

Mystic Pete Chronicles

Book 1: Sex & Mysticism



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Ludwig Prasse

MYSTIC PETE CHRONICLES

“A guide to acquiring advanced mystical powers”

Book 1: Sex & Mysticism

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MYSTIC PETE CHRONICLES

Entire Series Contents

- Book 1: Sex & Mysticism
[the book you have in your hand]
- Book 2: First Power: Self-Protection &
Second Power: Healing
- Book 3: Third Power: Raw Power
- Book 4: Fourth Power: Manifestation
- Book 5: Fifth Power: Guidance
- Book 6: The Body
- Book 7: Relationships
- Book 8: Mystical Sex Techniques
- Book 9: The Spiritual Laws
- Book 10: Advanced Matters



Book 1: Sex & Mysticism

Chapters

Sex and Your Welcome ▶ 7

More Sex ▶ 17

In the Beginning ▶ 19

Heaven ▶ 23

Incarnation, Earth, and Hell ▶ 27

Consciousness ▶ 33

Purpose of the Universe ▶ 37

Ghosts ▶ 39

Reincarnation ▶ 41

Time ▶ 53

Time and Evolution ▶ 63

Metaphysical Physics ▶ 67

End of Time vs. End of the World ▶ 75

Risks to Civilization ▶ 85

Free Will ▶ 91

Spiritual But Not Religious ▶ 105

Cults ▶ 111

The Future ▶ 115

The Five Powers Prologue ▶ 121

Appendixes:

 Ancestor Practice: Weight Loss Portion ▶ 127

 Health Products ▶ 131

 Great Sex: “How To” Section ▶ 135

 Connect with Mystic Pete ▶ 143

Sex and Your Welcome

I can teach you to wield great mystic power, but be forewarned, to gain my promised knowledge you will have to wade through a treacherous lagoon of my humor. No worries, I'm a funny guy, regardless of the fact that I nearly lost a lover over my jokes. If your girlfriend says, "I love to eat," you do not reply, "You ain't kidding." One time she was slow to orgasm, so I told her, "Just go ahead and fake it." I pledge, however, never to make raunchy jokes. Unless they're really funny. Hey, the *Mystic Pete Chronicles* are about sex—actually sex, money and power.

I get into some pretty descriptive erotica—to explain sacred sexual practices—but I stay clear of the pornographic. Barely. In the later books, I go into advanced mystical sex techniques, like the Astral Orgasm, and how to arouse someone with your mind.

But, first I've got to teach you the basics of mystic power, so no one accidentally gets their aura stuck up the wrong orifice. Frankly, you wouldn't be capable of practicing advanced mystic sexual techniques without first being initiated into the mystical realms.

Why the focus on sex? Many of the magical, mystery realms out beyond the clouds can only be entered by climbing the beanstalk of sexuality. And:

- 1) Our bodies are the vehicles we've been given for the spiritual journey through this world;
- 2) Sex figures at the top of bodily concerns, if not overall human concerns. While *you* probably don't have impure thoughts, the rest of us do (as many as one in four internet searches is sex related);
- 3) On the one hand, society suppresses sex, and on the other, it obsesses over sex—really, two sides of the same counterfeit coin. This signifies a worldwide state of conflicted, confused, adolescent sexuality;

4) Because so much of who we are is linked to sex, much of human misery will fade away when we resolve just this one stratum of consciousness. When humanity reaches sexual maturity, earth will be a halfway pleasant place to live; and,

5) Sexual maturation comes from forcing men and women back into their traditional gender roles, and living lives bent to obedient chastity . . . Not. We find maturity through exploration and dialogue. Herein is my contribution.

Your Welcome

Let me officially welcome you to the path of the mystic, and explain why the world needs *you* to acquire mystical power at your earliest possible convenience. The earth is obviously in trouble. And, I'm guessing you're the kind of person who would work hard to prevent the extermination of all life. A good thing, because we humans must reengineer ourselves from top to bottom, or we'll shortly go extinct. Volatility around the globe will increase until we're overwhelmed by calamity, unless we undergo a metaphysical metamorphosis. We have only a few years, a few decades at most, before we either evolve or perish. The law of survival of the fittest is in full effect, and these books will get you spiritually fit so you can survive.

We've got a deadline to beat, and it could be as early as tomorrow. If we don't attain a certain level of consciousness before a major collapse of civilization, we're toast. I don't understand how more people don't recognize what is clearly the case—that a horrific nightmare is outside our front doors and about to enter our homes. But, no need to panic.

There's more than one way to skin a catastrophe. If we slack, however, the world will indeed end, and don't you hate it when that happens? The challenge is to use the growing threats as motivation to open a mystical portal that will usher in a new age. As dangerous a time as this is, it's also one of unprecedented possibility. Call me an "apocaloptomist," someone who thinks the end is near, but the end is just the beginning.

In these books, I kill sacred cows—or at least do some sacred cow

tipping. This material is new; to many, radical—not the chewed-up, pre-digested baby-food-for-thought you’ve heard a dozen times in self-help manuals. It’s strong medicine for the dire circumstances of an ailing world. If you’re at the edge of human consciousness you may be familiar with some of the ideas I discuss; but as a precaution, stretch a rubber glove over your head while reading this, just in case your mind blows. If nothing else, your roommates will be entertained.

In the late ‘70s, I was busy strutting my stuff at the disco when my life was rudely interrupted by a series of explosive awakenings. It was your typical mystic initiation: having visions of the future; feeling thousands of volts of energy pour through my body; and experiencing profound love for every being on earth. I felt like showering each person I met with kindness, and staring into people’s eyes to see the beauty in their souls. All this was a little much for my Uncle Morty.

I remember one night when I was 17, while working as a chef at a Raw/Macrobiotic Vegan restaurant in Venice, the doors of my perception blew off their hinges. So much psychic energy was blasting out of me that wine glasses, just sitting on their shelves, began shattering, one after the other. To keep from losing my mind (after all, a mind is a terrible thing to lose), and to limit my boss’s stemware expenses, I needed to channel my forces somewhere constructive. I walked over to the hunched, surly dishwasher, Luis, who spent hours every night scrubbing silverware bare-handed in steaming, soapy water. The skin on his palms and forearms was always red, wrinkled and puffy. I said, “Feel this.” I placed my hands a few inches from his head and discharged raw energy. He stood bolt upright, blurted, “Dios Mio,” and gave me a long, sweaty, garlicky, nipple-to-nipple bear hug. My return hug, with attempted enthusiasm, was pretty convincing. I was happy that Luis found a better job shortly thereafter.

I’ve had years of experiences like the foregoing, which sound something like fiction. But, while mystical awakening can seem exciting—and it is—it can also be destabilizing and confusing. Our culture has little understanding of spiritual epiphany, and there is no one to guide neophytes. Mystics can wind up screaming at telephone poles, or get swept up in

their revelation, think they are the messiah, and form self-serving cults.

How I yearned back then for a wise man in long robes to appear and say, “Come to the temple, my son, and we will teach you the ways of the mystic.” I checked out all the gurus, but they were blind to the spiritual realities that were plain to my eyes. And their charisma did not atone for their abusiveness. I recall sensing something vaguely amiss when one such fellow, with an impressive turban, required my friend Danny to tithe over 25% of his earnings. This enlightened being was going to bless Danny’s marriage, but first needed to administer a private ceremony to insure a happy union. The guru gave Danny’s fiancée anal and oral sex—in that order—while Danny was instructed to watch, pray, love.

The extra shocking part: as Danny recounted to me details of the “ceremony,” I could see he hadn’t the slightest idea that something was wrong. These methods were “the teachings of the guru.” Who was he to question the ways of the wise? I wanted to slap him. I won’t say that all gurus are a bunch of charlatans—at least, not to their faces. Liability, ya know.

Pardon the vulgarity of the preceding story, but almost every woman I know has been inappropriately touched by a spiritual practitioner. People who’ve been financially or sexually abused by a teacher are often too confused about what happened to speak out against the wrongdoer.

So I’ve journeyed on my own in the only spiritual academy expansive enough to accommodate my mega-voltage, and my rebellious streak: the school of life—aka the *Mystery School* of hard knocks (*Mystery Schools* are organizations devoted to metaphysical study). And gradually I’ve come to understand something about the power, brimming with intelligence, that has been blasting its way through my life. This healing energy has shown me how to navigate the mystical realms, and has led me to a grounded and balanced practice I call the *Five Powers* that will confer mystic power on any dedicated aspirant. (Please note the distinction between an *aspirant*, one who *aspires* to gain knowledge, and an *aspirin*, for a pain in the neck.)

I’m now much more potent than in those early days and I have learned how to manage my power, rather than it flying off in every direction, get-

ting me thrown out of churches with stained glass windows. While others may find that their mystical illumination is best suited to a life contemplating the navel, I am a musician. In my 20s, I started projecting this healing force through my cello and voice and have gotten to the point, now, where I can take whole auditoriums of people into *other dimensions* during what looks like an evening of music.

And by the way, I've found the mystical realms to be playful. They are, after all, filled with *spirits*: fun-loving, wild, erotic spirits! The path with humor, even one with mischief and irreverence, may be the quickest one to higher consciousness. God is not a constipated, judgmental grouch.

I've worked diligently to define and codify the mystical experience so I can teach others how to enter the transcendental on their own. If you're a beginner, the Five Powers will teach you how to access the spiritual realms. If you're an initiate, you'll acquire advanced mystical power. Direct, personal contact with the spiritual worlds—not simply believing in them—is the sole way to transform ourselves from animals who dream about Angels into actual Angels. This is the evolution that's before us.

Ethical empowerment of sex and money are the two big lessons we have to learn; that's why they're two of the main focuses of the *Mystic Pete Chronicles*. There are probably planets where gargling water and pogo stick riding are the primary spiritual challenges, but we come to planet earth to bring awareness to our business endeavors and personal relationships.

Summarizing my approach: open inner doors to open outer doors. Many of the inner doors are of an erotic nature. In fact, so many spiritual powers emanate from the erotic that a full mystical initiation requires a sexual awakening. Don't worry. I'll be gentle.

Concerning money and, specifically, you getting it: wealth has generally been reserved for those who are the most aggressive, either in business or in war. However, gentle, sensitive folk have a hidden spiritual wealth generator that most don't even know about. It is engaged by harnessing the erotic (leather bondage, not required). Instead of using aggression, we can make the wheel of fortune spin by projecting mystic sex force.

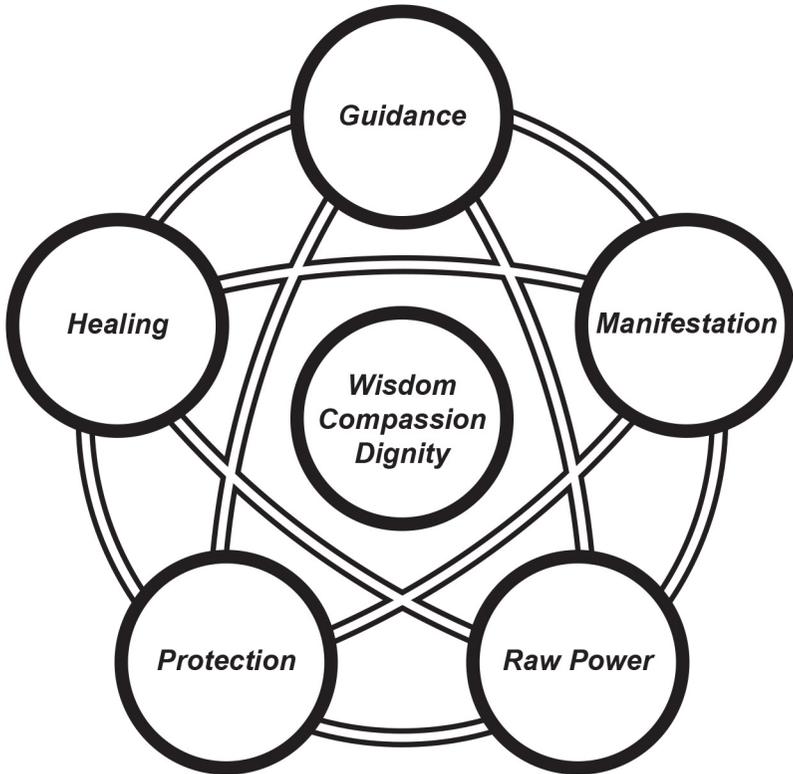
Too bad we were never told about this secret sensual weapon. It took

me years of searching, but I finally found the sex + money + God connection and ended up going from being a broke musician to successful radio host/real estate investor/musician—all by learning to inject my erotic power into the “money wheels.” We’ll ease into that juicy topic later, with all the details, so you too can get plenty of money. But, it’ll require of you the laborious chore of unleashing your steamy, carnal desires. Poor you.

If you’re a person of character, you’re doing Heaven’s work, and Heaven is going to want you to have plenty of money, because armed with resources, you’ll be even better able to bring earth to a heavenly state. This is my *abundance theology*: work to bring compassion to earth, and Heaven will be happy to bless you with money. Mystical practice is the bridge between the abundance of Heaven and your pocket book.

To provide you with some background for mystical practice, here in the first book (subtitled *Book 1: Sex and Mysticism*—really, a long introduction) of the ten books of the *Mystic Pete Chronicles*, I’ll discuss a few trifling matters such as: the nature of God, the meaning of life, and the myriad ways we face global annihilation. If you finish reading about these subjects and the world hasn’t ended yet, I’ll go into my spiritual training method called the Five Powers (books 2 to 5). The goals: wisdom, compassion and dignity.

THE FIVE POWERS



I can't imagine someone mastering the Five Powers and not gaining far-reaching mystical ability. With these encompassing powers, we're going to turn this ship around.

These teachings ask for the opposite of blind faith—incisive questioning and an open mind. This isn't a religion; it's a practice. No "belief" required. We even love atheists—let's see if we can't get even you seeing auras.

It is fabled that the secrets of the supernatural worlds have already been ascertained by occult Mystery Schools, or by monks hidden in the mountains, to be revealed in our time of greatest need. But this couldn't be

the case because our need is dire, right now. Where are the secrets? With all the gurus and self-improvement courses, there really doesn't seem to be much potent spiritual technology out there for our age. If there were, the world wouldn't be in such dreadful shape. And half of the spiritual people I know, even ones who've read *The Secret*, wouldn't be struggling to pay their rent.

A comprehensive system of mystical training is missing from the spiritual canon. I spent decades probing and stumbling around in the inner dimensions, unearthing esoterica, only because information about these veiled realms is not public. I even inquired of old souls, ones with barnacles on their aura. It would have been much easier to learn an established system, if there were one that worked. Certainly yoga, meditation, and other practices are slowly changing us from the inside out, but if we are to outrun the end of the world, we've got to change much faster. Also, we've achieved a certain spiritual maturity and need a practice that leads us back to ourselves instead of a guru's footstool.

But even with my serious objective of establishing a reliable system of mystical training that dignifies the practitioner, we'll still have fun. Why miss an opportunity for enjoyment? So what if complete obliteration is racing to our doorstep at an unceasing pace? Surely we have time for one last waltz, even if we are on the sinking Titanic.

I'll also throw in some practical information. At the end of *Book 1: Sex and Mysticism*—the book you're now reading—I offer up some unique health advice and a new regimen called the Ancestor Practice that may help you lose weight, if that's an item you'd like to lose. I was going to put this in *Book 6: The Body*, but so many people are desperate to literally lighten up, I wanted to hurry and share my discoveries. Once we bring the world back from the brink of collapse, you'll want to look chiseled. The Five Powers are explained in books 2 through 5 of the *Mystic Pete Chronicles*. (Released hereafter, serially.)

Books 6 through 10 delve into advanced sexual techniques, psychic abilities—like remembering past lives and seeing auras—and much more. From time to time, I stop the action to recount personal experiences as a way to convey teachings, with identifying details changed.

The ten books of the *Mystic Pete Chronicles* encompass an enormous amount of material, along with a bonanza of original, practical spiritual techniques. Just take it one step at a time. I don't know about you, but when they started taking the pictures out of books, I was rather put off, at age 6. Well, just getting through this first book will mean reading quite a few words: 38,182 to be exact. You'll be happy to know that I've included a few pictures.

Commonly used spiritual vocabulary can be confusing and mean different things to different readers, so in this first book, *Book 1: Sex and Mysticism*, I take time with definitions.

A fair amount of *Book 1* is allotted to describing present reality. The road to magical power starts with accurately assessing the situation at hand. The prose that chronicles what is, is preface to the poetry of what is to come.

To begin, I suggest you get yourself two notebooks: one to do the writing exercises in this series (only a handful of exercises require writing) and one to use as a journal to write your thoughts, stories, aphorisms, and humor. Write your name, phone number, and title on the first page, and these words: "Big Reward If Returned"—just in case. Date each entry. Aim to write something every day, even if it is only one sentence, like, "This is the sentence I am supposed to write today."

One note: if you're an atheist or agnostic, don't be put off by my spiritual language. So as not to let semantics detract from the substance of the ideas, translate the words *God*, *Heaven*, *Spirit*, etc., to words you're more comfortable with, like "my subconscious," or "Mystic Pete's imaginary friends."

More Sex

Let's let our hair down for a moment and touch on sex, then we'll move on to more scholarly matters. We'll go deeper into sex, as you penetrate these volumes, with a titillating "how to" section, the first of several, at the end of *Book 1: Sex and Mysticism*.

Here's the most important secret to great sex (actually, it isn't a secret; it just gets forgotten). Emotional union enhances sexual union: *Connect hearts to connect bodies*. Make this phrase your mantra.

I have a story for those with no need to have feelings for their partner to have sex with them. There's a club in Los Angeles called the Kibbitz Room where performers try to rekindle the embers of their rock star dreams, or try to advance their dreams of becoming a rock star before they all turn to embers. At the Kibbitz Room, one can hear the actual sound of sadness.

My grandmother was a Transylvanian Jew. On the full moon, I get a hankering for chopped liver. One full moon, after buying my liver at Canter's Deli next door, I popped my head into the Kibbitz Room for a listen. I guess that evening I had an excess of joy that I needed to dampen.

A bloke at the bar was alone, while his date went to freshen up for a minute. Trying to do some male bonding, I motioned with my chin in her direction and said, "Does it get any hotter?" He said back through a few drinks, "I have one goal on my to-do list: to do her. Tonight, my cock in her pussy." Fixing his boozy gaze on me, he made an open fist with his left hand and stuck the index finger of his right hand, slowly and pointedly, into the hole. In all of history, I think my tipsy acquaintance gave the most straightforward portrayal of male desire, ever.

My questions to you: Unless you loved someone, why would you squirt the contents of your penis into them? Unless there was commitment to a relationship, why would you let another person enter your mouth, vagina, or anus? I can understand making an exception for your

doctor or dentist.

During sex, Spirits join. Don't exchange sexual fluids, and don't let someone inside your body, unless you would like to have them inside your heart.

For everyone else, there are walks in the park or listening to music together . . . at the Kibbitz Room.

I don't often use the buzzword *tantra* to describe mystical sex techniques; this is to avoid confusion. Instead, I use the term *sacred sex*. *Tantra* has been associated with everything from celibate Eastern religious practice to smarmy New Age dudes trying to get inside your yoga pants.

This excerpt from the *BRC Weekly*, 9-2011, written by Jeremy, which I picked up in Center Camp at Burning Man, describes one type of character in "Black Rock City" (BRC) and sheds light on New Age sexual issues:

"THE NEW-AGE PUSSY HOUND: Can be any age, but usually 35+. Often has a Eurotrash accent, no matter where he's from. Lures women into his orbit by several means, often involving a Punani Trimming Camp . . . or other 'Goddess Services.' Tells you that you have an old soul. Always ready with a shoulder- or g-spot-massage to release your inner Goddess."

#

On, then, to my controversial theories about the universe. They provide you with context for the Five Powers, which will be even more provocative. Admittedly, today I'm at the "lunatic fringe," which means tomorrow I'll be "so yesterday."

Those of you who are number- or science-phobic can skip confusing parts without endangering your immortal soul.

In the Beginning

Long, long ago, and far, far away, the entire Universe mysteriously sprang into being in an instant. So says the Big Bang Theory, the story of creation as told by scientists. According to the Big Bang Theory, originally there was nothing. Not empty space. Not even *time*. Just pure nothing. Zilch. Nada.

Then the Universe started.

That is to say: about 13.7 billion years ago, from a pinpoint of emptiness, the Universe began an exponential expansion to end up, *at one second out*, about one thousand times the size of our solar system. A billion years later it settled into the familiar cosmic forms we know today, with galaxies, stars, and planets.

Note: Scientists struggle with the fact that the only way this explanation is possible is if more than 95 percent of the Universe is made up of a *dark* matter and energy that nobody has ever seen or detected.

Scientists claim the Big Bang Theory to be fact. I've got no problem with this tale of creation. In truth, it happened so long ago that my memory is a little fuzzy on the details. But it is far more outlandish than any of my humble propositions about God's sexuality, extraterrestrials, and portals to other dimensions.

Think about it: scientists are asking us to accept that this colossal, expanding object, *the frickin' Universe*, just popped out of nothing in the blink of an eye. And, by the way, they don't know where most of it is. Scientists have no clue how all this can be possible—yet assure us that this fully explains why we are here. "Just believe."

But, what if they've missed something? These events would make more rational sense, if the Big Bang emerged from the plenum, the fullness, of the spiritual realm. I don't mean to take the easy route and simply

assert, “It’s only possible if God did it.” However, if the spiritual realm is real, then this inexplicable beginning-of-time event becomes more plausible. Science can explain loads, but in those places where it stands silent and confused, why don’t we consider ideas that are out of their box?

It is my opinion that this very Big Bang won’t be fully understood until scientists consult with mystics, because the beginning of the Universe was a spiritual event. Time and matter blew out from an intention in the spiritual realm. We are one of God’s dreams. And God dreams big.

Though it permeates the universe, the primordial energy of God is cloaked. It underlies matter, but in a hidden way. It animates the four Fundamental Interactions (also called the Fundamental Forces): *gravity*, *electromagnetism* (including light, electricity, X-rays, and radio waves), *the strong nuclear force* (strong force), and *the weak nuclear force* (weak force).

At the beginning of time, these four forces were all one, or so goes the Big Bang Theory. Scientists don’t understand how to connect all of these four forces (gravity to electricity, for instance) in a so-called “theory of everything”—the Universal Field Theory. Even Einstein couldn’t figure it out. Time to get the mystics involved.

Why would God bother to create the Universe, considering He/She already had the eternal, unending spiritual dimensions to occupy? That would be like John Lennon going solo when he already had The Beatles! What’s that? He did? Exactly. The birth of the Universe is God joyously expressing Him/Herself. It was created with the same pleasure that you or I could feel making a baby, singing a song, or raising chickens. As my chicken-farming Uncle Icarus used to say, “Spread your wings and fry” [with apologies to the chickens]. The physical Universe also provides an arena in duality where learning and growth can take place in a way not possible in the Heaven realm. I’ll explain that later.

Being God’s creation, the physical world describes aspects of God. As scientists and mathematicians learn truths about nature and the cosmos, God becomes known. For instance, the number Pi shows up all over God’s

creation. You'll find it everywhere there is a circle. Therefore 3.14159 . . . must express a facet of God's intelligence. Though I'd hardly call myself pi-ous, I've meditated on this number and have actually seen a few elves peeking out between the numerals. Pi-loving elves.

Heaven

I use the word *Heaven* as shorthand to describe the spiritual realms, or everything outside of the material realm. If you've had no experience of the transcendental, you may doubt the existence of anything "outside the material realm." All I ask of the skeptical is to suspend disbelief, just for a little while, so you may give these ideas fair consideration. Again, no belief required.

Our fantasy of a place of love, laughter, wisdom, and plenty is pretty much the way it is in Heaven. Heaven has two main qualities: it is infinite and it is timeless. This means that the vast expanse of our material world, some 14 billion light-years across, is just a pinpoint within the vault of Heaven. A speck of dust in God's eye.

A mystic is someone who can make the journey to "Heaven," the unseen, *mysterious* realms, return, and explain to others what those worlds are like. Although some start cults, and some scream at telephone poles. Some start cults *that* scream at telephone poles.

Let's start with the confusing explanations: The spiritual realm doesn't exist in a location, yet it is everywhere. It's not like it's in the cracks or between the atoms. Rather, it's a presence that generates matter. We can have instant access to its entire cloaked grandeur anytime, if we can only find the darn thing. So close, yet so far.

All kinds of Beings, perhaps of infinite quantity, hang out in Heaven. Some are newly hatched out of the great cosmic light. Others are august, ancient souls who've acquired wisdom beyond measure: Archangels.

We'll call the collective of all these Beings (including all of the consciousness in our material world—which is a part of the spiritual world): *God*. There. I've done it. I've answered the question: "What is God?" In

order for you to experience the total fullness of God, you would have to expand your mind to include the consciousness of all beings. Like, totally. Not that easy to do, but possible.

I use the word *Angel* to describe a purely spiritual being: a Spirit. I also use it to denote the purely spiritual part of each of us, our *Higher Self*, that resides solely in the spiritual world. I don't want to disenchant anyone so early in the book, but Angels do not actually have feathered wings. That's simply the way we personify their luminosity. And, feathered wings make sexy women, modeling as Angels, more adorable. I don't wear feathered wings myself; they make me look adorkable.

I probably shouldn't do this, but sometimes I explain things as if God is external. "If you do bad things, God will kick your ass so hard that ten lifetimes from now, you'll be rubbing your behind." This is just shorthand for: "you yourself, through your Higher Self that's connected to all the souls in the universe, dole out 'tough-love' lessons and make them look like they're done to you by someone else."

How devious of us. We never suspect we're behind it all. And, no, you can't divorce from your Higher Self.

Here in duality, it may feel as if God is outside, imposing His/Her authority. But you are a part of God. And, the higher part of you that's in the bosom of God has no separation from the totality of God. Or, to put it another way, your most exalted Self is God.

Notice the cumbersome words I use to reference God: *He/She*, *Him/Her*, *His/Her*. Besides the insipid *It*, English has been lazy in producing genderless pronouns. Does "Heshe," "Himer" and "Hiser" sound too awful? For now, please bear with me—within this maladaptive period in the English language—as I fumble with slashes and doubled-up pronouns.

For convenience, I may depict the law of cause and effect (karma) as having an external agent, although it doesn't, but I won't refer to God as solely male because harm has come from defining God so narrowly. God is a hermaphrodite. (I have never actually seen God's genitalia, so don't ask me to provide an illustration.) The word *hermaphrodite* comes from the name Hermaphroditus. This Greek god, the child of Hermes and Aphrodite, was androgynous and bisexual. God is also bisexual. Sa-

cred Cow number one: down. But, isn't this obvious? If God is everything, that would mean God is both male and female and loves both men and women. Point of fact: there are ancient icons of the Buddha that are hermaphroditic. What more proof do you need?

All Beings in the spiritual realm are of equal value, because they are spawned from the same spiritual source and are of the same sacred essence. Even the "least" Soul in Heaven is precious and has a voice that is heard. This means, in Heaven, justice is perfect, although don't expect lenience on parking tickets. Why? No cars in Heaven.

In the wide open spiritual realm, all is known. There are no secrets. Spirits do whatever they want to do, and interfering with another's Free Will is impossible. No Being can get hurt in Heaven, because it's all pure energy. Every encounter and interaction is just part of the dance of consciousness. In fact, consciousness itself, all consciousness, comprises the substrate of Heaven. Your consciousness included. It is God's *flesh and bones*. Heaven is that close. Maybe you didn't realize that when you worry, the ethers in Heaven get smoggy.

In *Book 3: Raw Power*, I teach a meditation that will give you a direct experience of unconstrained consciousness, providing you with a chance to float around in Heaven without having to die for the opportunity. Then, you'll know once and for all what I'm talking about, and all this highfalutin language will be substantiated, or perhaps even transubstantiated.

Because Heaven has no location, no territory can be encroached upon there. It doesn't have any "territory" to begin with. Heaven is a Capitalist's nightmare.

An Angel wouldn't hurt another Angel, even if it could, because in Heaven all Beings are One. Beyond whatever gossamer distinctions there are between Spirits, there's a basic union of consciousness. That is why you, or at least the expanded part of you which is not flipping off someone in traffic, are God.

Union between lovers deposits them in Heaven, because *union* is a quality of Heaven. It's also the name of a gas station; go figure. Obliging, the union of sex can give us dependable access to the sacred. Sex is

so important to spirituality because sex—good sex where hearts become one—is a direct route to Heaven.

Although you can't locate Heaven and can't rationally understand some of its structure, you can experience it.

When I was twelve, I had one of my earliest spiritual awakenings. One night, riding my bike home all alone after seeing a depressing movie in Century City, I felt like I didn't belong in this world. As the brisk, clear air rushed against my face, by chance, an ecstasy came over me. Suddenly, I sensed that the universe was filled with awareness. I knew I was meant to do something important on earth, although I didn't know what. Contact with Heaven in such a simple way gave me my first *high*.

Although it may not be recognized as such, each of us has had contact with the spiritual realm. Someone in love may feel like they are "walking on air." Everywhere they see beauty, and every person they meet is showered with kindness. Doesn't this sound like someone experiencing Heaven?

You might have had a taste of unlimited power from catching the winning pass at your high school's football championship. Perhaps you accessed unordinary knowledge when you intuited that a relative was in distress or felt supernatural focus in the midst of an emergency. Power, knowledge, love, and bliss are all qualities of Heaven that we sample from time to time through accidental or intentional contact with the higher realms. Spiritual practice, romance, accomplishment, or even crisis can plug us in.

Because we have an expectation that spiritual experience will be loudly miraculous, we may dismiss the quietly miraculous, such as when a newborn baby takes his first breath and cries.

On second thought, the quiet miracle is when that baby stops crying.

Incarnation, Earth, and Hell

Each Spirit is an independent, evolving consciousness. Spirits, and the undifferentiated spiritual energy that healers use (I'll refer to this as God's Light: *Glight*), exist in one place: the spiritual realm, aka Heaven. Because the spiritual realm permeates the material realm, Spirits and spiritual energy (*Glight*) pervade this world.

When a Spirit incarnates into the material realm, it attaches a part of itself to an animal or human body. However, a part of every incarnated Spirit always remains in the spiritual kingdom. As mentioned earlier, we'll call the part of your Spirit that is eternally in Heaven and fully present with the entirety of God, your *Higher Self*.

This means we can access the transcendental world anytime because a part of us is always there.

Let's call the part of your Spirit attached to your human "meat" body your *Lower Self*. Your Lower Self temporarily wanders this dualistic world. From its perspective, the light-filled world of Heaven seems far away. Not to worry. I understand Steve Jobs from his nerd's eye perch in Heaven is sending down his latest invention, which will allow you to see beyond the veil: *iGlasses*.

The word *incarnate* comes from the Latin, *carnis*, meaning flesh, as in carnivore or carnitas. Spirits spend an eternity in Heaven doing what Spirits do: laughing, cavorting, jumping on bouncy clouds, and so on. From time to time, they dip a piece of themselves, perhaps just a holy toe, down into this world. A part of them is married to flesh: They incarnate.

You might wonder, "What are they thinking? Who would leave eternal bliss for this morass?" I'll explain.

The spiritual realm embodies absolute beauty. Its sounds have even been described as music. On a side note, it's no accident that through the

arts, people feel the qualities of Heaven: ecstasy, oneness, and beauty. The Heavenly muses must feel right at home at museums, operas, raves, and perhaps even puppet shows.

While all the souls and Spirits in the Heavenly realm are floating about, enjoying themselves in a state of eternal delight, we in dualistic reality have one feature that they don't: resistance.

Resistance is what makes us grow. *Vive la resistance!* In the spiritual dimension, growth is eternally slow. A soul may find the amber of Heaven lustrous and infinite, but because it is absolutely free it may also immobilize. There's nothing to push against in Heaven.

“Heaven is a place where nothing ever happens”

—Talking Heads

There may be other planets that sustain life—nice planets with beings who drift through the sky as wispy rainbows or with creatures who prance about in suits of bubbles tossing flower petals. These heaven-like, peaceful, and harmonious planets might make good vacation spots, but they're not where a soul goes for serious instruction. If a soul wants to be challenged, it comes to earth. Earth has the perfect conditions for rapid growth. In other words, earth is a bitch. We pilgrimage to this troubled world to drink of its stiff, bitter medicine.

Paradoxically, pain and destruction promote growth and evolution! Pesticides breed stronger cockroaches. Large comets that devastate the earth advance speciation. An instance of this that's tough to endure, but one we know is true: people who are stricken with tragedy and trauma often become healers and shamans. The archetype of the Martyr (the tarot card called “The Hanged Man”) symbolizes one who is liberated through suffering. Certainly, the death force can become so overwhelming that it exterminates life. But until that threshold is reached, death begets life.

Spirits come to earth for the difficult and accelerated curriculum, where with Free Will, they choose to do good or evil. When they're done, they die and return to Heaven. There are no gates around Heaven. Everyone gets in. Even Spirits of evil people will return to Heaven after death.

A part of their Being stepped down here to do a job, albeit an evil one, and afterward returns to a place of bliss. Sound fair? Further explanation is warranted, but I can see how one might recoil at this seeming injustice.

Once again, Heaven is the place where unconstrained consciousness resides. Every Spirit inhabits Heaven, because that's the only place a Spirit, which is pure consciousness, can be. A Spirit cannot possibly harbor conflict or malicious intent, regardless of what it did while incarnated. The soul is pristine. It is awareness. No evil can cling to it.

In Heaven, it's all pleasantries like, "I love that new hair style! It's divine." There is no punishment in Heaven. No one judges you. No one pounds a gavel. Heaven has no conflict, nor does it have councils that adjudicate conflict. You can see then how Spirits have no mechanism in Heaven to resolve problems. Even if problems somehow trailed behind the dead—which they don't—*karmic debt* cannot be paid off there. While advice may be imparted, the afterlife is not the place Souls work out their misdeeds from life on earth. That delightful accountability is left to the living. In this lifetime or the next, you will suffer for each of your sins. Down to the finest increment. It is for these lessons, along with the joys of physical experience, that we incarnate.

Why would Spirits want to come back to right their wrongs? Why would they want to go through the ordeal of facing the consequences of their wrongful conduct? Because they're Angels! Of course an Angel would want to do this. When Spirits incarnate, they choose to make sacrifices so those they've hurt can be restored to wholeness. They choose to suffer so they can grow. What is that you say, you can't remember making the choice to come here to suffer? Most of us can't remember. You'll just have to play along until you do.

Souls have Free Will. Nothing is externally imposed. Incarnated Spirits seek to suffer for their mistakes so they can learn how to become perfectly compassionate humans. They can't get this education in Heaven; the school is on earth. Though we may have no memory of this and may not act like it, on the inside we are Angels. On the inside, every person means well. Even the worst of us. But meaning well isn't enough. We must

also behave well. Behavior modification requires the harsh educational tool of suffering, because alongside our beatific, inner Angel is a nasty, inner asshole.

When you reincarnate, you start out with a clean slate; you have a new body with that new body smell. On the other hand, you re-create your life precisely where you left off the last time you died. You will be blessed with all your prior spiritual accomplishments. Also, you'll be saddled with the karma of any unreconciled wrongdoing. As plotted out by your Higher Self, it will come through your parents, a disfiguring injury, Visigoths pillaging your village, or any number of miserable situations. Again, you start exactly where you left off.

Souls are not sent to Hell to be punished because there is no Hell. Some preach that you will be condemned to suffer eternal damnation in Hell if you incorrectly worship God. Is eternal damnation really necessary? Wouldn't a thousand years of damnation suffice? How about we compromise: a million years of relentless torture.

The spiritual dimensions cannot be Hell-like, because Hell needs two conditions, which are absent on the celestial plane: duality and separation. Devilishness can only happen in the dualistic material world. The only possible address for Hell is here on earth. Those in abject poverty, prison, war zones, or abusive relationships may indeed inhabit the slums of Hades. People afflicted with mental illness and inner torment, or victims of crime or disease, may well live in Hell.

Since the spiritual dimension permeates this world, even someone in the most pitiful condition can find release and illumination. Prisoners have found God inside their cells; soldiers have seen miracles on the battlefield; and, politicians have even had "confirmation conversions" during Senate hearings. No matter how bad our circumstances, we always have options because of Heaven's proximity. Reach out and touch an Angel.

The spiritual realm, where all souls go, is a place of pure love. It's a place where torment can never enter. If you wonder whether your deceased loved ones are okay, rest assured that they're in bliss—other than worrying about you needlessly worrying about them. In fact, right now,

they're hanging out with your Higher Self, who never left Heaven. Through this link, you can contact the soul of anyone who has died. You can “inwardly” converse with the grandparent who adored you. Also present in that *kingdom come* are the animals you have lost. Your pet—the one being who was always glad to see you—is there, sending you love.

From the tragic loss of death, the dead become Angels. Though the dead become Angels, we must still grieve their tragic loss. Death challenges us to solemnize both the zenith and the nadir of life.

Consciousness

With little success, scientists have cut the human brain into tiny pieces trying to pinpoint the location of *mind*. Next, scientists will chop a human heart into thin slices looking for love. The brain is not where consciousness originates. The universe is entirely conscious, and our brain is merely a receiver.

Just as we experience God through our nervous system, God reaches out through that same nervous system to experience this world through us. Let's call it God's nervous habit.

If the universe is bursting with God, why is He/She so hard to find? First off, because of our freakishly large brain, the loud shouts of reason drown out the soft murmurs of instinct. Real God is further obscured by the worship of false gods: money, vanity—the usual.

Also, consider our biological heritage. For billions of years in the animal kingdom, our attention has been on finding food and not being food. Evolution is designed to aid and abet survival. An animal will have no trait that does not directly help it stay alive. Tree sloths do not ponder eschatology. Such spiritual scholarship is just a waste of energy to a creature with limited resources. Unless that goofy smile means they know more than we think they know. Allocating mental resources to God is a biological latecomer, and something our flesh is still getting used to.

One would think that animals reside in an instinctual-spiritual reality. Perhaps you once took ayahuasca and watched your dog argue about the nature of the Holy Trinity with a garden gnome. Why aren't there bears that meditate instead of hibernate or astral-traveling turtles? Or are there? Good questions—for another book.

For the most part, only humans use sounds, words and gestures to

represent things or ideas—what is called *symbolic language*. Saying the word “snail” isn’t actually a *snail*, but we know that sound refers to an object you don’t want to step on barefoot. Symbolic language must be present for psychic abilities to be of much use to a community. For example, a lion priestess has no way to communicate to her pride that their dying elder can only join the Great Lion-in-the-Sky if they all join paws and chant “Om.” What a tragedy: om-less cats.

With the advent of advanced language skills, God-consciousness could help human tribes to thrive. Using words, communal shamanic rituals could be conducted to restore the injured to health, or summon the rains during drought. (The problem now with religious rituals: they can be all *words*, and no shamanism!) As soon as humans could talk, we talked about God. It was at this moment in history that primates became spiritual.

I suspect that every individual in a hunter-gatherer society would seem like a shaman to us. They had plenty of free time, which means plenty of time to devote to spirituality. Those living close to spirit-filled nature could surely negotiate with the weather, talk with animals and project mystic sexual force to heal others. Or project mystic sexual force to have mind-blowing sex with others; or heal others during mind-blowing sex.

When humans developed agriculture, people were forced to spend their days doing back-breaking labor, removed from primeval nature. Those in the upper classes with leisure time often preoccupied themselves with material pleasures. Farming societies collectively contributed so that a small number of carefully chosen members could concentrate on spiritual matters: the priests. To this day, modern society supports clergy for the same reason, even though few priests can do a decent rain dance anymore—let alone the Pope. Before agriculture, there was no religion, book, or prophet between the individual and God; everyone had access. After, contact with God was limited to the few.

But civilization has now outgrown the types of organizations that burgeoned during the age of agriculture, such as top-down religion. And, because we now live in a world-of-plenty, free time can be devoted to spiritual scholarship. Therefore, once again, we are *all* called on to be-

come shamans—not as a kind of fad, but as a necessity. Hunter-gatherers could not have survived without heightened awareness. Similarly, we will not survive the upcoming challenges unless we unlock our mystical powers, each and every one of us.

One of my mystic powers is something I call “Quality Baked-Good Detection.” I can travel into any city, and within 10 minutes, preternaturally locate the best bakery in town. I’m talking strudel, rye bread, cannoli, and chocolate-dipped cream puffs. I know this isn’t as amazing as the ability to become invisible or shape-shift into animals, but at this time of spiritual urgency, it’s somethin’. What’s your mystic power?

During the epoch of agriculture (the last twelve thousand years) our wiring wasn’t especially tuned to the world of spirits; but through a miracle of design, our brains are nimble and adapt to our needs. As you focus on something, the parts of the brain that process those thoughts grow larger. The brain actually changes, a phenomenon called *neuroplasticity*. Thus, over time, the object of your focus will seem more real. That’s why cultists, stalkers, religious fanatics, and conspiracy buffs become so obsessed. Their brains tell them their fixations have significance. On the positive side, you’ll get better at anything you apply yourself to, such as gargling water and pogo stick riding. If you cared to cut open your skull, you’d see brain growth in associated areas. But that might hurt.

Any religious practice, simply because of its focus on the spiritual, will increase spiritual experience. All devotional roads lead to God. If you started worshipping Barbie dolls, you’d soon see, right there in those girlie cheeks, the face of Jesus. From this example I think we can conclude that, at the very least, God is hermaphrodite-friendly.

But perhaps you have beliefs that filter your experience of God. If God is erotic and playful, how do you constrain His/Her wildness? Alongside sacred arteries, do veins of judgment also bulge in your varicose brain?

Do you limit God to a doctrine, ritual, or religion? If there is an ever-present, all-loving God waiting for us with arms wide open, wouldn’t He/She be thrilled to be found in any way imaginable?

For those who choose not to worship a deity, wouldn’t that exercise of

Free Will also be welcomed? How could an all-loving God possibly take offense?

God doesn't want you to enroll, convert, or "save" anyone. Cults do that. Proselytizing is a bastard form of commercialism that sells imitation, pasteurized, processed god product. What do you think of the people who try to own God? Perhaps you've heard this pointed gibe: "Religion is like a penis. It's fine to have one. It's fine to be proud of it. But please don't whip it out in public and start waving it around, and PLEASE don't try to shove it down my children's throats." You'd think that the sharing of intimate, sacred experience would be saved for those close friends who would cherish such personal revelation.

Increasingly, people are refusing to let religions control their spiritual lives. Access to the transcendental is now offered to anyone who can sit cross-legged and chant, "Om Namah Shivaya," three times, fast. Those who want to minister should preach first through their actions. Live life with passion and honesty, and be a pioneer of consciousness, and others will ask you to teach them about your god.

Purpose of the Universe

New Age folk might not like this part, but the purpose of the universe is not all “love and light.” If you identify yourself as New Age, proceed with an open mind because Sacred Cows are up ahead.

In Heaven all is love and kissy face, right? For all its perks, it is—as discussed earlier—noticeably deficient in challenges. Yet God wanted individual souls to be tested so they could independently grow and evolve. How was He/She to test them in a realm that has no challenges? And what force would be strong enough to carry out the task? The answer was to demarcate a neighborhood, within Heaven, where souls could be challenged by the one force strong enough to erect a conflicted zone within the All One. This one force that could hold back Heaven’s overwhelming love was *aggression*.

Guess what was unimaginably aggressive? The Big Bang—the very force that created our universe itself.

Only the elemental force of violence has the power to push back against consciousness. Without its opposition to the free-flowing spiritual energies in Heaven, there would be no material world. Violence built the walls of Creation—even matter itself—all the way down to the molecules and atoms. It dams up the waters of Heaven so we can have terra firma.

Although aggression is unyielding, unpleasant, and not very nice, it is the pillar holding up the material world. If resistance, conflict, and opposition could be banished, the universe would go “poof” and disappear. Or be crushed by a falling sky.

Heaven’s prodigal son, aggression, is the very thing that differentiates the material world from the spiritual. That’s why it shows up everywhere down here.

The challenge God gave us to grow and evolve is to unravel the opaque

veil made of aggression that separates this world from Heaven. Then the Light of Heaven will shine into this world.

The universe was created to be a realm outside the light of Heaven to give souls a chance to find that light in the dark. Souls are strengthened as individuals by that journey. Coming full circle, when aggressive forces are invested with the light of Heaven, Heaven dawns on earth.

Ghosts

First off, I'd like to clear up a terrible misunderstanding: ghosts don't actually wear bed sheets.

Whereas Spirits generally reside in the Heavens, sometimes they get trapped in an in-between limbo, half here and half there. We'll call these stuck Spirits *ghosts*. Religions aren't stupid. They know this can be a problem. Death rituals are designed to free Spirits from this world so they can cross over.

Clairvoyants can see Spirits and their stuck cousins, ghosts. Clairvoyeurs can watch them have sex. Thanks go to Disneyland for their studied ethnological research into ghost customs and mores, which they realistically depict inside their Haunted Mansion ride.

Up until fifty or a hundred years ago, it was common to perform a purification ritual before moving into a house. One version involved a rabbi swinging a chicken over his head. Now you know why they wear those little hats. Many colorful purification ceremonies exist for releasing energetic clutter which may occur where death, or any kind of suffering, has taken place. You can clear a space and even sanctify it through prayer, protection rituals (such as my Self-Protection protocol explained in *Book 2*), and opening the front door only to good-hearted souls.

While I've just finished telling you that no malevolence can cling to a soul because it is pure consciousness, the occasional exception is the case of ghosts ensnared here on earth, in duality. When the United States took over the Abu Ghraib prison in Iraq, the site of untold misery under Saddam Hussein, soldiers were affected by the agony adhering to that accursed ground. Otherwise decent people engaged in immoral acts of cruelty. That prison should have been demolished and turned into a temple of prayer to help heal the erstwhile suffering. Alternatively, a powerful

mystic could've exorcised the trapped souls. As it was, American soldiers walked into a spiritual booby trap. However, it's no spiritual or legal excuse to say ghosts made you do wrong any more than it is to say, "I was just following orders." We are responsible for our actions.

Looking back into history, I suspect that spiritual pain has lingered around Baghdad since 1258. In that year, the Islamic Golden Age was in full blossom. Thirteenth-century Baghdad stood at the apex of scientific, intellectual, spiritual, and artistic achievement. Then suddenly, besieging Mongols devastated the jewel of Baghdad. Even the resplendent museums and libraries were sacked. Thousands of invaluable books were thrown into the Tigris River to form a mockery of a bridge over which the Mongols would cross. It is said that, for days, the water ran black from book ink. Along with the ink, one of the greatest collections of knowledge the world has known washed down the river. The cosmopolitan residents who weren't murdered couldn't believe such barbarism was possible. Paradise was so thoroughly desecrated that heartbreak seemed to be impaled into that earth, and to perpetuate tragedy through the centuries. Is it coincidence Baghdad was repeatedly destroyed after that? Ghosts can hang around a long time.

Every time there's a war, every time there's a crime, for goodness sake, every time you stub your toe, spiritual reparation will prevent future passers-by from getting snared on lingering emotional detritus. Might much of the strife in the Middle East be spiritually traced to ancient unhealed wounds, still energetically hemorrhaging?

Reincarnation

Although All is One in Heaven, all is not one in the material world. In this world, someone might steal your food or think you are food and steal you. To survive here, you have to work hard. This hard work strengthens you as an independent Spirit. As I've explained, the Heavenly realm cannot challenge you in this way.

A soul develops individuality by braving every level of independent consciousness the material world has to offer, as exemplified by the tiers of the mineral, vegetable, and animal kingdom. This is a journey of lessons. As soon as a soul learns about all the characteristics of one tier—for instance, how to be a wise and goodly crustacean—it graduates to the next.

Spirits in Heaven have no sense of separation. When a Spirit first incarnates, it attaches to a piece of matter. Just being localized within a mineral, and not fully merged with the One, is a wild, crazy, and effortful experience. When you're a baby Spirit, the cradle is rock.

After a billion years of hanging around in the inert duality of molybdenum or marmalade, you finally comprehend the separation: "It's me in here, and there's that out there. It's not all one anymore."

When the lessons of the mineral kingdom are learned, followed by a jaunt in the vegetable kingdom for an eon or two, the Spirit will incarnate as a one-celled animal. Now it's endowed with a self-perpetuating mechanism, specifically, eating and procreating. The big lesson a soul must learn at this juncture is how to transition from being a part of everlasting matter to an existence that begins and ends. This concept alone presents a Spirit with enough challenges to fill a million-year self (cellf?)-improvement seminar. If only rocks could enroll.

If a Spirit incarnates as a Protozoan, it learns to scamper away from danger, undulate cilia, and crack its whip-like tail. Protozoa may reproduce sexually, asexually, or in combination. Look who else is a hermaphrodite! Protozoans even have a hook-up website: CarbonDating.com.

After a million years or so of incarnating as a one-celled being, a Spirit will have learned the lessons of existence as a rudimentary life form. Once it has experienced the life and times of an amoeba, it's ready to evolve into a multi-cellular creature. Then the real excitement begins—as a jellyfish.

After an age or two, it will move on to life as a fish and then an amphibian. Each phylum up the evolutionary ladder will hold not just new physical challenges, but spiritual challenges. A multi-cellular life form is not just a creature but also a type of consciousness that allows many individual units (cells) to work together for a common goal.

In fish, we find a very mobile organism with corresponding mobility of awareness. Its flexible, hinged skeleton is connected to a spine on the inside (endoskeleton), allowing greater movement than the skeleton of a clam or shrimp, which is made of hard, external plates (exoskeleton). Heightened perception and a larger brain accompany a fish's maneuverability. This means that fish are more spiritual, or rather, have a more expanded consciousness, than shrimp. Although shrimp are hard to beat in a light butter and lemon sauce. Unless we're talking about filet of soul—not a shellfish bone in its body.

Incarnation after incarnation, a soul will go through each phase of life at every evolutionary level. It gradually masters all the strata of consciousness that those life forms embody. Reincarnational ontogeny recapitulates phylogeny.

In each of these animal states, matters of faith or morality are not an issue because there is no capacity for such advanced comprehension. Fish don't worry about whether their lives have meaning, or if they're praying enough—Angelfish excepted. A Spirit simply experiences the entirety of a particular environment, which includes protecting self, having sex, finding food, relating to others, and dying. It learns about each layer of consciousness in the animal kingdom, as represented by the various classifications of animals. Each advance in genus encompasses a larger span

of awareness. Alligators (reptiles) have a more advanced nervous system and a broader earthly experience than do frogs (amphibians); thus, one could say that a Spirit that has lived as an alligator has greater awareness than one that has only lived as a frog. But, here's where things get a tad confusing: if you lick the skin of some frogs, you will have psychedelic visions of God. Licking an alligator is not recommended.

Spirits continue moving up the tree of life until achieving warm-blooded mammal-hood, wherein we find the genesis of the emotion of *love*. Spirits then have hundreds of mammalian lives as cats, cows, shrews, armadillos, and hedgehogs, with lessons centered around devotion and fidelity to family and pack. Mammals have advanced lessons, too; there is a calendar with dogs doing yoga. They may even have been doing Downward Dog.

Eventually a soul will have monkey and other primate lives, with awareness expanding to include complex social systems, communication, cooperation, and hierarchy. Some people are sure they've had past lives as dolphins or whales, animals with very high consciousness—maybe higher than ours. I, personally, never want to incarnate as a cetacean. After being in water more than an hour, I get the shivers and start burping. No one likes a burping dolphin.

As we near life as a human being, we may have human-adjacent lives, perhaps as a farm animal or pet. When you treat animals humanely, you are blessed. You get karma from mistreating an animal just as you do from mistreating a human. To clarify: it's one thing to kill a cockroach because it is a health hazard, but don't pull off its legs just to watch it suffer unless you don't mind a big cockroach coming along and doing the same to you; eating meat does not impute karma as long as the animal is humanely raised and slaughtered.

Humans are the final animal form. It is as close to being made in God's image as life on earth is going to get. That doesn't make us superior to any of the other sacred beings who are not human.

The next shape is Angel, which is a transcendence of form.

Humans

We likely start our human journey merely struggling to survive. An example might be someone scraping out a subsistence living or someone who is a prisoner.

Let me be quick to add that a prisoner or laborer might also be the incarnate of Buddha. To clarify this important point, it is not for us to assess the hierarchy of souls and individual evolution. One cannot ascribe spiritual maturity to occupation or wealth or any other aspect of life. A leper living in a slum of Calcutta or a child imprisoned in a concentration camp could be an old soul who may be there to inspire others by confronting adversity with serenity. Conversely, the lowest level of human consciousness can come from privilege. Someone who has it easy, who doesn't have to work hard or develop empathy to prosper, may believe they are entitled to benefit at the expense of others.

Slavery

Arguably the most repugnant chapter in the story of human evolution is the one about slavery. Civilizations on every continent, in Asia, Africa, the Americas, and Europe, have exploited slave labor.

I'm going to briefly touch on some big ideas here. If you'd like to read more on the concepts covered in the next few paragraphs, I recommend the brilliant book *Sex At Dawn*, by Christopher Ryan and Cacilda Jetha (HarperCollins 2010).

Slavery arose with the emergence of farming, twelve thousand years ago. Before agriculture, hunter-gatherers lived nomadically, and normally didn't fight each other or hoard items; they certainly didn't have slaves. There was little fighting because there were no stockpiles of items to fight over. Wherever a tribe went, there was plenty to eat. Why fight over supplies, when more could be found an easy walk away? Why collect a surplus when it would just have to be transported from one place to another? Excess was a burden to migratory tribes. If a terrain ran low on things to eat, the band simply sauntered over to another area with low-hanging

fruit. A couple hours later, a meal was ready. It made no sense to punish and supervise slaves to force them to gather sacks of white maggots, only to schlep them around. In hunter-gatherer societies, slavery had no economic benefit, though you may be thinking, “Hold on a minute. White maggots are highly nutritious.”

Hunter-gatherers, known for their generosity, shared everything, including food, possessions and sex partners. Their survival depended on this kind of camaraderie and collectivism. Children were raised communally. Every adult was the parent of every child. Rough on a teenage girl coming home late from a date with the dreamy guy with a bone through his nose.

Also, there was no reason why a man would need to know who his specific offspring were (since children were raised communally), so everyone had multiple sex partners. Being “stingy with your genitals” was considered “inappropriate.” With all the leisure time and sex and caring, the hunter-gatherer epoch of human history was a happy one, if you didn’t mind the occasional headhunter trying to kill you and eat your brain.

With agriculture, and the abandonment of the nomadic lifestyle, came surplus. In settled territories, food could be stored and used as currency to buy more territory. Armies were formed to protect possessions and to defend domains.

Men had to be certain that when they died, their property only went to their direct progeny. Polygamy (one man with several wives) and monogamy, which controlled the sex lives of women, took root as a way to guarantee the identity of a child’s father. No such measures were needed to determine the identity of a child’s mother.

When property was storable and owned by individuals, instead of immediately consumed and communally shared, slavery had economic benefit. Free slave labor made the copious yields of cultivated crops, like wheat, rice, rye, and barley, even more profitable—and generated more stuff to defend and fight over. Surplus was amassed and traded for things one desired, like leisure time and sex partners and people to care for you.

Cities and civilizations grew from the bounty of slave-tilled land. Incidentally, it was at this time that the “have/have-not” wars began. The

“haves” deposed the “have-nots,” spelling the end of aboriginal Eden.

Slave labor remained the engine of the tortured, fecund agricultural revolution until even more profitable means took over: machines—one of the first was the cotton gin.

Although slavery has little to do with the Heavenly worlds where all is peace, love, and tofu, it’s an unavoidable phase that humans move through as they evolve out of the animal world. Slavery ultimately teaches us the importance of Free Will.

A Spirit may start its enslavement odyssey as a slave owner who enjoys luxuries, leisure activities, prestige, and social standing. Days are spent partying, hunting, drinking, and carousing. The big problems slave owners face are: people balk when asked to work for free; humans object to being bred like animals; and, parents put up a fuss when required to turn over their children to be sold as property. So, to reap the fruits of wealth—the bounty that comes from free labor—a slave owner must show terrible cruelty to his captives. Slaves are routinely beaten, branded, maimed, tortured, raped, and killed. Because of the prodigious privilege slaveholding affords, those who can manage to be an owner can overlook its moral abomination.

In the next incarnation, the slave owner’s Higher Self directs the Lower Self to become a slave. The master becomes the servant, not as a punishment, but so the Lower Self can learn about the consequences of its actions and the pain its pleasure produced.

A Spirit might have a number of lives in this slave/master cycle before it finally shakes its spiritual head and says, “The privileges I enjoyed as a slave owner are not worth the suffering I endured as a slave. Slavery is wrong, and I’ll have nothing more to do with it.” This kind of powerful revelation can only be gained from hard-earned experience.

The slavery teaching is a gateway that each soul, and that society collectively, must pass through. You may even have the karmic remains of being a slave or slaveholder. Perhaps your neck pain is residue from the life when you wore an iron collar.

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In the course of overcoming some of my own physical pain, I remembered a past life as a slave. On the last day of that life, a rope was tied around my ankles and attached to the back of a flatbed wooden cart drawn by an appaloosa. The driver cracked his whip and the horse reared and bolted. I was yanked down the road for some distance, feet first. I recall trying to protect my head and torso while being dragged, by pushing down on my forearms and elbows so they would absorb the impact of the jagged, grinding ground. When the cart stopped, I lay in the dirt, bloody and dying.

Unexpectedly, I didn't feel any pain. More surprisingly, it was the happiest moment of my life. Shafts of afternoon sun streamed down through red and yellow leaves. A silent breeze cooled my face. Everything was peaceful. As I took my last breaths of autumn air, I was filled with joy because the unspeakable misery of that life was finally over.

#

People struggle with slavery issues in the present day. They may not manifest literally with chains and bullwhips, but in modern-day scenarios. Human trafficking, often for sex, is rampant. Millions of people still work in sweatshops. Economic bondage is widespread. One of my friends owes \$50,000 to credit card companies, and you can bet that debt feels like it's locked around her neck like an iron collar. MasterCard is an unforgiving master. She was deliberately lured into this debt servitude by shady lending practices. If you own stock in a company that manipulates debtors, guess what you are? Don't be shocked to find yourself paying off this karma in servitude yourself. Ignorance is no excuse. Be careful where you invest your money. The same goes for buying products from companies that mistreat their workers. While "everyone else does it," don't be everyone else. Or else.

Many of us work in jobs we despise or are locked in enslaving relationships. To be sure, actual slavery is worse than slaving away in a horrible office or being trapped in a toxic relationship. Nobody is tying you to a post and flogging you, but it still breaks your spirit to endure ill treat-

ment from an abusive boss or partner.

If you find yourself incarnated in incarceration, you must first determine if there's an important purpose for remaining there. Maybe you can help others from the inside.

But confoundedly, even though the door is wide open for us to leave, we sometimes stay in virtual prisons. We just can't say "goodbye." We choose the devil we know over the unfamiliarity of freedom—preferring breakdown to breakup.

Perhaps you make excuses for why you can't go. You'll leave after the kids move out, or after the next fight. Or, if just one more time, he doesn't flush. If you feel trapped in the prison of your life, you can free yourself with the Self-Protection protocol (*Book 2*).

There are even ways out of slavery where one is actually locked in chains. Perhaps freedom can come through non-participation or civil disobedience. An extreme option is the Indian practice of Dharna: a person fasts until they get justice or die. Gandhi and Cesar Chavez practiced a broad form of Dharna. With sacrifice and diligence, there is always a way out. Where there's Free Will, there's a way.

To decline to participate in enslaving others in any form, and to decline to participate in your own enslavement, is to experience freedom. It's one of the highest attainments on earth.

Spirits cycle through the incarnations from paired perspectives. One lifetime you'll be a boss, and the next an employee. One lifetime, a man, the next, a woman. A soul will have paired lives as criminal/victim, teacher/student, authority/rebel, Giants fan/Patriots fan—until all facets of being human have been experienced, just the way all facets of one-celled life were experienced ages earlier.

If you've lived thousands of lives, you must have done some heinous deeds. Any way in which you have taken advantage of others will be answered with an inverse incarnation where you are similarly victimized. This isn't to punish you. It's to teach you. You must understand the pain you have caused. With the help of that understanding, you will be moved towards the state of consciousness found in Heaven: absolute compassion

for all beings. You may prefer to go without that kind of help, but I can't help you with that. The Higher Self, being pure compassion, teaches the dullard Lower Self about compassion with lessons it can't ignore.

Think of a Master Puppeteer (You) using a sharp training implement on His/Her stubborn, slow-witted marionette (you). The implement is suffering. From suffering comes understanding.

Every few years, through war and genocide, whole populations endure massive violation and death inflicted with appalling ruthlessness. The people who participate in such carnage may number in the thousands or millions. In fact, it's such a common occurrence that, if you've incarnated numerous times, you've likely taken part in such madness.

You might say, "We didn't know better. We did as we were told. Everyone else took part." As far as your Higher Self is concerned, the Lower Self is responsible for its actions, regardless of what anyone else does. If the event occurred in a prior lifetime, you are still accountable. If you've got such a specter in your past, and most of us do, it might explain troubles in this lifetime. I don't have a joke here; I never found holocausts funny.

If you want to know what kind of trouble you caused in your past lives, observe what kind of trouble has shown up in your present life. Look hard; it may not be blatant suffering. One of karma's most diabolical tricks is *disregard*. Your dreams and aspirations are ignored. Success passes you by. You grow old, and nobody notices and nobody cares. This karma is diabolical because there is no one to blame but yourself, or rather your past life self, which is hard to yell at—assuming past lives are real to begin with.

Let's be clear about retribution from God: there is none. Karma is a different mechanism entirely. It's a choice people make to evolve by experiencing the consequences of their actions, not something inflicted by a vengeful God. Your Higher Self directs your Lower Self to learn from both sides. In one lifetime, you throw the pie; the next, you take it in the face.

#

Anyone can enter the spiritual world at any time by killing him/her-

self. If you commit suicide, you still “go to Heaven.” Ending life prematurely is not evil. But it isn’t a prudent choice because you’ll have to do it all over again. You’ll come back to the same rotten childhood, leading up to the same anguished place you left off when you killed yourself, as if you left a karmic bookmark. What’s more, you’ll repeat puberty, acne, and the senior prom. Talk about suffering.

For those with terminal illness, death with dignity is a whole different matter.

Aside from dying, there are other ways to enter the spiritual realm; in fact, that’s where we go each time we sleep. When we’re snoozing, we flit off to Spiritland on a dream vacation to relax, ogle some nymphs and satyrs, and shoot pool with the cherubs until we’re ready to face this cruel world upon waking. And through meditation, yoga, service to others, and other mystical practices, we can deliberately open this portal at will.

Are there Spirits who never choose to incarnate? Yes, far more than venture into our realm. A never-ending supply of Spirits are waiting for a chance to play in the material world. Humans want to be Angels, and wouldn’t you know it, Angels want to be human. They want to go off-road and get some mud on their wings. Believe it or not, incarnating is a privilege. It’s really the only game in Universe-town.

Duality getting to you? Can those tired of incarnating get off the boat between lives and say, “I’m done. I’m sick of the blood, sweat, and tears. And I can’t stand hearing the same songs on the radio, over and over”? Yes, because every incarnation is a choice. But, the hopeless feelings you have while in your body may be very different from the desires of your Higher Self, whose spiritual panorama provides a broader perspective. Close to the daily grind, you see sharp shards of stone. Standing back, your Higher Self sees a beautiful, tiled mosaic. You can’t see the mosaic for the shards.

You could be sitting in the trans-life waiting room, about to shoot down into your mother’s uterus, when you get the pre-life jitters. You say to your Guides, “Wow, it was tough last time.”

They say, “You’re going to be walloped again, but you’re a strong Spirit, and this is what you need to move forward.”

You respond, “What an honor. I get another life filled with unabated deprivation and malice, providing me, yet again, an abundance of opportunities to experience personal growth. Oh, goody.”

You arrange many of your important life experiences, some in collaboration with other Spirits, before you’re born. You might plan with your Spirit pal, “In 2013, let’s meet in Bible study class, get married, and become parents to our other buddies, Spirit Matt and Spirit Joe. I know . . . we’ll name them Meshezaheel and Jehoshaphat.” Poor kids.

Or you might say, “As a child, I will suffer an illness that leaves me blind and deaf, but I’ll use those resolute challenges to become a powerful master and help others,” and turn out to be Helen Keller. Or, you become blind and deaf and turn bitter as some kind of karmic lesson. Better or bitter, either way, you choose it.

One may incarnate quickly, or have lapses between lives. A soul who has had a very rough life may want to spend some chill-out time in paradise living off the grid before coming back. There’s nothing like frolicking topless in the Elysian Fields for an eternity or two to soothe an aching Lower Self.

The goal of the incarnational cycle is that over eons, your Lower Self will demonstrate on earth the consciousness of Heaven. Souls yearn to evolve and grow, something not easily accomplished in the comforts of Heaven, so they enroll in this earthly reformatory to work out their individuality muscles and build faith. It’s the ultimate test of faith to be locked in a place of pain and conflict and still represent the highest of values. Theoretically, one could skip all of karma’s smackdowns if one immediately embodied absolute compassion for all beings. It’s worth a try.

Nearing the end of the soul’s migration through the material realm, when all the lessons of compassion have been learned, one becomes a spiritual master who incarnates solely to alleviate the suffering of others. These advanced souls who have gained profound wisdom through countless lives are known as Bodhisattvas. Bodhisattvas are so high off of caring for others that they experience life on earth literally as life in Heaven. To them, the veil is lifted. They have returned to source. All is one.

Time

I have traveled to the distant mystical hinterlands and researched the frontier where science meets God. I return with novel explanations about how nature interfaces with the transcendental—also submitted for review to the Department of Extraordinary Claims.

The relationship among the spiritual world, the material world, and *time* is one of the most difficult things to explain. How does one measure eternity? The spiritual world operates beyond the confines of time. It knows no before and no after. Further, the spiritual world is not a place; it's a state of being, and that makes it difficult to conceptualize. However, we can perceive it.

We've all had experiences of euphoria when time seems to slow down or speed up, such as during meditation, sex, or riding your bike home after a movie, brisk, clear air rushing against your face. You can experience the plasticity of time, but it doesn't make logical sense, because it's an encounter with Heaven. Using logic to construe otherworldly experience is like trying to play a compact disk on a record player. One is digital, the other analog. Placing a phonograph needle on a spinning CD will sound like a screaming Ludwig van Beethoven.

The question, then, is how the two dimensions—material and spiritual—interact. How is there no time in the spiritual realm, while time ticks away on earth? The answer lies in the construction of the Heaven-earth duality. In Heaven, consciousness knows no bounds and spreads across the spiritual vastness instantly. The material world is a dense compartment “within” the spiritual world. The unlimited gets restricted when yoked to matter. Matter's vessel binds the infinite in finite forms. This *slows down experience*, giving the appearance, or some would say the illusion, that a sequence is occurring. An analogy would be trying to do the

breaststroke through a swimming pool filled with honey. You could count the seconds.

(Physics itself backs me up in that gravity, the great compressor, actually slows down time, an effect known as *gravitational time dilation*. The clocks on earth run slower than those on orbiting satellites (used for GPS), where gravity is weaker! If you needed an excuse to fly in a hot air balloon, this is it: up in the sky, time breezes by.)

Time and *consciousness* are close cousins. One can be accessed through the other. Earlier I explained that the waters of Heaven were dammed to create physical matter. To put it another way, barricades to consciousness are erected to hold back the blazing Light of Heaven so we can have a material world. I'll call these *time dams*. Time dams reduce the speed of perception, so it seems like time is passing.

You don't have to travel back to the dawn of creation to find the time dams. They are continually constructed. Time dams decelerate experience so the density called the universe can exist within lightning-fast Heaven. They show up in our ordinary life not only as time passing, but as fixations of consciousness and narrow-mindedness.

By this point in life someone has indoctrinated you into the established systems of what to think and how to function. Forget them. Damn dams. No yoke. Some ways to dismantle the time dams and allow the Light of Heaven to blaze forth again: question, create, act a little odd, uncork your erotic genie. Think outside the clocks. Somebody came up with the old ways of thinking. Why don't you come up with your own? All kinds of things are waiting to be discovered. Some are mere novelty; others, such as the transmutability of time, are game changing. Think thoughts that no one has thunk. Can't think of any? Stop thinking so hard.

The good thing about the linear phenomenon of time is it allows for growth and evolution over an interval, something not available in Heaven. In this earthly reality, everyday concerns dictate that we take time seriously. If you're chronically late to work, your employer probably won't buy the excuse, "Mystic Pete said time is an illusion." But, if it will help keep you from getting fired, I'll write him a note, confirming.

That time is an indivisible component of this universe speaks of its

importance to God. God wanted us to have Time and the lessons that can be gained by the succession of experience rather than everything happening at once.

While we go through sequential time on earth, what happens up in Heaven? Are they sitting around doing needlepoint while we scurry like madmen impersonating Elvis, yelling at the dog for chewing up the petunias in our underwear, and sneaking drug-filled balloons across the border stuffed up our rectums? The topic, and the grammar, are very confusing.

Metaphorically speaking, an innumerable number of experiences, about the same as the number of Angels that can dance on the head of a pin, can happen to a Higher Self in Heaven while its Lower Self drags through a single second of dreary life on earth.

This is verified every time the two realms meet. From contact with the Eternal, we can have instantaneous *Visions* that deliver libraries of information. A musician can hear a whole symphony during a quick afternoon nap. Facing death, we can download from the Eternal a detailed recapitulation of our entire life, all in a split second. That's why I don't spend too much time cleaning my house. When my life flashes before my eyes, I don't want my brush with death to be all about scrubbing toilets. I'd rather it be about the thrilling time I implanted a memory in the mind of an oligarch's heir. Or, am I mixing up my past with the movie *Inception* again?

Compressing consciousness causes the illusion that time powers forward inexorably, like a train. Expanding consciousness can ease time back into its fluid state. The *initiated* can negotiate, influence, and stretch time. Believe it or not, I do this regularly when I conduct healings and meditations. Participants wonder how they traveled so far out into the "dimensions," and underwent so much change, in such a short period of time. After every event, some lasting only ten minutes, people tell me they met their *Guardian Angel*, spoke with a deceased loved one, or had a *vision*. The spiritual lesson before me is taking people further and further out, in shorter durations. I'll be satisfied when I can snap my fingers and participants float in the air.

Performers manipulate time all the time. They're experts at corralling awareness. (With some notable exceptions: Try watching the performers in the movie, "Freddy Got Fingered.")

You probably understand how time can turn into taffy if you've tried psychedelics. After all they are called "Consciousness-Expanding Drugs." On magic mushrooms, time can unmoor from its consecutive advance, although your girlfriend's pretty face may start crawling with worms.

We all know the dysphoric experience of time during periods of suffering, when it seems painfully slow. Waiting for that bell to ring in a boring class, wasting away in jail, or enduring a bad relationship can feel like an eternity. So, there's good eternity and bad eternity . . . and perhaps ugly eternity.

In the scientific world, Einstein's famous formula $E = MC^2$ defines a ratio. It identifies the amount of energy that has been compressed down into a unit of mass. Plug in a unit of mass (M) to determine the amount of energy (E) it could be transformed into, or vice versa. The *speed of light* (the "C" part of the equation) never changes. The speed at which light travels is a fixed number that anchors the universe. This equation describes how, although the speed of light is unchanging, energy and mass transpose and influence each other. Matter actually bends light.

I love the poetic connection between light as a physical force and Light as a metaphor for consciousness. When you see light, be reminded of the nearness of God.

The speed of light hasn't changed since year zero: 670,616,629 miles per hour. In a fascinating twist, as you approach the speed of light, time slows down. That's right: the faster you go, the slower you go. This is actual, actual science, not just a perception—such as a clock crawling dirge-like through a lecture on economics, where oddly enough, time is money. A watch, traveling a million miles per hour on a spaceship, literally ticks slower than one on earth.

From the perspective of a tiny little wave going the speed of light, time stops and effectively ceases to exist. Also, as you go faster, distance shortens, and the universe contracts. To a light photon the universe is infinitely contracted, and there's no space or distance. And all this is Ein-

steinian physics, not merely my mystical mumbo-jumbo.

Thus a light photon is in a realm of no time and space. What else is in a realm of no time and space? Heaven. That would seem to put light itself in the spiritual realm. Meaning, we should be able to see Heaven simply by turning on a lamp. Hmmmm. Wouldn't that make spiritual practice easier? All we'd need to do is flip the light switch, and God would be standing there. Of course, things might get awkward in the middle of the night when going to the bathroom; you turn on the light, and there is God, sitting on the toilet. The theory breaks down in this way: since light, to us, takes time to travel, it couldn't be a purely spiritual substance.

Let's consider other strategies that may allow us to bust into Heaven at the edges of reality, where the physical world bumps up against the spiritual. Could we meet God by going fast enough to make time stop and simply hustle our way into the eternal? Einstein's Special Relativity theory says that mass cannot attain the speed of light, because the faster one travels, the more energy it takes to increase speed. For the smallest speck of mass to get to the speed of light, it would require an infinite amount of energy. Can't pull that off. The reason a photon can travel the speed of light is that it has no mass.

What if someone punctured into Heaven by flying a spaceship past the edge of the universe? "Swing low, sweet chariot, Coming for to carry me home, If I get there before you do, I'll cut a hole and pull you through. . ." The problem is that threshold doesn't have a membrane that one can punch through with a *star cruiser*. Scientists explain that mass creates this universe. Following that explanation, I'd imagine that if you flew faster than the expanding universe, you'd be the new edge of the expanding mass creating it. But, from a mystical point of view, the universe's horizon is a place where a density of consciousness, the material world, expands into unlimited Heaven. The laws of space and time surely break down out there, so the idea of flying a craft beyond this zone is absurd. It would be like a trip on LSD, cubed. Plus, it would wreak havoc on your complexion, as your skin infinitely stretched and turned 13.7 billion years old.

Steve Jobs pointed out that, “even people who want to go to heaven don’t want to die to get there.” I suggest we have our angel food cake and eat it too by getting into Heaven while still living. Freeing our consciousness from our bodies and minds, which as I’ve discussed, slows down perception, allows awareness to travel so fast that time stands still. The technical term for this velocity is “Godspeed.”

Actually, a couple things can go faster than the *speed of light*: consciousness and its cousins (read on). In no time, instantaneously, consciousness crosses the universe.

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While scientists agree with all the preceding scientific stuff, they don’t understand how to mold and shape time. Mastering the Five Powers (books 2 through 5) will give you this ability.

You may ask, “What if people are all pulling on time in different directions to suit their personal agendas? How can this reality remain consistent?” Great question. The answer is: one gains the power to manipulate time by aligning with God’s will. You align with God’s will when you release petty, individualistic concerns in favor of intentions for universal good. In that altruistic place, no conflict can arise. Everyone wants the same things when they want the same things as everyone else. Hope that clarifies things.

Look at it from the other side: if you’re a willing vehicle and release your personal agenda, God will empower you to liberate time on everyone’s behalf.

If you somehow managed to use time-bending to win a bet at the track (or some such trivia), deadly karma would destroy you for using mystical powers in a selfish manner—spoiling the moment. You could, however, use time-bending to alleviate human suffering, which tops God’s To-Do list. But the ability itself is what is of most significance, for it portends a leap in consciousness.

Omitting the spiritual angle, physicists will tell you everything I’ve recounted here with a straight face. They’ll tell you there was no space

and time before the universe began, and there isn't any to a photon. But behind that poker face I know they're sweating. How can a rational mind wrap itself around a concept like "no space and time"? It makes no sense.

The concepts of spacelessness and timelessness do pan out if the spiritual realm is part of the equation, because "no space and time" is the way things are in Heaven. The Laws of Relativity are only half the truth. The rest of it is: E equals MC^2 over Heaven = "Now it makes sense."



I am not suggesting that you simply "believe in God," because belief can interfere with perception. But once you perceive other dimensions, see a ghost, arouse someone with your mind, or experience something like time turning to taffy, there can be no doubt about the existence of a reality beyond what science tells us is real.

Exercising control over time is of particular importance to healers. When someone is ill, we say, "Give it time" and "Time heals." A healer can give a patient a big scooping of time all at once. Healers can compress time—or rather expand time—so, for instance, a broken arm can heal quickly. We know these miraculous healings take place. This power is freely available.

Everything comes in time. If you can crank time up on the steroids of your expanded consciousness, the things you want will come quickly.

For those who constantly run out of time, I suggest a practice of talking with the Deity of Time. Find out what It wants. Personally, I was chronically late until I had a conversation with the Time God and formed an alliance. That's fairly abstract, but my family will verify my past habitual tardiness. Since that alliance, I'm almost always on time and have plenty of time. Whereas I used to try to beat the clock, which resulted in a lot of broken clocks, now I move to its meter.

Time play is a magical power that you're perfectly capable of acquiring. Tired of getting older? Want to reverse your biological clock? Just be careful not to push the dial back too far, or you could find yourself a baby once more, stuck having to change your own diapers. Unless you want to be Born Again. Imagine, you could turn your aging partner back into an 18-year-old hottie. Just don't get mad if they start leaving their dirty underwear on the floor or take out a loan on the house to fund a cross-country raving jag. At least make them promise to stay away from Breakcore events, which can get out of control.

The atomic and subatomic worlds are close to the spiritual world. All kinds of unexplainable phenomena are puzzling quantum physicists because they butt up against the metaphysical. For instance, dynamic quantum properties, such as spin and velocity, do not have fixed values, until they're *observed*. In other words, subatomic particles respond to consciousness.

God is consciousness.

Did I miss the headline, "Proof of God Found"?

One more practical matter concerning the edges of the material world: atomic manipulation toys with metaphysical forces. This is not just some advanced scientific process unrelated to the transcendental. It may only be done for the highest scientific and medicinal purposes, or terrible karma will follow. You can use radiation therapy to cure cancer, but you may not split atoms to power your air conditioner. It certainly should

never be used to bomb people. When you mess with atoms you mess with God.

Time and Evolution

As covered in depth in the chapter, “Reincarnation,” the experience of separation started billions of years ago, when consciousness first habituated to matter. Individual identity has been strengthened through lives as invertebrates, vertebrates, fish, amphibians, reptiles, birds, mammals, and humans, as was the plan. After billions of years of individuation the concepts of “you” and “me” have become ingrained at the deepest levels of our biology and awareness. Now our original mission to come full circle and find Oneness, in a place where there appears to be no Oneness, becomes achievable because we’re no longer mollusks with no concept of Spirit. Without question, dogs and horses, and all mammals, have a lot of heart and a connection to the sacred. I’ve seen a Persian cat on YouTube that could chant “Allah.”

However, unlike less evolved mammals, humans have advanced nervous systems that allow us to have a unique understanding of the subtle realms. And, unlike all other animals, humans can intentionally evolve. We’re one evolutionary step away from being Angels.

As we approach spiritual dimensions, evolution takes less time. Rather than the millions of years required to physically evolve to the next bodily form, reptile to mammal, for instance, it might take decades or years or just one moment to emerge into transcendental awareness. The change is not of form, but purely of consciousness. While it takes eons to evolve a fin into an arm, or a monkey brain into a human brain, we can immediately “change our mind.” Beliefs have built empires and started wars, but no matter how passionately we hold them, we can change them. Are you a Conservative or a Liberal, Lakers or Celtics fan, DnB or Dub-step devotee? You might prefer to donate a kidney rather than shift your allegiance, but if you wanted to, you instantly could.

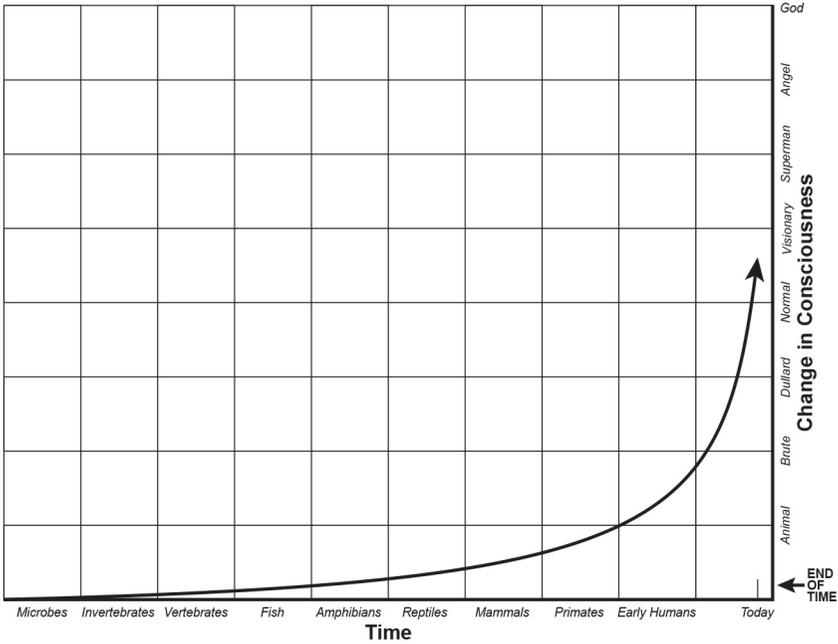
As we approach our entry into the spiritual realms, the rate that consciousness changes accelerates. This quickening is now possible because the task before us requires no bodily adaptation, just a desire to open our mind.

For the material universe to be created, consciousness had to be constricted and slowed down, giving rise to sequential time and physical dimensions. Reciprocally, as we return to Oneness, consciousness expands and speeds up—the seemingly separate units of time knit together; the hardness of the world relaxes; and, Eternity dawns. To those who are able to ride this expansion, time and space will become malleable, like Play-Doh. To get the Doh rolling, you can open your mind with a mind can opener.

The extra great news about this transformation is this: because we've worked all this out from within human forms, our consciousness can enter Heaven while our bodies remain alive and well, able to eat paninis and watch flat screen TVs. No matter how awesome the ascension into the celestial canopy, I still want to watch weepy foreign flicks on my 55-incher. Although some desire to go back to living in nature like the ancients, where communion with the erotic spirit world comes easily, there is no need to return to an aboriginal lifestyle. Not everyone has an appetite for white maggots. We can keep our creature comforts, and eat . . . or rather, not eat them, too.

Our consciousness is accelerating like this: 1 MPH, 10 MPH, 100 MPH, 1,000 MPH. People one notch higher go a whole lot faster than those on the one below. The difference between two notches—10 MPH and 1000 MPH—is enormous. Because of this spread, the people at the front of the expansion in consciousness will be exponentially ahead of the sluggards lagging behind and will look to us normal folk as if they have godlike powers. “Would you please stop levitating around the living room, Charlene, and finish your homework?”

I had the honor of briefly studying with Terence McKenna, and even hanging out with him naked in a hot tub at Esalen. I credit his pioneering work in this area as well as his sesquipedalian contributions to my vocabulary. The following asymptotic curve illustrates our species' meteoric ascent into awareness.



This speed-up has been occurring throughout history. Though coming in waves, evolution and civilization have advanced faster and faster over time. At the rate we're changing, you can see that it won't take long before we reach the impossibly fast Light Speed of consciousness.

No matter where you are in your personal evolution, the only factor that will predict your fate in the 21st century is how fast you can change and adapt. Don't be an ant; be a mutant. You unchangeable types might want to study up on a certain type of reptile to get an idea of what's in store for you. Think dinosaurs.

Metaphysical Physics

“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”

—Nikola Tesla

The patience of scientists is regularly tested by religious and non-academic theorists. Sweeping, ludicrous theories are expounded concerning matters the scientists have spent their lives researching. The religious would do well to carefully consider the facts before drawing their own conclusions.

Nevertheless, one does not have to look far to find explanations that were once condemned as ludicrous and later became orthodoxy, sometimes coming from the religious or non-academic. There’s no denying the contributions that the visionary experience has made to knowledge. Scientists—even the eminent Einstein—acknowledge that flashes of insight, imagination, and dreams inform their work.

“Logic will get you from A to Z; imagination will get you everywhere.”

—Albert Einstein

Up front, let me say that human language is ill-suited to describing the esoteric physics of the metaphysical. We simply do not have adequate vocabulary. If you find this section bewildering, think how much worse it would be if *disemvowelled* (all the vowels removed), like this:

“Lgc wll gt yu frm t Z; mgntn wll gt y vrywhr.”

—lbrt nstn

First, about the sacred geometry of funnels: did you know that black holes are shaped like funnels? Black holes are the reverse of the Big Bang. Matter and energy get squeezed down the funnel of a black hole to a pin-point where space and time no longer exist. No space and time? Does that sound like anything we've discussed?

Black holes, according to me, Mystic Pete, are the places where matter returns to the spiritual realm. The universe revolves into Heaven through these astronomical singularities. Black holes are cosmic drains from the temporal to the Eternal. This is the hole truth. You heard it here first.

Angels get to witness the universe gush into Heaven at the other end of these funnels. How could one describe such an astonishing sight? A torrent of Demeter's opalescent tears, shimmering with starlight and Skittles? All you need to do is get on the other side of a black hole, and you can see for yourself.

I've got more novel metaphysical physics notions. Physicists, pay attention: here's a bit of my Universal Field Theory and a suggestion as to where to find dark energy. These theories are either all true, partially true, or entirely false—of this I'm sure.

With one notable exception, all the Fundamental Interactions, electromagnetism, the strong nuclear force, and the weak nuclear force, have polarity. Only gravity doesn't seem to have an opposite. Like the finest cologne, it always attracts and never repels, contrasted with, for instance, magnetism or electricity. On every battery you will find the $-/+$ signs.

The universe was created by polarization. God pulled apart a grain of crusty eye sand one morning, and flicked one half, forming the Big Bang. God divided a piece of Oneness into this and that, positive and negative, Yin and Yang.

The first thing that materialized out of this division was gravity, the most diffuse of all the Fundamental Interactions. Gravity is the only interaction that acts on all mass and cannot be absorbed, transformed, or shielded against. A glass marble has gravity. But because gravity is so unconcentrated, we can barely measure it in an object that small. In contrast, a bushy mane of iron filings will stick to an iron *magnet* the size of a marble. Such is the concentrated power of the electromagnetic force.

Consider this: waves take time to travel. Think of waves moving through water; they move through time. Light waves from the sun take about eight minutes to travel to earth. If gravity experienced such a “light travel” retardation from sun to earth, our planetary orbit would be unstable. If the sun’s gravity took eight minutes to get here, earth would be circling her differently. Gravity travels instantaneously.

What else travels instantaneously? Consciousness. Might they be related?

So, where is gravity’s other pole? Still back with God in Heaven. God kept half the grain of eye sand. Gravity is so diffuse because its polar counterbalance is the entire, infinite spiritual realm. Imagine a teeter-totter with God’s endless bum on one side, in Heaven. The other side, in the universe, will need a pretty spread-out, massive balance: gravity.

Here’s another way to look at it. Gravity from the earth is simultaneously felt by our moon 0.0000000405 light-years away, by the star Sirius about 8.6 light years away, and by the star farthest from us 14 billion light years away. The only way gravity could simultaneously act upon every point in the universe is if it originates from outside the universe and is beamed in, like a holographic 3-D image from a projector illuminating every point on the material world movie screen.

The material world and the spiritual world have a relationship. Energy, and a bunch of it, constantly cycles between the yin pole of Heaven and the yang pole of the material world. God blows it in, and black holes suck it back out (along with the sundry galaxy). The “bunch of” energy that is flowing is “erotic-spiritual force.” Scientists are going crazy looking for this, but are calling it by another name: “dark energy.” I explained earlier that 95% of the universe hasn’t been found, because it is considered “dark” and undetectable. They can’t find dark energy with their sophisticated astronomical gear—not because it’s too dark, but because it’s too light!

Let me phrase it differently: find a way to detect consciousness, measure a person’s aura, or photograph a Spirit, and you’ll find your dark energy, but it won’t be dark. It will be God’s Light, aka “Glight.” Dark energy,

Glight, saturates the universe. A healer could be in a rocket ship nearing Saturn, or presumably out in deep space, and still channel in healing energy. It is everywhere.

Before the Big Bang, before gravity, before God sat on a teeter-totter or flicked eye sand, there was Glight, God's very first emanation. Doesn't even the Bible say, "Let there be Glight," or something to that effect? Half "ether" and half physical, this intermediary between Heaven and our universe is so subtle we haven't found a way to measure it.

Erotically charged Glight is truly of both realms. It invests the purely physical force of gravity with its attractive powers, making gravity God's sexual organ. You think *you've* had a hard time putting on a condom.

Just one more brain bend: sex is gravity in humans! Sex also only attracts.

The principal reason sex is so important to spirituality, and a sexual awakening is necessary to develop mystic power: the nature of the force flowing in from Heaven is sexual.

Is the universe fundamentally sterile? Is life on this planet a fluke? Are the billions of other planets lifeless chunks of dirt? Or, due to the sexual, life-giving properties of Glight, is the universe erupting with life every place it can gain a foothold?

Plants and animals certainly have a lensing effect on Glight. Humans can focus and project it at will.

Any physicist could take a chi gong class and viscerally feel that there is a powerful universal force that he has neglected. How is it possible that every physicist who practices tai chi has failed to note the significance of his energetic experience? Some must suspect an Unseen Hand. Just listen to their language: "God particle," "spooky action," "charmed quarks."

The flow of Glight emanating from Heaven didn't just happen at the Big Bang, long ago and far away; it's happening continually, inflating the universe at every point that matter touches the spiritual world, which is everywhere. Glight is why the universe is expanding in a way that scientists find paradoxical, with everything accelerating away from everything else.

Physicists will, of course, never be able to haul a particle accelerator into Heaven to take measurements at the other end of gravity's rain-

bow. The sole way that pole can be measured and manipulated is with consciousness. We've discussed how time and consciousness are cousins. Einstein already has wed time and gravity. That makes gravity a cousin to consciousness. In Alabama, they could legally have a threesome. The other Fundamental Interactions are second and third cousins of consciousness, twice and thrice removed.

As we explore gravity with the apparatus of consciousness and our chi powers, *gravitic* technology becomes possible. Think: levitation.

Unlike an electrical generator, or a light generator, aka a light bulb, a gravity generator, or gravity neutralizer, for that matter, will never be invented, because gravity cannot be controlled mechanically, only spiritually. The same for time.

#

I anticipate that Chinese Medical Doctors will take issue with my foregoing explanation of yin and yang. The following chart doesn't exactly agree with traditional explanations, but it's my understanding of polarity. I put it here to mount a defense against irate, needle-wielding acupuncturists.

The left column describes the Heavenly pole, and the right column, the worldly pole. Can you match the political parties to one side or the other?



#

Knowledge of God doesn't require blind faith. Why would an omniscient God make His/Her Creation unknowable to His/Her prize achievement: the human mind? It isn't that God can't be detected. We just don't have the technology yet to get the measurements. Science is in its infancy. To begin with, science can't measure the palpable subtle energy that every healer feels.

Thus far, we've considered a few ways to slip through the Pearly Gates while still alive: turning on lights and going really fast. Finally, what if one tried to jack into Heaven by flying a spaceship through a black hole. A black hole, however, is so violent it makes a thermo-nuclear explosion

look like a votive candle. You would turn into gas; then be stripped of your electrons. Few people fully recover from this ordeal. Must be a better option.

Try this: follow the whispers of God to funnel your consciousness outside this material world chamber. Prop your feet on the table, sip oolong tea, and nuzzle up to the bosom of God without leaving your cozy breakfast nook. How cool is that?



End of Time vs. End of the World

At the start of the universe, God provided for duality's eventual return to the One. God is present at both ends. God blasts open the universe with the Big Bang, constantly fluffs it up with eroto-spiritual energy, Glight, and reabsorbs the universe when it's sucked down black holes. God inserts a soul into the universe and welcomes that same soul when it reunites with Heaven. The same God is present at the entrance, at the exit, and all along the way through the incarnations. Because there is no time in Heaven, God experiences all this in the same eternal moment. To God, all of time and space is just a ding of a bell. From the beginning of the universe to the end of the universe is a clock's single chime while God flosses after a nice kosher meal.

We have to burrow our awareness into Heaven over time, because we operate in a realm laid out over time, but God's intent for us has always, eternally been happening. That is God's whisper.

Along with pushing us into duality, God is pulling us forward from the goal line, which is the end of time. Although the End of Time hasn't happened yet, God is waiting for us there. I know it is hard to believe that God can connect the ends of the entire universe at the end of time, when most of us can barely make ends meet at the end of the month.

The End of Time is when time is freed from its linear march, speeds up, and spirals into eternity. It is the end of time as we know it, but not the end of us. More precisely, we will then have a choice whether to occupy serial reality, travel the timeless ethers, or go back and forth at will. Perhaps some great sages have already made this journey. Now, however, we are asked (or forced) to do this species-wide. Currently, I would place humans at the beginning of the end of time.

The End of Time is not the occasion at which the world is destroyed.

Just the opposite. If the world is destroyed, we won't be able to make the hoped-for ascension to timelessness, because we'll all be dead. Mean people may ruin it for us all. The end won't justify the mean.

While Free Will is absolute, and destiny is not written, there is this force from the future drawing us into consciousness. Whether and how we follow that call is completely our choice. When we feel like we have a *mission* or a *calling*, it is God beckoning us from the End of Time. We're in our natural flow and have good luck when we're cooperating with this summons. If we do what we're "supposed to do," things work out well. When we fight it, all hell breaks loose.

Hold onto your hat, and brain, and let me connect a couple more dots for you. The past is immutable. The present is where the universe is created. The future is the result of inertia as modified by Free Will. Physically, we cannot travel back in time or forward in time. This is against the rules of the universe. Nor will future generations be able to. Ever. We cannot kill Hitler's mother when she was a child so that he never gets born. I hope this doesn't upset you too much. I'd hate to cause a führer.

Though we can't go back in time or into the future with our bodies, we can with our consciousness, the same as God. To say it another way, our Higher Self is already always in the past, present, and future. The more you can disconnect your fixation on the past and present, the more your attention can travel to the future and bring it back to now. You know how much money you could make if you could peek at the future internet and build that today? As consciousness frees itself from its fixations, the future will come flooding into the present. That's when the End of Time happens and the gates of Heaven open. Wait, didn't I say there were no gates around Heaven?

How does sex fit into the equation? First, men must come from Heaven because they ejaculate in no time, leaving their lovers eternally dissatisfied. Second, since the erotic is behind all of Creation, those who can lubricate the cosmic sex wheels get double the sacred and thrice the blessings.

If all this isn't complicated enough, I'm about to make things far more

confusing. I wrote it, and I barely understand what I'm talking about.

The prod that God is using to help us break free from limited consciousness in order to “end time” is the impending End of the World. Eons of animal patterning inclined toward aggression and selfishness are so ingrained into our behavior, the only motivation strong enough to get much of humanity to *possibly* break out of this narrow mindset is the fear of death. I say “possibly,” because a whole lot of people would rather die than refrain from being aggressive and selfish.

The “Plan,” as I perceive it, is to push humanity to the very brink of self-obliteration so we finally, as a last, desperate effort, walk the path of kindness. Things will get so bad that people will try anything—even love one another. Apparently, humanity will not do this voluntarily. God, the collective of our own Higher Selves, is not above using grave perils to get what He/She wants. It was never my intention to drag her into it, but *Heavens to Betsy*.

The looming End of the World points out a paradox that I mentioned earlier: how danger and difficulty can drive us to greatness—perhaps even impel us to become Angels.

At this point, I would like to voice my protest. Who thought up these methods and this Plan? As far as I'm concerned, it's stupid and bound to fail. I'm friends with several humans. They are stubborn and self-righteous, and the last thing they want to do is change. The frightened Baboon People are fighting fang and claw trying to stop the future from happening. God has gone too far with this evolutionary game of chicken. I suggest we march right down to the temples and holy sites and stage a sit-in.

Evidence of the acceleration of time and consciousness is visible historically: mammals evolve ten times faster than the previous dominant life form, reptiles. This quickening is also right before our eyes. Science, technology, communications, and culture are all speeding up like mad. A couple of small examples: Moore's law, named after Intel co-founder Gordon E. Moore who described the trend in 1965, states that computing power doubles about every two years. Also, there is the “Flynn Effect,” the name given to the long-term, worldwide increase in intelligence over the

last century. Imagine the world 100 years from now. It's almost impossible, because at the rate we're changing, the world will soon be unrecognizable.

If you want things to slow down in order to catch your breath, forget it. Life is only going to get faster. The Five Powers will help facilitate your personal change so that instead of being crushed by the coming wave, you'll surf the curl. The upside: there's no more exciting time in history than now. It's the culmination of billions of years of evolution.

Any car driver knows that the faster you go, the farther ahead you need to see. Unfortunately for us, the very people who can look into the future to guide us—the visionaries—are the ones that narrow-minded cultures like ours try to silence, because they upset the status quo and question authority.

For the record, I am no visionary. I am just channeling all this information from a Spirit named Pelvis Resley. So, lower your pitchforks and go back to your huts.

Instead of participating in our long-awaited ascension into higher consciousness, we're grabbing everything we can, like apes, without regard to consequences, and in the process we're destabilizing every conceivable system on earth. Perhaps I'm being unfair . . . to the apes.

A hard wall lies up ahead—God's little way of showing us tough love. Many sense it. Those who don't do the necessary spiritual work or are inflexible will smash into this cosmic roadblock, like bugs splattering against a windshield. Those who embrace change and look ahead will take wing and soar. As more individuals catch a glimpse of this oncoming barricade, more will realize they must transfigure or face demise. So, it's all set up in a rather cruel way and, again, I'd like to have a discussion with the Maker about more laid-back alternatives for the next universe. For now, there it is: the wall. Are you ready to fly?

We're seeing an acceleration in the formation and dissolution of religious, economic, political, and criminal dynasties. Just a few years ago, Mark Zuckerberg, the creator of Facebook, was a student of modest means, trying to impress girls by squirting milk out of his nose. Today, he's king of the world. But that could change tomorrow. Thankfully,

Zuckerberg, along with others, like Bill Gates, George Soros, Sergey Brin, Larry Page, George Lucas, JK Rowling, and Warren Buffett, have matured into examples of a welcome novelty—billionaire turned role model; each has committed to helping others with their wealth. Money can buy happiness . . . for others.

Recently, financial institutions, pillars of the community that have been around for decades, have simply vanished overnight.

Once-unthinkable alliances will form, and longstanding alliances will dissolve. Dictators and billionaires will rise and fall with increasing speed. At the most mystical level, a quickening of karma will lead up to the End of Time, at which point karma will infinitely accelerate so that cause and effect are simultaneous. This means that what one wants, one instantly gets. Humans become gods—at least the humans who strain through karma's fine mesh and come through intact. Imagine it—a vat of Hefeweizen in front of you the instant you realize you're thirsty. Just don't get drunk on your own power.

As for your karma, you need only fear the effects of your actions if you're set on taking advantage of others, in which case you have good reason to fear. If you have good intentions, embrace the speed-up, so you can quickly learn what you're doing wrong. As the saying goes, "Karma is only a bitch . . . if you are." Wrongdoers have counted on the molasses-like slowness of cause and effect to save their asses. If "what comes around" won't come around too quickly, or at least will wait until they die, who cares? But those with bad intentions will now feel the blowback of their wickedness more rapidly. The pie will hit them in the face faster.

While the lure of something-for-nothing may still overcome increasingly bad consequences, pretty soon only the stupid will be behaving badly. We could give them cone-shaped hats so they feel special. A true evildoer may want to practice yoga so he can comfortably bend over to kiss his ass goodbye.

We are moving from the Digital Age into the Age of Art. The infobahn is becoming overcrowded. When we bite off more than we can chew, we get information indigestion. Art is a way to aesthetically structure mas-

sive piles of data so knowledge can be compressed, and effortlessly and intuitively accessed. Isn't a picture worth a 1000 GB? I don't know what happens at the end of the Age of Art with all the piles of art.

I'd like to introduce the idea of *homeopathic art*, where a little drop of an idea whose time has come—one small song, book, or movie—released into the now fast-moving waters of consciousness can alter our future. Now more than ever, you have the power to be the hundredth monkey and change the world. And it only takes a minute, babe, to get recognition, because record companies, book publishers, and movie studios no longer control artistic distribution. But, you'll have to mine deep inside to find an idea that sparkles like a diamond because it'll have to outshine the immense bulk of mediocre creation inundating us. It's all back on you. "Keep on ignoring me, world. I'll create something so incredible, you'll have to take notice."

Just like the discovery of fire, only one person needs to figure out how to light a new spiritual flame, and the rest of humanity will quickly learn. With your inspired creations, you can lift world consciousness. Remember to bend with your knees. With radical new ideas, though, be careful not to frighten the humans.

We are each cells of awareness, like droplets of light, every one walled off from the others. Only one force has the power to overcome this separateness. It will take a surge of the erotic to get these cells of consciousness to merge. That flood of intelligence moves our species into an End of Time illumination. Put more graphically: Mother Earth is about to have an orgasm, followed by the birth of a new consciousness. So there is no misconception: the honor of your presence is requested at the conception. The Mother-to-be has also asked that you assist with the delivery.

As it is, most people feel lonely. Strangers merely smiling at one another is rare. What pointless isolation, when—harkening back to our collectivist tribal roots—all we want to do is connect! And what do you know, the future is summoning us to do just that: connect. In the right lane, humanity merges. New paradigm teachers aren't concerned about how brightly their enlightened eyes twinkle; they're too busy bringing

people together to be creative and share intimacy.

But our coming together goes way beyond a sloppy, global group hug. It is not that simple. For one thing, football isn't the same if opposing teams just hold hands and skip around in a circle.

Each person has a vital piece of the sacred to contribute—even Bill O'Reilly, in some Darth Vader kind of way. Did you know he hates cute, furry animals with big, sad eyes? Rush Limbaugh, the poster boy for intolerance and hatred, is also welcome, if he's not off trying to feed Snow White a poison apple. In point of fact, Rush does only one thing that is truly offensive: talk.

The merge will be nothing like a Borg hive where Free Will is abrogated and obedience is forced. Just the opposite. This will be the biggest party the world has ever known, catapulting us into Humanity 2.0. Although some texts point to a time in history of universal love (e.g., Eden, Atlantis, Shambala), after the ending of the hunter-gatherer epoch, I'm not so sure that we've ever had such a utopia. In our lifetime, we now have a chance to enter a *real* Garden of Eden. Or Woodstock with less mud.

Humanity has long suspected an End of Time event. Apocalyptic mythologies abound. The macabre particulars of Armageddon in the Bible are as fanciful as the details in the movie Armageddon, because the details are fiction. What these stories foretell is that something huge is imminent. The same goes for the tale concerning December 21, 2012. Of course, the Maya mania, similar to the Y2K bubble, popped with hardly a peep. Someone randomly came up with a doomsday misinterpretation of hermetic Toltec cosmology and it spun into pop culture inanity. If the world is to end, there's no way to predict the date because there's no externally imposed timeline. The future is ours to create; it all depends on the choices we make. We have Free Will. [Note: this was written prior to 12/21/12. Just in case I got it wrong and the world *did* end, I would like to apologize in advance for my miscalculation.]

Another pop theory has it that an evil race of reptiles is trying to take over our planet. Some believe that Lemurians are living in a crystal city underneath Mt. Shasta. Others are sure the 5th Dimension is pop-

ulated by Arcturians; perhaps, they're talking about the '60s band that popularized the song, "Aquarius." ("When the moon is in the Seventh House . . .") As for the Pleiadians, I've heard they've stopped circling earth in their spacecraft, and will no longer be available to beam us aboard, because of an emergency back on their own planet. Their psychic plumbing network backed up, and they're up to their eyebrows in sewage; and they each have sixteen eyebrows.

As I've mentioned, the more this applesauce is believed, the bigger the parts of the brain grow that process such way-out ideas, making them appear more true, if not obvious, to the believer.

Back to the end of the world, do I sound like one more echo of the doomsday predictions that I mock? The difference is: I see the end-of-the-world scenario happening only if we fail to make the jump to light speed. But, I'll wager we make it through.

Turning up the volume on the woo woo: I have such high hopes because of the way the Causal Plane (CP) works. The CP is the place in God's mind where the matrix of the world is created, which I'll teach you to command later. One righteous person can have more effect on the CP than a planet full of wicked. The Baboon People—the narrow-minded aggressive folk—don't trouble me because they've got nothing in the CP. Their CP presence is like tissue paper. The other group that gives us all conniptions is the planetary royalty—political leaders, business titans, celebrities, and the like. How many of them have made actual contributions to our well-being? Out in the CP, the first astral drizzle will wash away the profligate plutocrats' papier-mâché palaces. The CP is PC.

Schmoozing the royalty and calming the Baboon People are peanuts compared to the great task before us: giving birth to a sacred something far bigger than anyone can imagine coming through their loins. Better start doing Pilates, double time.

Some have attempted to assemble an end-of-time disaster preparedness kit. They buy land in Alaska or build a bomb shelter stocked with food and weapons to protect their family from the coming chaos. This is

utter folly. First, how things melt down is an absolute mystery, so the very thing you do to prepare may leave you worse off. If you buy land in Alaska and Alaska happens to be the site of World War III, you made a poor real estate investment. Alaska has all the elements for a good place to end the world: Arctic hegemony, Inuit Clown Entertainers (ICE), angry polar bears, and Sarah Palin.

After one month, a pimped-out bomb shelter will feel like hell: a hellter shelter. After a couple of months, you'll wish you died with the others, if for no other reason than being stuck in a confined space with nuts who build bomb shelters. You'll be alone? Like I said . . .

I'm sure you know what I'm getting at. Because disaster can come from so many directions and be so universal in nature, survivalist planning is a waste of time and a distraction. Although you may want to consider buying one of those cool knives with all the flip-down tools—very helpful in the event of the end of the world.

Having money will be no guarantee of safety during the coming changes, and perhaps the opposite. If things get really bad, the masses of increasingly desperate people will seek out those with resources, take them all, and kill the hoarders for good measure. As we shift from human to *humankind*, the most valuable currency is consciousness. The greater your awareness, and the more capable you are at connecting people together, the better you'll be at providing for your community. You'll be a leader and therefore valued and protected. At this time in history, all efforts toward awareness and connectivity are extremely valuable, both to you and to the world.

There will be no epic war between good and bad, and no heroic battle between right and wrong. New Age people aren't going to fight fundamentalists over control of the world. Hippies won't seize the government (God forbid). Animal consciousness invents these warlike ideas. If civilization collectively hits the wall and the whole thing goes down, the Baboon People won't be at fault. They're just doing what they've always done. The fault will lie with wise people who recognize the signs of the transformation, understand the task at hand, but fail to take the initiative. If, however, they prepare for this metamorphosis, the result will be

enlightenment—the extra-special kind that the Buddha talked about.

If God's Plan works, the looming threat of worldwide annihilation will propel us to break out of our primate cocoons.

Risks to Civilization

If you've got the fortitude, please join me now for a brief overview of the horrific nightmare just outside your front door. I don't want to dwell on the negative, and I certainly don't want the parts of your brain to grow that think about catastrophes. But, if you saw a burning building, wouldn't you yell, "FIRE"? I'm a wisecracking mystic who sees we're in grave danger, and I want to warn you.

I'll start by providing you with a partial list of the plagues that threaten life as we know it. Applying lamb's blood upon your doorposts may help a little. However, a better strategy is to inform yourself by watching documentaries and reading books, then, get about averting the end of the world. Any item on this list could eradicate us, and every one is a ticking time-bomb, ready to go off. But, because these threats are manmade, they can be man unmade. All this misery could be circumvented, if we can just learn to play nice and share our toys.

- ▶ Warfare, rebellion, terrorism and mass destruction (nuclear, biological or chemical attacks)
- ▶ Global pandemic
- ▶ Megatsunami or megathrust earthquake—triggered by ground-breaking, deep earth oil and gas drilling, and fracturing (fracking)
- ▶ Climate change, global warming, Ice Age. (Worldwide, we are currently experiencing record extremes of cold, heat, drought, and flood. This can't be good. Despite the "Global Warming Deniers," when the now-melting polar ice caps are completely melted, the sea level will rise about 240 feet. That's enough to cover a twenty-story building at sea level, causing unprecedented devastation. What's not clear is how rapidly this will happen or if the flow of frigid water into the Atlantic will alternatively shut down the Gulf Stream, causing an Ice Age)

- ▶ Ecological disaster, including deforestation, water, air and land pollution; honey bee extinction (plants can't get pollinated—a real buzz kill); scarcity of safe drinking water
- ▶ Overfishing or agricultural crisis resulting in famine; overpopulation, overconsumption, mass extinction
- ▶ Depletion of essential resources, particularly petroleum (peak oil); wrecked ozone layer
- ▶ Out-of-control genetically modified food, microbe, or animal; scientific accident; unforeseen consequences of technology (e.g., a particle accelerator creates a black hole which sucks in all of creation)
- ▶ Antibiotic resistance; infertility caused by hormonal disruption from the chemical/pharmaceutical industries; contamination from plastics, pesticides, heavy metals, etc. (The average woman puts over 500 chemicals on her face every day in the form of beauty products. Of the 84,000 chemicals manufactured in the U.S., the EPA has ordered testing of only 200, and restricted or banned just 5. Each person in the U.S. and, above all, toddlers, because they crawl around in it, now has a potent brew of BPA, phthalates, flame retardant, pesticide, and other exotic, manmade substances streaming through their blood. The chemical manufacturers assure, promise, and even pinky swear, that this is nothing that should concern us. Phew, that's a relief.)

There's the (partial) list. But bear with me a little longer while we consider our money problems. Financial collapse would result from any one of these catastrophes. Furthermore, because the world is already at the edge of a pecuniary precipice, a dozen economic collapse scenarios could happen without any of the foregoing disasters. Any bets on which continent might suck the rest of the world down the fiscal abyss? Europe, anyone? Asia? The Americas?

Many see the big financial institutions as the problem. Some advocate returning to the past practice of bartering. I, for one, don't want to lug a sack of potatoes to the cobbler to buy my shoes. Big banks are not the source of greed. Five hundred years ago, grocers put their thumbs on the scale. But, in the past, greed and its corrosive influence had narrow

consequences. Now, because our financial edifice is so massive, opaque, and all-controlling, when it falters, the world dies. Don't get me wrong, we will have great party moments when we're flush with cash. Yet, the good times will be followed by discommodore as entire economies flush down the toilet.

How then do we get our overweening financial industry to function with more integrity? You might have guessed that my solution is a metaphysical one. Our financial juggernaut will only be brought under control when our kundalini grows up. In plain English, humans prevail over greed and dishonesty by making manifest the spiritual principle "he and I are one" and by obeying the Golden Rule: "do unto others . . ." Don't hold your breath; it may take a while. Until then, investment bankers should be required to wear patchouli oil and carry sandalwood meditation malas.

The U.S. has fallen into the same trap that has brought most great military powers to their knees: senseless, costly (not to mention, tragic), wars. If the U.S. is going to keep pace in this world, we won't triumph by militarism; or for that matter, by racing to the bottom. Too many working people on the planet are already treated like serfs or slaves for us to be competitive in that hell hole; it's a game we won't win, and shouldn't play. America should reassess a couple of its undervalued assets: spiritual creations and radical creativity. Are we really that dumb to overlook these precious resources? Eccentric California lifestyle may save us yet!

Let's discuss global uprising. The present culture war is an escalation of the "have/have-not" war, complicated by "The Big Lie," explained a little later.

Currently in the United States, the Conservatives' fuming periphery is called the Tea Party, and the Liberals' agitator edge is called OCCUPY or 99%. Both Republican and Democratic political parties savor the new blood, but at the same time both are frightened of being embarrassed by fringe nuttiness. These two movements, and their worldwide ilk—religious and secular—represent the outraged poles of a confused yet searching species at the end of an epoch. In the short run, polarization and a hardening of feelings will increase. Such overt display of contrasting out-

rage may not be such a bad thing. We get to see the light and dark sides of our soul openly expressed—before worldwide hysteria hits . . . at which point Conservatives and Liberals will be huddling together, mewling and trembling like frightened kittens.

In a collapse, don't think for a second that the big guys, the mega-fauna—governments, large corporations, and religions—will survive. In fact, they'll be the first to go. This is analogous to sixty-five million years ago, when the Yucatan peninsula was hit with a ten-kilometer comet and the big guys, the dinosaurs, went extinct. Under extreme distress, the mega-fauna all die. They depend on a chain of systems, where each one functions properly. If just one link breaks, they're finished. The only possible survivors in a collapse are the nimble, little guys, like at the end of the Cretaceous Period, when the winners were the small rodents.

Any major calamity would result in a cascade of calamities, since so many systems are currently overextended. The way it probably all will come down is not in a big bang, but with organization after overextended organization toppling each other, like an unchoreographed worldwide ballet of ruination.

Sorry to be the heavy, but if these calamities come down, we're all going to be equally dead—wicked and righteous alike. The only possible solution is to prevent them from happening. Although predictions are usually wrong, this end-of-the-world warning should be heeded because the list of credible threats is overwhelming. Just as the dot-com and real estate meltdowns were destined, and easily seen in hindsight, given our current trajectory, apocalypse now is coming to a theater near you.

Though all of our efforts toward conservation and sustainability are essential, they won't save us. While we're cycling and recycling as fast as we can, the mightiest of selfless deeds done by a few are undone many times over by the self-interest of the many. Even with all the ballyhoo about carbon emission reduction, worldwide CO₂ still went way up in 2010, 2011, and 2012. Millions of aware people could drive electric cars backward, and it would have no effect on climate change, because others are polluting forward, sideways, and upside down.

Even the most brilliant technology will not save us as long as we continue behaving like brutish Neanderthals. (I say this at the risk of having to face, at my next book signing, an irate mob of apes, baboons, and Neanderthals.) If all we do is more of the same, or even the best of the same, then it's "game over."

The further we descend into crisis, the fewer our options and the more painful the solution. Once we pass a certain bottom threshold of disintegration, it's over. If that happens, go out and buy cyanide capsules. But, be sure to get a holistic brand that doesn't add artificial colors or preservatives.

But, with the right intention (and some potent mystical practices), all the world's most stubborn problems could be solved—in a few months! All the answers are here. The world is bursting with resources. Options are limitless. Scarcity is a fiction. The notion that some people have to be poor so others can be rich is invented. Without a single Jedi Mind Trick, poverty around the world could be solved this week. We can end child abuse next week. Remind me, why haven't we done this? Far exceeding any other time in history, our cup now runneth over. Squandering this opportunity would be a real species-wide embarrassment the next time we face the Almighty. What are we going to tell Him/Her, "We couldn't fasten on the Angel wings because we were too busy yelling at our dogs in our underwear"?

Just in case what I'm purporting is true—that we're about to face worldwide calamity of Biblical proportions and the value of your real estate and gold bars is about to go poof—why not invest in the development of mystical powers? It's the only possible holding that could help you weather the coming storm. Alternatively, if the End-of-the-World/Time thingy turns out to be a bust, I think you'll find mystic power to be very useful in the slog through the next 100 years. It's a win-win situation. And I'm sure Jesus, the Mayans, or the ETs will get here by 2113.

Concluding this section, I want to remark on how hard I've worked to get this book out before the world ends. Missing that deadline by one day would mean dismal sales. And just so it's mentioned: all sales final.

Free Will

In Heaven, there is absolute Free Will. Spirits do exactly what they want. The way to re-create Heaven down here is to enable Free Will.

If there were a perfected person, religion, or book (aside from this one, of course ;) that could tell us right from wrong and all we had to do was obey, one might get points for following directions, just as a dog is praised for obeying commands. But the wise can distinguish right from wrong, not merely do as they're told. Being obedient does not develop moral discernment. Free Will does.

Choosing for ourselves leads us to our inner compass. And God points the needle of that compass. By freely making wrong choices, and suffering through the painful consequences, we learn to make the right choices and thereby slowly align in the direction the needle is pointing.

Until now, *natural selection* was the mechanism of evolution. Natural selection works great, if you have eons of time and want to evolve in physical form. But natural selection doesn't work once a species acquires advanced technology. Medicine overcomes "survival of the fittest." Since almost anyone can now reproduce, not just the "fittest," we will no longer physically evolve the way animals do; we may, in fact, be physically devolving. However, a far more important type of evolution is happening, which is unconcerned with who is the "fittest": evolution of awareness. This is done by what I call *intentional selection*.

Humans evolve by intentionally selecting to do so. We choose to become conscious, or it doesn't happen. Without the mechanism of Free Will, which allows us to choose, we couldn't evolve past animal consciousness. And, as you'll see in *Book 3: Raw Power*, power comes from Will, and Free Will is what frees Will.

Humanity is a Free Will experiment. We make mistakes, do bad things, and suffer, then face them, fix them, learn, and evolve. Moreover, we make mistakes when we choose not to follow our inner guidance, and we receive blessings when we heed those whispers from God (what I earlier referred to as the inner compass).

Karma is the experience of cause and effect that teaches us the consequences of following or not following our inner guidance. These lessons can only be learned if we have the Free Will to follow that guidance or not. Those whispers come from Heaven—the very direction of our evolution. Karma directs us to Heaven.

Apparently, we're even allowed to make mistakes in huge, unconscionable ways, which create mondo negative karma called karmageddon. Is it a cosmic error that a holocaust occurs every few years? How could a loving God have drawn that kind of abomination into the architecture of this world? Perhaps He/She made a mistake. Was it actually *God* that created so much violence and cruelty?

However, if viewed from a historical perspective we can see that human barbarity is a remnant of the foot (hoof?) we still have in the animal kingdom. We're still half beast. The question is not whether we are haters, liars, perverts, and killers; it's what we are going to do about it. While God does not begrudge us our animal nature, as He/She designed it and understands evolution takes time, we've got to "Just Say No to Depravity."

Since God has created this Free Will experiment, whenever you enable Free Will, either yours or others', God exults. When you interfere with a person's Free Will, you interfere with God. Not a bright move. People must choose for themselves. You may inform and discuss, but the use of coercion or deception goes against God.

Free Will can only be exercised intelligently if one is fully informed. Let's say Hitler had been more truthful. What if he had clearly explained his intention to turn the territories he conquered into "granaries" tended by a "leaderless class of laborers" that would sustain the Third Reich? What if he was upfront about his plan to exterminate the "racially inferior"—almost everybody else? What if he had confided in us and openly

explained that he was a demonic warlord intent on raping the world? With this information the public could have knowledgeably chosen what was really in its best interests. However, the lies of Hitler's propaganda machine, attacking foreigners, unions, artists, and minorities, scared people into backing his "final solution."

"By the skillful and sustained use of propaganda, one can make a people see even heaven as hell or an extremely wretched life as paradise."

— Adolf Hitler

Had Free Will, instead, been empowered with the disclosure of truth, the United States and Europe may have objected earlier and more forcefully to Hitler's advance, and he may not have waltzed into Vienna to a hero's welcome in March 1938.

While God isn't going to let such a Free Will usurper carry on very long, we can prevent tragedy of every magnitude by demanding truth from those in power. Some say that all the villainy the Nazis wreaked upon the world—over 60 million dead and wickedness beyond description—could have been prevented had the citizenry on both sides of the Atlantic questioned the hollow assurances of their leaders. Was the monumental devastation of WWII our own fault? Say it isn't so.

In January 1939, *Time* magazine proclaimed Hitler "Man of the Year"!! In September 1939, Hitler invaded Poland and started World War II.

Returning to here and now. What interferes with the individual's ability to choose well? Is it deception or mere puffery (a statement that everyone knows is exaggerated), when a young, pretty woman tells a rich, repellant lowlife, "You are the most handsome man in the world. Marry me"? What about "white lies," which are intended to spare feelings or get someone out of danger? And when does truth become untruthful because information has been omitted, intentionally or not?

Here's an example of overt deception: a cleric creepily tells his young parishioner, "My semen is the sacred sacrament of God with which I will

absolve your sins.” In an otherwise genteel literary work, why would I site such crudeness? I wish I could tell you that these kinds of disgusting words are not uttered in churches around the world.

Danger to those under religious control is compounded by what I’ll call the Big Lie. Up through much of history, sex and fertility rites were a natural part of daily life, and a part of religion. The nature of God was known to be erotic, and the erotic gods were known throughout Nature. Sex was not only more public but often communal. Greco-Roman sexuality was bold. One touched a statue of the god Priapus for good luck—its distinctive feature: a humongous, erect penis. Sex was in the temples. One visited the Oracle of Dionysus to get laid. Judeo-Christian religion found Greco-Roman sexuality excessive. They demonized it to such an extent that *Pan*, the Greek cloven-hoofed nature god, literally became the Christian devil, horns and all. If god is dead, it is clear who did the killing. Also a casualty in this Greek tragedy: the inner, erotic muse. Whereas for millennia sex was a way clergy communed with God, Christianity invented the notion that sex was a sin: The Big Lie.

Sex was banished from places of worship. Well, not exactly banished. It just went under the robes and into the back rooms.

You can’t simply banish sex. It’s too big. To the erotic, we are puppets. Sex is bolted to us more firmly than our arms and legs. The church perverted itself by doing the unnatural: severing sex and spirituality. A multi-millennial, multi-national ministry of sexual abusers, whose attacks on families and molestations of children number in the millions, tentacled out from this theological blunder. Oops.

Religious authority is prone to take advantage of its position with or without the Big Lie. But, while charismatic gurus may grab ass when they can, the Big Lie has caused institutionalized child abuse.

You’d think I learned something the last *lifetime* that I criticized the planetary priesthood for its sexual conduct. Not a happy ending.

Many denominations practice the deviant devotion of trying to transcend animal nature by denying it. While their intentions are not malicious, it is a ruinous theology. We humans are animals, and there is no

way around it. Moreover, we are unusually sexual animals. Most critters copulate once a year, or once a season. Humans constantly *do it*. We may well get the prize for the most sexually active beings on earth. At the end of the day, all we want to do is roll around and fuck. Even the sanctimonious—judging by how often they're caught with their pants down.

The great schism of body and spirit has not only broken countless hearts, it is at the heart of earth's broken consciousness. At the inception of this doctrine of disembowelment, no one imagined the suffering it would cause. Something about the rigor of the practice felt devout. But when bullies from the pulpit demonize nature's messy sexy bits, a war on Self is ordained.

Remember how difficulty, even if self-inflicted, promotes evolution. Well, here is the paradox with the silver lining: the only stimulation strong enough to distract from the pain of hating our ecstatic sexual core is acquisition and conquest—the pain of this fracture has spurred the construction of civilization! Conquest has shifted from something humans do to something humans obsessively do. But, the spiritual cost has been high. Mars's warrior boots have trampled Venus's lovely body.

Add to the paradox: Christianity's incalculable furtherance of faith and charity. There's the light and dark of it.

Hopefully, we have learned our lesson and can mentor other cultures who are considering whether to follow religions of self-denial, which place God way out there in the sky. We, the Angels, did take time out of our busy rapturous schedules to incarnate into flesh. Shouldn't we get some love here in our sexy bodies?

The task before us is integration: the animalistic (past) with the angelic (future), and the organic (nature) with the synthetic (technology). The sex gods must be brought back to the front of the temple and returned to their historical role as transcendental intermediaries. They must be royally adorned in gold raiment and dignified with obeisances. We now must integrate earthly eros with the Mother/Father Celestial God for a grand cross of divinity. It's the feeling of being with the guru, except there is no guru but you.

When you develop clairvoyant abilities (we'll get to that), you'll be able to look into the mystic worlds and see for yourself the truth of the sacred sexual. Overlaying our world is a sphere of erotic . . . what to call them . . . *Sprites*—magical, eager, and all but ignored. Anyone may perceive these *wee folk* by opening heart and mind. The old religions knew them. A few of the names: fairy (Europe); orisha (Africa); kami (Japan); deva (India); kachina (North America). Back to the discussion at the beginning of the book, namely the spiritual world wanting your life to brim over with money and love: venerating these forgotten Ones *couldn't hurt*. They await you with arms wide open. And legs wide open. Perhaps even a pot of gold.

In clarification, I am no advocate of promiscuity. When you read *Book 3: Raw Power*, you'll see that I consider sexual responsibility of equal importance to sexual openness. A sexual master has passion without obsession, and discipline without being a killjoy.

#

Coming back to matters of how truth informs Free Will, our society is rife with deceit. The entire advertising industry is largely based on dishonesty. They compromise our Free Will to make informed choices every time they present information and imagery that does not state the whole truth and nothing but. Although you may find this shocking, it is my duty to inform you that drinking soda will not get you dates with lovely women. Using \$125-an-ounce facial cream will not make you look younger. Advertisers even try to manipulate us with duplicitous names. What part of the chemical called “NutraSweet” is the slightest bit *nutritious*?

While the advertising industry tries to grab market share, will the products they're pushing actually help you at all? Is it too much to ask that they at least not damage you? Don't even bother asking if these products will bring you closer to the sacred.

#

While modern ideas of liberty originated in Europe, the Founding Fathers are to be commended for making the United States the first true democracy based on laws protecting freedom of speech. The Bill of Rights sides with Free Will by providing for a free press, protecting the rights of dissenters and the accused, and separating church and state so that religions not in power don't get attacked by the government—making this legal document almost a scripture. Although still rough around the edges, democracy has accomplished the spiritual objective of reflecting here on earth the equality found in Heaven. Rights and powers once reserved for one single person, the monarch, are at present enjoyed by the many. Formerly, we were “subjects,” subject to the whims of a king, who alone was allowed to speak freely. All land belonged to the crown. We are now each “sovereigns” with rights to call this reality home because we can individually own property and freely speak our truth. In the next phase, we will remediate the problems of democracy.

Speaking truth is like ringing a bell that parts the clouds. When you're forthright and honest, enabling others to make informed decisions, the Angels smile upon you. When truth is married with social aptitude, being nothing but courteous, it sounds like music. The world stops and listens. Truth becomes art.

And the more your words describe reality, the more reality will describe your words. Here lies the real power of speaking truth: words of a truth teller come true.

#

We train animals by compelling them to follow our commands. Sometimes that training is cruel, done with scolds and whips. Sometimes it's kind, with a pat on the head and a lump of sugar.

Up until now, humans have behaved like animals. We have favored comfort and self-interest over selflessness and change, just as any animal would. The law we follow is the *law of the jungle*: might makes right. Life could not have evolved any other way. If a tiger worried about hurting others' feelings, it just wouldn't feel right about ripping open a gazelle's

neck. The tiger would starve to death. A cuckoo bird tricks another bird into raising its brood by laying eggs in the other bird's nest. If the cuckoo suddenly felt ashamed of its underhanded mendacity and refused to participate in such deceitful treachery, the species would go extinct. (From this bird, we get the term "cuckold," a man whose wife committed adultery, or who is unknowingly raising another man's child.) Selfishness, deception, and violence are spiritually permissible, if one is living life as an animal.

Because we still behave like animals, God treats us like animals. The methods are sometimes cruel and sometimes kind. Despite our Free Will, God has an agenda for us, and that is to adopt superior values. Remember, God is our own Higher Self. The all-loving Higher Self will teach the slow-witted, animalistic Lower Self to be all-loving, by hook or by crook.

When we (meaning the Lower Self) take the reins of our personal growth into our own hands and deliberately seek to evolve instead of only doing it when forced, we will have passed a spiritual milestone. When we start behaving like Angels—with conscience—leaving behind the *law of the jungle*, our Higher Selves will no longer flog us into obedience like unruly savages. You've probably had enough of that kind of "all-loving," anyway. Our Lower Self doesn't need to eliminate animal consciousness, just add in Angel. Like a horse growing wings to become Pegasus.

When you take the initiative to clean up the chaos in your life and act with compassion, like any self-respecting Heavenly being would, you will no longer need daddy/mommy God to discipline you. You will discover that trouble stops showing up uninvited. Similarly, the faster humanity crawls out of its sexually and emotionally immature larval phase, the less apocalyptic God will get on our ass.

Sickness, injury, and misfortune are often the Higher Self's ways of getting your attention, so you stop and pay mind to Heaven's guidance. Then you can hear the sacred whispers inside. If this inner transmission is voluntarily sought out, to the depth that the Higher Self requests, there will no longer be cause for personal catastrophe. People who listen to their inner guidance still go through difficulties, but their life doesn't play like a Shakespearean tragedy.

There are exceptions to unlimited Free Will. We are permitted, and required, to make choices for those who can't fend for themselves. We do this for the mentally disabled and, of course, for children. We're allowed to interfere with their Free Will, but only to ensure their health and well-being, nothing more. All of these people, especially children, should make their own choices to the greatest extent that they're capable of choosing sensibly.

Children will often seek our advice if delivered without judgment or expectation. They stop listening to it when imposed. You can start their choice training early when you ask them, "Do you want the red grapes or the green grapes?" and "Do you want to deal with the bully yourself, or would you like my help?" More importantly, this trains you to respect their opinion.

Another exception to unlimited Free Will has to do with crime and abuse. When a person interferes with the Free Will of another, we're permitted to take away the Free Will of the offender, but only to the extent necessary to stop the violation and enforce restitution. It's not only our right, but our responsibility, to lawfully stop violators. We're accountable if we turn a blind eye.

"To ignore evil is to become an accomplice to it."

—Martin Luther King, Jr.

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."

—Albert Einstein

With reasonable measures, we can limit Free Will to prevent people from committing crime, say, by having police enforce just laws. We can put walls around the places money is stored, commonly known as banks, so people can't just walk away with other people's property, which would interfere with the money owner's Free Will to control their possessions. We can compel criminals to make payments for restitution, and as a last resort, even put them behind bars. Dangerous convicts may be incarcer-

ated so that others can live in a safe environment—but we may not punish. We can right a wrong, but not wrong a wrong.

Our current justice system is an international shame, or rather, a planetary shame. In a hundred years, we will look back in horror and disbelief at the vast numbers we imprison under inhuman conditions, many for minor offenses.

Encroachment on Free Will is largely sanctioned by society in the areas of sex and drugs because they are dangerous . . . and fun. Perhaps they're fun because they're dangerous. The Heavens dictate that people be free to make their own narcotic and erotic choices, particularly as they approach adulthood. Taking away anyone's right to choose always backfires.

Highly punitive drug laws have created massive criminal organizations as a side effect. Because of our war on drugs, the country of Mexico is overwhelmed with corruption and violence that is now threatening the U.S. Hey, what's a little narco-terrorism between friends? If drugs had not been criminalized, Mexico would be a stable, thriving nation, and Cocacincun and Narcopolco would still be great resort cities. All analyses of the bazillion-dollar war on drugs show it to be a complete waste of money. Those dollars would have gone to better use at Burning Man, where they'd have made a pretty sight in the desert night sky, going up in flames.

Once drugs are legalized, doing away with the primary source of income for heavily armed cartels, those underworld organizations will be looking for other ways to make money. The same thing happened in the 1920's. With the outlawing of alcohol, the mafia rose to enormous power. When alcohol was legalized, their terror and corruption spread. My crystal ball shows kidnapping and extortion in our future. Extortion works like this, "Nice veggie burger stand. Give me \$500 a week from your profits, or I'll kill your children." We've created a nightmare by taking away people's Free Will. Once Free Will is returned, it's not easy to wake up from the nightmare.

#

In the larger picture, humans are moving in the direction of Free Will. 100 years ago, you would have likely married the person that your parents chose. They probably would have chosen your profession, too. You didn't want to be a mule skinner? Too bad. Now, important decisions are increasingly made by the individual, not the family or tribe.

Standing up for Free Will, both yours and others', is a courageous act because there are constant abuses against the vulnerable and attacks on their defenders.

Moses, Jesus, Gandhi, and Martin Luther King Jr. came from modest backgrounds but, in standing up for the defenseless, became the most courageous of men. When you put yourself on the line for someone else, you receive a spiritual blessing that you cannot receive from years of practicing gratitude, doing yoga, or wearing Birkenstocks. Of course, be grateful and do yoga. But the bedrock of spiritual advancement is standing up for the Free Will of others, as modeled by such great spiritual and political exemplars as the heroine of Myanmar liberation, Aung San Suu Kyi; the Vietnamese Buddhist monk, Thích Nhất Hạnh; and the Tibetan Rinpoche, the Dalai Lama.

“Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.”

—Martin Luther King, Jr.

God knows this reality is arduous and wants us to succeed. But He/She normally doesn't directly meddle in our lives because that would interfere with our Free Will and go against the system He/She designed. God acts within the parameters of the reality that He/She Himself/Herself [oh, boy] set up. However, a past-life good deed could be coming due or a karmic credit card may not be maxed out, so occasionally we get treated to a dribble of “divine intervention.” Yet, it's foolish to expect it. The miraculous is the exception. *Don't expect a miracle.* To plead for special treatment diminishes the sacredness of the ordinary. Work it out through

the system. It is constructed this way for a reason. Don't look for the skies to part to see God. See God in your morning donut, baptized in coffee.

Fairytales suggest that mythical beings sometimes appear bodily and come to our aid. Surprise: this does not really happen. Have you ever seen a genie? What about a measly unicorn? Sorry to bum your fairytales and leave you Grimm, but God seeks to inspire us with the commonplace, if for no other reason than to remind us that all of this is sacred Creation. To expect supernatural solutions is silly; God doesn't break the rules of everyday life.

Once in while, a poltergeist (literally "noisy spirit") might knock on the wall or turn on a light, likely scaring the bejesus out of you. God forbid you met a real Leprechaun in the woods; your hair would turn white. Humans scare easily. Don't make any sudden movements when you're around them.

The rules are: spiritual leadership comes in human form. If God wants to help us beyond His/Her ever-present whispered guidance, God coordinates the incarnation of a spiritual teacher—as a human. Before virtual reality and the blockbuster movie appropriated this word, an *Avatar* was a spiritual grandmaster. Who knows if an Avatar is currently on earth? The incarnation of an Avatar can be a great sacrifice for that being. By nature, a Prophet who declares God's truth is radical and will piss off the authorities and the religions, who will then initiate procedure C103(a) (4): character assassination followed by a bullet to the head. Avatars don't receive a warm, fuzzy welcome.

We should not seek to find such a Being to lead us out of our self-created mess. This age calls for individual empowerment, not playing follow-the-leader. Start a non-prophet.

Further, few people could identify an Avatar. If Moses, Jesus, and Buddha walked into a bar, light streaming out of their heads, there might be a wisecrack about their sandals, but no kissing of feet. No one would recognize them. We have eyes only for primate fixations: pretty faces, big muscles, and glittery trinkets. Too often we choose spiritual teachers by the size of their turban, not the size of their heart. We can hardly see God, even though He/She is in plain sight. Not because we can't, but because

we are otherwise preoccupied.

However, one can identify false prophets because they talk about “enemies” (not tolerance) and about “one right way” (not the importance of differing opinions)

Turn and run when someone preaches:

1) One of these is out to get you:

- a) the devil
- b) the radicals
- c) the unstylish

2) One of these is in danger:

- a) your soul
- b) your freedom
- c) your lifestyle

3) The only one who can save you is:

- a) their church
- b) their political party
- c) their clothing designer

God has loved this world for billions of years and supported our evolution the whole time. God understands that we are precariously balanced between apotheosis and annihilation. He/She does not want to see the extraordinary occurrence of humanity destroyed. The Archangels are diligently working from their end to help us in the coming transformation, strumming their harps as fast as They can.

But, we have to face the consequences of our Free Will. If that means earth goes down in flames and humanity learns some kind of ultimate, painful lesson, that will be the sad truth. Nobody will swoop down and save us if the earth is about to go kablooey. Not Angels and not extraterrestrials. Free Will will not be violated.

If we fail, we bear full responsibility. If we prevail, it will mean we dug deep, worked hard, and earned it. The largesse people have shown in

times of trouble gives me hope, but that may mean we have to go through hell to get to Heaven.

And if we fail, it is not the “end” end. Although losing this charmed world would be an unfathomably grievous occasion, there will be other chances on other worlds, even if we have to start over again . . . as slime mold.

Spiritual But Not Religious

As many as 48% of the people in the U.S. call themselves “spiritual but not religious,” or SBNR for short. This is different from BDSM or OMFG. The *spiritual but not religious* may be disenchanted with traditional religions that require us to:

- ▶ “just believe,” instead of think for ourselves
- ▶ be dogmatic and narrow-minded, instead of having dynamic, visionary spiritual experience
- ▶ spread hatred and intolerance
- ▶ ally with the privileged and powerful against the vulnerable and those in need
- ▶ constrain sexuality and judge others
- ▶ suck the fun out of life

A fair number of SBNR people have beliefs stemming from New Age philosophy. Let me identify a few issues that we of the New Age are facing.

First off, there is a problem with the name. The term *New Age* makes us cringe. We’ve got Penn Jillette, of the comedy duo, “Penn & Teller,” calling it *Newage*, so it rhymes with *sewage*. Hey dude, you want we should call you “Penetrate & Tell Her”? Frankly, we need a better moniker. I got nothing. Email me if you come up with a good one.

Next, new converts to any religion or faith tend to be zealous. Every New Age person is a new convert because the New Age is—well—*new*. People get excited when they find fresh insights and original truth, which is certainly the case with the New Age movement. Not least of these is the vision that we must collectively go through a spiritual portal. However, along with exciting discovery comes a fervency that can be off-putting to everybody else. Adherents may see the answers they have found as the only answers. “You aren’t drinking structured water?!” (What is that, any-

way?) This leads to some very judgmental New Age people.

Probably the most dangerous part of the New Age is the extremist diets—particularly raw food veganism. While questioning old habits and dietary exploration are the bread and butter of consciousness pioneering, people have gone bananas. I have many raw vegan friends who are trying to starve themselves to purity. Something about the rigor of this diet feels devout, but all they're doing is destroying their health. I'm a fair "medical intuitive," and I can see how things look on people's insides. These dieters usually have osteoporotic bones, all de-mineralized and on the way to becoming crumbly Saltine crackers. I don't know why low-protein diets make the bones and teeth go first, but I can see this with my own third eye. Youth is the next thing to go; these people age very quickly. Look, if you do a raw veggie diet for a couple of weeks, once in a while, you'll probably feel great. But don't turn eating into a military assault. Take food with a grain a salt.

Wouldn't it be nice if we could hop scotch over millions of years of physical evolution and, presto change-o, transmogrify into light beings that thrive on only raw vegetables, fruit, or juice, or even merely air (breatharianism) or sunlight (sun gazing). To round out the mutation, we could genetically modify our spleens to manufacture chlorophyll, giving our skin a pleasant, green hue. The fact is, DNA, and our ability to extract nutrition from food, does not change overnight. Darn reality. Dietary consecration will happen, but it will take a while for our biology to catch up with our idealism. Well-being comes from home-cooked meals enjoyed with loved ones. Along these lines is the Slow Foods approach. Eat the way your Great-Grandparents ate: homemade and locally grown. Or try eating insects. Nothing beats *eating 'n sex*.

Absent a bona fide nutrition-related ailment, micromanaging your food intake is a recipe for anxiety. A few minutes of eating worry will hurt you more than actually eating practically any horrible, forbidden food—say a chocolate-dipped cream puff. Avoid "diets." Don't sweat over superfoods unless you're Superman or have a perspiration problem.

In the 1960's, the establishment looked at brown rice like it was a communist plot. However, nowadays, the scientific establishment's di-

etary recommendations are usually right on. More on food and my breakthrough “Ancestor Practice” in *Book 6: The Body*. I explain a part of the Ancestor Practice—the weight loss portion—in the appendix of the book you are now reading.

Next problem: If food psychosis is the most dangerous thing about the New Age, advice-giving is the most annoying. Who are you to correct someone’s thoughts or language, or teach them how to live? You’re saying, “I know better than you what’s good for you.” Unsolicited advice is presumptuous, if not insulting.

Because of the New Age focus on self-help and therapy, we want to help others by recommending what helped us. We’re caring and empathic, and genuinely desire to make people feel better. But giving unsolicited advice is usually an attempt to boost our ego by acting authoritative. If you want to occasionally offer guidance, best to first say, “May I make a suggestion?” Ask; don’t tell. Or better yet, just witness. Be a good friend by being a good listener, not trying to change people.

My favorite is when I tell a joke and a New Age advice-giver, thinking my self-deprecating humor is a cry for help, tries to solve me.

M. Pete: “I’m so fed up with the world that I’m going to become a Jewish Muslim extremist and change my name to Mohammad Shlomovitz.”

Adviser: “Have you tried eliminating dairy?”

Ever meet a New Age caricature who has to turn every negative statement into a positive one? This may make those with poor self-esteem actually feel worse, because in contrast, it highlights their gloomy reality.

Debbie Downer: BPA, phthalates, flame retardant, pesticide, and other exotic, manmade substances are streaming through our blood!

Positive Peggy: Cancel, cancel, cancel. All of God’s chemical se-

cretions heal my body temple and Mother Father Universe nourishes every cell of my supreme being and becoming.

Interestingly, pessimistic people may fare better during times of adversity, because they're prepared for it. You may not like negative people, but you've gotta love 'em.

Don't freak out over what I'm about to tell you: in general, saying or thinking bad things doesn't make bad things happen. And by themselves, saying or thinking good things doesn't make good things happen. Easy does it, now. Put down the sage and step away from the vegetable grater.

The positive-speak talkers have a mistaken belief about what makes things come true. I can't wait for you to read *Book 4: Manifestation*, which explains how to use mystical principles to pull things out of your imagination and manifest them on earth. It's not what you "think." New Agers aren't going to like this one bit, but the truth is, *thoughts and words have little power!*

Ever run into older folks who are habitually negative? In past generations, people believed that if the devil heard you boasting, he'd take away whatever you were so happy about. And making favorable observations "tempted fate." From this, we get the practice of "knocking on wood," or saying a protection spell like, "God willing." Even today, few would *jinx* themselves by making a statement like, "I think I've just met my soul mate."

In the old days, you'd get the same reaction from saying, "I'm so blessed. My life is perfect," as you would from cracking a loud fart in a packed elevator. People also believed that by complaining, and making evident their wretched, deserving condition, they might reap God's favor. So, back then, if you said good things, you'd get bad things. And if you said bad things, you might get good things. To what consequence? Even though few spoke positively, people fell in love, had families, and accomplished great achievements. Civilization still got built.

We now have the opposite superstition: "You get what you wish for"—meaning whatever you say or think will come true, leading believers to

try to control their minds so only positive thoughts waft through. Like our grandparents, once we believe something, we usually maintain that belief till death do us part. I've got friends who've tried to positively think themselves to success for years, and nothing ever changes in their lives—except expenditures on headache medicine. They've invested too much energy holding up this wobbly pillar of New Age thought to consider that it may be horse feathers. And furthermore, “since so many other people believe it, it must be true.” Every religion is similarly encumbered.

It is true that inner reality creates outer reality—that's why we open inner doors to open outer doors. The spiritual world begets the physical world. However, what fetches things out of your imagination and materializes them on earth are what you do and how you “be.” What else could account for the popularity of the Doobie Brothers? Integrated people think and talk about everything imaginable—and feel the full range of emotions, both light and dark. Powerful mystics, especially so. Take the gag out of your mouth and the clamp off your brain, and speak and think whatever you want—the more creative, the better. Also, Be Here Now, if you can figure out exactly where you are.

You might have noticed that I try to give *equal time*. My crystal-toting friend Ann told me that positive affirmations helped her out of a very dark place. Also, a few accomplished people, like actor Jim Carrey, have attributed their success to positive thinking. Despite all my doubts, perhaps it sometimes works. There you have it.

To investigate for yourself, try this experiment: if you're under the positive-speak spell, see the glass half empty for a week. If an anvil falls on your head . . . I'll . . . I'll send you a free t-shirt.

Concluding this topic, I want to make a distinction. Some are afraid of speaking negative words, as if the mere utterance of certain syllables has malign incantatory power—to which I say, “For (Mystic) Pete's sake, relax.” Far different, is using words invested with meaning and intention, followed by action, the force of which I examine in *Book 4: Manifestation*.

Why is the New Age mocked? Because our ideology can sound like we learned it in kindergarten, basically saying, “Be nice.” I'm all for being

nice. Being nice is a nice thing to be. Every religion and philosophy since we came out of the trees has said as much. Is this all we got? Also, “Success Seminars” have stressed acting confident. But a psychopath can be confident. Something feels phony about the smiley faces these seminars suggest we wear. Competence and down-to-earth caring are more worthy attributes to cultivate than feigned confidence.

Lastly, much about the New Age has been monetized. Struggling New Agers try to pay their rent selling supplements, ancient philosophies, and newfangled devices. Claims are exaggerated. Long-time friends and alleged holy men sting you with the sales pitch: “Improve your sex life, get rich, and protect yourself from radiation by washing your clothes with my pyramid-shaped rhino turds.” While we are not entirely sure what the New Age movement is, one thing is for sure: fringe nuttiness and unsubstantiated claims embarrass us. As do prosperity coaches who are themselves broke.

Come up with radical theories. Unless unquestioningly believed, even crackpot notions don’t make us dumber. And, the mere act of creative thinking brightens awareness. But state theories as theories, not as truth. New Age people do have answers that can solve world problems. However, for others to take us seriously, we must stop taking ourselves so seriously.

We must question fanciful beliefs, stop giving people unwanted advice, be careful about making money off spiritual technology, and learn to laugh at ourselves. It’s not like it’s the end of the world . . .

Cults

As a teenager, I got into cult. Did I have bona fide spiritual experiences with them? Yes. Were they well-meaning? Yes. Did they take advantage of my feelings of isolation and need to be part of a community? Yes. Did they manipulate my spiritual revelation for their own agenda? Yes. Was the Kool-Aid to die for?

Many people who have been in cults will answer these questions the same way. Obviously, some cults are far more sinister. But, for good or for ill, the pod people introduced many of us to spirituality. Sad are those who never climb above this bottom devotional rung of Jacob's ladder.

Most of your time in a cult will be spent fundraising, bringing others into the fold, and building the organization, all for the value you receive from donating your time and labor.

The reason cults sprout like weeds all over the planet is threefold. First, we have very little in the way of informed and grounded spiritual teaching. Because of the void of information, people desperately latch on to groups claiming to have answers. Second, we have few models of dignified spiritual teaching relationships that empower students to think for themselves and make their own choices. Third, regrettably we suffer from a lack of friendship, community, and love—a soul attention deficit disorder—and get drawn in by cults that bathe us with attention. We crave connectivity and get duped by those who can deliver a dose of it, though that dose be tainted.

If we grew up around spiritual instruction that was respectful to the individual, we'd be much quicker to call out the inappropriate teachers and say, "Hey, that's not right. You can't have sex with me. I won't give you my money. You can't take my right to question and think for myself."

Cults have some of the following qualities. They:

- ▶ place people in distressing situations
- ▶ minimize people's problems to one simple explanation that's repeatedly ingrained
- ▶ offer love, acceptance, or attention from a charismatic leader or group
- ▶ offer a new identity within the group
- ▶ isolate people from friends, relatives, and mainstream culture by limiting access to outside information

Many people believe that there is *one* God. *Mazel tov*, god bless you, and *gesundheit*. Some people believe there is only *one way* to God: theirs. The broadest definition of a cult includes this second category of people. I've wondered why people never believe that the one way to God is someone else's way. Can you picture those picket signs? "God hates me."

The danger comes not from valuing one's own way, but from believing it is the only way, or even the best way. God would be laughing, if not already crying, at those who think they have exclusive access to the sacred: the True Believers.

True Believer congregants may be one sermon away from turning murderous in defense of their one, true faith.

Due to the magnitude of public outcry over the previous statement, let me clarify:

- 1) I was not the person who made this statement;
- 2) If I did, in fact, make this statement, it means something entirely different from what the words would indicate;
- 3) The True Believers brought it all on themselves by getting all "holy war-y" on us and generally being a threat to life as we know it;
- 4) I am deeply sorry if I offended any True Believers. I have entered religious re-education camp and intend to turn myself into a God-Fearing person.

Here's the sermon that turns True Believers murderous:

"God is under attack by the evil _____ [insert your favorite sinner in league with Satan here, including, but not lim-

ited to, homosexuals, liberals, yoga practitioners, rock and roll listeners, meditators, nature worshippers, skateboarders, astrologers, artists, pot smokers, doctors who provide abortions, ravers, dancers, nonbelievers, Jews, Blacks, or immigrants]. They cause earthquakes, diseases, and economic decline. God hates them. If you kill them, God will love you, and you will go to Heaven.”

Certainly, not all True Believers hearing this sermon will turn murderous, but some will. The really scary thing is that popular clerics, like Pat Robertson, have—in so many words—already made this sermon. And some of their followers have murdered people who’ve been preached against.

“Religion itself is outraged when an outrage is perpetrated in its name.”

—Mahatma Gandhi

Pastor Fred Phelps of the Westboro Baptist Church in Topeka, Kansas, is well known for picketing military funerals and university commencement ceremonies with signs that say, “God hates fags.” In Nazi Germany, we saw how it’s only one small step between calling a group evil and rounding them up for extermination. Pastor Steven Anderson, head of the Faithful Word Baptist Church in Tempe, Arizona, openly advocates death for gays. The people convinced by religion or ideology to hate others today are the same ones who lynched blacks and put Jews in concentration camps yesterday.

It is up to people of all faiths to speak out against extremists so their fanaticism does not endanger the rest of us. Truth is more powerful than hatred.

Although a cornerstone of Evangelical Christian faith is denouncing homosexuality and New Age practice as evil, in all fairness you’ll find their daily focus to be on spirituality, good works in the world, and providing for family. Most are embarrassed by their more sadistic members, like Pat Robertson, Fred Phelps, and Steven Anderson. And if they

thought a neighbor was going to hell, as a gesture of compassion, they'd want to save him.

Just in case some religious fanatic is thinking of attacking me on account of blasphemy, I'll disavow this quote in advance: God loves loving atheists more than hateful believers.

I have quite a bit in common with atheists . . . except for the fact that I'm *a theist*. I'm separated from them typographically by just the presence of a space, and theologically by just the presence of a God.

The Future

Pioneers of consciousness have been slogging their way through the dense mental swamp of the homo sapiens creatures. Because there is no map to enlightenment they go in every possible wrong direction until, by process of elimination, they nose out a whiff of the fresh air of awareness in the fetid quagmire of society's default reactionary sludge. Consciousness pioneering was the zeitgeist of the 1960's. For all the pluck it took to break out of the narrow mindset of the first half of the 1900's, there was a profusion of casualties. We build on their discoveries and sacrifices so we don't have to repeat the psychology experiments and bizarre cults. LSD prophets and survivalist, communal utopias have largely gone the way of the Pet Rock. Although the Pet Rock achieved immortality for pets—the same thing that the Rolling Stones achieved through rock.

Most people resist change. Unbelievably, smokers will likely be smoking one year after recovering from lung cancer. To become Angels on earth, we'll obviously have to completely change. The consciousness pioneers who seek it are good candidates for enjoying the coming transformation, which I'll call "The Eschaton" (pronounced: *escargot* + *couple* + *futon*), which means "the last thing." This transformation is not purely a spiritual one. It involves technology, science, medicine, business, the arts, and everything else.

Our problem is not *technology*. Our problem is using technology unwisely. We clever primates have fabricated an external brain around planet earth built from the internet, phones, and the media that stands at the pinnacle of human accomplishments. But this virtual brain can easily be as rude and violating as it can be informative and enlightening—a *golem* that is as dangerous as it is magical. It may destroy us or it may open up the Heavens. Or, it may just open up an infinity of pop-up windows.

On the one hand, technology is chewing up every corner of mind and nature. Addictive use of text messaging is wiring the brains of a whole generation to have Attention Deficit Disorder. It's getting hard to have a simple conversation without someone disrupting the intimacy to peer at a phone screen. Apparently, some kids are even evolving skin flaps just beneath their ears that can hold cell phones, and losing limbs because of hands-free technology. On the other hand, technology is a gateway to the future—for starters, offering solutions to end-of-the-world scenarios, described above. We have already seen its ability to bring people together to speak out against injustice.

Honor the father of technology, Technocrates, by taking the Technocratic Oath: "I will never harm anyone with technology and I will use it to uphold justice."

I'll tell you this: God wants in on the internet action. Reports of prophesying servers and scrying monitors are increasing. You'd better tithe over 10% of your downloads before St. Mugsy roughs up your Astral Body. Whether in hardware or content, any business that increases the flow of *consciousness* through earth's virtual brain, not just commerce and data, will profit lavishly. You can be Heaven's earthly business partner. You could figure out how to inject rainbows into silicon chips. Or condense the sweat from yogis, to make flexibility drops. Perhaps, have a whole product line: dehydrate the perspiration from attractive babies to make pills of concentrated cute. I hope this inspires an idea that brings you a googol dollars (a *googol* is the number 1 followed by 100 zeros).

As of the date of this book's publishing, Google and Facebook (each of whom, commendably, has helped expand *consciousness* as much as any business ever has) seem to be unstoppable leviathans. However, despite admirable sentiments like "Don't be evil," they also each have a spiritual gap in their armor large enough for Apollo to drive a chariot through. As karma quickens, such vulnerability will make them fair game. I'm leaving clues in this manuscript for the spiritual warrior-businessperson who wants to slay these Goliaths and become the next mega-billionaire. God is a good business partner. If you work with Him/Her by using the internet to create Heaven on earth, you will be handsomely rewarded. If you go up

against God in the marketplace, you're gonna go down.

Humans love to solve puzzles. The Gordian Knot has nothing on the most intricate puzzler of all: our DNA. When we have fully unraveled our DNA, we'll be able to live in eternal youth and morph into any physical form we desire. Of course the first thing we'll do with this emergent technology is indulge our desire to look like comic book superheroes and anime characters. Women will genetically modify themselves to have bratwurst sized lips, and legs so long they reach their necks. Men will enlarge to ten feet tall, eat body builders for lunch, and grow a second penis where their nose used to be. The expression, "blow your nose," will take on a whole new meaning. In other words, fairly soon, we'll go through a period of looking like circus freaks.

Eventually, we'll try physically fusing just to see how it feels to literally be inside another person's head. This union will be a revelation. (Remember the spiritual importance of "union?") We'll finally fully understand that we all have the same hopes and fears and secrets. We'll learn that inside we're all the same. The future belongs to Mister Rogers. (You probably thought shiny spacesuits would be the coming fashion, but it'll just be cardigans.)

Science is one of the roads to the Heaven. I foresee an integration of metaphysics with communications, computers, genetics, and advanced materials, leading to a telepathically connected, cybernetic, super-human species. As long as we don't wipe out first.

What I'm about to discuss means that either I am able to see into the future or I am terribly delusional. As spiritual practice fuses with science, unimaginably brilliant creations will meld consciousness with technology.

The Five Powers are the basic building blocks from which future consciousness machines will be built. Let's call these consciousness machines *Deus Ex Machina*. In literature, a *deus ex machina* (literally, "god out of machine") is a plot device in which an intractable problem is suddenly solved by the introduction of the miraculous. I have seen visions of *Deus Ex Machina*. *Extraordinary* is too mild a term. From the famous Heart

Sutra, we get the “Spell of Great Knowledge,” which says “Gate, Gate, Paragate, Parasamgate, Bodhi Svaha.” This means something like: “Beyond, beyond the beyond, beyond even that, there lies Buddha Nature.” I will tell you this: Beyond, beyond the beyond, beyond even that, there lies Deus Ex Machina. Let’s hope we can survive long enough to build them. What can Deus Ex Machina do? Anything you can imagine.

A possessor of a Deus Ex Machina could instantly kill anyone or everyone. So, no wars would be fought ever again. Doubly so, because a Deus Ex Machina could only be built and operated by someone who understands that hurting others is absolutely intolerable.

I’ve made the case that Heaven embodies the essence of beauty. When a machine is used as an interface between a living being and Heaven, it must be Art, its aesthetic central to its function. Life won’t just imitate art; it will become Art.

We can get a jump on evolution by designing cities that are not just functional, but also beautiful. Not that our cities are currently functional. We’ve had to go numb in order to survive living in these sewers of ugliness, making us lose cognizance of how badly our psyche is damaged by urban blight. Our cities have looks that kill. We’ve lost all awareness of how the jumble of wires, ads, traffic, and concrete cubes etch dullness onto our brains, as we live our isolated lives in little boxes made out of tacky-tacky. On the bright side, if you live in a bleak, lonely box long enough, you can get used to it.

Once upon a time, Chinese, Middle-Eastern, East Indian, and American empires built breathtaking cities, like Teotihuacan, to mirror the Heavens. Future archeologists will not be able to determine the cycles of the moon and sun by the layout of 21st century metropolises, but they will learn the densest way humans can be crammed into cheap, rectangular housing containers.

Here’s a radical notion: have architecture facilitate contact between human and human, human and nature, and human and art. Technology should bring us closer to beauty. The natural world should meander right up to the front door of every building. City planning should enable fellowship. What if skyscrapers were skysculptures and cities were people

preserves?

War is the opposite of art, as war is the opposite of Heaven. War destroys everything we are evolving toward, and is only instructive now in the inverse: by doing it, we learn we shouldn't be doing it.

“They shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more.” —Isaiah 2:4

A simple evolutionary road map: head away from aggression; head toward beauty. Aggression makes us animals; art adorns us with halos. The future will hopefully unfold into a kind of angel/human, bionic, sexually awesome, hippie-love world, except people take showers: The Eschaton!

The Five Powers Prologue

You are almost finished with the introduction to the Five Powers. The five sections that follow (contained in books 2 through 5) are an instruction manual explaining how to build your own inner spacecraft.

Most people will wait until civilization begins to collapse before they consider putting in the work to master the Five Powers. Good luck trying to learn how to project astral sex chi out of your navel while the sky is falling. However, those who would like to lead us into the future, or simply turn their life into an exhilarating, dynamic creation, will get right to work. Don't wait, activate.

The Five Powers provide a comprehensive foundation in mysticism sprinkled with sexual and financial *skillful means*. These practices also clear out the turmoil from your life. *Drama* slows your life force the way a computer is slowed by too many programs running at once.

The first three powers (books 2 and 3) free the natural forces within you. When you liberate your energy, dreams come true. In books 4 through 10 you get the final two advanced powers, plus a whole lot more: affirmations galore, crystal skull humor, and dolphin messiah commemorative medallions! These teachings pay for themselves in just one incarnation, and if you aren't fully satisfied, we'll refund your money. *Next lifetime.*

If you're merely looking for excitement because your life is bereft of zest, practicing the Five Powers can be more intense than extreme sports. This is extreme internal exploration. You could be rolling on xtc, playing World of Warcraft out of one eye, and watching Star Wars with the other, while parachuting. All that would be about as exciting as soggy popcorn, compared to cruising the Eroto-Astral realms—a dimension I'll teach you to sail, later.

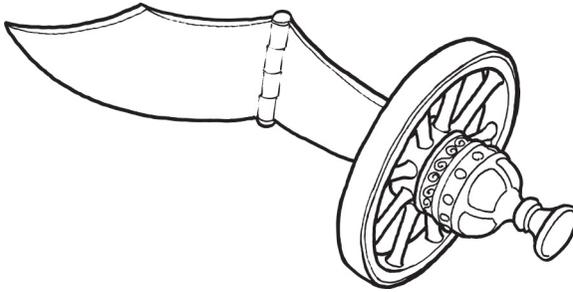
Question: If a fireman went to put out a fire, how well do you think he could do his job if he were on fire? Another question: Does being overwhelmed or feeling under attack make it difficult for you to be an effective empath or visionary? If you're a sensitive person you know you need a safe, sacred space around you merely to function. Teachings on how to establish consecrated personal space are not many. In answer to this need, *Book 2: Self-Protection* commences the journey into mystic power. *Healing* (also in *Book 2*) continues to open inner and outer space. *Book 3: Raw Power* powers you up so the journey can climax with you getting the things that you've always wanted in your life: *Book 4: Manifestation*. You manifest by leveraging your power, just as a petite judo master can throw a giant by placing herself at the pivot point. By leveraging raw power, you, in the privacy of your living room, can alter the most stubborn of circumstances. That's how you're going to change the world. *Book 5: Guidance* concludes the Five Powers; it will tune your mind to the mind of God.

The more proficient you get with the Five Powers, the more the material world will be subject to your Will. You'll be an *adept* when you've mastered these five basic chunks of consciousness. An adept doesn't wait for the stars to align. He aligns them.

On the following chart, you can see my correlation between the Five Powers, electronics, tarot, and technology.

FIVE POWERS	Teaching	Electronics	Tarot	Tool	Symbol
Self-Protection	<i>Makes one safe</i>	Resistor 	Swords	Blade	
Healing	<i>Restores wholeness</i>	Capacitor 	Cups	Vessel	
Raw Power	<i>Unlocks the primordial forces</i>	Power source 	Disks	Wheel	
Manifestation	<i>Gets the things you want</i>	Transistor 	Wands	Lever	
Guidance	<i>God's whispers</i>	Conductor 	Trumps	Lens	

By the end of this series, you will hopefully have built yourself a blade-vessel-wheel-lever-lens. A “blaveswhelevs.”



I urge you to do these techniques in sequence and work on the Five Powers in the order I've presented them, since each practice builds on the preceding ones. You don't have to master a power before going on to the next one, but it should be part of your routine. The advanced techniques later on will be incomprehensible, or perhaps even dangerous, without foundational work. You don't want to screw up and reincarnate as a *chamgedri*—a being who eats, defecates, urinates, and copulates through the same hole. And please, don't use your mystical powers in a way that might take advantage of anyone else, or you'll have to answer to a gorgeous, naked, sword-wielding angel.

If you're living in denial, you'll appreciate 'da Nile river of energy flowing through your chakras that comes with mastering the Five Powers. Which issue should you apply these spiritual techniques to? The one you're currently struggling with. The more difficult the problem, the more power will be unleashed when you solve it. The insurmountable challenge will yield immeasurable rewards.

Appendixes

Ancestor Practice: Weight Loss Portion

Here's an original way to lose weight. I call the new theories I have developed about health and diet: the Ancestor Practice (explained more fully in *Book 6: The Body*). The *weight loss* portion of the Ancestor Practice, which also imparts life lessons, as well as radiant health, can be of benefit to just about anyone.

Start with the **Core**, and then add in one **Routine** every two weeks.

Core: One time per day, get hungry!

Every day, eat breakfast and dinner, two balanced, savory, sit-down meals, preferably *home cooked*. Eat whatever you want. But limit what you eat between these meals. By the time dinner comes, be very hungry. And at least four days a week, get famished before dinner. Get so extremely hungry that you are ready to chew off your foot. Become Attila the Hun-gry.

Getting hungry is not the part of this regimen that requires much discipline. However, in the developed world, we're so used to snacking at the slightest pang, we rarely allow ourselves to feel our appetite. Strongly feeling desire, in this case for food, is stimulating. It may even give you a subtle rush, like life in the fasting lane.

The challenging part is to keep yourself collected when you are hungry, and to not gorge when you finally do eat. Refrain from getting grumpy, and then slowly eat only the normal amount of food you regularly eat. Keeping spirits up when you're starving may not be a piece of cake, or as easy as pie, but it can fill you with a rewarding experience of self-control. Be sure to time things so there is a nice meal at the end of

each cycle of hunger. Don't cram in a bunch of junk food because you're too ravenous to prepare something nutritious and delicious.

Enjoy mealtime and allow plenty of time to eat. If you rush through meals you'll eat more; it takes time for messages of fullness to get from the gut to the brain.

The weight loss portion of the Ancestor Practice frees you from the habit of continually self-pampering and getting and consuming. You become a little more feral and closer to your instincts. Senses sharpen. Your edge comes back.

Hunger imparts health benefits. Your metabolism gets needed rest. Also, when hungry, your body strips cells down to their basic mechanisms, scavenging worn parts for nutrition. When the body then gets fed, cells freshly rebuild. Hunger renews your body from the cells up. Intermittent hunger was part of the early human environment. Those that thrived in these circumstances lived to be our ancestors—so, you may find hunger a welcome companion. When I relax into hunger, a feeling of lucid tranquility comes over me. It even gives me a little *high*. Interestingly, the only method proven to prolong life span, as researched by Roy Walford, M.D., is caloric restriction.

Try to commit to this regimen for one year. You will probably see some results within a week and big results over time. If you can stay on it the rest of your life, start making plans for your 100th birthday!

Breaking the rules is not a problem. Allow for lapses, and then do your best to get back on the program. If you discontinue for any reason, don't consign yourself to feeling like a failure. This is not for everyone. However, even if you don't follow the regimen entirely, perhaps some parts will be right for you. Please modify to suit your lifestyle. If all you do is "get hungry" once a week, consider that a success.

Consult a doctor before you start the Ancestor Practice, and before you take the supplements that I recommend below, particularly if you are diabetic, hypoglycemic, take medication, or have other health problems.

After doing the **Core** (get hungry) for two weeks, add in **Routine 1**.

After two more weeks, add in **Routine 2**, and so on. Starting week 24, you should be doing all the routines on this list.

Routines

- 1) [week two] Exercise every day for at least one continuous 20 minute period. Walking is fine.
- 2) [week four] Eat a substantial portion of protein at least once a day. If you are a vegetarian, increase that to twice or three times a day. Also, eat four to six portions of fruits and vegetables every day. Ketchup is not a vegetable.
- 3) [week six] Do a 45 minute to one hour workout, so you break a sweat, at least 3 times a week. It may be any sport or physical exercise. (This counts as fulfilling item number “1,” which means you don’t have to do an additional 20 minutes.)
- 4) [week eight] If you like junk food or deep-fried food, eat it no more than three times a week (less is even better), including sodas, sugary drinks, chips, donuts, fries, and candy. Try taming your inner Wonka. The following two exceptions can be eaten daily, if required: a quality dessert after dinner and expensive chocolate.
- 5) [week ten] Limit eating grains. Perhaps you can get it down to once a day. Included are pasta, rice, cereal, oats, and bread. End wheat supremacy. When you do eat grains, “whole” grains are better than refined grains. All bread contains mostly refined grains, unless it says: “100% *whole* grain.” Only “*whole* wheat flour” is whole wheat flour.
- 6) [week twelve] Drink at least eight to ten, 8 oz. glasses of water every day (four to five, 16 oz. bottles). You may substitute unsweetened green or herbal tea for the water; not coffee, soda, or juice.
- 7) [week fourteen] Eat at *fast food* restaurants no more than once a week.
- 8) [week sixteen] Do “interval training” once or twice a week, while you’re doing number 3. Interval training is where you push yourself almost to your maximum physical capacity for a several-minute *interval*, one or more times during your workout. In other words, *hit the wall*. This *good*

kind of stress kicks your metabolism and immune system into high gear. If you work out, it will all work out.

9) [week eighteen] Don't eat or drink anything for an hour before you go to sleep at night.

10) [week twenty] Don't eat or drink anything for two hours before you go to sleep at night.

11) [week twenty-two] Don't eat or drink anything, except water, for three hours before you go to sleep at night.

12) [week twenty-four: for those who really want to lose weight!] After you've finished dinner, don't eat or drink anything, except water, until the next morning. Helpful hint: brush your teeth immediately after eating. (If you are going out socially after dinner, skip this for that night.)

Bonus Routine: Get eight hours of sleep every night.

Good luck with the Ancestor Practice. I'm sure you will have great results!

Health Products

Health does not come in a pill. Some studies show that large doses of vitamins may have no health benefit, and even may be harmful. You might be better off eating the cotton ball. Humans did not evolve taking vitamin tablets, and pills won't replace a healthful diet. *Pillaging* for food is wrong. There are three problems with taking supplements:

- ▶ They are often rancid. Do *chew* and *sniff* tests: chew a tablet and see if it tastes fresh. Also, put your nose up to the bottle of vitamins and sniff. If there is much smell at all, they may be spoiled
- ▶ The more ingredients in the supplement, the more likely you'll be allergic to one of them. If you swallow fifty ingredients, your body needs to find only one of them antagonistic for your supplement to do more harm than good
- ▶ Health claims are exaggerated

So the answer is to keep it fresh, keep it simple, and make sure there is science behind it.

I am something of an herbalist, chemist, alchemist, and cook. I've practiced *kitchen medicine* on my family for decades. Food and natural remedies are the best types of medicine. After years of experimenting, I'll tell you what works for me:

- 1) Four to six times a week:
 - ▶ a simple, low-dose multi-vitamin
 - ▶ fish oil
 - ▶ curcumin
- 2) When needed: targeted supplements.

I have a side business selling supplements to supplement my income, and to support my spiritual work. I know I have criticized consumerism

and denounced questionable New Age marketing, so who am I to now pitch you vitamins in a book on mysticism?

I respond: there's an important place for ethical, beneficial commerce. I've found some things that work and want to share them with you. With that explanation, I hope you don't mind me directing you to my web site (www.MysticPete.com), where I have my own line of high-quality remedies, which I discuss below.

Multi Vita: Since some nutrients may be missing from our modern diet, I take this low dose, fresh multi-vitamin.

Amber Fish Omegas: Evidence suggests that we're missing a type of oil in our diet that is vital to brain function and overall health. It's called Omega 3, with DHA and EPA. This oil is abundant in some fish. Much of the fish oil sold is either rancid or of poor quality—the cheaper, the worse. Break a capsule in your mouth and taste it for yourself. Is it fishy and strong—or pleasant and light tasting? Time for an oil change? I sell an extremely high quality, fresh fish oil. Been using it for years, myself.

Curcumin Gold: Curcumin is the only other supplement that I recommend taking regularly for its carefully studied health benefits, including cancer and Alzheimer's disease prevention. Curcumin, a powerful antioxidant, is the active ingredient in the root herb called turmeric. But you won't absorb much curcumin from simply eating turmeric or from many curcumin supplements. I sell a formula that is specially triturated and emulsified, following UCLA research guidelines, so that the curcumin becomes bio-available and gets absorbed into your body.

The following targeted supplements can be taken for specific conditions:

Heat Salts: Often lacking in people's diets, potassium is a vital electrolyte that helps water get into cells. It keeps you hydrated. One tablet of my potassium Heat Salts may be taken when you:

- ▶ sweat
- ▶ are in sun or heat
- ▶ physically work hard

- ▶ exercise
- ▶ soak in a hot bath/tub
- ▶ have prolonged physical activity

Most *sports drinks* contain potassium. Why not take a full, healthy dose with a tall glass of water and skip all those extra additives? Some people take one tablet every day. I used to get migraine headaches whenever I would heavily exert myself, particularly if I got overheated. Although I can't promise you'll get the same results, since I started taking potassium Heat Salts I have never had another migraine. Hard workouts feel easier. And when I'm in blazing heat, it still feels very hot, but I don't feel as uncomfortable.

Tummy Cleanse: Activated charcoal is a form of carbon that is extremely porous and absorbent. Activated charcoal Tummy Cleanse can be taken when you have:

- ▶ indigestion
- ▶ eaten food that you may be allergic to
- ▶ consumed something that is spoiled, or otherwise toxic

(Of course, immediately get medical attention if the situation warrants)

Activated charcoal, really a diamond in the rough, is probably what a hospital emergency room will give you if you've eaten something poisonous. A bottle of Tummy Cleanse should be in every kitchen and every car. I take it when I need it, which ends up being about once a month or so.

Burn Oil: Here's an important one. I discovered this when I was about 10 years old, and my friend, Richard, badly burned his fingers while holding a sparkler on July 4th. He was terrified that his father would beat him—for burning himself. On a hunch, I popped an ampule of vitamin E on the wound. The pain quickly went away. As it turns out, only part of the damage from burns happens at the time of the burn itself. Burns release massive amounts of *free radicals*, which continue *oxidizing* and destroying tissue for hours after the injury, adding insult to injury. Oxygen is great in the air, and free radicals are terrific if you support OCCUPY. But you don't want them under your skin. You know how painful burns can be and how hard it is to find relief. Most herbs and salves don't stop

free radicals from destroying skin.

I have developed a formula made from a blend of *antioxidant* vitamins, which combats oxidization, and often gives immediate relief. As soon as possible, apply Burn Oil to any kind of burn, including sunburn. (Ask your doctor before applying to an open wound.) I'm guessing that Burn Oil will help prevent aging due to normal sun exposure—in other words, put it on after you get a tan on the chance that it will keep your skin from turning to leather. I use only food grade ingredients, so you may apply a few drops to the tongue or lips when you burn your mouth.

Morning Glory: Are you going number two, twice? Do you have at least two bowel movements a day? Are your intestines healthy and happy? Morning Glory is a gentle, yummy, fiber laxative that will have you singing “hallelujah” first thing in the morning. It even helps lower blood cholesterol. Enjoy Morning Glory every day until very regular, then, 4 to 6 times a week, or as needed.

Emergency Kit (Heat Salts, Tummy Cleanse, and Burn Oil): I suggest having one of these Emergency Kits at home, in your car, and at the office.

Please visit www.MysticPete.com for these and other innovative products. Also, you might appreciate my album for meditation, yoga, and massage called “Deep Self.”

I won't sell anything unless I use it myself and believe it to sincerely contribute to people's well-being.

Great Sex: “How To” Section

As promised, here’s a *sacred sex* how-to guide. Get out the massage oil and tune your stereo to boom chicka bwow wow.

Phase 1: Flow

As a couple, do one of these things to get your emotional flow going:

- ▶ **Be creative:** dance, cook, knit a pair of two person underwear (four leg holes)
- ▶ **Communicate:** talk about your dreams or hidden sex fantasies, practice couples’ yoga
- ▶ **Do something novel:** travel, humor, interlocking nipple piercings

You may skip Phase 1, but don’t skip Phase 2.

Phase 2: Merge

Peel back the layers of your separate identities. This is called sex-a-peel. The rapture of sex comes not just from exposing bodies to each other, but from exposing souls to each other. It’s the experience of union that will really get you off. Once again: *Connect hearts to connect bodies.*

Try weaving the following techniques together:

1. **“Words of Love”** – Talk very quietly and gently into your partner’s ear and tell them how wonderful they are. Say one thing, wait a little while, then say another, and so forth. Find a slow, evocative rhythm. Your words can be about little things or deeply meaningful ones. Just speak from your heart. Worship them: “You have a beautiful touch.” “You always notice the nice things I do.” “I appreciate how you help others.” “You have type O Negative blood? You’re a universal donor! I love that about you.” “I’m go-

ing to hide your wings so you can't fly back to Heaven. I'm no good at long distance relationships." Feel your lover melt into you, warmed to the core, as you validate them in ways they long to hear. Let time stretch out; let your ego down. Stroke their hair with pure tenderness. Breathe together. After about 15 minutes of spoken adoration, you'll be in love again. After 30 minutes, you'll be floating in the air. After 45 minutes, the world will have disappeared, leaving you in timeless bliss. Don't try this when you've got something in the frying pan.

If you get nothing else from this book, Words of Love will change your life.

2. **Touch** – I say we repeal all the sodomy laws and replace them with a law requiring sensual touch before sex. You knead to get intimately acquainted. "Get into" your partner's body before you get into your partner's body. Rub coconut oil on their back and feet. Caress their skin. Massage their genitals and chest—not just to turn them on, but to find out secrets about their savory parts. Touch every inch of their body. Ask your partner to masturbate. Watch them and learn. Then follow directions.

You'll know you are touching the right way when you feel them relax. Talk a little about the sex you are having to heighten the connection. "Is this your G-Spot?" "Do you like it when I lick you down here like [unintelligible]?" By the way, having conversations about sex outside the bedroom will perk up the sex inside of the bedroom.

Have a code that you each make little sounds of pleasure when you're getting what you want. Feedback increases arousal. Communicate with moans and growls. Come on, this is supposed to be creative. So what if the neighbors bang on the walls? And the dog joins in on the howling?

Every Jane wants some Tarzan. In a sex relationship that has long been silent, surprise your lover by suddenly bellowing a primeval jungle cry. If it's a first date, maybe wait on this.

Sex is a dance. Respond to every movement. If one of you gets ahead, slow down and wait for the other to catch up. If you've gotten into a pattern where the guy is always doing and the woman is always passive, he has to stop. Let her be on top while he relaxes. Some women are so used

to being “done to” that it may take weeks of patient slowness until she begins to feel the ripple of her inner passion, and then to let that passion move her body.

If sex is any good, we not only enter our partner’s intimate physical space, but also their intimate emotional space. Feelings come up regarding smell, taste and appearance, performance, gender identity, past lovers and past wounds. Cradling your partner’s secrets and fears during sex forms a profound emotional bond. From this bond, a healthy relationship and happy family will grow. Sex can and should heal you. If you are having sex with someone who doesn’t care about your heart, make a better choice.

As you enter a magical state together where you are your separate selves, yet one, every touch and every sigh becomes pregnant with meaning. Intercourse in this timelessness can feel like the “very first time.”

The first time you have sex with someone can feel so good precisely because the erotic is pounding through your body so strongly that it overcomes your separate identities. As the thrill of the new wears off, you revert to your shielded, separate selves. Ever find yourself alone with someone, scantily clad and scantily connected? Couples who learn how to emotionally merge can have exciting sex for years and decades to come.

Communicating and touching before “the deed” is huge. It is rubies and pearls. It is love in a hot tub on an airplane, a mile high.

I’ve cruised off with a partner into nirvana-ville simply from holding each other, and whispering Words of Love. Much more satisfying than just another bout of routine sex. And when we have sex during this emotional merger, it is sex between the gods. Lovemaking goes on and on. Orgasms are intense. We annihilate ourselves on the altar of the other. Nothing remains but beauty. Oracle sex.

Cerebral types may find it difficult to let down like this. Just unbutton your collar and let loose, unless you’re a priest.

If you try to find union through role-playing, fetishes, S&M, dress-up, etc., you are a disgusting pervert. Just kidding. As long as it is consensual, wild lovemaking style won’t hurt anyone, unless you don’t use enough lube, or you have a latex allergy.

Phase 3: Enter the Archetypical

Here things get a little X-rated.

When you have fully lost yourself in your partner, which may take anywhere from one second to one hour to happen, archetypical reality pours into your bedroom.

This is much more than role-playing. The deity enters your body. The primordial sex gods possess the two of you. Shiva and Shakti, Mars and Venus, Simon and Garfunkel . . . you get the drift.

Your mouth becomes the enchanted, perfect lover of penis or connoisseur taster of vagina. When you suck on your partner, draw in their life force along with their fluid. Breathe life force back into them, while your face takes a bath in their flesh.

The penis swells into a pulsing, burning magic wand, gushing hot sperm, as fertile as Adam's seed. The exquisitely sensitive wet vagina, opened by euphoric moans, drips with the honey of life.

You think the true meaning of surrender is found on a meditation pillow? Try plunging into your lover's tropical sea of love.

For those who can channel energy, direct erotic chi out of your pelvis and into theirs. Although, if you've got the juice, how could you not have done this already? Talk about intense nooky!

Don't let these suggestions saddle you with the expectation of having flashy, Hollywood Blockbuster sex. Your great sex might look nothing like Brad and Angelina fornicating like animals on the kitchen floor, groaning and pouring sweat. The experience of archetypical reality may be very subtle, like falling back into a dream. Not to say that you won't be thrown into a fierce erotic frenzy. Just have no expectations. As a couple (or triad—you don't know what you haven't triad), find your own unique paradise, which may be different every time. Together, seek ye first the kingdom of Heaven. Then add copulation unto you.

Phase 4: Denouement (The last Act)

Afterward, you should both feel filled with love. If you aren't, you did something wrong. Go back and do it again, this time slower, and with

more attention on your lover. You are supposed to “make love.” Get it: make a thing called *love*.

End your time together with more Words of Love. In your softest voice say something like, “I love the way you love.”

Even casual sex feels new and improved when fortified with emotion. At least you won’t feel dirty afterward, hopefully. In your whole life, you may never have let anyone into your heart. Let me entice you to try that fearsome act with the promise of fabulous sex as a reward.

Couples who are tuned to each other can go very deep, even for a quickie.

If all this sounds like a little much, developing the Five Powers will help you open up sexually so you become one of the world’s greatest lovers. Oh, sorry, you already are?

Dysfunction: When the goal of lovemaking is sensual union, you’re not trying to impress with a rock-hard penis, a sloshing wet vagina, or a loud, dramatic orgasm, so *performance* issues disappear. Emotional merging turns sexual dysfunction into erotic conjunction. Also, sexual pleasure can extend way beyond the gonads, so their functionality need not constrain amour. Genitals can be circumscribed; love has no physical bounds.

Masturbation: This word probably came from the Latin for “hand defilement”—clearly a sign we need to show self-love some more love. Solo work is a big part of being a good lover, and necessary to develop mystical sex power. By and large, men have to learn to hold onto their male force, and woman, to relax and release. Generally, guys need to “suck it in,” and gals need to “blow it out.”

If you don’t have a partner, please don’t wallow in loneliness and self-pity for too long. Mountain ranges of pleasure and mystical sex knowledge await your solo exploration.

Men: If you fire off in two minutes, your lover is not going to be happy. In case you were on the airplane that crashed in the Andes in 1972, just hiked out, and didn’t get the memo, satisfy your partner first before you unload. Women can take over an hour to reach orgasm. Learn to hold

your jizz when you masturbate, so you will be able to hold it during intercourse. It's a relaxation thing. Before you reach the place of no return, reduce stimulation. Also, while masturbating, extend the orgasmic period right before ejaculation. With a partner, try letting them do the work and you go limp—except for one item.

The next phase is learning to have an orgasm without ejaculating! A more titillating experience than a champagne-squirting bidet. And then onto the Astral Orgasm (*Book 8: Mystical Sex Techniques*).

Women: Explore your body when you masturbate and discover its confidential information. After you learn the secrets of your own body, you then can teach your lover how to pleasure you. Here are some questions you need to answer for yourself: What exact areas are sensitive and arouse you? Where is your sweet spot? What parts do you touch to bring on an orgasm: labia, clitoris, G-spot, cervix, anus, nipples? What order? What motion? Self-massage, perhaps with the aid of a dildo, is the teacher.

In *Book 8*, I team up with a female sex master to give you detailed information on the solo O.

Everybody: You have spiritual work to do on your own, too. The more self-knowledge you have and the more you've resolved your *issues*, the more present you can be during lovemaking, which means better sex.

Also, if you chain your sexual satisfaction to another, you become prisoner to their acquiescence. You must find your inner, erotic muse. The union between two beings who are each independent and potent in their sexuality is truly a union of the sex gods.

In closing, here are some random bits of relationship advice:

- ▶ Don't impose more of your personal "processing" on your mate than he/she is happy to handle. Go privately dump out 100 pounds of your "issues" for every 1 ounce you share with them.

- ▶ The grudge list you're keeping? That ongoing log that proves your partner is a jerk? Throw it away.

► Your lover wants to know just one thing: You'll love and care for them, forever. That's all.

#

Thanks for giving my ideas your attention, and for reading all 38,182 of my words. I have traveled far to gather them. One last thing: the information in this book is secret. After reading, please burn your iPad.

End of *MYSTIC PETE CHRONICLES—Book 1: Sex & Mysticism*

Next:

MYSTIC PETE CHRONICLES—Book 2: Self-Protection
the first of the Five Powers

About the Author

Mystic Pete is host of “In A Dream,” the only weekly radio show in Southern California featuring DJ culture. A cellist, music and video producer, spiritual teacher, and father of two, he has taught and organized events internationally connecting spirituality and the arts (music, dance, storytelling, and writing). His CD “Deep Self,” for yoga, meditation and massage has been well-reviewed by Ken Wilber (Integral Institute), Genpo Roshi (Big Mind), LA Yoga, Barbara Dossey, RN, PhD & Larry Dossey, MD (authors), Lotus Yoga (Japan), and Yoga Yomu (Japan).

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Mystic Pete Chronicles

Book 1: Sex & Mysticism

The **sex+god** connection
Stretching **time** like taffy
Spinning the **money wheels**
Is the world about to **end**, or about to **begin**?
Surfing the **Eroto-Astral** realms
Laugh your way to mystical power



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