyone to send healing energies to their loved ones; and the third part was the actual meditation process, during which we all tuned in to our Spiritual guides and received visual messages for everyone in the class. Basically, I was teaching the people who attended to tune into their intuitiveness and channel their own Spiritual guides. It was a means to empower the group to attune to their own Co-Creative God characteristics, but I didn’t realize this at the time.

In my early years, I was soon guided not to plan so much in advance as it left little space for Spirit to improvise during the evening. So I accepted this by not planning a topic for the evening at all and when the opening music played, I would wait and see what my Spiritual guides wanted to us discuss that evening. This format worked the best, but it always left me not knowing what

the topic was going to be until the last moment. I guess I was in training to have faith and trust that all would work out, which it always did.

The information presented to me regarding Earth being a Spiritual Training School and having to actually live through these teachings has convinced me beyond any shadow of a doubt that I am connected not only to The Golden Ones, but also to Universal Mind. I am absolutely sure that all of us have this capability of being telepathic and being connected to Universal Mind in every moment. I feel this is the innate intelligence we had previously before coming to Earth and we have never lost this capability; it just became shrouded when we received access to conscious mind.

During each teaching lesson, I would be placed in daily experiences that showed me how the teachings actually operate. As I said earlier, The Golden Ones asked me to speak at the NewLife EXPO in New York City in March 2014. I was driving home from speaking engagements in Canton and Strasburg, Ohio after The Golden Ones had made their suggestion. These speaking engagements in Ohio were the first workshops where I was presenting material based on the teachings of The Golden Ones. I felt I had to test the waters to see how open the public would be to receiving these new teachings. I was pleasantly gratified to see the small groups who attended these workshops embraced all the teachings. In fact, during the workshops, I was shown that each participant was activated with a crystalline DNA. I saw a quartz crystal in the entire spine of each of the attendees, as if a switch had been turned on within each of them, activating their crystalline DNA.

Of course, we have free will and I could have said no, but I also realized the tremendous opportunity it is to work with The Golden Ones and even though they nudged me beyond my safety zone, I am always pleased I have the strength to honor their suggestions. I have learned not to question their guidance. The expo was two months away and the cost for me to speak was \$2,500, which was all my reserve funds. Immediately I registered for the event. As I wrote these Author's Notes, the event was just one week away and my loved ones were still preparing me for their teachings.

I had a very successful experience driving to New York City, arriving at 1 p.m. on a Friday afternoon, the first day of the event. I felt anxious driving in New York City following the GPS, with taxi cabs whizzing past me, sometimes cutting me off, pedestrians not caring about traffic regulations, jumping out in front of the car, as well as having to watch for changing lights and detours. But I have learned that the Emotional Parasite Prayer can also be used for anxious feelings (see "Removal of Emotional Parasites and Fears" in the Appendix). As I started to feel myself getting anxious, I said the Emotional Parasite Prayer. Immediately, I could feel my anxiety disappear and I became focused on where I was going.

I had the opportunity to demonstrate two prayers to the NewLife EXPO attendees with immediate results. The Emotional Parasite Prayer removed from a gentleman a fear that had been with him for years. A lady who was recovering from a relationship that had ended three months earlier was helped by my declaring the Prayer of Protection for her. Ever since the end of her relationship, she had a feeling weighing her down. At first we attempted the Emotional Parasite Prayer, but the feeling just kept shifting in her body. This was an indication to me that she might have an attachment; a discarnate soul had attached to this woman's soul. As soon as I performed the Prayer of Protection, I could feel the discarnate soul passing through me: these lost souls use me as a gateway to move to the next level of their journey. Immediately, this woman who had

had the attachment felt relief; she started to cry. She later chased me down and thanked me again, as it was the first time in three months she had felt relief.

In early May 2013, I was in the midst of selling my house in Naples, New York. What I didn't tell you was that I had no money for the mortgage and the housing market for my area always ended by Labor Day. When I asked Spirit what I was to do for the mortgage in July, instantaneously in my mind, I was reminded that I had loaned my friend \$10,000. I really didn't feel he would repay me, especially since he was located outside the United States. But Spirit had reminded me, so I approached him.

My friend who knew of my situation, very graciously wired me half the amount owed immediately, with a promise for the balance in three weeks. The first instalment came two days prior to the due date of the mortgage. The second payment came three days before the next mortgage payment. The mortgage amount was \$5,800 a month. This left me short \$1,600. This money came from installation work which was supposed to have been finished in October 2012, but, due to weather conditions, we had put off a portion of it until the weather improved. Before I had left Naples in December 2011, I had scheduled the installation of a new tankless water heater, as well as some insulation work in the attic to prevent the loss of heat through the roof. When I was contacted to have the work completed in April 2013, Spirit told me not to have the insulation work done. So I cancelled it. When the monies were returned to me, they totalled over \$4,000. Between the refund of the \$4,000 and the \$10,000 returned from my ex-wife's son, the mortgage payments for July and August were covered.

For September's mortgage, a 401 stock plan given to me when I worked for my former employer came due and I received a check for \$16,000. A 401 Plan is a type of savings plan in which employees can invest while working for United States companies. It is amazing how the Universe works! I had stopped working in December 2011, but the company held the 401 Plan money to be paid one year after their June 2012 annual board meeting, i.e. in June 2013. And on top of that, there were several incidents that occurred whereby I could have used the funds. However, I didn't receive these funds until September 2013. At this point, I felt I was out of the woods, but I still hadn't sold the house.

My realtor told me that if I wanted to sell the house that late in the year, I would have to spend \$10,000 building a pier into the lake. Now, I was going into the winter months for upstate New York. I had \$10,000 for the pier, but if I were to spend the \$10,000, I would have no money for future mortgage payments and basically no money to live on until I sold the house, perhaps not until the following Spring. So, I began to realize that if I didn't sell the house in October 2013, I would most likely have to short sale the house and lose the equity I had built up. (A person makes a short-sale when they cannot make their mortgage payments and they basically have to turn their house over to the mortgage company or the bank.)

As you can see there were several possibilities and uncertainties running through my mind. Of course every day, I would affirm my intentions, placing them in the hands of Universal Mind to facilitate my miracles.

One morning in early October 2013 when I was at my wit's end, I heard advice in my morning meditation to act like a child. I thought about this for a day and then I heard it again, "Act like a child." So the metaphor presented to me in my mind's eye was of two children: one who didn't need or want help learning to tie his shoelaces; even though he didn't know what he was doing, he was determined to do it on his own. I guess sometimes we all act a bit like this little person. Then there was another child, a little girl, who was frustrated and crying and asking

for help, because she didn't know how to tie her shoelaces. They asked me which child I would assist. Of course, I selected the child asking for help. Then, they told me to act like this child.

The next day in my morning meditation, I actually cried in frustration, like the child I had seen in my visualization. I asked the Universe for help, indicating my frustration, my concerns, and my doubts about selling my house. I shared my limited possibilities of working for Spirit if my economic situation didn't improve. I went to that place in my heart where I communicated my deepest and most frustrated feelings. I had done everything else before—the visualization, the feelings, and speaking the words—everything except acting like a little child.

That afternoon, I received a contract offer for sale of the house and learned that the potential owners wanted to finalize the closing as soon as possible before interest rates increased. The potential owners had looked at the house on a couple of occasions and were interested in the house for its situation, high on Canandaigua Lake with waterfront access, a beautiful panoramic view, and only ten miles from a ski resort in Bristol, New York. The house sale was now scheduled to close on October 18; so I didn't have to be concerned about the mortgage for October. My major concern about selling the house had been eliminated. I was so grateful and appreciative to the Universe, I went around for the next three days with absolute joy, verbally expressing gratitude in every moment.

CHAPTER 7

The Seventh Teaching - Light and Darkness

“All sensual temptations of the Milky Way Galaxy are placed in the Spiritual Hierarchy Training School on Earth for the soul to learn from and develop discipline. All life and creations are from God. This includes what the soul may call ‘evil, negative, and dark.’ All Dark Energies, Negative Energies, and Evil are placed in the Spiritual Hierarchy Training School on Earth for the same reason: so the soul can learn to use its embedded God characteristics to overcome these forces. We will refer to these forces as ‘Dark Energies’ or ‘Darkness.’

“In training to become a Co-Creator God, the soul must learn to draw upon all the embedded God characteristics available to it through the subconscious mind. This is one of the purposes of the Dark Energies on Earth. Light will always diminish Darkness. Through the many incarnations a soul experiences, the soul’s Light Body is going to become tarnished and accumulate many energy distortions. These energy distortions appear to be small sticky blotches on the Light Body; they prevent the Light Body from vibrating to the soul’s highest potential. Only through a soul’s learning process can these energy distortions be removed.

“The soul will eventually learn they have within themselves the ability to connect to the LIGHT to diminish all Darkness. The sensual desires will eventually be diminished as the soul gains control of their passions and directs this energy in the manifestation process according to Universal Principles of harmony, balance, order, and unity for the good of all. We are not saying that sensual energies do not have their purpose. What we are saying is that the soul will learn to harness these sensual energies so that they do not have dominion over the soul. The soul will learn to use discipline, reasoning, purpose, understanding, patience, fortitude, knowledge, and wisdom among other God characteristics to avoid submitting to the sensual temptations in the Earth’s training environment.

“The same is not true with Darkness. Only Light can diminish Darkness. This is where the soul will learn to connect to the Light and draw upon the embedded God characteristics of force, will, determination, love, and authority to diminish the Darkness. So you can see, all of these energies of sensual gratification and Darkness are necessary for the soul to learn to develop the embedded God characteristics within.

“We tell you this so souls can understand who they are and the purpose of living many incarnations on Earth. Once this is comprehended, purpose and understanding is given to the soul on their journey, empowering the soul to start utilizing their God characteristics within. This alone will not make the learning any easier, but it provides a better understanding, bringing comfort to the soul regarding the purpose for experiencing so much. With this understanding and awareness, the soul will accept its responsibility in the experience. Too many times, we see the soul not taking responsibility for its learning experiences. We tell you again: each circumstance a soul experiences is orchestrated for that particular soul by Universal Mind. Embrace the experience by seeking within the reason for it, by asking your higher self and then using wisdom and right action in handling the experience.

“We will communicate regarding the purpose of ‘Mastering Your Thinking’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Seventh Teaching - Light and Darkness

As we discussed earlier, using sensual gratification for both assisting us in manifesting but also as a discipline in developing the embedded God characteristics is extremely clever. Since there are no sins just learning in this Hierarchy Spiritual Training School on Earth, if we are still seeking sensual gratification for the body, then it is an indication of where we are in our spiritual development. Let me explain further. We know that red wine has antioxidants and is beneficial to the body. We are also told one glass of wine for a woman and two glasses of wine for a man are acceptable as daily limits. However, if we drink more than the daily recommended amount, is that an indication that wine has dominion over us?

There are many sensually satisfying gratifications for the body and the learning lesson is harmony, balance, order, and unity for the greatest good of all.

A few years ago, I attended a channeling by Saint Germain, an Ascended Master who graduated from Earth after his last incarnation in the 1800s. As he conquered the aging process and he had a recipe for an oatmeal breakfast, I eat it every day. This recipe is located on my website under the heading www.thepathtooneness.com/physical. The subject he was channelling referred to Dark Forces. I distinctly remember Saint Germain confidently saying that the Dark Forces would always lose to the Light. At the time, I couldn't understand how Saint Germain could be so confident that Light would always disperse Darkness. Knowing that Dark Forces are a creation from God and just an obstacle to overcome, it makes sense to confront them and to embrace the opportunity to overcome any fear within myself. Once I came to this realization, I became stronger in dealing with Dark Forces. The realization that the main purposes of Darkness are to make our Light brighter and for us to work to free our Light Body of any fears regarding Dark Forces explained to me how Saint Germain could be very confident about Light always dispersing Darkness.

One day I was answering an email from a woman who believed she was possessed by an evil energy. As we exchanged emails, I kept encouraging the woman to use "The Prayer of Protection" (see the Appendix). I know beyond a shadow of a doubt that each of us has the ability to overcome any obstacles in our life if and when we apply the power we have within us. Feeling compassionate for this woman, I performed the Prayer of Protection with her permission on her behalf. While saying this prayer, I could feel a very strongly negative, demonic force attempting to come within my space. I have done clearings before for souls trapped here on Earth looking for a route to the next realm and have felt nothing more than a tingling sensation as the soul moved to the next realm. But this is the very first time that I really felt such a strongly negative, demonic force. I tell this story as I remember how committed I was to disallow this demonic force to intimidate me. But knowing now that one of the purposes of the Dark Forces is to make our Light brighter, then it makes sense to appreciate the learning and experience of that situation.

I list the Prayer of Protection at the back of this book and it is on my website: www.thepathtooneness.com. This prayer provides a protective shield around us where no energy other than Divine Love can penetrate our space. In my first book, *How to Play the Game of Life: Beginner Version*, I referred to many occasions when, by using and trusting this prayer, I experienced some very remarkable spiritual experiences because I trusted the prayer and the protection it provided while in the meditation state.

CHAPTER 8

The Eighth Teaching - Mastering Your Thinking

“Throughout the Universe, all thoughts, once completed, will manifest a reality. As we explained previously, the conscious mind is the catalyst for formulating a truth; once the truth is completed, it passes to the subconscious mind and the subconscious mind directly interacts with Universal Mind. A soul can be planning a truth without completing the truth process. When these planning thoughts are going through the conscious mind, there is no danger of these planning thoughts creating a possible karmic situation for the soul, as the planning of a thought doesn’t create a truth until all the ingredients are included. It would be advisable for each soul to understand the value of mastering its thinking so that there is no possibility of allowing random thoughts from creating a karmic experience for the soul.

“The conscious mind available to a soul is constantly using reasoning and the five senses to assist in analyzing its experiences. When the conscious mind is concentrating or focusing on a subject, there is no interference from outside random thought interference. ‘Outside random thought interference’ comes from a variety of sources, such as discarnate souls, random thoughts from individuals in our immediate environment, observations or awareness of our surroundings which trigger memories from previous experiences, fantasies triggered by our desire nature, our own thoughts in which we are being judgmental of the way another soul dresses, walks, talks, expresses itself, its nationality or religion, and other observations that may cause us to make judgements in the moment regarding right and wrong. When the conscious mind is out of focus in this way, the soul’s undisciplined attention is subject to random outside thought interference, which can create a karmic experience for the soul.

“Each soul is responsible for every thought that passes through its awareness from conscious mind to subconscious mind and that ultimately interacts with Universal Mind. For this reason, a soul must learn to monitor every thought it is processing in its awareness and either negate the thought or continue on and finish the thought process.

“NOTE: When a soul truly understands and embraces its responsibility as a Co-Creator God, its awareness of thoughts will create the reality it desires, and the meaning of thinking takes on a completely new dimension in its awareness of life.

“Remember, a focused mind will not allow random thoughts from interfering with conscious thinking. Meditation is a means to start becoming aware of the thought process. This technique is good if the soul believes its thought process is scattered. The purpose of meditating is to instill a discipline in the way a soul becomes aware of its thoughts. When a soul becomes aware of its thoughts and understands how random thoughts appear in its thinking pattern, a more conscious awareness will develop in its thought pattern. Through meditation, the soul learns to take control of its thinking process and becomes aware of random thoughts, which it can then eliminate before they enter the soul’s conscious mind. This takes practice and is rewarding on many levels.

“We want to mention that thoughts of doubt, fear, anxiety, and uncertainty have no place in the conscious mind of a soul. These thoughts need to be eliminated completely. As a Co-Creator God, you must understand thoughts of this nature are in the soul’s learning process to assist the soul in overcoming this type of self-defeating thought pattern. Universal Mind will not facilitate this type of thought pattern without providing a karmic lesson to learn from.

“When the soul learns to become aware of each thought entering its mind, the communication process with Universal Mind is direct and immediate. When a soul embraces its role as a Co-Creator God and also becomes aware of the power of conscious thinking, it develops its telepathic ability.

“When the soul has a question, Universal Mind gives a solution instantaneously, and the soul will be aware of the answer. The process is immediate since all the ingredients are present—harmony, balance, order, and unity for the good of all. Currently, this process happens automatically but with an undisciplined awareness; the soul never hears the response from Universal Mind.

“We will communicate regarding the purpose of ‘Healing’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Eighth Teaching - Mastering Your Thinking

What I didn't realize when I was being trained to be conscious of my thoughts in every moment was that I was also changing the frequency of my thinking. All thoughts carry a frequency.

Random thoughts vibrate lower than specific thoughts. By becoming aware of my thoughts and changing random sabotaging thoughts to positive ones, not only was I improving my thoughts, I was also raising the frequency of my thoughts from sabotaging to uplifting and loving.

What I also didn't realize was that I was teaching myself to become telepathic. As I have learned since, there is only one mind, Universal Mind. We are all connected to Universal Mind. What we think in our individual mind is only a particular frequency within Universal Mind, a link from Universal Mind to each soul. Universal Mind contains all thoughts.

Depending on where we are in our spiritual development—with relationship to our thinking—determines the frequency of our thought-pattern connection to Universal Mind. Most of us are unaware of the thousands of thoughts flowing through our minds daily. When I realized that my thoughts created my reality, I started a quest to become aware of my thoughts in every moment. It took me twenty-eight days to accomplish this. This was over forty years ago and I am still aware of all my thoughts in every moment.

But what I also found out when I became aware of my thoughts is that Universal Mind is constantly talking to me, providing me guidance and answering my questions. In other words, I became telepathic, but I didn't realize I was telepathic until 2010. I was also told this during an astral travel journey I took in 2005 while in Chavin, Peru. During this journey, I learned I had the gift of telepathy. It wasn't until 2010 that I accepted this realization.

No one goes around and declares they are telepathic. However, I am finding my role is to demonstrate the workings of Universal Laws and Principles to assist others in how to live life in this Spiritual Hierarchy Training School. What I have learned since then is everyone has the same potential to become telepathic, just by becoming aware of their own thoughts in every moment. Universal Mind is constantly communicating with each of us in every moment. But, until we train ourselves to be aware of our thoughts in every moment, we will not hear or listen to Universal Mind. This is the innate intelligence we used prior to coming to Earth. Since having access to conscious mind, free will, and reasoning, our access to the frequency of innate intelligence and our faith and trust in the accuracy of this innate intelligence has diminished.

CHAPTER 9

The Ninth Teaching - Healing

“The Co-Creator Gods, designers of this classroom (school) of life course, have provided many tools and road signs to assist you along the way. This was done so no soul would ever feel lost, abandoned, neglected, or uncared for; you are always loved. These Co-Creator Gods understand the difficulties souls will endure in learning to use the conscious mind for survival, and acknowledge that the souls’ personal needs may feel threatened, but we want to reassure you, this is all part of the training. You are never alone, you will never be abandoned, you are not lost, and you are always loved by all your brother and sisters in the Spirit realm. Be at peace and know that Spiritual Teachers are with each soul every step of the way. Understand you are learning to adjust to being aware in every moment in using the conscious mind for manifesting both your material and spiritual needs; you are also learning to align your thinking process according to Universal Principles.

“In previous messages from us, The Golden Ones, we mentioned the importance of mastering your thinking. The first major step is that the soul must become aware and discipline its thoughts. This is a critical step, essential for the soul in making the transition from manifesting material needs to manifesting its spiritual needs. This step is necessary so the soul can start to attune its awareness to the many tools and road signs available in this classroom of life. By becoming aware of these tools and signs, the soul will find temporary comfort, strength, and encouragement along the way, which in itself is a healing. Many souls are already attuned and recognize these tools and signs, which are in all the kingdoms on Earth, seen and unseen; these tools and signs include crystals, essential oils, plants and flowers, animals, sacred sites, ruins, astrology, numerology, and the synchronicity of people and events appearing in their lives. There are also things unseen that are there, such as the soul’s intuition, spiritual guides, angels, dreams, and visitations from loved ones from other dimensions and realities.

“When the soul learns to become aware and discipline its thinking, he becomes aware of the tools and road signs that are purposely placed and available for him. The soul’s teachers and guides are constantly attempting to communicate with each and every one of you; however, the frequency of your mundane thinking is on a denser wavelength. This wavelength is too low to hear our thoughts when we attempt to communicate with you from a higher frequency. We tell you this as each soul is now ready and capable of achieving the task of mastering its thinking.

“The Earth moved from third-dimensional reality to fifth-dimensional reality on December 21, 2012 and a shift took place in the Earth’s rotation around the Galactic Center. Earth and the entire Milky Way Galaxy were upgraded to be available to receive new teachings. It has been 25,920 years since Earth has experienced this position in the heavens. This transition to the fifth dimension plus the Earth’s slowly shifting rotational axis create a faster pulsating pattern on Earth. The conscious mind is now capable of receiving this higher frequency transmission of thought from their spiritual guides. Each soul will see this happening all around them, as the soul’s intuitiveness increases with greater accuracy. Removing sabotaging thought patterns that are currently preventing manifestations plus disciplining your thinking and becoming aware of your thoughts in every moment will speed the process of receiving the higher frequency thoughts from spiritual guides. This will allow your personal dreams and manifestations to become a reality.

“You may ask why the Co-Creator Gods want the soul’s personal dreams and manifestations to become a reality in the life of a soul. When the soul learns to remove the negative, fearful, doubting, and sabotaging thoughts from their thinking patterns, the soul’s thoughts will manifest their dreams much faster. The Co-Creator Gods know that learning to align their thoughts with the Universal Principles of harmony, balance, order, and unity for the good of all is a major transition a soul must accomplish in order to continue its path in becoming a Co-Creator God.

“We will communicate regarding the purpose of ‘Trials and Tribulations’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Ninth Teaching - Healing

You may wonder what “Healing” has to do with the teachings of this chapter. Many years ago, my guides instructed me to be aware of manifesting thoughts that were not aligned with Universal Principles. They indicated that the word “disease” referred to the disruption of the flow of energy through the body. When energy becomes disrupted, it cannot flow through a particular part of the body. This creates a “dis-ease” of the energy flow in that part of the body, which could eventually cause illness there. The dis-ease of energy flow in the body is a way Universal Mind communicates to souls that their body is a result of their thinking. Based on the location of the dis-ease in the body, a soul can ask Universal Mind where in their thinking they have caused the dis-ease. Universal Mind will respond immediately with the answer if you listen within. Thus “healing” and “being healed” is the same as being aligned with Universal Laws and Principles. Such alignment leads to there being no dis-ease in the body. Peace of mind is the first step in healing.

They also taught me that all thoughts misaligned with Universal Principles cause the disruption of energies flowing through the body. By reversing your thoughts that cause the disruption of energy flow through the body, you can, with practice, instantaneously remove the disruption of the energy flow and allow the energy to flow harmoniously through the body once again. This can happen almost immediately.

To this day, if I have a pain or a discomfort in my body, I ask Universal Mind, “Where in my thinking did I cause this discomfort?” I must stop and listen with an open heart to hear the answer. Normally after sending the sincere request to Universal Mind for an answer, and after waiting for a split second, I will see the image in my mind’s eye of the experience and what I said or thought, which caused the dis-ease of energy flow in my body.

If I thought something out of innocence, ignorance, or malice, I immediately reverse the thought. If I said something, then I ask for forgiveness. Either way I make a sincere effort to reverse the dis-ease I caused within myself.

What this teaching refers to is if your thinking is in alignment with Universal Principles, then your body will also be in alignment and it will be free from dis-ease. We all know that when our thoughts and feelings are harmonious, our body feels good. If we are depressed, feel lonely, isolated, or abandoned, then our body will reflect our mood. This teaching indicates there are enough road signs along the way to keep our spirits uplifted and positive. By doing so, we will be healing our bodies.

CHAPTER 10

The Tenth Teaching - Trials and Tribulations

“The Co-Creator Gods established the Spiritual Hierarchy Training School on Earth in accordance with the many Universal Laws and Principles of harmony, balance, order, and unity. These teachings we are sharing are designed to assist the soul in understanding the fundamental concepts of the objectives of this training curriculum, which is for each soul to become a Co-Creator God. When the soul learns to align its thinking according to Universal Principles, its dreams and aspirations are manifested. When the soul’s thinking is other than in accordance with Universal Principles, karmic lessons are taught. Every step of the way, the soul will endure trials and tribulations, and every step of the way the soul’s spiritual teacher walks with them.

“Trials and tribulations are not intended to punish the soul; quite the opposite. Trials and tribulations are designed to develop the embedded God characteristics within each soul. Endurance, patience, discipline, self-esteem, confidence, will power, determination, strength, perseverance, integrity, and many more God characteristics develop during challenging experiences. We want all souls to understand this and draw on these God characteristics available to each of them as they start to feel the burden of life’s experiences.

“The soul’s spiritual teacher is walking with the soul every step of the way. When the experience appears to be overwhelming, it would be wise for the soul to go into the silence and have a communion with their spiritual teacher. We tell you this for two major reasons.

“First of all, it is important for the soul to feel their way through life’s experiences. Initially, the soul comes from conscious mind and uses reasoning or logic plus the five senses for their manifestations. Logic alone does not manifest the real truth of a manifestation. A combination of logic and feelings is needed in order for the manifestation process to be complete. When the soul starts identifying with its feelings, it activates the subconscious mind and the embedded God characteristic gifts within. When the soul becomes aware of its feelings, whether it is in a stressful or a pleasant experience, a communion is established with the soul’s higher self. This will train the soul to attune to the higher frequency within to hear their spiritual teacher and higher-self respond through the frequency used in all Spirit realms to communicate with each soul and every soul in Earth’s training environment.

“We will now share with the soul how to develop these embedded God characteristics. An example is the gift of the God characteristic of ‘Patience.’ When the soul is in a life experience and starts to feel the irritating feeling of being impatient, we want the soul to learn to sit and feel this impatient feeling for as long as possible. The reason the soul is feeling impatient is because they have not attuned to the God characteristic frequency of patience in the subconscious mind. By sitting and allowing this impatient feeling to permeate their being, it allows the soul to attune to this frequency in the subconscious mind to learn to assimilate and activate the opposite feeling of being patient into the God characteristic of ‘Patience.. This process will work for any frustrating feeling being felt by the soul in any of life’s experiences. This is the only way the soul will develop these embedded God characteristics. Once the soul attunes to these feelings, the conscious mind will connect to the characteristic frequency of patience on future experiences.

“If the soul responds through inappropriate action to the frustrating feeling during a life experience, the soul will continue to manifest more frustrating experiences for their learning. Universal Mind is not punishing the soul by facilitating karmic experiences through repeated

frustrating experiences; on the contrary, the soul is given another opportunity to learn from the experience. Remember, as we have mentioned, if the soul feels they have not risen to give their best performance in any of life's experiences, another opportunity will be presented until the soul learns the lesson. Again, once a soul learns a lesson, it never has to be repeated.

"We will communicate regarding the purpose of 'Forgiveness' in our next correspondence.

"Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

"The Golden Ones"

Author's Notes on the Tenth Teaching - Trials and Tribulations

I think this teaching speaks for itself. I also believe we all have our own individual trials and tribulations. One that comes to mind for me is a time when my Spirit guides recommended that I take a trip to reward myself.

I had just recently completed the very emotionally overwhelming divorce process that took over a year and a half. I remember I started crying the day I received the completed divorce decree. I hadn't realized how emotionally taxing the process was on me both mentally and emotionally until the process was complete. Anyway, about a couple of weeks later, in late September 2000, my guides recommended I take a trip.

I had had a channeled reading from a person called Star Feather who channels beings called ADRON. In her reading for me, she recommended that I visit all the energy centers and sacred sites around the Earth, interacting with the Masters of these site centers.

I decided to visit Peru. This was the first time I was traveling by myself and I really didn't know too much what I was going to do in Peru for ten days. In fact, I really didn't even read about what was going to take place when I got to Peru, except that I would be with the shamans for ten days, there would be some hiking, and the total trip was going to cost so much money, what to wear, what to bring, and a few other details. Well, I didn't read what the major purpose of this program entailed with the shamans until I got off the boat, ten miles upriver on a tributary of the Amazon River. That is when I found out I was to partake in the shaman ceremony of drinking the Ayahuasca and Huachuma.

However, that is another story that I have already told.

This is a different story. Being a Virgo, I am normally well organized; I prepare myself most of the time. So, I arrived in Lima, Peru at just around midnight. My next flight wasn't until 6:30 a.m. the next morning, so I thought, but apparently I had either lost my itinerary or I hadn't ever packed it.

So there I was in Lima, Peru, with one large suitcase and a travel bag, and I didn't know where I was going for my next flight, which I thought was to be at 6:30 a.m. So I am a little nervous now that I realize I don't know where I am going, and the next thing I do is panic, but just a little. I proceeded to the information desk for help. There, the lady attempted to help me with the little English she knew, but I couldn't answer her questions about, "Where are you going?" "What airline are you flying on?" "What time is your flight?" When she asked me these simple questions, I felt so dumbfounded that I couldn't answer. How was I supposed to have her assist me?

So, I regrouped and connected with my Spirit guides. They told me not to worry, to hang around for a couple of hours, and everything would be okay. Easy for them to say!

Well, I was getting tired, but I'd heard warnings not to fall asleep as other travelers had had their bags stolen, even in the chapel where travelers were sleeping on the benches.

Next, it was about 2:15 a.m. and I was looking for a signal. Another hour passed and still there was no sign of what I was waiting for. I was on the second level of the main corridor of the Lima, Peru airport in the domestic flight area, tucked into a corner so that if I were to close my eyes for a second, I could still feel protected.

Around 4:15 a.m., I saw a woman coming down the corridor dressed like an American, in cowboy hat, boots, and jeans, with a western plaid shirt, straight from Texas. As she approached

me, we recognized each other as being from the United States and we acknowledged each other with a courtesy, “Hello.”

Of course, the first thing I asked her was, “Where are you going?”

Well, don’t you know, she was going to the exact same place I was going: to the Peruvian Shamanic Spirit Quest. She pulled out her itinerary with the times of the flight, the airline, the city we were traveling to, and our points of contact; everything a person would need to give them peace of mind at 4:30 a.m. in the morning at the Lima, Peru International Airport.

I tell this story to demonstrate how I needed to trust and have faith that my connection with Spirit was what I believed it to be. However, until you go through one of these trials and tribulations, you can only guess what your learning lesson might be.

Let’s discuss the embedded God characteristics that each soul is here to develop within their consciousness so that they eventually become part of their entire consciousness. I know the first characteristic that comes to mind for me is “Discipline.” I love ice cream. I used to be able to sit down and eat a half gallon of ice cream without blinking an eye. Was I in control of the ice cream or was the ice cream in control of me? Of course, the ice cream was in control of me. I had very little resistance to ice cream, especially chocolate ice cream. After eating a half gallon of ice cream, my stomach would be bloated, and I would feel uncomfortable and sorry that I had eaten it. I would say, “Never again.” However, a week later, chocolate ice cream would be calling me again.

I also noticed that as I was getting stronger in disciplining my desire to eat chocolate ice cream and convincing myself that I was now in control of chocolate ice cream, the Universe would place me where I was tempted by chocolate ice cream. The funny thing about this is we rationalize that we are in control of our desires and, when we are tempted, we tell ourselves we are still in control and we are only going to have one bite. Well, a half gallon later, we come to the realization that we overstated how disciplined we really thought we were. The Universe will continue to give us opportunities to discipline our desires until we are actually in control.

My teachers have taught me, “Never allow anything outside my being to have dominium over me.” Being a Co-Creator God, I always have to strive to be in charge of my energy in every thought, word, and deed I express.

Another God characteristic that comes to mind is “Faith,” and “Trust” goes along with this. I am absolutely positive that the Universe always operates in my best interest. I haven’t always felt this way, but after The Golden Ones brought through these teachings and I have had to live these teachings, I know that whatever I am experiencing in my life has been purposely designed by Universal Mind for me to learn from.

The week after writing these chapter notes, I was due to give a presentation—a lecture and a workshop—in New York City. This would be the first major speaking engagement on my own representing the teachings of The Golden Ones. With one week to go, I felt that re-editing this book would prepare me for my lecture and workshop. The previous week, I had watched eight hours of *National Geographic* documentaries on the origins of the Universe. Well, I am always interested in the origins of the Universe, but eight hours seemed a bit too much.

On the night in question, I went to bed at 8 p.m., and at 12:30 a.m., I awoke with some thoughts running through my mind. When I realized what was happening, I quickly jumped out of bed and ran to my computer. My Spirit guides were giving me the introduction to my lecture for the following week, based on the eight hours of documentaries I had watched. The introduction was so clever, interesting, and thought-provoking that it was the perfect lead in to

the teachings of The Golden Ones. I sat for almost three hours writing my lectures. At the end of the three hours, I was so grateful, appreciative, humbled, blessed, and thankful to be looked after. I hadn't really been concerned about the lecture, figuring I had a week to formulate it. But now I was relieved that I had received the information and could now prepare for the workshop. So Faith and Trust are two God characteristics that I feel blessed to be aware of in my consciousness.

Another important God characteristic that comes to mind is "Perseverance." Perseverance goes hand in hand with the God characteristic "Discipline." For example, if I am working on discipline, and I start to find myself weakening to a temptation, I will have to invoke perseverance to continue with the characteristic discipline. I have also found this to be true: once I am almost ready to achieve a goal, frustration develops. It is almost as if the Universe designs the accomplishment of a goal to have "frustration" as an obstacle right before the finish line. This has happened to me so often that I now accept consciously that when frustration surfaces, I know my goal is within reach.

One more characteristic that is important for me is "Harmony." Harmony is important in maintaining an even flow of energy. Personally, I strive to create an even flow of energy in my personal relationships. If there is no harmony, then the relationship will not last. What determines harmony? Harmony is a give and take in exchange of energies and ideas to enhance the relationship; it complements the overall structure. We also know that when blending colors or music, the other colors and musical sounds need to complement one another if we want to produce a feeling of harmony.

"Balance" is another important God characteristic to develop in our being and life style. A balanced diet ensures we receive the necessary nutritional requirements for our body. A balanced exercise program makes sure we are not over exercising; a balanced work schedule is necessary so we do not become workaholics, and create an imbalance somewhere else in our lives. Balance is extremely necessary in all facets of our lives to ensure we maintain a healthy lifestyle.

"Order" is another extremely important God characteristic if we want to eliminate chaos in our lives. Order to me is a systematic flow of events to ensure a successful conclusion when we are organizing something in our lives and when we are maintaining a successful state of being. I know when I was remodeling my home in upstate New York, I had to systematically determine which rooms were the most important to renovate, based on budget, convenience, and practicality.

When we live our daily life and understanding that all our experience are manifested by Universal Mind, we don't realize the training we are receiving in developing the God characteristics within. Many of these characteristics may seem like common sense characteristics that are natural to everyone. However, once we master a God characteristic, it may be easy and common sense to us, but that is only because we have mastered that particular God characteristic.

CHAPTER 11

The Eleventh Teaching - Forgiveness

“We have told you that every experience in the Spiritual Hierarchy Training School is orchestrated uniquely for each soul. These soul learning experiences are designed to do just that: create experiences for each soul to learn. Experiences create knowledge; wise use of knowledge creates wisdom. Universal Mind is connected with each soul in every moment and knows what experiences are necessary for each soul’s growth. Every thought, word, and deed manifested by each soul is registered in Universal Mind and is used by Universal Mind for each soul’s development and experiences.

“Now we want to explain the purpose of Forgiveness.

“When a soul creates an experience and the ingredients of the experience are not in accordance with Universal Laws and Principles, especially if the ingredients gain from or knowingly take advantage of the ignorance of another soul, Universal Mind will facilitate a soul lesson for the one who created the experience. When a soul commits a selfish transgression, the soul who creates this selfish act is only thinking about self. If the soul thought about the feelings of the other, the soul might not follow through with its transgression. Universal Mind will facilitate a soul learning experience for the soul who committed the transgression. Once a soul is the recipient of another soul’s transgression, the soul experiences those feelings. This scenario, repeated several times, will eventually teach the soul the wrongfulness in transgressing against another by feeling how it feels to be a recipient of a transgression act created by another soul.

“All experiences are facilitated by Universal Mind in every moment. Universal Mind facilitates all souls’ transgressions and responds accordingly. There are no differences between big lies and little lies. A soul can never justify committing a transgression regardless of the soul’s thinking, whether it is a selfish transgression or one in retaliation to another soul’s transgression. You are in training to be a Co-Creator God. The Universe operates under the principles of harmony, balance, order, and unity in every moment. Souls in training to become Co-Creator Gods must consciously adhere to these Universal Principles in every moment.

“Now we come to the purpose of Forgiveness. Knowing that Universal Mind facilitates all karmic soul learning lessons, regardless of the transgression committed against a soul by another soul, the appropriate response in all situations is forgiveness. When a soul is the recipient of a transgression act and acknowledges that the only way the soul is experiencing this transgression is through prior actions of their own, asking the Universe to forgive self and their perpetrator removes the karmic debt. The karmic soul learning lesson is learned immediately and never has to be repeated. However, if the soul does not accept the karmic soul learning lesson and blames the other soul for the transgression and even harbors feelings other than forgiveness and love, the karmic lesson will be repeated over and over until the soul’s learning lesson is learned.

“It is the responsibility of each soul to be consciously aware in every moment and to understand the tremendous responsibility they are accepting in their training to become a Co-Creator God. This is your mission. Each soul must be aware in every moment of its thoughts, and must choose the correct thinking in accordance with Universal Laws and Principles.

“We will communicate the purpose of ‘Unanswered Prayers’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Eleventh Teaching - Forgiveness

I was never a bible reader, but I am one who likes to browse the bible. Certain parables jump out at me for my awareness and interesting facts about parables catch my attention. The one parable that comes to mind for this teaching is the one where Jesus turned the other cheek. Here is the parable, "But I tell you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also," (Matthew 5:39). Jesus knew that Universal Mind registers every thought, word, and deed of each soul, and that each soul's learning experience is required for that soul to repay its karmic debt. Jesus understood that if you are being struck on one cheek you deserved it and if you deserve more, offer your other cheek knowing that if you only deserve one strike, that is all you will receive. If you deserved two strikes, then by offering the other cheek you are attuned to repaying your karmic debt. But the key here is there are no accidents in life. Regardless of what happens to you, understand that in every moment each soul is subjected to experiences orchestrated by Universal Mind to either pay back a karmic debt or to learn for their spiritual development on the path to becoming a Co-Creator God.

Jesus also told his disciples about forgiveness. Here is what he taught: "Whose sins you shall forgive, they are forgiven them. Whose sins you shall retain, they are retained," (John 20:23). What Jesus was explaining here is if you cannot forgive another for their transgressions against you, then your transgression against yet another person will not be forgiven either. But if you forgive another for their transgression against you, then your transgressions are also forgiven.

Again, Jesus understood the workings of Universal Mind and knew the only way anyone can sin against you is because you must have created the sin in the first place. By forgiving the other person, your karmic debt is cancelled. "Whose sins you shall forgive, they are forgiven." However, if you can't forgive another for their sins against you, then Universal Mind will not cancel the karmic debt against you. "Whose sins you shall retain, they are retained." As I mentioned earlier, the term "sin" is used in the bible and other early documents to denote "karmic debt."

We must all understand there are no accidents and no miracles in life. Everything happening to us in our everyday experience is orchestrated by Universal Mind to either give us an opportunity to cancel a previous karmic debt or to learn wisdom from the experience.

I have learned to condition myself to be consciously aware in every moment. When I am experiencing what appears to be a life challenge, I will ask myself a question, "What is my lesson here." Then I wait for an answer.

CHAPTER 12

The Twelfth Teaching - Unanswered Prayers

“As each soul becomes aware of its role as a Co-Creator God in the Spiritual Hierarchy Training School on Earth, the soul will take its wandering thoughts more seriously and be conscious of its thoughts in every moment. These conscious thoughts are the building blocks of the reality each soul will experience not only on Earth, but also wherever else they travel. This is one major aspect of learning to become a Co-Creator God. It is extremely important that each soul is aware in every moment of the scattered thoughts influencing it through the subconscious mind. Until the soul learns to reprogram these scattered thoughts that influence its life through the subconscious mind, their reality will be as scattered as their thoughts. The Universal Principles of harmony, balance, order, and unity for the good of all must be the motivating energy in the forefront of awareness of each soul, constantly propelling the manifestation of all thoughts in its conscious mind.

“Unless the soul develops a disciplined routine of monitoring its thoughts, such as through meditation (whereby the soul can develop the discipline of awareness of each thought wandering through its conscious mind), it will be difficult to consciously manifest and sustain a reality without creating karmic lessons. Once a soul learns awareness of its unconscious thoughts, less time in a meditative state will be required; but some time in meditation will still be necessary.

“The meditative state has benefits other than the soul learning to become aware of and be able to discipline its thoughts. It is a time when the soul is in a state of being and is receptive to biological software upgrades to the human body by Universal Mind. These physical body upgrades may also take place while the soul is in a sleep state, but they are more effective if they are performed during the meditative state, when there is less resistance to the flow of energy from Universal Mind: the soul is already open to receive.

“Desires, dreams, and needs may never become a reality until a soul develops a ‘Knowing Awareness’ of the direction of its path based on being consciously aware of its thinking patterns. As we have stated previously, Universal Mind is aware of every thought, word, deed, and feeling each soul manifests. Along with awareness of these thoughts and feelings, Universal Mind also knows the state of development for each soul and the path each soul has manifested for itself. This is what is known as the soul’s Akashic Record. The truth is you have free will to make choices; however, we will tell you as each soul evolves in its awareness and becomes more conscious of its relationship to God, the decisions each soul makes will be for love and dedicated service to God, completely.

“Unanswered Prayers are gifts from God. The Universal Mind understands the dilemma the soul experiences when prayers or intentions are manifested, motivated by self-interest, ignorance, or a lack of understanding of what lies ahead on the path they have chosen. To maintain the integrity of the soul’s development, these prayer requests are not always facilitated by Universal Mind. The soul will not realize this in the moment it is praying, but looking back as future experiences unfold, the soul will receive the realization as to why its prayers were not answered.

“A soul develops a knowing awareness and this requires faith and trust with their inner guidance. Developing this knowing awareness requires practice and discipline in discerning between the different voices from within during the meditative state. This meditative state can be

a walking meditative state, during their exercise routine, or during times when commuting or being alone. The soul is in a state of being where it is alone and exchanges thoughts with Universal Mind. Once this communication exchange is developed, the soul will learn to tune into this frequency with Universal Mind and develop a dialogue, a gift of telepathy.

“We will communicate about developing ‘Faith and Trust’ in our next correspondence.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Twelfth Teaching - Unanswered Prayers

The Golden Ones mentioned that the meditative state has benefits besides assisting us in becoming aware of our thoughts: it is a state through which the Universe can upgrade any software changes to our biological computer, our body. The body is a biological computer, housing our consciousness. Think of your body as an automobile: we get into this body and it takes us wherever we want to go in this dimension. Since we are now in the fifth dimension, the density here is much heavier than if we were in the twelfth dimension. In the twelfth dimension, our bodies would be light and fast; the same with our thoughts. Thoughts of fear, doubt, anxiety, and despair are lower frequencies compared to love, compassion, hope, faith, trust, and harmony.

I know it may be difficult to understand or even accept the fact that in every moment your thoughts and feelings are being registered and every experience you go through is orchestrated for your soul development, but this is the truth. Once we can understand this teaching, it will be much easier for us to accept the challenges we may experience in our daily lives. A willingness to approach each day with excitement to see what is in store for us will help us to start seeing ourselves as students in a classroom of life, more so than if we perceive ourselves as a victim of someone else's drama. Both situations are the same, except the other person's drama is what we, ourselves, have manifested previously. How we handle the experience is all part of our development.

Let's think about the conscious mind as a receiver for radio waves. There are many different frequencies coming into the radio's receiver. Each frequency is from a different source and they are all being received at once, but the radio can only play one frequency at a time. What happens is that the reception of these frequencies is blended and unclear until the conscious mind tunes into one individual frequency. When the conscious mind tunes into a particular frequency, it believes that that frequency or thought pattern belongs to the soul, the receptor of the frequency. Of course, this is not true at all. This is where the soul is required to reprogram the reception of these frequencies by fine tuning its reception. When a soul tunes in and hears the thoughts being received on a particular frequency, the required action is to reprogram the reception of these thoughts.

In the Epilogue portion of this book, there is a technique for the removal of Emotional Parasites and Fears from our Light Body. Use this technique to eliminate any thought patterns you receive in your conscious mind that are not for your highest good.

Developing this frame of mind of being a student and being consciously aware of our thoughts in every moment will assist each of us to be aware in every moment as to how we are thinking and acting so that we are not manifesting a future of unpredictability for our learning. This is where we start aligning our thoughts and feelings according to Universal Principles, and we bring harmony, balance, order, and unity for the good of all into our daily lives with no surprises.

When my first wife and I married and were setting up our apartment, we just enjoyed the early days of togetherness. Looking back, I realize I was naïve, but I had a foundation of being honest and truthful. We were both working and enjoyed a little bit of extra money to experience the joys of life. Then my wife became pregnant and the thought of future security for the family became our priority. We thought that we could possibly make a house payment if we found the right home at the right price.

My wife's aunt and uncle were selling their home. The price was right, the home was right, and the location, which was near my wife's parents, was perfect. Everyone seemed excited about the possibility of this win-win situation: my in-laws selling their home; us buying their home; win-win. At the last moment, my wife's uncle decided he could get more money for the house, way beyond our budget. He listed and sold the house for what he wanted.

My wife and I were disappointed, feeling that after we had become excited about the possibility of purchasing his home that maybe the uncle might have worked with us a little bit harder to make this win-win situation a reality. I remember my wife's aunt was a little embarrassed about the change in price; it was a bitter pill for all of us to swallow, except for the uncle.

About a month later, my father-in-law found out that a distant cousin was selling his beach home. The price was perfect; the home was a starter home: waterfront property located on Chesapeake Bay with a fabulous view. There were some maintenance issues, but with a little hard work I thought I could handle it. With the help of my father-in-law and acquiring a mortgage through the parents of the distant cousin's uncle, the deal went through.

My first wife and I lived in this waterfront home for seven years. Each morning, we enjoyed a spectacular sunrise shining on our faces. We raised our first three boys there; they had access to fishing and crabbing, ice skating in the winter, boating in the summer, and the opportunity to share our home with both sets of parents. It turned out to be a vacation get-a-way place that we lived in all year around. After seven years and with some remodeling, we made a 300 percent profit on the sale of the home.

So you can see how sometimes we may feel disappointed in the way life treats us, but in the long run, the Universe actually knows what is good for us. This home provided many more memories in raising our family of three boys in the country than what we thought was the perfect win-win situation for a home in the city.

After a couple of such experiences—hoping for one outcome and receiving another—hoping for the best but flowing with the reality of the situation—I began to understand that my life as well as every other soul's life is guided, guarded, directed, and protected in every moment. All it takes is surrendering to the greatest good in every moment. Sometimes we don't understand what the greatest good for the greatest number is, but that is when we must develop faith and trust, and then surrender.

CHAPTER 13

The Thirteenth Teaching - Faith and Trust

“We have told you that each soul has available to them the embedded God characteristics in the subconscious mind. When the soul made the choice to come to Earth, the Co-Creator Gods made humans in the image and likeness of God. Each soul was created with female and male God characteristics. The embedded characteristics of God have both the masculine and feminine qualities within each soul. Each soul is an exact replica of our Creator God.

“Many souls have graduated from the Spiritual Hierarchy Training School on Earth and have gone on to become Ascended Masters. Souls must learn and accept the realization and responsibility of becoming Co-Creator Gods. Once the soul embraces this awareness, it empowers itself with the acceptance and realization of becoming a Co-Creator God. The soul will have the motivating energy and awareness in aligning its thinking to manifesting its dreams. This still requires the soul to align its thoughts, feelings, and intentions according to Universal Principles without causing karmic debt.

“The conscious mind available to the soul will always automatically analyze and use reasoning to discern the truth of experiences being felt and observed in daily life. Through experiencing life on a daily basis, the soul will retrieve prior experiences from the subconscious mind to use as reference points in comparing the observations. The conscious mind will always look for the truth while processing the observations to make sure the real truth is passed to the soul’s subconscious mind. When the conscious mind cannot reason what the soul is experiencing, it engages the subconscious mind automatically for assistance. The subconscious mind will assimilate the experience and if necessary engage the embedded God characteristics in seeking a solution to the experience. Unless the God characteristics are well developed, the soul will experience the uncomfortable feeling of uncertainty in the moment. The soul may react to the uncomfortable feeling in an immature, emotional manner. This immature, emotional behavior will most likely create a karmic experience for the soul. The soul eventually must endure the uncomfortable feeling while the subconscious mind continues to assimilate and attune to the frequency of the God characteristics that is located in Universal Mind. The Universal Mind will never facilitate an experience that the soul cannot perform. Once the soul understands this, self-esteem and confidence develop as the soul rises to the occasion and responds accordingly.

“As the soul progresses in its development, soul learning lessons will always occur. These lessons are designed to trigger into development those embedded God characteristics within each soul. For the soul to develop the God characteristics of Faith and Trust, Universal Mind will facilitate soul learning experiences that purposefully challenge the soul to attune to these God characteristics frequencies of faith and trust, or emotionally to collapse under the duress and strain of the experience. Either outcome is still a learning lesson for the soul. The soul will learn to stay in each moment during the soul learning experience and rely on its inner guidance that ‘all will work out perfectly,’ which it always does. Only through repeated soul learning experiences does the soul learn the wisdom of the lesson. Again, once the soul’s learning lesson is learned, it never has to be repeated.

“Constantly remind yourself as you play in the Play Ground of Life who you are and why you are here. Remember, you are Co-Creator Gods in a spiritual training curriculum by choice, based on your dedicated love and service to God, completely.

“The Golden Ones”

Author's Notes on the Thirteenth Teaching - Faith and Trust

Hopefully, after reading these teachings from The Golden Ones, you have embraced who it is you are. Each of us came to Earth from one of the billions of star systems by choice, as we have earned the right to ascend to the next level of our soul development, which is becoming a Co-Creator God.

Faith and trust are two characteristics necessary to move us from victim consciousness to a self-empowering consciousness to allow us to understand who we are in every moment. We must understand all our experiences in our daily lives are orchestrated by Universal Mind for our development. By accepting this, our frame of mind will shift from victimhood to self-empowerment as we become more consciously aware of our thoughts, words, and deeds in every moment. As we ascend to higher dimensions, the manifestations of our thoughts are instantaneous, leaving no room for hesitation when we execute a thought. This is why we cannot leave this realm of training and ascend until we are completely in control of our thinking. All our thoughts must be in harmony, balance, order, and unity for the good of all. We are here now to learn this extremely important aspect of being Co-Creator Gods.

Let us hope we will start seeing the souls around the world as fellow classmates in this Spiritual Hierarchy School developed by the Co-Creator Gods. Just a shift in our consciousness as seeing our sisters and brothers as fellow classmates will give us an understanding of their level of awareness and development, but more importantly, it will give us an appreciation of who we are. The King James version of the bible says, "And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me," (Matthew 25:40). We must understand that all life comes from God and is part of God. This indicates that even though we have developed individual personalities here on Earth, we are all part of the whole. We are all part of Universal Mind and as we ascend in our understanding of who it is we are, we will all blend into a ONENESS, eventually.

What we must also understand is how important it is to be present in every moment, to be consciously aware of our thoughts in every moment. When Moses was visited by God in the desert and God took the form of a burning bush, Moses asked God his name. God responded, "I AM WHO I AM," (Exodus 3:14, New International Version). This indicates there is no other moment but the present moment: no past and no future.

In being telepathic—a capability available to us all—I realize it is extremely important to be aware in every moment of our thoughts. As I mentioned earlier, Universal Mind is always communicating with us, in every moment. However, what I found is that if we have our minds set on a specific topic or engaged in idle conversation or day dreaming, then we may not be aware of the messages Universal Mind is constantly communicating. I strongly feel the passage "I AM THAT I AM" (Exodus 3:14, King James Version) refers to being conscious and aware in the present moment at all times. When we are doing so, we are consciously interacting with Universal Mind.

Epilogue

There are many valuable tools in the first book that will complement the tools in this book. I will briefly explain the tools here and they will appear in full in the Appendix section of this book.

The first tool is the **Prayer of Protection**. While I was studying for my ministry, I was drawn to the teachings of the Great White Brotherhood, so much so, that I found their teachings touched my heart and resonated with everything I read. I mistook most of my thoughts and learning for my inner thoughts. Later, as I continued my metaphysical studies, I realized the thoughts and promptings I was receiving were guidance from the Great White Brotherhood. Since I resonated with this guidance—the truth, the love, and the compassion—of course, I followed their guidance and teachings.

It was my guides, the Great White Brotherhood, who recommended I start each of my meditations with the Prayer of Protection that I had learned from my ministry teacher, Reverend Shirley Dee. She would start each of her metaphysical classes with this prayer. I knew that once I said it, this tool would protect me from any evil demons and negative forces that are unlike Divine Love.

The next tool is **Removing Emotional Parasites and Fears** from our Light Body. When we come to Earth as pure light beings, we have no fears. Fears are emotional parasites that attach to our Light Body and are stored in our Solar Plexus Chakra. These emotional parasites live off the energy of our Light Body and prevent us from expressing the true essence of our soul. They lie dormant until an appropriate experience comes along and then these dormant emotional parasites come to the surface of our consciousness and prevent us from being our true self.

Now I know many of us have never heard of this and may doubt the accuracy of this statement, but read on. When our physical body's immune system is deprived of sleep, rest, food, and water, it becomes weak, making it unable to fight off germs, infections, viruses, and parasites. We know we need to keep the body's immune system strong to protect us from "disease."

The same thing happens when our emotional body becomes weak: we can pick up emotional parasites. Normally, these emotional parasites are projected onto us by others and then we accept them as our own. For an example, a parent may tell us to stay away from deep lakes or river water as you might drown. Believing this and accepting this projection of fear opens up our Light Body to allow this fear to attach.

John Denver wrote a song called "What One Man Can Do," about how one man can change the world. If I were to interpret John Denver's song, I would say he was referring to Jesus. However, looking around us in our present world, I see so many people are changing the world in which we live. One such person is the newly elected Pope Francis and his attitude regarding the poor, prisoners, and the importance of family life. Another individual is teenager Pakistani education crusader Malala Yousafzai who challenged world leaders to come up with \$175 million to educate 400,000 Syrian children who had fled to neighboring Lebanon to escape a civil war in their homeland. Malala was targeted to be assassinated for her beliefs about educating females in Pakistan. She was shot in the head and left to die. But she recovered, and her will power and now her campaign to educate the females in Pakistan are gaining momentum.

We each have to look at ourselves to see what is it we can do to make this place on Earth work as a spiritual training environment for all, as it was designed.

As I explained in the Introduction, by reading this book, you will activate your crystalline DNA within your being. The crystalline DNA is a spiritual coding that will open you up to accept the teachings of The Golden Ones who are the Co-Creator Gods of this Hierarchy Spiritual School on Earth. Within each of us is this coding, but when we hear this new understanding, it will trigger ancient memories of who we are and why we are here on Earth. It will also trigger an understanding within us all of the necessary efforts on each of our parts to develop patience and discipline in our daily life's experiences, plus a yearning to raise the frequency of our thinking so we can connect to Universal Mind, one on one, with no intermediate emissary working on our behalf. You will know this as you remember who you are. The teachings of The Golden Ones are dormant within each of us. These teachings will activate us.

To assist us in maintaining Co-Creator God consciousness, it is recommended to recite the **Mantra of the Initiate** daily. This will help us to stay present in who we are, Co-Creator Gods who are evolved souls dedicating their entire beings in love and service to God, completely. See the Appendix for this Mantra that will raise the frequency of your being.

Appendix

Prayer of Protection

*I surround myself in a circle of light and an armour of love,
In which nothing can remain and
Through which nothing can penetrate unlike Divine Love itself.*

*I call upon my Loved Ones from The Great White Brotherhood,
To remove all energies and entities from my presence,
Whether they are malicious, deterrent, innocent, or ignorant,
Taking them to the Father for Light and liberation.*

*Mother Goddess Father God, Mother Earth Father Sky,
Free these souls and free these energies and entities.
I AM accepts no reversal, individually or collectively
For this treatment of these energies and entities.*

I thank you in the name of the Living God-Consciousness. Amen.

A Question and a Prayer as the Answer

If I were to die tonight, have I done everything possible in this lifetime without any regrets,
without wishing I could have done it better?

*Mother Goddess Father God, Mother Earth Father Sky, I thank you for allowing me to become a most Perfect channel for the Galactic Tidal Wave of Light, working in harmony, balance, order, and unity with the Laws of Nature and the will of my Father Mother God, uplifting the hearts, the minds, and consciousness of all my sisters and brothers, assisting them in coming into the full God-conscious realization of their Oneness with the Universe.
I thank you in the name of the living God-consciousness. Amen.*

Removal of Emotional Parasites and Fears

Here is the Healing Technique:

1. Place your right hand on your Soul Seat, above the Heart Chakra and below the throat.
2. Place your left hand above the navel, Core Star.
3. Intensify the feeling of fear or anxiety within you. (Normally this feeling makes us miserable and we want to get rid of it and run from it. This is what the parasite wants you to do. However, we want to intensify the feeling and confront the parasite, exposing it to your Light.)
4. Once we have activated the feelings of this particular parasite, say these words: “This feeling is not me. This feeling does not belong to me. I release this feeling in Love, Now and Forever. Amen.”

Mantra of the Initiate

I AM the Lord God of being and I can be what I will to be
I AM the Lord God of being and I can be what I will to be
I AM the Lord God of being and I can be what I will to be

I AM Whole
I AM Perfect
I AM Strong
I AM Powerful

I AM Loving
I AM Harmonious
I AM Happy
I AM Healthy

I AM Wealthy
I AM Abundant
I AM Prosperity
I AM Energetic

I AM Immortal
I AM Evergreen Youthful
I AM Longevity
I AM A Radiating Light Being

I AM A Child of Light
I AM A Flower of Life
I AM A Flower of Light
I AM A Sun of Light

I AM Harmony
I AM Balance
I AM Order
I AM Unity

I AM created in the image and likeness of God
I AM A Co-Creator God
I AM A Co-Creator God
I AM A Co-Creator God

Amen

My Deepest Gratitude

To my beloved teachers, The Golden Ones, the Co-Creator Gods, who established the spiritual curriculum here on Earth. I feel so fortunate to be selected as a student of their teachings, so that I may assist in bringing their teachings forward. They have invested so much love, patience, and time with me through the years to prepare me to bring this work through at this time.

I would also like to extend my deepest gratitude to Nina Shoroplova, my editor. Nina has the ability to see and convey the intent of my words. She extracts from me the missing details that are still within my mind. Without her uncanny abilities, this book would not be as meaningful.

Timothy J. Doyle
April 2014

About the Author

Tim Doyle wasn't aware of how much he was connected with his Spiritual guides until he was in his twenties and maybe not even then to the extent that he really was connected. When he was five and his sister Maureen was six, Tim was afraid to be alone in the dark. So he would ask his sister to think. He knew that if she was thinking, she would be awake; meanwhile, he could go comfortably to sleep as he wouldn't be alone in the dark.

A few years later, while experiencing unpleasant dreams, Tim's guides taught him to think pleasant thoughts to replace the haunting ones in his dreams. He later learned that only one conscious thought can be in the mind at any one time. If he thought of something positive and exciting, nothing negative could enter the doorway of his mind.

When he was in his teens, Tim could manifest almost all the things he wanted in life with grace and ease. The manifestations weren't anything major—good grades in school, an occasional gift, getting the job he applied for—but he felt and noticed that his life appeared to be guided. Not being able to afford college, Tim's alternative was to work until being drafted or enlisted.

Tim joined the Marine Corps right after graduating from high school, but was discharged after two years for blindness in his right eye. That was when he enrolled in college where he earned an Associate of Arts Degree in Accounting and thereafter started working in the corporate world. Most of Tim's working years were utilized in supervising individuals, coaching, and managing the daily routine, using the spiritual techniques taught to him by his Spirit guides. Tim attributes his thirty-five years of success in the corporate world to a spiritual consciousness in handling his daily business routines, dealing honestly and truthfully, and treating all individuals like family.

When he started to meditate as a young father, Tim's awareness increased and he realized that the Great White Brotherhood was working with him. On one occasion while traveling for work, he was guided to go to an old book store and reached for a book on the top shelf. It was called *First Book of Azrael: Teachings of the Great White Brotherhood* (by the Great White Brotherhood and published by Devorss & Co., 1965). Subtle experiences like this were indications to him that he was being guided by the Great White Brotherhood.

Although he worked during the day in the corporate world, Tim continued to do his spiritual work in the evenings and on weekends. In his late twenties, he followed a four-year study curriculum and became an Ordained Metaphysical Minister. In that capacity, he facilitated funerals and weddings, but only in extreme cases where the individuals were not accepted by their own religious organization for one reason or another.

After a dynamic, spiritually awakening dream visit with the Lords of Amenti, Tim learned about thoughts, and went on to facilitate meditation classes for over twenty-five years, assisting individuals in connecting with their Spirit guides. Through the years, he became a Reiki Master, and, later in life, he went to Hawaii to certify as a Kundalini Yoga instructor.

Tim has also visited Peru, and on several occasions drunk the Shaman drink made from the plants Ayahuasca and Huachuma during shamanic spiritual ceremonies. These pilgrimages enhanced his connectivity with Spirit.

Tim had an out-of-body experience when he first began to meditate in the early 1970s. While in Peru in 2005, Tim also astral traveled to a world called, "Where the Sun Shines before the Dawn."

While Tim was meditation in October 2012, a group of golden-robed light beings joined him in one of his private meditation session. Before closing the meditation, Tim asked the beings who they were. They indicated they were “The Golden Ones” and they were now returning to Earth to resume their work of bringing in the wisdom for fifth-dimensional teachings. They have been with him ever since.

After the end of the Mayan Calendar, December 21, 2012, Tim was in upstate New York when The Golden Ones instructed him to bring forth these teachings.

Tim’s guides are asking him to make this book an Intermediate Version, which they previously told him was coming. *How to Play the Game of Life: Intermediate Version* explains the purpose of the soul’s path on Earth.

Based on information coming to him now, Tim feels confident there will be one more book to come: the Advanced Version, which will share information about Regeneration of the Body.

Tim can be reached through his website, The Path to Oneness: www.thepathtooneness.com.