

AWAKENING FROM THE DREAM

(Including the “spiritual” and “new age” Mess!)



Dialogues with an Insanely Enlightened Man

R.J. Wellington

Copyright © 2024 by RJ Wellington

ISBN (Printed Version): 978-1-304-09662-3

All rights reserved under International Conventions.

No part of the paper book publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except as permitted by U.S. copyright law. For permission requests, contact the author.

The free PDF version of this book can be shared without any charge as long as there is no modification to the original text. BOTH the PDF version and the Printed version are protected under US Copyright Laws.

Cover Design: Power-Tech International

Interior Design (Printed Edition): Daiana Morales

1st edition 2024

Printed in the United States of America

Names: RJ Wellington, author.

Title: Awakening from The Dream / by RJ Wellington.

Description: First trade paperback original edition. | Power-Tech. | New York, NY 2024.

Identifiers: ISBN: 978-1-304-09662-3

Subjects: Metaphysics - Mysticism - Philosophy - Spirituality.

“Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light. See then that ye walk circumspectly, not as fools, but as wise...”
Ephesians 5:14-15

“Have you ever had a dream, Neo, that you were so sure was real? What if you were unable to wake from that dream? How would you know the difference between the dream world and the real world?” Morpheus - The Matrix

ACKNOWLEDGEMENTS

The Author is sincerely grateful to all his teachers, guides and Masters, in physical form and in Multi-Dimensional Levels of Consciousness, who have, in one way or another, illuminated his Path since childhood, and continue doing so.

The Author is sincerely grateful to his students, all over the world, who helped him grow through sharing.

The Author is sincerely grateful to all those who will be taking their times to read this work.

TABLE OF CONTENTS

Acknowledgments	
Foreword	1
Introduction	3
I. Dialogue One - A little theory of everything	4
II. Dialogue Two - The Dream (or the “ <i>reality</i> ” that never was).....	11
III. Dialogue Three - This Crazy Little Thing Called Life	18
IV. Dialogue Four - Do you want to know what The Matrix is?	23
V. Dialogue Five - The “spiritual imprinting”	36
VI. Dialogue Six - The origin of all your problems	42
VII. Dialogue Seven - Why “Shit” Happens? (or the “ <i>Eden Curse</i> ”)	48
VIII. Dialogue eight - Following the White Rabbit	57
IX. Dialogue nine - Simulacrum	64
X. Dialogue ten - The “others” and consensual reality	70
XI. Dialogue eleven - The “Free-will” Paradox	77
XII. Dialogue Twelve - The “Spiritual” Pie in the Sky Trap	85
XIII. Dialogue Thirteen - The “Original Sin” and “Karma” Constructs	90
XIV. Dialogue Fourteen - Mastering the 4 th Dimension.....	95
XV. Dialogue Fifteen - Living the 5 th Dimension NOW.....	101
XVI. Dialogue sixteen - Can I REALLY have it all???	106
XVII. Dialogue seventeen - The Secret of Secrets	112
XVIII. Dialogue eighteen - Becoming your own “Guru”	117
Epilogue - “The Way of The Mystic”.....	123
Resources	139

FOREWORD

It has been a pleasure and honor to have known and deeply connected with RJ Wellington the last five years. Since I first met him during a very transformational time in my Life, there was a resonance with his teachings and energy that I had not experienced before in this lifetime.

During the Spring of 2019, Wellington shared some invaluable and spiritual insights with me that were paramount in “writing the script” for what would be an amazing adventure the next few years. Not only did his lessons act as a launchpad to improve my physical, spiritual, and emotional health; they reminded me to believe in myself, and that there is NOTHING more important than that! This goes for every human being, by the way...the external reality always reflects the internal reality back to us. Once any of us are able to truly believe in ourselves, and do that consistently, the limiting belief systems really start to fall away. And a new expansive journey begins...

We formed a very strong friendship during this time. As a result, he continues to be an amazing mentor and spiritual brother to me. He is one of the most caring, spiritually generous, understanding, and enlightened individuals I have ever come across in this lifetime. I say in this lifetime, because it was clear from the start we have certainly known each other for longer than that in the multidimensional world.

Recalling the first time we spoke, Wellington immediately shared a past life experience that I went through which I had envisioned right before the call in a meditative state. We had never officially “met” in this physical reality, yet he was intuitively called to share something he picked up on, and the accuracy of it was astounding.

I have had many spiritual teachers in my Life to help me through some pretty rough terrain, this one I knew from the start was VERY special. I just had the pleasure of seeing him again recently and spending some tremendously quality time with him in person. We talked for hours. It seems we never run out of things to discuss due to the expansiveness of the conversation and the level of consciousness he has achieved. I would certainly consider him as someone that has not only mastered his reality, but is willing to share his knowledge with others for the pure motivation of helping to better humanity. His humbleness, intellect, and inspiration are second to none in my humble opinion.

The contents and teachings of this masterpiece he has put together (with dialogues between him and some “students”) is not only creative, it makes it challenging to put down the book as the flow of his presentation is smooth and riveting. The topics he covers are quite expansive, yet he presents them in such a simple manner that it gives the reader an easy understanding of how they can apply these insights to their lives, instantly.

He has helped countless students through the years with his deep knowledge of metaphysics and incredible delivery of what could seem to be “hard-to-understand” topics, peerlessly.

His dedication to always helping his students and friends is a privilege to not only witness, but one of the greatest gifts I have ever received in this lifetime. This book will resonate differently for every reader. It is important to keep an open mind because there are innate abilities we all have inside ourselves, and those may likely activate after reading the material in this book!

See this book as a reminder, less than a teaching...because as Wellington has always reminded me, we are all bigger than we can possibly imagine....a part of Creator-Source. All we need to do is to REMEMBER it! The knowledge is already inside of us. Once we tap into that infinite consciousness, nothing can stop us.

The timing of these writing are very significant, as the entire planet is already going through a monumental spiritual awakening that has never happened before in this reality. If you find these writings helpful, please share them with all those you know and love. I am certainly planning on doing so, as it has had a very profound effect on my own acceleration of consciousness after reading it.

The world needs more people like Wellington, so let’s all remember our divine energy and power that is already inside of us to do the same for others...

Enjoy this book, it may change your Life forever!!!

God Bless

Brian Coffey Brian Coffey

Spiritual Consultant and Former Public Speaker

Author of “Climb to Safety, One Man’s Journey Through a Spiritual Awakening”

Briancoffeyconsulting@protonmail.com

INTRODUCTION

(*A VERY UNORTHODOX ONE*)

This book needs no formal introduction.

The author doesn't need to impress you with his background, his experiences, his history.

The author doesn't need to convince you of how important this book will be for you, or how it can transform your life - it may not.

This book is NOT a "hook" to "recruit" you to sign up for expensive online or live courses, nor a monthly subscription to a website. It doesn't even cost anything if you got the free PDF version.

This book is NOT an attempt to brainwash you into joining a "group", an "organization", or a "sect".

This book will NOT be "politically" nor "spiritually" correct in order to please anyone, nor in order to get interviews on popular YouTube channels.

This book will NOT be deceiving in order to gather "followers", clients, or customers. The author doesn't really care about these things.

This book is based on a series of transcripts of dialogues between the author and some students who choose to interact with him throughout the years.

Read it, if you choose to do so, and reach your own conclusions. Have your own opinion. At the end, that is what really matters; not the author's opinions or advice. Not the author beliefs or experiences. YOU are the author of your own "DREAM".

If this book resonates with you, fine. If it doesn't, just press the DELETE button, if you got the free PDF version. Or, if you purchased the hard-copy version, just pass it along to someone else. Maybe that person is the ONE meant to read this book, and you have been just a channel to spread a seed.

"Absorb What Is Useful, Reject What Is Useless, and Add What Is Essentially Your Own"

Bruce Lee

Enjoy the reading - if you can.

RJ Wellington - Summer 2024

I

Dialogue One - A little theory of everything

“The one awareness is the only thing in all of existence that is real. Everything else – everything we see, hear, smell, taste, touch, sense or perceive – is part of the illusion of the relative world. None of it is real.” - Purna Satya, On Reality: Questions and Answers

“All matter originates and exists only by virtue of a force... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.” - Max Planck, German theoretical physicist

Student: *Hello RJ! I guess the first question most people would like answered by a Master would be - “What is reality?”*

RJW: And I think a True Master (which I DON'T consider myself to be), would answer: REALITY IS EVERYTHING.

Student: *You mean, everything? Absolutely everything?*

RJW: Why not? What part of everything don't you understand? Can anything be outside of EVERYTHING?

Student: *Well, some traditions talk about physical reality being an illusion. I mean, there appear to exist an ultimate reality and the realm of Maya, or illusion, correct?*

RJW: There's certainly the Ultimate Reality - EVERYTHING, SOURCE, or ALL THAT IS, and then there are individual and collective “reality” *constructs* branching out of, or from, Ultimate Reality. It doesn't mean, however, that the constructs are not real, or not a part of reality, especially for the people entangled by it.

So, we can say that the illusions, or Maya, if that sounds more *spiritually correct* for you, are still part of EVERYTHING. Otherwise they would not exist at all, correct?

Student: *I guess so. But the material realm is the illusion, correct?*

RJW: One of the biggest mistakes the uninitiated make is to separate the so-called *spiritual* from the so-called *physical*. That's the first manifestation of duality. Spiritual and physical are THE SAME, or part of the same whole! They may be vibrating at different densities, sure, but ultimately they originate from the One and same Source, period.

The differentiation between material and spiritual realms become less and less perceivable according to one's expansion of consciousness. So, for someone focused only on the material density as "real", the walls, the floor, the rug, the cell phone are definitely not seen as illusions. Try jumping in front of a running truck, for example.

Student: *So, you're saying that expansion of consciousness makes one perceive less and less of physical reality?*

RJW: Nope. I am saying that expansion of consciousness makes one see everything as it truly is, beyond duality, beyond constructs, beyond even the concept of Maya. It eventually makes one live outside of the illusion - that's what I call "*awakening from the dream*". At that level it does not matter what is called what, what has more density, or what feels right or wrong. Awakening is raising above the constructs, including the "*spiritual*" constructs. Then you operate outside even the confines of Maya and "Karma".

Student: *And what is the problem with being aware of the concept of Maya, or illusion?*

RJW: There's no problem, just limitation of consciousness. Many self proclaimed "*spiritual people*" are hypocritical at this level. They call everything an illusion, when at the same time they are concerned about how to make a living, how to pay the next bill, how to dodge diseases and evil. Well, is it an illusion or not?

Student: *Then you mean that a true spiritual person doesn't have to worry about paying bills, nor the concerns of life as everybody else does?*

RJW: What I mean is that someone AWAKENED, whether you want to call her spiritual or insane, shouldn't have the need for *worrying* about anything. Why? If everything is an illusion appearing real, then why not sign up for the "illusion" of being *financially provided, protected and guided by The Source of Everything?* Why not DECIDE how your "dream" should be? Preferably the best version you can manage to experience.

Who says that "illusion" implies limitation?

Student: *But you just said that someone awakened lives outside of the illusion...*

RJW: My version of *living outside of the illusion* is the same as being "*in this world but not being OF it*". The so-called illusion is there, it is all a dream, but the AWAKENED see the dream as it is, not through social programming and indoctrination. And seeing things as they are - *ALL originating from ONE Source*, allows her (the AWAKENED) to flow and take control, or have dominion over her own illusion by reconciling the pair of opposites - Material versus physical, reality versus illusion. It is ALL ONE thing.

Student: *OK, so what is this ONE thing?*

RJW: The ONE thing is explained by my “*theory of everything*”. Do you want to know what it is?

Student: *Sure! I have been searching for it all my life!*

RJW: Most people have been “*searching*” for it all their lives. Here you go then...

The “theory of everything” is:

Ready? *Three...two...one:*

EVERYTHING IS CONSCIOUSNESS!

That is the MOTHER of ALL theories, that is the ANSWER to ALL questions, that’s the reconciling of ALL paradoxes. It may be what you wish to call the “*Ultimate Truth*”. period!

Student: *That sounds so simple...*

RJW: Yet it is Infinitely complex at the same time. If you try to approach this truth from an *intellectual* aspect only, it is complex. When you fully realize it in your Being, it become as simple or easy as breathing.

Student: *It’s indeed a challenge to the intellect that sees so much separation.*

RJW: Well, even the intellectual thinker can agree with this truth if she only follows the logic of science.

Student: *How come?*

RJW: Follow me here, please...

What is everything made of, all matter I mean?

Student: *Atoms?*

RJW: Sure, I think anyone with a basic level of knowledge can agree with that, correct?

Then, what are atoms made of?

Student: *Sub-atomic particles?*

RJW: Correct, protons, neutrons, electrons, as you were taught in *Physics class*. Now, an atom is said to have more empty space than any solidity. It is more like a *process* than a *physical object*. It is ENERGY. Then we should ask: what are sub-atomic particles made of?

Quantum Physics proposes that at the *sub-atomic level* all components of what we call “reality” look more like *clouds* or *waves of probabilities* than fixed patterns. Therefore we have the scientific proof that matter itself is not solid at all at its core level. That can be said to be one of the aspects of what you call *Maya*, or *illusion - the brain perceiving solidity when there ain't anything really “solid”*. Are you following me?

Student: *Sure, I have delved into some Quantum Physics.*

RJW: Great! So, in essence, we can say that *everything IS Energy*. Now, the billion dollar question, if you wish, may be: “what is causing this Energy to form patterns, from a grain of sand to your body, to entire galaxies?”

At this juncture, we have only two options: Either to believe that material “reality” is a random accident, or to believe that there’s some type of intelligence keeping it all together. That is where some scientific and some spiritual minds find a bifurcation of thought. What do you think?

Student: *I choose to believe that there must be an Intelligence behind all this.*

RJW: Well, a random, accidental universe is an option as well. It was proposed by your so-called men of science. But this theory or idea, it’s really more an idea than a theory, goes against the core of human belief and experience.

Student: *What do you mean by that?*

RJW: I mean that at the very core of our civilization there has always been the idea of a God, a Source, or a Force “*behind the curtain*”. Every civilization had a form of “religion” or mystical tradition. In this world you are born in either a Jewish, Christian, Muslim, Buddhist, Hindu family, among others. These are the main branches of mysticism or religion, but there are also native Africans and native Americans with their own ideas of a Source or a god in charge of “Ultimate Reality”. Therefore we can say that this feeling that there’s something bigger than us in charge of the workings of the Universe is built into human nature.

The so-called skeptics see themselves as not believing in anything spiritual. However, belief in the laws of science is still a form of belief. So, in my humble opinion, *nobody is a true skeptic*. Everybody has to believe in something, even if it is a belief that there’s not a Superior Force in charge. It is still a belief. *It is NOT knowingness.*

Student: *So, you are saying that everyone must have some type of belief?*

RJW: Yes! You have to believe in something, you must make sense of your “reality” from a specific point of view. And the quality of your life may pretty much depend on the

quality of your personal beliefs, which, in most cases, are not really your own, but a result of social programming and indoctrination, both scientific and religious.

Remember though, that beliefs are just conjectures. They are not necessarily a representation of *True Reality*. Free will gives you the opportunity to believe in anything you wish to believe, at some point of your life. Usually people grow out of outdated beliefs as they “grow up”. I don’t think you still believe in Santa Claus or the Boogiemán anymore, correct?

Student: *No, I don’t, but I still believe in some things that I have always believed since childhood.*

RJW: What, for example?

Student: *That humans cannot fly, that we grow up, age and die. I still believe, at some level, that we don’t really have any control over our ultimate destiny.*

RJW: And you have the right to adopt those beliefs, but understand, please, that it does not make them true in Ultimate Reality.

Student: *So, what is “true” in Ultimate Reality?*

RJW: EVERYTHING IS TRUE AND NOT TRUE... depending on your point of view or perspective. Again, Consciousness is EVERYTHING, and your personal focus of Consciousness defines YOUR personal reality.

Student: *So, are you saying that people could fly, not age and die, and have total control over their destiny?*

RJW: A mind-opening question that most people are kind of “forbidden” to explore is “WHY NOT”? At a higher level of Consciousness those are all possibilities waiting to be activated. So, it all depends on which *level of Consciousness* you decide to operate from. Remember, everything IS Consciousness, including *limitations* and *limitlessness*.

Student: *You have mentioned “It is still a belief. It is NOT knowingness.” What is the difference?*

RJW: Let me ask you... do you believe you can walk, or do you KNOW you can walk? Do you believe you can talk, or do you KNOW you can talk?

Student: *I KNOW I can walk and talk.*

RJW: That’s the difference. I mean, between believing and knowing. Beliefs are conjectural, knowing is practical.

Student: *So, what you're saying is that if I KNOW I can fly and never age it will be true to me?*

RJW: Is that what you want to become your KNOWING? Is that what you want to be the reality of your Being? Or do you prefer to go with mainstream, with your ancestor stories, with your "science", and justify your existence based on the *collective dream*?

It's YOUR choice. That's the point where our choices are; either to PLEASE someone, something, or to decide to THINK FOR OURSELVES. Yes! At the beginning of the exploration, it borders insanity, in your terms.

Student: *At some level, I follow what you say. I want to believe that, to KNOW that. But I need to see some physical evidence of that, I need a way to apply it practically in my mundane life.*

RJW: And you are totally correct about it. I usually say that "*theories and philosophies don't fill anybody pockets or stomach.*" A knowledge is only valid as it applies to all aspects of your life. My life search has been to become The One, to become awakened in the "dream", to master this reality. Hasn't that been your search as well?

Student: *YES, of course!*

RJW: Good. So, do you know how I AM approaching that reality? Do you want to know HOW I am expanding my consciousness? Do you want to know HOW I get EVERYTHING I want in this dream?

Student: *YES!!!*

RJW: By FIRST and FOREMOST to TRULY, HONESTLY, realizing the KNOWINGNESS that EVERYTHING IS CONSCIOUSNESS.

CONSCIOUSNESS is NOT lacking anywhere, in anything, in anyone. That's the SAME as saying that God or Source IS EVERYTHING... nothing excluded!

That's the very FIRST step to Mastery, taught from immemorial times, taught by ALL legitimate Masters who have ever walked upon this planet, originally taught by the Wise Consciousness called Melchizedek!

Student: *So, you're saying that we must first realize everything as consciousness, or God?*

RJW: That's NOT what I AM saying, that is what *every Master* have said, that is the Path I chose to follow.

Try it. Just for a few days. If it doesn't work for you, you can always go back to your current life. Start seeing EVERYTHING, nothing excluded, as GOD manifesting as something.

Because, in Reality, with a Capital "R", There's ONE Source of everything, good, bad or indifferent. ALL possibilities and probabilities are equally valid within the *Infinite Wave* of this Source.

Can you look at you chair, your cell phone, your walls, your cat, your neighbor, and say: YOU ARE GOD?

Student: *Well. It is hard to say that everything is God when there are so many bad things around.*

RJW: Once you realize that EVEN the so-called "bad things" are GOD reflecting your Knowingness, or what YOU expect to experience, you have awakened! That's when you can choose NOT to have bad things happening in order to "teach you a lesson". Why do we need bad experiences, trials and tribulations? Why do we need to "suffer a little bit" to reach Enlightenment? Just to please our "*traditions*" or our "*spiritual leaders*"? That is foolishness, not spirituality. That is being asleep, not awakened.

Can you see the TRAP of the Matrix-based philosophies and "spirituality"? The idea of you having to overcome something, to pay some "*karma*", having to meditate for twenty years under a tree or over a cold mountain somewhere in the Himalayas? That IS part of Maya, an illusion, a dream...

Student: *Thank you!*

WAKE UP!

II

Dialogue Two - The Dream (or the “*reality*” that never was)

“Have you ever had a dream, Neo, that you were so sure was real? What if you were unable to wake from that dream? How would you know the difference between the dream world and the real world?” - Morpheus, The Matrix

Student: *You say that the main theme or purpose of your sharing is to suggest a practical, down to earth method for awakening, striped away from all the religious, spiritual or new age B.S. Right? But I am still kind of confused about what awakening truly is.*

RJW: Maybe you’re in doubt because you insist on finding a *unique* definition for it (awakening), a definition that fits your concepts and paradigms. Let me ask you: Are you awake right now?

Student: *Yes, sure.*

RJW: And what makes you know that you are awake?

Student: *Well, I am not sleeping, I can differentiate this state from the dreaming state.*

RJW: Correct, you just *KNOW*. Therefore, any definition is irrelevant. You don’t have to come up with a thousand words, read ten books, or consult a *Tibetan Master* to explain how you know you are awake, right?

Student: *Not really, but the awakening you talk about is different from this physical awakened state I am experiencing at this moment, right? You’re not talking about being awake versus sleeping in this physical reality that we all experience daily.*

RJW: It can be different in degree, but not in essence. Have you ever experienced a *lucid dream*? One in which you find yourself conscious that you are sleeping and dreaming, but you become totally aware? When you *KNOW*, without any doubt, that you’re dreaming?

Student: *Yes! I have had a couple of those.*

RJW: How did it feel?

Student: *It felt strange and fun at the same time. I mean, to know consciously that you are dreaming.*

RJW: What is ‘strange’ and what is ‘fun’ about it?

Student: *Strange because it is something that is hard to explain, right? Dreams are dreams, reality is reality. Being aware in a dream seems like you're living in two worlds simultaneously. And I guess what makes it fun is that you can get away with anything, without fear, shame, guilt or remorse, because you know you will eventually wake up, and whatever you're going through in the lucid dream is just a temporary illusion.*

RJW: Great! You just described the process of awakening at all levels! Remember, “*as above so below*”. You can call yourself a Master, if you wish. (laughs) Now, there's only one more step to become ENLIGHTENED...

Student: *How did I describe awakening? I wasn't trying to do that, but just mentioning what a lucid dream feels like.*

RJW: Sure, and that's how life in this “*reality*” feels like to a *Mystic* or an awakened person. Like a lucid dream, or being in two worlds at the same time, as you mentioned. Makes sense? What if there are many degrees of sleeping and awakened consciousness? What if what you called “*this real sleeping versus awaken in our everyday lives*” is just one level, or degree of it? What if there's a part of you, right now, to which this “*reality*” you think you're living is just a dream? A long one, surely, but still a type of dream. What if you're having *dreams inside dreams*?

You said: “*Dreams are dreams, reality is reality*”. But what makes the difference? “*Reality*” is everything, every state. If you can experience it, it is “*real*” to some level of your consciousness. Do you truly think you're awakened in this so-called shared “*reality*” right now, for example?

Student: *Well, I am trying to be.*

RJW: So, if you're ‘trying’ it means that you think it's possible for you to experience higher levels of consciousness, or awakening, correct? You think, believe, or know, that there may be another level(s) of “*reality*” which you can be awakened to. Am I making sense?

Student: *Yes. Of course, that has been always my quest; to know more, to be more aware, not to live an unconscious and useless life like most people do.*

RJW: Forget about “*other people*”; they are just reflecting your personal idea of who they are, or who you *expect* them to be, in your personal reality construct. With that out of the way, focus on your so-called personal “*quest*”. If you want to be awake at a higher level, just BE, don't try, don't create a long and boring “*path*” to follow, don't be part of someone else's dream - not even mine. Use my info, if you wish, or anyone else's, as a “*bridge*”. Once you cross the bridge, you can burn it and build your own.

Student: *What do you mean by “just be”?*

RJW: While you are wishing, wanting, hoping or aiming to be, *you're NOT being it!* You look more like a hamster running endlessly in the same wheel, never getting anywhere. That's what most "*spiritual seekers*" are doing by the way.

The Universe works in a very specific way: Once you KNOW you are it, it is so! Because it has always been. And that is the main reason why most "seekers" never "find it" - because they keep on maintaining the state of a "seeker", expecting to, at some point in an illusory "future", to become it.

Student: *But don't we have to go through a learning, through processes or practices to become it at some point in the future?*

RJW: You can, if you want. Just make sure the "process" is a very temporary practice to transpose you into a new level of awareness, don't get stuck in a process for years. In reality, you ALREADY ARE anything you can envision as possible for yourself in potential, otherwise you wouldn't even be able to envision it - processes just act as *placebos* to make you finally DECIDE and CLAIM that you ARE IT in THE NOW, the only "time" that truly exists. And remember that the "future" can be one minute from now, as much as it can be ten years, or five lifetimes from now. YOU are creating "time" through your expectations of how long something may take to happen. Would you rather have it very quick, or be on an unnecessary "path" for years and years "Ad Nauseum" to get the same result?

Student: *I definitely prefer the faster route.*

RJW: So, take it!

Student: *What happens if I think of myself as awakened now? Do I become enlightened instantly?*

RJW: That is a possibility, but a far stretch for most of you deeply entrenched in the dream. What happens when you not just "think" about being awake, but KNOW IT, feel it, and act as if it is so, is that "reality", which is a *mirror* for your consciousness, will provide the means more compatible with your level of acceptance. It can be books, videos, movies, intuitions, etc. It does not matter as long as you feel a little more aware each day and you start to really perceive changes in your "reality".

And here is a paradox; *you only see changes in your "reality" when you BECOME those changes in Consciousness.* That explains why the vast majority of "seekers" and "law of attraction junkies" rarely get substantial and continuous results with any "path". Most "paths" are *structurally designed* to keep you from reaching awakening by making it appear that it is something *you must earn.*

Another paradox is: most people are in reality AFRAID OF CHANGE, or transformation. They are terrified of jumping out of their comfort zones. Some are indoctrinated in the idea that this so-called Enlightenment or awakening can only be accomplished when they leave their physical bodies (*You go to “heaven” after you die*).

Student: *And why would people be so terrified of awakening?*

RJW: Mainly because of the fear of the unknown, and the false ideas people associate with awakening.

Depending on your level of indoctrination or “spiritual imprinting”, you may fear the life-style changes, such as not having fun with “*mundane*” things any longer, not being able to eat or drink whatever you enjoy, losing the people around you, or being criticized by them. There are so many variables in this messy “spiritual” construct. But the fear of not being able or “allowed” to do what you did before is a major factor.

Therefore people prefer the comfort of going to a church, temple or ashram a couple of times a week, illusorily thinking they are pursuing a “spiritual” whatever. They may prefer the comfort of someone else doing the work for them. And the Hamster Wheel keeps on turning, not leading anywhere.

Student: *So, do you mean that I don't have to give up anything I am attached to or like in order to awake?*

RJW: I mean that you can enjoy ANYTHING which is in alignment with the Golden Rule, which is basically *respecting everyone else's free-will*, not harming anyone, without the neurotic attachment to it. Can you get it?

Student: *I guess so, and this brings to mind the Eastern Philosophy concept of: “having no attachment, having no aversion to anything.” Am I in the right track?*

RJW: ABSOLUTELY! One thing, for example, is to enjoy casual sex with someone you're attracted to, someone who wants to have the same experience out of her or his free-will. Another thing is to become addicted to that person in order to have a false sense of self-worth that you do not possess inside. It is one thing to enjoy a glass of wine when you feel like, another thing is to be dependent on alcohol to escape your misery.

The only things you have to really give up, at some point are the *attachments* and *aversions* to whatever triggers you. And these two elements are born from FEAR. You become *neurotically attached* to something because you are, at some level, afraid of losing it. You become neurotically repulsed to other things because you're afraid they can cause you harm.

It all boils down to one important phrase: *GIVING YOUR POWER AWAY TO SOMEONE OR SOMETHING*. That's a huge factor in the "dream". When you remove power from everything, you are truly FREE, truly awakened! So, to wrap up this point; attachments and aversions are ways of giving power to something to control your consciousness, therefore your entire life.

Let me give you two simple, real life examples; You may have heard that the best time to look for a new job is when you are employed. There's no tension, no pressure to desperately find a way to pay for your next rent. You are in control, right? You go to the new job interview with confidence, and thinking something like: "*I don't care if I get it or not, I am well employed. If I get this, I'm fine, if I don't, it is no big deal*". Believe it or not, the person interviewing you will get that fearless, light vibration from you, she will feel your confidence.

Another example, that probably most people have experienced is; when you are single, lonely, looking for a partner, it seems harder to find a good match. The moment you are in a good, satisfying relationship, it seems that more people "pop up" in your reality who are attracted to you. You seem to become more attractive.

What you think is the dominating factor or structure behind both experiences?

Student: *Not being in fear? Being confident? Having no attachment to results?*

RJW: BINGO! When you have a good paying job, you are not afraid of financial disasters. When you have a good love partner, you are not desperate to find someone. It all has to do with FREQUENCY. If you are in a good flow, even better things, events and people keep on flowing towards you, you have more CHOICES. When you are in a negative state, however, in fear, doubt and disbelief, you will have a hard time "attracting" better manifestations. You will keep on "attracting" whatever justifies and confirm your fear. Simple, right? A basic Law of Consciousness - Energy, Frequency and Vibration. God Bless Nicola Tesla!

Now you may better understand the paradoxical Biblical teaching that says:

"Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them." - Matthew 13:12

Student: *WOW! I get it!*

RJW: Yep! As they say: "you need money to generate more money", or "you need to love yourself to generate the experience of being loved".

Are you getting clearer on the concept of being awake and aware? Remember, treat this life you're experiencing now as a LUCID DREAM, and that's not far from the truth. In a

lucid dream of the night you can decide, if you want, to walk through walls, to fly, to materialize gold in your hands. Why, in that realm or density, your Consciousness is less dense, and there's no chronological time to deal with. You can manifest instantly anything just by thinking about it with certainty it will happen.

Some of us believe, from personal experience, that the so-called lucid dream of the night is like a *training program*. A construct which allows you to explore all of your potential in a realm above and beyond time and space.

Student: *So, you are saying that if we realize this current life we are living as a type of lucid dreaming we will be able to walk through walls, fly and materialize anything we want?*

RJW: Why not? If I told you that anything is impossible, I would be contradicting my own knowing, right? There are people in this planet who can do all of those things, and that is NOT a "pie in the sky" concept. Not at all. But to eventually reach that level, you MUST not accumulate more theories or ideas, but, on the contrary, you MUST CLEAR YOUR MIND from all the garbage you have accumulated by giving your power away to social consciousness and The Matrix.

Student: *And what is the hardest thing for a beginner to break through?*

RJW: The illusion of time and space.

Student: *Can you please elaborate a little more on that?*

RJW: Sure. Once you realize that everything is Consciousness, and that YOU are an individual unit of this Cosmic Consciousness, with the potential to expand into unlimitedness, you open the doors to a new paradigm, to a new, super-human level of self-control, directed intention, and knowingness beyond The Social and "spiritual" Matrix of control.

That first essential step into Ascension will lead you into *4th Density living*, in which you can decide to stop being manipulated by chronological, psychological, and even biological time. You will be working with the *Law of Knowingness*, which means, you will NOT be expecting, wanting or desiring to be, do or have what you want in life. You will KNOW that those wishes for fulfillment DO exist now in an atemporal, eternal reality. And you will KNOW yourself as whatever you want to be.

It sounds like magic, right? But this is a natural Law; everybody KNOWS themselves to be something already, and their personal realities are just reflecting their knowingness in the now. Why not KNOW yourself as the Perfect Self you want to BE NOW, instead of believing that you have to be purified, meditate for years, use this or that placebo to one day hopefully get "there"? That's the "hamster wheel". WAKE UP!

Student: *Are YOU awakened?*

RJW: If I told you that I am, how would you know that I am not lying to you?

Student: *Because I think I can trust you.*

RJW: Awaken yourself and then you don't need to "trust" anybody. Become, in thoughts, feelings and actions, the person you envision, because that desire is GOD or Universal Consciousness calling YOU into that frequency. *You would NEVER, EVER, have a desire you couldn't realize.* You either choose to be the SOVEREIGN ruler of your personal reality, or you choose to be "*under the table*" collecting the "crumbs" that your so-called society throws on you.

You have had the calling, you have had the craving, you KNOW there's something more. Out of over eight billion people, you are ONE of the probably couple of millions of people who is having access to this information. Do you choose to believe, or know, that you are special? Or do you believe that all this that you're listening to is a bunch of B.S.? It is YOUR dream, it is YOUR choice. What do you want to do with it? You have the free-will.

Student: *WOW! Thank you!*

WAKE UP!

III

Dialogue Three - This Crazy Little Thing Called Life

“Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when you are the answer.” - Joseph Campbell

“Life’s a bitch, then you die.” - Tony Daniels

Student: *What is the meaning of life?*

RJW: What is it *for YOU?* If you can answer this question, you have got your personal “*meaning*”, in case you need one.

Student: *But...isn’t there a general meaning, which applies to every human being – a reason for living, an ultimate goal to be achieved?*

RJW: The question is: Who’s “*general meaning*” are you talking about? Who’s “*ultimate goal*”? Who’s “*reason for living*”? Are they your own, or someone else ideals you find you must follow? Your parents, your teachers, your religious or scientific authorities? *WHO are you choosing to give power to?*

You can waste all your life drowning in meaningless philosophical or “*spiritual*” concepts in search of a “*meaning*” because someone has said you must find a meaning to life, have an ultimate goal, or a reason for living. Then time passes and you end your *meaningless* adventure on earth still “*seeking*”. The world is indeed full of “*seekers*”; those who take pleasure somehow in trying to find an “*ultimate whatever*”, in order to fool themselves into feeling good because they’re on a so-called “*path*”.

LIFE is the “*path*”. And if you’re alive, which I perceive you are, you are already in the “*path*”.

Some are so focused on finding a “*pie in the sky path*” that they forget to truly live. And, after a few decades, they finally take their “*search*” to the grave - without having really found anything substantial and practical.

Student: *BUT... isn’t a spiritual path a way to find a meaning to life and accomplish self-realization?*

RJW: “*spiritual paths*” were created by men in search of meaning. Life IS. Therefore, my conclusion and realization is: IF there’s one meaning to life, it is *TO LIVE IT*. Don’t you see that in nature? Have you ever caught a dog, a cat or a horse ruminating about any meaning or “*path*”?

Student: *Animals are not intelligent. They don't have the capacity to reason at this level.*

RJW: So...do you think then that animals live a meaningless life? Do you think they are non-intelligent?

What you call "*human intelligence*" seems more like a trap, a limitation, than a positive attribute. That is, if we are talking about the so-called "intelligence" of the *lower mind*, which is just an agglomerate of concepts, beliefs, theories, programming, indoctrination and doubts, generally contradictory, based on your culture, your religion and your level of education. Usually *the one who seem less confused or more eloquent* is seen as more intelligent, or more "spiritual". These are the ones you give authority to define the meaning for your life, and, therefore, control your so-called "reality".

Student: *But... how can we then progress without guidance from those who have had the experience to share with us? Isn't it what you're doing, guiding us?*

RJW: Nope, I am not guiding anyone anywhere. In most cases, "guiding" is manipulating. I am telling you that you ARE already "there" if you become awakened to your TRUE identity.

All I am doing is sharing information I think may be of use to some people. And the best sharing I can give anyone is to stimulate them to look inside, to stop relying on, and giving power to, an external source (including me), and to tap into their own *Fountain of Unlimited Wisdom*.

I usually say that a True Master's aim is to turn other people into Masters, not to acquire followers. By saying that I am not implying that I am any type of Master for anybody else. *I am a Master of my own Self.*

Student: *How do you want to be called then?*

RJW: I don't care. I have been called a teacher, a Master, a Metaphysicist, and a madman. Titles or other people's opinions don't define who I AM, unless I believe so.

Student: *So... How do YOU define who you are?*

RJW: A *Self-Realized* person doesn't need anybody's definition or label to feel good or think I am in the "right path", whatever that means. A Self-realized person is someone who KNOWS who they are; an Individualized Unit of Consciousness connected to The Source of it ALL, or All That Is, or God, if that sounds more "spiritual" to you.

What you call "reality", what you call yourself, what you call The Dream, Maya, The Matrix, etc., are ALL contained in All That Is - all equally valid definitions from your point of view, and all equally valid illusions from a Mystical point of view. No exceptions.

Realizing that is realizing YOUR Truth, therefore dropping the need for any other type of definition, Path or meaning for life. Simple, right?

Student: *I get it, so, your job then is to help people realize this truth?*

RJW: No, my *job* is as a Physical Therapist. My hobby, if you will, is to share the idea that realizing the truth is more a matter of unlearning all the B.S. It is not a matter of adding, rather subtracting. “Reality” is very simple without all the conditioning and social programming people are trapped within.

Student: *How would you define that simplicity?*

RJW: The image that comes to my mind as a good metaphor is the ocean. At the bottom, there’s calmness, stillness, if you wish. At the surface level, there are waves. The TRUE self is at the bottom level, immutable, unshakable, timeless, simple - that is my version of “*peace beyond understanding*”. The “artificial self”, the programmed self, the dream self, who you think you are, is at the surface, experiencing waves of illusory mental and emotional turmoil.

Student: *Interesting. That is a good metaphor. So, how do we live in that state you compare to the bottom of the ocean?*

RJW: The TRUE self IS in that state. *The artificial self is dreaming the turmoil.* Once you realize, through your own free-will and intelligence, that you are dreaming, you will still participate in this dream, but from an awakened state, as if you’re experiencing a lucid dream, where you see a “monster” running towards you, and you just wave your hand and the “monster” is gone. Where you decide on something, and that thing is there immediately. Where YOU decide what any and everything means, and it is so. That is also called “*non attachment and non aversion.*”

If you are having a lucid dream, would you have any attachment or aversion to any illusory element in the dream?

Student: *I guess not.*

RJW: Right! Ideally you would just *decide what you wish to experience* in the dream, correct? SIMPLICITY, Without coming up with millions of reason why you can’t have what you want, why life is not as you wished it to be; why life is a “*bitch*”.

Student: *And WHY do we come up with those “millions of reasons” as you put it?*

RJW: BECAUSE...because... *you are trapped in other people’s dream.* But, at a higher level, it is not really “other people’s”, it is *your own* projection of them as being better or more powerful than YOU are. It is the authority you give to religious leaders, to “masters”, to scientists, to “experts”, etc. Bottom line, either you are the MASTER of

your dreams, or you give power to illusory “entities” to play that role in your dream life. Including giving power to a “god” created in the image of lower nature men. You turn Infinite Consciousness, ALL THAT IS, into a tyrannical dictator to justify your own misery.

Student: *So, are you saying that I create God?*

RJW: I am saying that *you don't know what GOD is*. All you know is what was fed to you since you were born, based on your culture and religion. So, in this case, a “god” was created for you, an artificial “god”, and that may be a form of what some people call *Artificial Intelligence (AI)*.

Student: *Do you know what God is?*

RJW: Yes, I do!

Student: *What is it then?*

RJW: EVERYTHING. God is ME, God is YOU, God is the Saint and the prostitute, God is the killer and the victim, God is the Muslim and the Jew, God is the Christian and the Buddhist, God is the believer and the atheist. God is the ant, the roach, the rat, the grain of sand, the drop of water, the mountain and the sea, the planets, the universe. GOD IS LIFE...GOD IS the “path” and the “meaning”, that’s why I like to call it *ALL THAT IS*, or Infinite Consciousness.

When you realize that, you see everything and everyone as God, and then, there’s no enemy, no opposition, nothing to fear, because God in everything feels YOUR VIBRATION. There’s no need for attachment or aversion, there’s no need to protect yourself from YOUR SELF, there’s no need to trying to convince anyone. That’s the state of a True Master.

Student: *And how do we anchor such a state, how do we live it?*

RJW: Einstein said: "*There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle.*" I choose the second option. If you go deep into the study of anatomy and physiology, as I did in preparation for my Physical Therapy degree, if you go deep into Quantum Physics, you get to a point in which you say: "*Yes! Life and the Universe are miraculous.*"

Therefore, a True Mystic or Master lives in a state that combines *gratitude* and *co-operation*.

Student: *I have never heard this - gratitude and co-operation, what do you mean by that?*

RJW: We are talking about FREQUENCY here. Of these frequencies, the highest a human being can achieve is Universal Love, or the 5th Density Consciousness. And one of the quickest ways to reach that level is to live in GRATITUDE. The co-operation I am referring to is to totally harmonize or reconcile with ALL in your reality, and have Infinite Consciousness *co-operating with you*.

When you raise above attachments and aversions, when you KNOW ALL as GOD or Infinite Consciousness, you will NOT be under the “*law of man*”, The Matrix, or social consciousness. There is where your life will become a synchronistic event. There is where you will fulfill the promise of *Psalm 91*.

But most “seekers” are trying the reverse “path”, and there is where they fail. They want to “*see to believe*”. They want to be loved in order to love, they want to acquire wealth to feel secure, they want the world to change for them to feel safe and realized.

When all that is really required is to go the “opposite way”, what I call the *EFFORTLESS WAY*, which is to realize, as in KNOWING, that they ARE, at some level, already loved, prosperous and safe. That’s when they see the mirror called “*reality*” reflect their states of Consciousness. That’s when they can “*dodge bullets*”, be it in the form of enemies, diseases, lack, and fear.

Co-operation with Infinite Consciousness, therefore, is, for example, focusing on a state you wish to experience and *ALLOWING the Universe to realize it*, without any opposition, without any “ifs” and “buts” from your lower mind. That is the TRUE meaning of *SURRENDERING*. It is simply to ALLOW this Infinite Power to do whatever is needed through you, without fears, doubts and dis-beliefs.

Student: *Thank You!*

WAKE UP!

IV

Dialogue Four - Do you want to know what The Matrix is?

“Morpheus: The Matrix is everywhere. It is all around us. Even now, in this very room. You can see it when you look out your window or when you turn on your television. You can feel it when you go to work... when you go to church... when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth.

Neo: What truth?

Morpheus: That you are a slave, Neo. Like everyone else you were born into bondage. Into a prison that you cannot taste or see or touch. A prison for your mind.” - The Matrix

Student: I have noticed that in some of your videos, and many of your sharings you mention the movie The Matrix. I was deeply influenced by this movie when I first watched it. I would like to hear more of your insights into the movie, and its parallels to our reality. Are we really living in a Matrix?

RJW: Well, a while ago I saw a clip of Keanu Reeves saying that “The Matrix was a documentary”. And that is not too far from the truth. However, I believe that the movie is a good metaphor for the reality we are experiencing collectively.

Student: Do you believe that we are inside a computer simulation and used as batteries?

RJW: Not literally, but again, metaphorically, symbolically speaking.

We DO live inside a type of “prison” for our minds, like the characters in Plato’s cave, who mistake the shadows for “reality”. We live in a world of constructs made of beliefs that are not necessarily representing *Ultimate Reality*.

The very first time Neo appears in the movie, he wakes up to a computer screen saying: “Wake up Neo, The Matrix has you!” Then another message appears: “Follow the white rabbit.” That interaction sets the tone for the whole movie. It represents the beginning of a journey of awakening and mastery for the confused young man who has been long questioning his “reality” and looking for answers, just like most of you who are attracted to Metaphysical teachings are.

The Matrix is a modern “hero’s journey” story, another awakening and resurrection tale of *The One*, or The Chosen One, which can be *any of us*. It is a path that ultimately we all have to walk to expand consciousness and acquire Mastery over our individual “realities”.

Student: *I agree, now, in your 12-week Transformation Dynamics program you break down what you call the real Matrix in a way I never saw before. That explanation has helped me become conscious of the levels of control and bondage as I have never been before. In my opinion you have the best explanation for what the real Matrix may be.*

RJW: I don't know if it is the "best" explanation. It is just *my version* of it, and it makes sense to all my students. Do you remember all the levels?

Student: *Definitely! There's the level of personal constructs, or self-image, the collective level of tribal, family and religious constructs, the level of medical and scientific constructs, and the level of physical laws and its constructs.*

RJW: Good! Have you truly understood the implication of each of these levels in your "dream"?

Student: *I think so, but I'd appreciate if you can elaborate more on those.*

RJW: Sure; the basic core level, or the *first set of imprinting* we acquire are related to our *Self-Image*, which means: who and what we *believe* ourselves to be. This initial imprinting, which happens during the first years of a child's upbringing, will usually control a person's entire life if not addressed and corrected. It will basically define what you can BE, DO, and HAVE in your life, according to Dr. Maxwell Maltz, which I mentioned in our lesson, remember?

Dr. Maltz was a plastic surgeon who observed that some people transformed their attitude towards life completely, boosted their self esteem, and even improved in the areas of romantic love and finances just because they did some *minor plastic surgery*, which, in most cases, was barely noticeable. So, it was not necessarily the surgery that caused that effect, but a shift, a tremendous change of the person's Self-Image. We can say that the "surgery" was a *PLACEBO* that changed the person's Self-Image.

Student: *Yeah! I remember that. It is amazing, right? Like a placebo effect?*

RJW: Indeed, a small shift in Consciousness triggered by the *belief* that the person was looking better or more attractive, due to a minor surgical intervention, created some miracles in Dr. Maltz patients' lives. This is all explained in the classical book called "*Psycho-Cybernetics*", from the early 60's.

And that's why we consider this first level as the first "*portal to be crossed*", the first "*obstacle*" to be overcome, in our journey into awakening - The way we perceive and judge OURSELVES. Why? Because that will be the frequency we will be putting out to *others*, and that's how they will perceive and judge us. Other people are just acting as MIRRORS reflecting whatever you think about yourself in relation to them, period.

Tell me; how easy, or how hard, was it for you to work on this level?

Student: *At the beginning it was very hard, mostly because we believe that we are who we are, that it is a FACT, that it is unchangeable. But later, as I went through your lessons, I realized that what I thought I was, in reality, was really a SELF-IMPOSED illusion, nothing set in stone.*

RJW: BINGO! That's because you started questioning even your *self-beliefs*, what you have been told that you are, correct?

Student: *Sure! And where do we find a metaphor for this level of Self-Image in the movie The Matrix?*

RJW: There are two scenes that serve as metaphors for the Self-Image level, if you remember. The first is when Trinity has this dialogue with Neo:

“NEO: I have these memories, from my entire life but... none of them really happened. What does that mean?”

TRINITY: That the Matrix cannot tell you who you are.”

And then, later in the movie, when Neo visits The Oracle, she performs some rituals by looking at him, at his hands and the dialogue goes like:

“ORACLE: Okay, now I'm supposed to say, 'Hum, that's interesting but...Then you say...”

NEO: But what?

ORACLE: But you already know what I'm going to tell you.

NEO: I'm not the One.

ORACLE: Sorry, kid. You got the gift but looks like you're waiting for something.

NEO: What?

ORACLE: Your next life, maybe. Who knows? That's how these things go.”

Can you see the connection, the lesson? It is very CLEAR for those who have eyes to see and ears to hear, right?

Student: *YEAH! It is amazing!*

RJW: Indeed it is! Trinity gave Neo the first hint: *“The Matrix cannot tell you who you are!”* Which means: Social programming through your parents, your educational system, your science, and your so-called religious or spiritual traditions cannot tell you who you TRULY are!

You generally grow up being programmed to trust and obey so-called authorities. Why question? Why challenge? Why getting out of the box? The answers are there, correct? Your society is eager to tell you who you are, what your capabilities and limitations are. But, the big question is: Are you happy with the “mainstream” definition of who you are?

Student: *NO! I have never been...*

RJW: And Why?

Student: *Because something inside me always “told me” that I can be more. Something inside me always wondered how people can be so gullible, so naive, so limited, not caring to explore their full potential.*

RJW: BINGO! Usually those who have this “dilemma in their minds” are the ones who are awakening. They KNOW they can and should be something better, different from “the grain”. They may have what *Carry Cassidy* (alternative journalist and author) calls the “*Rebel Gene*”.

Student: *And, what about Neo’s interaction with The Oracle? What do you make of that?*

RJW: The *Oracle* was just testing Neo, bringing out his deeper beliefs about himself, which was his self-image at that point. She NEVER said he wasn’t The One, she asked what HE thought, what He believed - and what did he say?

Student: *“I am NOT The One”.*

RJW: Correct, so right there he set his “*sentence*”, based on *what he believed about himself*. He could, as easily, say: I AM THE ONE! But, what kept him from saying that with trust and authority? Beliefs based on social programming.

Most people navigate through life believing, or KNOWING that they are NOT who they truly wish to be. They are always looking for a “problem” or limitation to fix, and that programming, endorsed by scientific and religious/spiritual traditions, keep people trapped in the “Hamster Wheel”.

What’s the parallel between this revealing scene and most people’s lives? What do you think?

Student: *What is it? The fact that we don’t believe in ourselves enough?*

RJW: That’s a way of putting it. How can I be any important if I wasn’t born in a special environment or family? How can I be *The One* if I wasn’t raised among Tibetan Monks or Indian Yogis? Who the hell Am I to think I am as important or powerful as my priest, the scientist, the Physician? Do you get the point? Social programming is mostly catered to *keep you believing you’re limited*. To keep you giving someone or something

“external” authority over your life. To tell you who you can be, do and have based on several “synthetic” factors.

The big question then, would be: WHO or WHAT are you giving your power to? Who or what are you empowering and allowing to tell you who you really are?

Student: *So, what would be your advice for someone to raise above this level of The Matrix?*

RJW: Start *defining WHO YOU ARE*. It’s simple once you understand that The Matrix is made of constructs, of a mental field imposed over Consciousness to “*blind you from the truth*”. Try it and see. You will be amazed at how, as your perspective changes, other people’s behavior towards you change, when you acquire an unshakable Self Image that says: “I AM The One - The Son/Daughter of GOD. I AM Unlimited by nature. I AM FREE!”

Student: *Oh Yeah! I have been working on our processes and experiencing that internal shift. It is Wonderful! Now, what about the second level? You have said that each level is a little harder to overcome.*

RJW: Well, the second level, social, tribal and religious traditions or programming is tougher to overcome due to the person’s *fear* of being ostracized or “expelled from their *tribe*”. You see, mostly everybody has the erroneous concept that says they need to “*belong*” to survive. Be it to their family, their social or racial group, to their political party, or to their religious or spiritual communities.

If, for example, a student challenges a college professor, he might be punished somehow. In the case of education, people are indoctrinated to memorize and repeat like parrots, not to think for themselves, when, ironically, some of the greatest breakthroughs in science came from those who *questioned* and *challenged* the established systems.

In the case of religious/spiritual traditions, people are programmed to follow a set of rules in order to avoid being punished. So, it is very hard for someone, for example, to marry outside their “faith”, or eat something considered “impure”, due to the illusory fear of a punishment of some kind.

The problem with all this is; in order to “fit in”, to be accepted, to be approved of, people have to *give up their basic freedom*; which is: being who they truly are, and doing whatever they really wish they could do. Doesn’t that look like a trap to you?

Student: *Indeed it does. And what represents that level in the movie?*

RJW: When Morpheus takes Neo into the simulation program, he says:

“The Matrix is a system, Neo, and that system is our enemy. But when you are inside and you look around, what do you see; businessmen, lawyers, teachers, carpenters. The minds of the very people we are trying to save. But until we do, these people are still a part of the system and that makes them our enemy. You have to understand that most of these people are not ready to be unplugged and many of them are so inured, so hopelessly dependent on the system that they will fight to protect it.”

Student: *WOW! I get it! But why Morpheus says that “they” are our “enemies”? Are these people really dangerous to us?*

RJW: Again, take it *metaphorically*. “They” can be your “enemies” or “dangerous” only if you lower your consciousness to their level and play their “games”, or fall for their traps. You always must remember that you are experiencing what you expect to experience. Yes! *Even your experience of “the others”*.

At some level you can see it very clearly, I mean, the concept of people *“being part of the system and inured”*. As for example, what has been happening in America for the last few years. People being ostracized, ridiculed, hated, attacked, and even being unjustly imprisoned because they exercised their supposedly *democratic freedom* to endorse a political candidate of their liking. Many in the crowds clearly bought into the old and effective *“divide and conquer”* trap. They have been totally hypnotized and programmed by Machiavellian propaganda. They believe, however, that they think for themselves.

You have also witnessed people being somehow rejected by their “loved ones”, literally being told not to show up at a family gathering, people breaking up with “friends”, losing their jobs, even being verbally and physically attacked in the streets because they refused to fall into the collective hysteria of the “deadly virus”. Just because they have decided to exercise their “freedom” to choose not to expose themselves to questionable *“treatments”* and *mandates*.

A famous “actor” turned politician, who was not even American born, got to the point of saying: *“Screw your freedom”*. And some brainwashed zombies applauded him! Who would think this could happen one day? Americans, who have always valued their freedoms *rallying against it* nowadays - allowing themselves to be enslaved by a few!

Do you now agree that The Matrix looks more like a documentary than fiction?

At a deeper level, this social/tribal/political/religious prison reminds me of the tale of the *“crab bucket”*. Have you heard about it before?

Student: *Not really.*

RJW: It is said that if you imprison many crabs in a bucket, they have no way to escape. But why? Because when a crab starts climbing, and is reaching the top of the bucket, the

crab below grabs its “feet”, and the other crabs below grab the second crab’s “feet”, and they all go back to the bottom of the bucket again. Does that sound familiar?

You can’t think differently from “us”! You can’t have another opinion, you can’t disobey, you can’t like this political figure, you can’t violate these tyrannical “mandates”! AD Nauseum.

That’s why Morpheus said, again:

“understand that most of these people are not ready to be unplugged and many of them are so inured, so hopelessly dependent on the system that they will fight to protect it.”

YES! They are so brainwashed that they will turn against their own friends, brothers and parents if those are not being *manipulated puppets* like they are. It is said that *“misery loves company”*.

But don’t worry, the collective programming and hysteria has no power over you once you awaken to the truth, once you realize that those people are just reflecting an aspect of *yourself*. And that can be the hardest part to understand.

Student: *What do you mean?*

RJW: I mean that there may still be a part of YOURSELF *“so inured, so hopelessly dependent on the system that you, YOURSELF, are fighting to protect it.”* Does that make sense?

Student: *Sure! As you say - we see what we ARE!*

RJW: YES! So ultimately you realize that breaking through and awakening from The Matrix is not about “fighting” anything “out there”, that’s a waste of time and energy - real breaking through is about freeing YOUR mind! So, even though The Matrix and it’s enslaved zombies will still exist, they will hold no power or influence over you. Then, and only then, you may be able to free the willing minds, if you wish, period!

Student: *I get it. Now, what about the third level of The Matrix?*

RJW: Oh, the level of medical and scientific constructs? It can be harder to overcome because most people consider someone with a “PhD” after their name, or someone wearing a white lab coat as *authorities*, as *semi-gods* with the power over your health and your life.

I have seen many so-called “spiritual people” regurgitating that Infinite Consciousness is all there is, saying that they are enlightened, but, when they hear about the next “virus”, they run like *hypnotized zombies* in search of the solution provided by the system. They willingly stay in lines for hours to receive the so-called “treatment”. Or, when they hear

about an incoming economic collapse, they *shit on their pants*, worried about their futures.

Some people, on the other hand, are proud to call themselves skeptics, agnostics, and wearing that self-definition as a badge of honor. Sure, they don't believe in a God, spirituality, or religious figures. But, on the other end, they are as fanatical as the most orthodox believer. They have their "faith" placed on the "Voodoo Priests" in white lab coats. Scientific blindness and fanaticism is no different than religious blindness and fanaticism, do you agree?

Student: *Yeah! You are right.*

RJW: I'm not right, I just choose to be a good observer, to *think for myself*, and to witness people's behavior.

And one thing that most people don't realize is that our current science, besides being used for control purposes, is far from being complete or perfect. Nowadays we laugh at some outdated scientific theories, such as "nothing heavier than air can fly", or "the earth is flat". I can bet you; in a couple of decades from now, people will be laughing at our current medical and scientific theories, calling it prehistoric. That is called evolution. And we either evolve or stay stuck.

Student: *I got it. Now, which part of the movie The Matrix represents this level of medical and scientific beliefs?*

RJW: After Neo fails the "jumping program", he returns to the ship bleeding, and the following dialogue takes place:

"NEO: I thought it wasn't real.

MORPHEUS: Your mind makes it real.

NEO: If you are killed in the Matrix, do you die here?

MORPHEUS: The body cannot live without the mind."

Student: *ALLRIGHT! I definitely remember that dialogue!*

RJW: This dialogue reveals two truths; "*You MIND makes it real*", and "*The body cannot live without the mind.*"

BUT... why do your mind makes a so-called dis-ease real? Because you believe in the spell of your scientists and Doctors, right? If you were living in a TRUE health care construct, instead of a dis-ease care system, none of the plagues that befall over mankind would exist.

Unfortunately, the so-called contemporary “*health care*” industry has two goals; instead of truly developing healing technologies, they focus on *profits* and *population control*.

Therefore, the concept of “*The body cannot live without the mind*” really means that the human mind has been so misguided and programmed into fear, doubt and disbelief, that it eventually commands your body to wither and die!

Your body is listening to YOU all the time. But, for most people, what they tell their body is a regurgitation of what the experts say they must expect and therefore experience. Is that clear enough?

Student: *Certainly. The “rabbit hole” goes really deep!*

RJW: Oh yes!

Student: *So, you are saying that diseases are self-imposed?*

RJW: NO! I am saying that your *acquiescence to the brainwashing is self-imposed*. Your blind faith in the *Voodoo Priests in white lab coats* is self-imposed. Your FEAR and belief in a lack of control over your body are self-imposed.

Those create the breeding ground for dysfunctions. Since everything in your dream reality is a reflex of your consciousness; it is LOGICAL, for those who still have the capacity to think, that by fearing and believing in unwanted physical reactions or symptoms, you will get those. *Truth does NOT fail, EVER!* It goes both ways.

Student: *So, how can we then free ourselves completely from this level? It seems a little “heavier” than the previous ones.*

RJW: The first thing you must do is to realize that your body is listening to YOU all the time. It will listen to your own directions, based on your beliefs. Now, if your beliefs create expectations based on what the *crooked* scientific community imposes, you’re *screwed*.

What if you KNEW, without a shadow of a doubt, that your body LISTEN TO YOU? All the way down to your DNA. Therefore, *even beliefs or constructs about genetically inherited characteristics are illusory*.

There’s a relatively new branch of science called *Epigenetics*, which proposes that your state of Consciousness is what directs your genes, rather than pre-programmed tendencies. You can literally re-write your genetic codes! But to do that you MUST be *de-programmed* from the current medical/scientific prison.

In reality, there's a "cure" for EVERY single disease or pathology you can imagine. And these "cures" are made possible through working with *energy, frequencies and vibrations*. These "cures" have been heavily suppressed by the "*merchants of suffering*".

But again, those inured by The Matrix can't even conceive of a reality in which they can be freed from a so-called chronic or terminal diseases. They cannot dare to question the "gods" of science and medicine. So, they'd rather live with a chronic disease or die than commit the "sacrilege" of thinking "*outside of the box*" and looking for alternatives that are not *blessed* by the merchants of death.

There are alternative treatments for every single condition imaginable. Once you have the gut to accept that, and decide to take control of your most precious *resource*, your own body, Infinite Consciousness has an open door to lead you to the right solution for your illusory problem. That's how things are truly supposed to work for someone who is awakened and freed from this third level of The Matrix.

And, of course... your Consciousness IS behind ALL healing. Every method or process in your 3D "reality" is a type of *PLACEBO*. *The Ultimate Healing is the HEALING OF AN ILLUSION*, or realizing the illusion is NOT real, period! Instead of fighting so-called diseases or illnesses, realize: "*There ain't NO spoon*". There's no disease, just programming to keep you in bondage! Then, all you have to change is your own mind.

Student: *Thank you...and that leads us to the fourth level, correct? The level of Physical Laws.*

RJW: Yep! Yet another layer of limitation imposed to us by the "gods of science". All the laws of classical physics, which are crumbling down after the advent of Quantum Physics.

Student: *And how is that level depicted in The Matrix?*

RJW: When Neo and Morpheus are in the "fighting simulation", Morpheus says:

"This is a sparring program, similar to the programmed reality of the Matrix. It has the same basic rules. Rules like gravity. What you must learn is that these rules are no different than the rules of a computer system. Some of them can be bent. Others can be broken. Understand?"

Student: *Sure! This scene made me think a lot! But, how can these rules be broken? And what are the implications of it? Can it be really done in a 3D reality where we ARE under some so-called immutable laws?*

RJW: What do YOU think?

Student: *Deep inside myself I believe it is possible, but everyday reality is “so real”. I think I could only have these spiritual powers by ascending into another dimension where these rules are not as “sticky” as they are “here”.*

RJW: Well, Einstein said something like: “Reality is merely an illusion, albeit a very persistent one”, correct?

Student: *Yeah, I remember reading that one.*

RJW: And, have you realized WHY this ILLUSION is so “persistent”?

Student: *That’s what I am trying to figure out right now...WHY is it so persistent?*

RJW: Because *YOU make it so!* YOU MAKE IT REAL! Because you have been indoctrinated or programmed to believe that only “special people” or “highly advanced masters” can break through this level. Therefore, you set a LOWER STANDARD for yourself, in the belief that you’re NOT “good enough” to partake of this level of SUPER-HUMAN capacities.

Again, that is the result of programming and indoctrination in The Matrix. All directed at keeping you down, not knowing who you truly are. Then, *the masters of deception* create “pie in the sky” spirituality, new age and religious rules to make it appear that AWAKWENING and ASCENSION are difficult or reserved just for some “special devotees” or “disciples” who abnegate their lives, who let go of all excitement and “pleasures of the flesh”, who reject prosperity, sexual pleasure and fun, to dedicate their *boring lives* meditating for 20 years under a tree or chanting a “mantra” for 5 years.

Be honest, please! Is that the so-called “*spiritual life*” you desire to live? Which means, leaving a prison to fall into another prison? Is that, in YOUR definition, being truly free?

Student: *Gosh! Now you have really stroked a chord on me! I believe that is my biggest dilemma. I want to wake up, I want to be a master of my reality, I want to ascend, for sure. But I also wish to experience the so-called “pleasures” of life, such as having perfect health, eating what I truly like, making lots of money, traveling the world, enjoying sex, etc.*

RJW: AND, *what is wrong with those desires*, but YOUR definition that they are NOT “spiritual”? Where those definitions come from? Do they come from YOUR own Infinite Consciousness, or from programming and indoctrination? WHO OR WHAT ARE YOU GIVING YOUR POWER TO?

Student: *Well, what you say goes against most, if not all, religious and spiritual philosophies.*

RJW: Nope. It goes against the *synthetic construct* of manipulation and human slavery put in place by *human zombies* operating from fear and the need to control you.

The Christ, for example, never judged anyone. Instead, he said: “*Those who believe in me will do the things that I do, and even greater things*”. Your Christian Bible gives you the Secret to Self Realization and Mastery. It says: “*Seek ye first the Kingdom of God, and ALL things will be added unto you!*” It doesn’t say “*only what you have meditated for decades to accomplish*”, or “*only what your karmic contract allows for*”, or “*only what you deserve*”. It says: “*ALL THINGS!*” Am I being clear enough?

Can you conceive the possibility that RIGHT NOW, in this planet, there are people who can levitate, walk through walls, teleport, or live for hundreds, or thousands of years keeping an youthful appearance?

Student: *I would like to believe it is possible.*

RJW: At some level, it goes beyond belief. It has to be a *KNOWINGNESS*. It is NOT a matter of believing that you must reach certain level of “*spiritual growth*”. It is a matter of *KNOWING* that you, YES! YOU! Have this potential right NOW. Not in the future, because time is an illusion. Not because you follow certain “guru’s” rules.

Student: *So, what is the rule of a “guru”?*

RJW: Well, I suggest that a TRUE Master is NOT after gathering followers - A TRUE master’s aim is to turn others into Masters! That’s it.

So, as long as you think it is hard, or even humanly impossible for you to break through this fourth level of The Matrix, that’s what you will see reflected in your dream “reality”. You will not even be able to see someone levitating or walking through walls, you will never meet someone who has lived for thousands of years. Why? Because your limited, programmed lower mind has heard from the “gods of science” that these things are *impossible*. Therefore, they are *impossible in YOUR parallel reality...* It doesn’t mean however, that they are impossible for those who *KNOW* it to be true.

Enlightenment and awakening is, literally speaking, *EXPANDING YOUR CONSCIOUSNESS AND BELIEFS ABOUT WHAT IS POSSIBLE FOR YOU!* Don’t worry about anybody else. Just focus on what you, at first, feel resonating with you, YOUR will, *which is the will of God in you*, begging to be manifested.

The *ONLY* way for you to *TRANSCEND* The Matrix, and pay attention to this... is to *TRUST YOUR OWN FEELINGS*. It is to “*follow the white rabbit*” into limitlessness. It is to *CHALLENGE* the “*mainstream bullshit*”, be it religious, political or scientific hallucinations. *THEY ARE ALL LYING TO YOU!*

By breaking through the four levels of The Matrix, you go higher and higher into living and operating from your Higher Mind, instead of living by what the “system” tells you.

And what does the “system” tells you? “*You're not good enough, you need us, you're a sinner - live in fear, guilty and shame.*”

The only “power” The Matrix has over you, is the power YOU give to it! All those who have healed from a so-called terminal disease, all those who have transformed their entire lives, all those who have acquired true abundance, happiness and joy, all those who can levitate and walk through walls, for that matter, have one common characteristic; THEY THINK FOR THEMSELVES AND DECIDE WHAT IS TRUE FOR THEM! Got It?

If you want to truly experience Bliss, Ascension, and even *Super Natural Powers*, UNPLUG! Say FUCK YOU to the “system”, and decide on YOUR OWN rules. Got it?

Student: *YES! Thank You!*

RJW: You're welcome... now... WAKE THE FUCKING UP! (*with all “respect”*)

WAKE UP!

V

Dialogue Five - The “spiritual imprinting”

“Throughout our common HISTORY, the belief that there is only one way to Heaven has only led us to division, war and MISERY.” - Mouloud Benzadi

Student: *One of my biggest struggles in life has been to reconcile a material life with the spiritual path. How can I move beyond that dilemma?*

RJW: There is no “*dilemma*” in the universe, only in your lower mind.

Student: *What do you mean?*

RJW: Once you realize that a “*material life*” and a so-called “*spiritual life*” ARE parts of the SAME life continuum, you no longer have a “*dilemma*” to deal with. Simple, right?

Student: *But, I mean, there are things that I enjoy that are not considered spiritual, such as having a drink with friends, eating meat, enjoying casual sex without attachments sometimes, gambling when I go to Atlantic City, etc.*

RJW: Do those things make you happy?

Student: *YES!*

RJW: Do you hurt or violate anyone’s free-will when doing those things?

Student: *I don’t think so.*

RJW: So what makes you think that you are doing something wrong? What makes these things “*non-spiritual*”? Is it what some so-called spiritual or religious leader has labeled as right or wrong? If you look from that perspective, almost anything can be considered wrong according to some “*guru*”, correct?

For some people, showing a part of their bodies, even their arms or hair, god forbid showing their legs, is seen as a *terrible sin*. For some, eating pork, or any type of meat whatsoever, is considered “*unholy*”. Still for some, having material possessions or enjoying sex goes against spirituality. So, your “*dilemma*” is pretty much based on what you wish to buy as *your version of right and wrong*.

If you don't think for yourself, if you don't live by your own codes, someone else will be glad to do the thinking for you, and, what's worst, they will demand you to follow certain man-made rules while believing that they are "god-made".

You can only be manipulated when you don't think for yourself - when you don't have the courage to challenge all man-made rules, doctrines and so-called "laws", period.

Student: *How can we fall for that trap?*

RJW: There's a construct I call the "*original imprinting*". It is like a code programmed into people's mind, like a VIRUS, if you will, so subtle, so masterfully ingrained, that we don't even notice it. We buy it as "truth" through indoctrination and propaganda.

Student: *Is it the same as a trauma?*

RJW: No. A trauma is very blatant. Someone, as for example, who was ferociously attacked by a dog when she was 6 or 7 years old, will spend the rest of her life afraid of dogs, if there's no intervention to break that pattern. She will know it as an aberration, as something out of normal, and will hopefully look for a way to heal or overcome it.

An original "*spiritual*" or "*religious*" imprint, on the other hand, is so subtle that the person lives all his life thinking that it is part of "reality", part of life, part of what he is. He will think he is right, that there's nothing wrong with him. And, he will actually see others who don't have that same imprinting as abnormal, sinners, impure, and even enemies. That will justify discrimination, hatred, abuse, and even murder, as we have seen throughout our history.

I can promise you, from personal experience. Not because a priest, a rabbi, an Iman, a Yogi or a guru has said it, but from my personal experience - You will achieve an amazing degree of awakening and freedom when you let go of one of the most powerful mind viruses in this "reality" - the "*religious*" or "*spiritual*" imprinting.

Student: *Wow! I never saw it from that angle.*

RJW: Exactly, because you are taught, from a very early age, to *follow and obey*. You are taught not to see anything from an angle "they" don't want you to see, an angle that would cause you to awaken from the dream, to exit their control.

You are programmed to obey authorities, not to question so-called spiritual and religious leaders. You are told, usually, that you will be punished. And you will certainly be ostracized by your "tribe", being ashamed, being made full of illusory guilty. And worst, you will be rejected, punished, and damned by a "god". Even worst than that, at an extremely insane level; your tribe may *stone you to death* (symbolically or literally) if you dare challenging their imprinting.

I can tell you, in no uncertain terms, that this “spiritual” imprinting is the major cause of people’s limitations, psychosis, suppressed feelings and desires, fears, and, therefore, *misery*. Mental health care professionals would loose probably 99% of their clientele if this imprinting, which creates the dilemmas you spoke about, didn’t exist. *Fear, guilt and shame are the trinity of suffering*. That’s why the vast majority of man-made “religions” and “spiritual” paths use it to keep their grip on the human lower mind.

Student: *But how cannot people see that? Why do they fall for this trap?*

RJW: The engineers of the collective hallucination, the dream, or The Matrix, if you will, are “*Machiavellian smart*”. So, to trap you, they indoctrinate you, from birth, in the idea that if you live a life of suffering, suppression, obedience, misery and self-denial, you will be “*rewarded*” after death by having a place in an illusory “*heaven*”. Does that sound familiar to you? Other “*spiritual paths*” may tell you that working out your Karma through suffering and renunciation is the mandate to find a “*pie in the sky enlightenment*”.

Student: *Oh yeah! I grew up learning about it in Sunday School. “The meek shall inherit the earth”, “The last shall be the first”, etc.*

RJW: People regurgitate “holy” texts’ phrases without even knowing their true meaning, and they bend or distort it to fulfill their agenda of control. Some religious or spiritual leaders preach humbleness and the futility of pursuing material possessions, while at the same time they accumulate fortunes, some even having private jets, or an “Ashram” in a huge property that they own through a so-called “non-profit” organization. Am I the only one who sees the “*naked emperor*” here?

They created a “*pie in the sky*” goal, a goal that would be impossible for any sane person to believe they can realize. Then they use guilt, shame and fear to make people think they are not worthy because they can’t really fulfill that goal. They invent a “*god*” who sounds more like a tyrant dictator than a Loving Father, a god created in the image of the lower mind.

Student: *So, what happens to someone who is able to break through the “spiritual imprinting”?*

RJW: They become free of one of the biggest illusory “*weights*” they have carried over their shoulders most of their lives.

Student: *Which means...they become non-spiritual?*

RJW: Nope. It means they become liberated from the illusory constructs that are keeping them from being truly, naturally spiritual.

Student: *But there must be an “inner thermometer” or a code of ethics so this individual don’t become a full blown materialist, right?*

RJW: Usually a person in this level has to monitor only herself in relation to her Self, not in relation to others or society. Why? She will be aware of the Golden Rule and will be a respecter of other people’s free will. She will not have the need to act from fear any longer, therefore she will not have the need to manipulate, hurt or harm anyone.

Someone who is free from the “spiritual imprinting” lives in freedom from the fear of a “ghost-god” who judges and punishes, and realizes what the Love of God truly is.

Student: *And, what is the Love of God truly about?*

RJW: Beingness, life, expansion. It is the gift of FREE-WILL. It is the invisible Force that keeps all your molecules together and your body expressing the miracle of life. God’s Love is not something to be earned by this or that type of behavior or worship. It does not choose someone based on their “religion”, “bloodline” or “spiritual path”. It just IS, it is a given to ALL realities in this and other Universes.

So, a clue that you are not in a so-called “spiritual path” is being the opposite of the Love of God.

Student: *And what is that?*

RJW: As an Unity of Consciousness emanating from The Source, to be fully re-integrated, you must BE as Source, be like “your Father”, if you will. Which means; seeing and feeling The Source in EVERYTHING and EVERYONE, not only in a “temple”, not only in the people who agree with your religious hallucination and imprinting.

The Love of God means respecting other’s free-will, treating them as you would like to be treated. It means loving ALL of creation as The Source does. Remembering that Love is a frequency, not an emotional feeling.

It means being grateful for ALL creation, and being grateful because, as an Unity connected to Source, YOU are the Creator of your own adventure, not a dictator religious or spiritual doctrine. *The opposite of the Love of God is going against these simple principles.*

If mankind were de-hypnotized and lived by these principles, there would be no disrespect towards life, there would be no fear, no aggression, no war, no neurotic need to accumulate or being better than anyone. No insane competition for who is right or wrong.

Aren’t these principles easier to live by than being in fear and going through X number of ritualistic practices to “please” an imaginary god and his “messengers of doom and gloom”?

Student: *Yes! Certainly. So, your point is that religious and spiritual fanaticism is a form of neurosis?*

RJW: The name we give to this condition, the original imprinting, doesn't matter. Neurosis, psychosis, which is a loss of touch with reality, or madness. It is just NOT normal. And by saying that, I am not inferring that all religious or spiritual people go to the extreme of this condition. Some just live a passive life suppressing their frustrations, some just live in fear of an imaginary "god".

But, rationalize with me; Is allowing your child to die because your imprinting says that she cannot receive a blood transfusion normal? Or does it sound more like insanity?

Does killing your daughter because she is having a relationship with someone out of your sect sound normal or more like insanity?

Does stoning a woman to death because she committed adultery sound normal or more like insanity?

Does living your family to follow a so-called "guru" and never wanting to re-establish that relationship again sound normal or more like insanity?

Does torturing your body in penitence sounds more like normal or insanity?

What about not being allowed to touch money, not even press an elevator button or checking your cell-phone on a specific day of the week? Does that sound normal or more like insanity?

What about thinking that everyone who is not a member of your race, cult or tradition is inferior and therefore can be treated as "cattle", abused, raped and killed? Does it sound normal or insane to you?

Student: *Wow... each of these examples sound like insanity for sure. It is amazing how people reach these extremes.*

RJW: It is amazingly bizarre! Not too long ago, for example, there was a debate at my work place. I just observed it, without saying anything. In this case, a co-worker asked another, who is part of a religion that forbids eating pork, the following:

"What if you were in a desert island, starving to death, and the only option for you would be to eat pork meat to save your life - would you do it?"

And, believe or not, the person being questioned said: *NO! I'd rather die than eat pork!*

Now. I don't know what it sounds like to you. But to me the only known term to define this type of thinking is INSANITY, period!

Do you really think the Universal Consciousness, All That Is, or the REAL God would sentence you to *eternal damnation* in a burning fire because you ate something, or because you had sex with someone, or because you touched money on a specific day of the week? Do you really?

Student: *Absolutely NOT!*

RJW: Therefore, the only conclusion we can reach is that the “spiritual imprinting” and manipulation of people’s beliefs through FEAR, guilt and shame is what makes people act like insane *brainwashed zombies*.

The human being was born to be FREE, to be happy, to flow with life. It wasn’t born to be in mental and emotional bondage. It wasn’t born to hate, fear and do harm to anything whatsoever. Put a bunch of little children, of different colors, races, and social backgrounds, together, and you will see that they interact in harmony. They are pure, they don’t discriminate, they don’t fear nor hate each other. This is before they are made insane by the “system” of control. Nobody is born “evil” or “bad” by nature. An insane society creates insane grown ups.

The psychotic programming created by insane people, who were made insane by their ancestors tribal beliefs, is what creates the “*divide and conquer*” insanity. It is what creates the “I am holier than thou, I am chosen” madness. It is the plague of this simulation. It is The Matrix! FREE YOURSELF, WAKE UP!

Mankind will only evolve as a whole when they practice the simple philosophy called the Golden Rule - which says: Treat others as YOU would like to be treated.

Student: *Thank you!*

WAKE UP!

VI

Dialogue Six - The origin of all your problems

“The age of your problem has nothing to do with the question. It is only as old as the last thought you have about it.” - Walter C. Lanyon

Student: *Hello RJ! Lately I have been making good progress in many aspects of my life. However, my biggest challenge to overcome seems to be the financial. I’ve been working on trying to find the origin of my limitations in this aspect, but I haven’t yet found it.*

RJW: You will NEVER find it!

Student: *What do you mean?*

RJW: Exactly what I have said. You will NEVER find the “*origins of your problems*”, whatever they may be, if you keep on looking for it in the wrong places.

As you desperately “*dig into the past*” trying to find an original experience or “trauma” which caused your issue, be it in your past, your childhood or even so-called “past lives”, what you’re really doing is to reinforce the issue in the NOW, the only time there is.

Leave the useless and time consuming exploration of causes to psychologists, psychiatrists and hypnotists. That’s the way they make their living - and that’s fine, as long as there are people willing to run the “hamster wheel” endlessly, instead of realizing the TRUTH.

Student: *In this case, I have to ask you: What is the truth in this situation?*

RJW: My personal truth, the one that works for me and many of my students, is that your so-called problem or issue is being continuously generated in the NOW, period! YOU are focusing on it right now, as if it is part of *who you are*. Then you “ripple it back” into the past, to justify having the experience of it in the NOW - that is called “*retro-causality*”.

When someone comes to me, for example, and asks: “*where is the origin of this problem, can you help me find it?*” I just say: “*the origin of your problem is in the NOW.*” The past is way much more flexible than you can conceive, and it is as malleable as the future. Some Masters have said very clearly that the ONLY point of Power is the NOW. How hard is it for someone to understand? What part of NOW don’t you understand?

Student: *I think I can understand it from a theoretical point of view.*

RJW: As I have always said: Theories and philosophies don't fill anybody's stomach or wallets. You must realize it in practice, in your daily life, where it truly matters. That's when you experience true results, besides saving lots of money from "therapy" bills.

Looking for an origin for any trouble in the past is counter intuitive. First because the past that you have experienced just exists as a memory in your mind that you keep focusing on. And second because there are many unexplored alternate/parallel pasts in which you never had the issue you're struggling with in the moment.

Some experiments have proven that the brain cannot differentiate from a real and a vividly imagined experience. As, for example, when you think vividly about looking at an apple, the same neurons will fire as when you are actually looking at a "real" physical apple. Following that line of thought, it is possible that when you vividly imagine a different past event, one that has never happened, your brain will treat that as if you were recalling an actual past event. *Therein lies the secret of what I call Retro-programming.*

The bottom line is: You will never transform or "transpose" into another being, free from your "pet issue", by digging into the past to "fix it". You can only do it in the NOW. So, why make things more complicated than they should be?

Even if you spend time "*digging into the past*" for ten years and think you found the "mysterious origin of your issue", you're still doing it in the NOW, and changing it in the NOW! That gives you a clue to a very effective shortcut, right?

Student: *You make it seem so simple...*

RJW: I don't "make" it "seem like" anything, I just ALLOW for simplicity and efficacy to be part of my personal experience. Sometimes I call what I share the "*Effortless Way*". That's why I may not be too popular with psychologists, "spiritual healers", "counselors" and the "New age" folks. Maybe because my point of view will hurt their business of selling complicated solutions to easy-to-fix issues. For them to be "successful", I mean, having a continuous source of income, they must keep their "clients", "followers" or "patients" running the "hamster wheel" endlessly.

But, whether anybody like it or not, and I truly don't care, IT IS SIMPLE. That is; if you shift your consciousness, if you let go of the programming in The Matrix and decide on the RULES that you wish to abide by. It is just a matter of choice, and the quality of your life depends on the quality of your choices.

Student: *And what "rules" do you suggest me to abide by?*

RJW: Regarding this topic of the origins of a problem, I usually tell people: "*the only REAL problem you have is the CONVICTION that you have a problem.*" Therefore you

make a rule, based on other's suggestions, that you do have something to fix somewhere in your timeline.

It gets even worse if your acquired rules say that your problem is very hard to fix or overcome. That leads you in a "journey", a relentless search for a solution. And there are many souls trying to match your needs by offering a neatly packaged "solution" for your illusory problem.

You may waste precious years or decades of your life reading book after book, attending expensive workshops, travelling to remote "holy places", and yet, carry the so-called "problem" with you, covering it up with the "band-aid" of "spirituality" or pseudo-metaphysics. You may end up giving up and believing that this "lifelong problem" is part of the "karma" or "cosmic contract" you are here to understand and learn to live with it. That's why many "spiritual" people dope themselves into believing that suffering, poverty or disease is part of their "growth process". With the "pie in the sky" hope that they will be rewarded in an illusory "heaven", or in a next life.

The "merchants of deception" find a great source of income on the "*spiritually inclined*" people who buy into the Matrix Spirituality game.

Therefore, answering your question, the first RULE you should abide by in this situation is: *"My so-called 'problem' is just as old as my last thought about it. It is not really a problem, but a product of wrong thinking, based on wrong programming - therefore an illusion."*

This way of perceiving whatever you call a problem takes a lot of weight from it, and places the power back in your hands. Then, all you have to do is to work in the NOW, the only place where transformation can take place anyways.

Student: *And how do we do that "work in the NOW"?*

RJW: You can, if you wish, in the NOW, track the belief, or programming code that you have NOW about the issue. Then, you re-write that code in your mind. Infinite Consciousness will take care of everything else. This is the way you're experiencing your "reality" anyways - You "know" something to be "true", and everything can be, for that matter, and you live by those "truths".

Then, once you have created new codes (more resourceful beliefs) you abide by those codes, and Infinite Consciousness reflects back to you the results of the new beliefs. The mechanism is really very simple. I am not really teaching you something new, but how to do what you have always done, with a new focus.

Student: *I get it, so, I believe my difficulty is in tracking my beliefs.*

RJW: It is not difficult at all! You just tracked one, correct? The belief that "*tracking your beliefs is difficult*" is just a belief... do you follow me?

Your beliefs are crystal clear, you speak through them, you think through them. As for example; in the case of your financial difficulties or challenges, I am SURE you have a few limiting beliefs about abundance and your capacity to acquire it. Be very honest, give me just three of them...

Student: (thinks for about 1 minute before answering) *The beliefs I can think of now are: "It is harder for me to become wealthy because I come from a poor upbringing." and "Not having a college degree limits my earning potential." and "I don't have any special talent to share, and no innovative ideas."*

RJW: OK, great! Was it any hard to track these beliefs?

Student: *Not really.*

RJW: Aren't these beliefs so natural to you that you don't even think of them as beliefs, but "the way things are", or the "truth" about your "reality"?

Student: *YES! I get it! They are so ingrained that I take them as facts!*

RJW: BINGO! And they DO become "facts" in your personal life. It couldn't be any other way. Remember that EVERYTHING, nothing excluded, is Consciousness. Your Consciousness reflects your point of focus or your beliefs in the NOW back to you. All this mechanism do is to show you where you are operating through your individual focus of Consciousness. Clear? Is it all coming together?

Student: *It certainly is.*

RJW: Are you completely clear about the freeing concept that your only problem is the belief that you have a problem?

Student: *YES!*

RJW: Are you completely clear about the concept that your so-called "problem" is originating from this NOW moment?

Student: *Yes! Now I am!*

RJW: Are you completely clear about the concept that you can only get rid of your so-called "problem" in this NOW moment?

Student: *Yes! I am!*

RJW: Please understand that it doesn't matter what processes or "placebo" you use, they are effective only as long as they cause you to shift your consciousness NOW. So, one person may need to go through six years of psycho-analysis, hypnosis or meditation to finally realize or believe that they are clear or "healed" thanks to the "long and hard processes" they went through. While someone else may get the same results much faster, if not *instantaneously*, by DROPPING the ideas of difficult problems to solve and jumping into a *parallel reality* in which they never had the problem to begin with.

Whatever way you choose, it IS OK! It is still under your control, based on your choices, still your Consciousness operating in whichever way you think is more appropriate, or possible for you.

Student: *And what makes we choose whatever is the more "appropriate" route?*

RJW: Whatever you choose to believe, whomever you choose to follow as a guide, teacher, guru, counselor or therapist. You can choose to abide by their "placebo" methods, or to define your own way. As you see, I don't necessarily tell you guys what to do. I give you principles and the choice to use these principles to make your "journey" easier, joyful, and more effective, if you wish.

There are infinite possibilities, infinite ways, infinite methods. Why choose a difficult one? Check your beliefs about transformation and "enlightenment" as well. Which *conditions* are you using to limit your instantaneous capacity to jump into a new Being in a new world?

Your Christian Bible says clearly:

"Behold, now is the accepted time; behold, now is the day of salvation." (2 Corinthians 6:2)

This statement was made over two thousand years ago, however it seems that nobody got the true meaning of it. Even self-proclaimed Christians are waiting for a "day of salvation" in the far future, or after they drop their physical body and go to an imaginary "heaven".

Please understand that every moment of time can be the moment of your new birth, or your so-called "salvation". It is as easy as switching your focus of Consciousness. Why? Because Infinite Consciousness already contains it ALL for YOU to choose from - and I mean ALL. All states you can ever experience, past, present and future. So, it is more like "*changing a channel*" on your TV, than try fixing the channel you're watching.

You certainly cannot turn the History Channel into the Sci-fi Channel. They are both there, simultaneously. They are both available at different frequencies. And that metaphor applies to your dream reality. Most people waste a lifetime trying to turn a reality into

another, and that's impossible. That's why they get frustrated and feel as if they are "failing" in their spiritual or metaphysical paths.

Student: *So, you mean that I shouldn't try changing my reality?*

RJW: Yep. Again, that is impossible, and I don't think you will be the first one to violate an Universal Principle. The 'reality' that you are experiencing, whatever that is, is like a bandwidth, or a specific configuration that will always be available to be experienced - IT CAN NEVER, EVER BE CHANGED! Pay attention to this!

So, once you realize that ALL REALITIES are existing simultaneously in the Multi-verse (Infinity), what you do is; instead of trying the impossible task of changing a "reality" into another, *try changing YOURSELF* - Then, and only then, you will experience a new "reality" compatible with your new frequency.

Does it seem easier now to transcend the so-called financial issue that has been challenging you for most of your life?

Student: *Yes, it does. And...what can I expect to happen when I do that internal change? How do I know that I am in the "right track"?*

RJW: We should always be aware that our beliefs, which define our KNOWINGNESS, which define our EXPECTATIONS, align us with a version of "reality" compatible with our core configuration. You KNOW that you are in the "right track" when you start experiencing a shift in your states, in your moods, in your vibration. That comes first. ALL and EVERY shift happens in *Consciousness* before it is reflected in the "mirror" which you call physical experiences.

What YOU experience as an individual IS your TRUE and PERSONAL "reality" out of INFINITE probabilities. That's why we like to call it an illusion or dream. It is not that it doesn't exist - but the realization that EVERYTHING DOES EXIST. What you call "reality" is indeed open ended. At a Higher Level there's no "absolute truth" BUT: EVERYTHING IS CONSCIOUSNESS.

What I am sharing with you now is the quickest, easiest, most effective way to eliminate your so-called "karma", your past programming, and your "traumas". Can you grasp the magnitude of this teaching?

Student: *YES! Sure. Thank you very much!*

RJW: You're very welcomed my dear. Now, go about "dreaming" the "dream" that YOU wish to experience, instead of being told by others what it should be like - remembering that "the others" are just reflecting and confirming your OWN beliefs about your "version of reality".

WAKE UP!

VII

Dialogue Seven - Why “Shit” Happens? (or the “Eden Curse”)

“It's not the shit we face that defines us, it's how we deal with it.” - Ahmed Mostafa

Student: Hey RJ! Thanks for all your sharing. After studying metaphysics and spirituality for many years, I still have this dilemma in my mind - which is: Why do bad things happen to good people? Why even some spiritual people experience negative situations? Bottom line; WHY “shit” happens in a so-called perfect universe? Wouldn't it be easier for everybody to live in an harmonious reality, without pain, suffering, accidents, diseases and death? Why do we have to go through all this?

RJW: That's a great question, specially the part: *“why do we have to go through all this?”*

Keep in mind that I don't claim to have the answer to all things. What I do have is the knowledge, acquired through several sources, including my Higher Mind, that *EVERYTHING IS CONSCIOUSNESS*. That is my theory of everything. And, by the way, that's the core realization of all true Mystics and Beings that have reached Enlightenment - those who have awakened from “the dream”. If you don't realize this Truth, everything else will sound like a great paradox, including the quandary of *“shit happening”*.

Do YOU believe, or can you, at least, entertain the idea that there may be some Beings who are living “ in an harmonious reality, without pain, suffering, accidents, diseases and death?” as you put it? Beings who are living a *“shitless life”*, in your terms?

Student: I DO believe it is possible, that's why I have dedicated years to learn the “secrets” of life.

RJW: And what have you learned so far throughout all these years? Theories, ideas, philosophies, processes, rituals, spells, formulas, affirmations, etc, etc?

Student: Yes, they are all part of it I, guess.

RJW: Sure, they can be, but without realizing the CORE Principle, you are still like a blind man trying to move through a crowded room and bumping into objects everywhere, stepping on some “shit” here and there, hurting yourself.

If you, instead of learning thousands of “formulas”, what I call “placebo pills”, realized the CORE Principle, you'd be able to solve ALL paradoxes yourself, you would be a True Master of your personal “reality”.

Student: *So, you are saying that there are people who are living a reality without pain, suffering, accidents, diseases and death? Right here? In this earth?*

RJW: Have you ever heard about the Ascended Masters, for example?

Student: *Certainly.*

RJW: Do you believe they exist?

Student: *I do.*

RJW: Do you believe they can live a “*shitless life*”?

Student: *I do.*

RJW: And why do you believe it is possible for them?

Student: *Because maybe they have mastered the “secrets of life”?*

RJW: Oh, come on! STOP looking for the “*pies in the sky*”. There are NO secrets to life once you realize the CORE Principle - *EVERYTHING IS CONSCIOUSNESS*. The Universe or Infinite Consciousness, or God, if you wish, is NOT playing a “hide and seek” game with you, it is NOT giving you a ten thousand pieces puzzle to solve. It is NOT “testing” or “punishing” you in any way whatsoever, PERIOD!

Pseudo-gurus, religious “authorities” and “self-proclaimed spiritual teachers” are the ones playing endless games with you. But who are they, really, but the “blind guiding the blind”?

I spell the so-called “*secrets of life*” clearly. The first and foremost is the CORE Principle. Again, without it you don’t go anywhere. Once you realize it, YOU become your own Master, or “guru”.

Student: *I got it, thank you for such a clarification. I just want to ask why did we fall so low in order to have even attracted a “reality” containing these false or misleading teachings to begin with? Is it Karma?*

RJW: Karma is just a construct in The Matrix - It DOES NOT EXIST outside of “the dream”!

Your Judaeo-Christian tradition has a great legend or metaphor that explains the “why” you have “fallen from grace” and are able to experience “shit”. I call it “*the Eden Curse*”. Let’s review it, please. Pay attention to this reading from the Genesis:

“Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. The Lord God made all kinds of trees grow out of the ground—trees that

were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.” (Genesis 2: 8-9).

“The Lord God took the man and put him in the Garden of Eden to work it and take care of it. And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.” (Genesis 2: 15-17)

Do you remember this tale?

Student: *Sure.*

RJW: Do you know the interpretation of it? This core concept is contained in the Hindu and Buddhist Philosophies as well. And in The Tao for that matter.

Student: *Well, I cannot connect it...*

RJW: The KEY PHRASE here is: “*knowledge of good and evil*”. How does that connect with all the spiritual, mystical and metaphysical teachings you have supposedly acquired through the years? What do YOU think? This is another so-called “*secret*” that the Ascended Masters you admire so much KNOW. Any guesses?

Student: *I am trying to figure it out.*

RJW: Well, I will save you many years of “trying to figure it out”.

Isn’t “*knowledge of good and evil*” what the Indian Mystics and Ascended Masters call a DUALITY Consciousness? Isn’t it what is called, in your Christian tradition “*servicing two masters*”?

Your Bible also says:

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.” (Mathew 6:24)

And, to bring the message home, the Bible also says:

“if therefore thine eye be single, thy whole body shall be full of light.” (Mathew 6:22)

It is there! It has always been there, you heard about it in Sunday school. However, you were not given the correct interpretation of it, nor a PRACTICAL way to apply this teaching in your life. What comes closer to a practical application are the teachings of Christian Mystics such as *Walter C. Lanyon, Joel Goldsmith, and Neville Goddard*, to mention a few. In Hinduism what comes closer is the *Advaita Vedanta* Philosophy, practiced in Jnana Yoga.

Student: *OK, I am starting to put it all together. What is the true meaning of “duality” then?*

RJW: Simple. *The belief in TWO powers.* That’s “serving two masters”. That is NOT having the SINGLE EYE.

Many ancient traditions depict the Single Eye, like the eye of Horus, the eye that appears in the forehead of some mystical Beings, and even the Single Eye depicted in your one dollar bill. All those represent, symbolically, a single focus of Consciousness, instead of the belief in two powers.

Student: *Sure, I get it now. It has been there all this time.*

RJW: It has been there forever. But you were never taught about it clearly.

Duality, if you will, is the belief in God AND something else opposing God, which is ultimately impossible. If God, or Infinite Consciousness IS everything, Omnipotent, Omniscient, and Omnipresent, what can be out of it? What can oppose or challenge it? Tell me, please.

Student: *Hum...I don’t think anything can oppose or challenge God. So, back to my main dilemma... WHY SHIT HAPPENS?*

RJW: OK, try rationalizing with me. IF everything IS Consciousness, where does “shit” happens?

Student: *In Consciousness?*

RJW: BINGO! And why is that so? Why do you have the freedom to experience “*shit happening*” in your life and your world? Isn’t it because you are endowed with *FREE-WILL*?

Student: *Yeah! I get that, but, WHY do I use my so-called free-will to experience unwanted things? I’m still not totally clear about that, sorry.*

RJW: Don’t be sorry, be *receptive*. Pay attention to what I’m telling you.

What part of “*you cannot serve TWO masters*” don’t you understand?

What part of “*your eye must be single*” don’t you understand?

What part of “*the knowledge of good and evil being duality*” don’t you understand?

Now, I am sure what you’re really trying to find is a way to make these teachings and metaphors practical in your everyday life, correct?

Student: *YES! I wish to live the REALIZATION of it, not just the philosophical understanding.*

RJW: GREAT! SO let's dive right into it.

DO you believe that there's an Infinite Consciousness in charge of this Universe?

Student: *YES!*

RJW: Do you believe that this Infinite Consciousness is ALL POWERFUL and has NO opposition?

Student: *Sure! Of course.*

RJW: Do you believe that YOU are an extension or manifestation, or individualization of this Infinite Consciousness, as in "*I and my Father are ONE*"?

Student: *Yes, a part of me does.*

RJW: Now, pay attention to this and you will understand duality as applied to everyday life.

I will tell you exactly what differentiates a TRUE Mystic, Master, or Enlightened Being - the One who gets to a point of living a "*shitless life*", from a "*seeker*", the one who is trying to fight and clean up the "*shit*".

Let's work with very simple examples that apply to most people lives, can we?

Student: *Sure! I am all ears...*

RJW: So, let's say you are a "wanna be mystic" or a "seeker". You have read many books, learned from many teachers, meditated for many years. You have practiced many "rituals", affirmations, prayers, etc. You visualize what you think is best for you, etc, etc, *ad nauseum*. Isn't that what the "*experts*" call a "spiritual way of life"?

Student: *Yes... that's what we are told to do.*

RJW: OK, and there's nothing wrong with that, as long as those *placebo rituals* eventually lead you to a state of non-duality, a state of Union with Source as in "*He Who Has Seen Me Has Seen The Father*".

That's the ultimate goal of ALL true spiritual, mystical or metaphysical paths. Simple, right?

Student: *Yes, I guess that's the result I want.*

RJW: Good! Now, you have told me that you believe that Infinite Consciousness IS ALL POWER, haven't you?

Student: *Yes.*

RJW: That belief, and the knowing that YOU are an extension or manifestation, or individualization of this Infinite Consciousness is the state of Union, the state of being ONE with the Infinite. Am I being clear so far?

Student; *Yes, you are.*

RJW: So, now, answer me: Why, if you truly believe or KNOW these truths, you feel scared, or go in the defensive/survival mode when you hear about a new “*pandemic*”, about financial depression, about the so-called “*cabal*”, etc, etc?

Don't you think there's a *CONTRADICTION* there? Don't you think that is the dilemma of the self-proclaimed “*seekers*” and “*spiritual*” folks who are still experiencing “*shit*” in their lives? Don't you think it ALL brings you back to your individual Consciousness “serving two masters”?

If you TRULY believe, which has to become a KNOWINGNESS, that God IS EVERYTHING, how come you still “*shit in your pants*” when you hear about something that could harm you? Do you really think you are being “*spiritual*”? Do you really think you are awakened? Do you really think that you are living as an Ascended Master would live? Tell me.

Student: *Seeing from that angle, I realize that I AM really serving two masters. I get your point.*

RJW: Good! Most people waste their whole lives without getting this point. Instead, they focus so much on clearing the “*shit*”, that they never perceive that the origin of the “*shit*” is a *wrong focus of Consciousness*. It is believing that there's a power opposing God. I call that “*spiritual incongruence*”.

The Universe is NEUTRAL, period! The Universe is not a respecter of people, which means that Infinite Consciousness does not show favoritism or partiality. It doesn't matter how religious, spiritual or “*pure*” some people may think they are. The sun, the rain, the ocean, etc, are equally available to the priest and the murderer, to the nun and the prostitute.

Therefore, Infinity includes both:

“Those who believe in powers higher than I AM will experience all the ‘shit’ they fear, fantasize or dream about.”

AND:

“Those who believe in me will do the works I do, and even greater things they will do.”

The book of Job says:

“For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.” (Job 3:25)

Student: *Yes, I get it now. So, I guess all my dilemma was about believing that I have to overcome some illusory power to grow and Ascend. Please tell me - how can I start applying this truth right now?*

RJW: First *FORGIVE yourself* for being wrongly focused. Be grateful to your past dilemma because it gave you the drive to find the Truth. Your “dilemma” exists in the NOW, and it is only in the NOW that you can choose to drop it. Then all so-called past becomes irrelevant.

Then, live in the REALIZATION that there’s no “GOD and”. There ain’t no God AND disease, there ain’t no God and poverty, there ain’t no God and trials and tribulations. IT is ALL GOD, or Infinite Consciousness mirroring your focus of attention within Infinity. That’s FREE-WILL.

There is NO LACK in GOD or Infinite Consciousness. There's ABUNDANCE of everything you may choose to experience out of your Divinely Gifted FREE-WILL! There's indeed an abundance of “shit”, and there’s indeed an abundance of JOY and Perfection. Which one YOU choose? Remember, you CANNOT serve two Gods. Which really mean: *YOU CANNOT EXPECT GOOD WHEN YOU ARE TRYING TO OVERCOME THE “BAD”*. Why, because by trying to overcome anything, what you’re really doing is confirming it is *real* - you’re giving power to it.

Student: *So, if I stop giving power to anything but Infinite Consciousness, will I cease experiencing negative circumstances?*

RJW: That’s indeed a possibility within Infinite Consciousness. It may not happen tonight, it may not happen in a week, or it could. I don’t set the time frames, YOU DO! But, what I can guarantee you is this:

As you practice the *Presence of God in everything*, yes, including yourself, your life will become easier, lighter, and more joyful. As you realize that YOU, made in the image and likeness of God, is SO Powerful that you can even create the illusion of an opposition to overcome in your dream, you will start awakening from the dream.

Instead of waking up and smelling the “shit”, or waking up and smelling the coffee, WAKE UP for real, and smell GOD IN and AS EVERYTHING! Then, FOCUS your

Consciousness on what YOU WANT - that's having the "single eye" and living above duality.

The tree of "*knowledge of good and evil*" will still be there, but YOU can choose NOT to eat from it. The "shit" will still be there for those who love to swim in it, but it does not have to be part of your personal experience.

And, a last point, for those who are truly working with Metaphysical principles; sometimes you may experience a situation that seems to be "negative" or undesired. If, again, you are walking the path of awakening, the event may be the catalyst for further growth.

Let me explain with an example. I had a student who was somehow unhappy with her job. I then advised her to practice the Principles in that situation. I told her to realize that in Infinite Consciousness the possibility or parallel reality containing a "perfect" job already existed for her to choose from. She then started BEING the Consciousness of having a job she LOVED.

A few days after practicing, she was actually fired from her former company. At first she felt uneasy and worried about the jobless circumstance. She thought she was having the opposite effect of what she wanted. Knowing how people can vacillate in this early stage of awakening, I told her to *keep the frequency* and Trust Infinite Consciousness as the Source of Everything.

A few more days had passed, she sent out a few resumes, and, to make a long story short, in less than one month after losing her previous employment, she was hired at a better position, with a much better salary, in a location much closer to home.

So, keep in mind that, when you work with integrity and congruence, things will happen. We are working with Universal Principles, not with man-made "pies in the sky".

What may happen, as in this student's case, is that some of you may be uncomfortable with the situation you are in. Uncomfortable, yes, but afraid of change, because you are trying to figure out how the change will come about with your limited lower mind.

But the Universe MUST make space for the NEW, if you don't do it yourself. Therefore, an event like a perceived loss, or the end of a cycle, may be the catalyst, or the "*kick in the butt*" that you need to experience the new "dream reality" that you're aiming for.

If you are in the right frequency, ANY event, even if it appears negative at first, will eventually solve into the new reality you want to experience. Trust the Universe and "follow the white rabbits." Clear?

Student: *Thank You Sir. I really got a LOT from this interaction.*

RJW: You've got what you need. Now, USE IT!

WAKE UP!

VIII

Dialogue eight - Following the White Rabbit

“We always know which is the best road to follow, but we follow only the road that we have become accustomed to.” - Paulo Coelho, The Pilgrimage

Student: *Hello RJ! In the last few days I’ve been thinking about the metaphor of “following the white rabbit”. My biggest doubt is: How do I recognize a “white rabbit”?*

RJW: Well, the first thing you must realize is that when you’re in an “*expansion mode*”, focusing on Infinite Consciousness as the Source of your life, and trusting it to transpose you to the most favorable “reality” you can experience, that is when the right “*white rabbits*” will start popping up in your life.

The Universe is a mirror of your consciousness, therefore, you can say that everything that shows up in your reality is a hint for what you can choose to do next. However, if you are operating from the *lower mind*, in a negative frame, enslaved by The Matrix, you may get the “*red rabbits*”, instead of the “*white rabbits*”.

Student: *What do you mean by “red rabbits”?*

RJW: Negative hints.

So, for the purpose of this conversation, let’s say that the “red rabbits” are negative hints and the “white rabbits” are positive hints. They all serve the same purpose; to lead you to your goals.

Student: *But, how can negative hints lead us to our goals?*

RJW: Let us be clear about it. I am not saying that negative hints leads you to your positive goals. They lead you to your *negative goals*. And, most people who are lost in the “dream”, have, unknowingly, in most cases, negative “unconscious” goals. It doesn’t matter how “nice” or “well-intentioned” they seem to be.

Student: *Can you give me an example, please?*

RJW: Sure. Someone who lives in fear of diseases is actually setting the unconscious intention, or goal, of experiencing some bodily dysfunction. Someone who is always worried about his financial future is doing the same thing. As well as someone who worries about not finding the right romantic partner.

You must understand that *fear is as powerful as Love* in terms of what you call “*attracting*” things, people, and circumstances into your experience.

The frequency you generate will define which type of “rabbits” pop up around you.

Following up with the example, a person who identifies in consciousness as having “relationship issues” may be invited to a party, become excited about it, and actually meet someone at that party. She followed the “rabbit” by going to the party instead of staying home. She set the intention of finding a partner, and she did. Later on she finds out that the person she thought was right was not in any way different from past partners who abused and disappointed her. Her *deep beliefs* and *expectations* led her to find her confirmation.

Someone else, who identifies in consciousness as having financial challenges may be invited to participate in a meeting for a network marketing company, for example. He follows the “rabbit” and attends the meeting, signs up for a starter package and set in a journey to build a strong organization and eventually make a living on residual income. Six months later, however, he quits because he couldn’t sell the idea, not even to his mother. His unconscious intention and expectations turned a “white rabbit” into a “red rabbit”.

Do you follow the pattern there?

Student: *I guess I do. I have had some similar experiences.*

RJW: Yes. Remember that everything is a NEUTRAL Prop. But your focus of consciousness can turn it into a white or a red “rabbit”. It can serve you in realizing your goals, or realizing that your problem is really hard or impossible to solve.

If you wish for the positive, but unconsciously expect, through fear, the negative, you turn a “white rabbit” into a “red rabbit”. Which means; the same circumstance that would be favorable to others, may not be for you. Again, based on *YOUR individual frequency*.

So, if you wish to have “white rabbits” popping up in your personal reality, you must, first of all, shift your consciousness focus by practicing and living the Universal Principles I share.

Student: *So, how do I know that I got a “white rabbit”?*

RJW: Again, if you are in the right frequency you will get “white rabbits”, or hints that facilitate you reaching your goals. You don’t have to look for them, you don’t have to chase after them. They will just “pop up” in your dream “reality”.

I have had many examples of this throughout my life. As for example, since I was a teenager, I felt that I was directed to the right teachings, books, videos, etc. If, for

example, I wished to learn more about a specific subject, let's say, rejuvenation methods, I would just set the intention and TRUST The Universe. A few days later, sometimes quicker, I would find myself shopping on *Amazon* for something totally unrelated, such as cat food, and I would get a recommendation for a book I've never heard about, talking about the very subject I was interested in.

Student: *I admire your level of trust. I want to reach that level.*

RJW: You ARE already at that level, you can do the same things and produce the same results. I am not better than anybody.

The issue with most people is *lack of trust in their own selves*, and the need to please others by listening to them and following the crowd. Remember that The Matrix is set to give you the illusion that you're less than you are. And those hypnotized by lower mind conditioning will do everything to keep you at their levels.

Let's say, for example, that you have a physical condition, you ask God for a solution, for a healing. A few days later you are online and you find a video about a natural solution to your issue. What is your first reaction?

Student: *I would investigate it further.*

RJW: Good, that is a valid starting point. But, that may still imply that you don't believe that The Universe is providing you with a straight answer, the "white rabbit" to follow.

If your "investigation" implies getting an opinion from your Doctor, your wife, or aunt Jenny, before you follow that hint, you are giving more power to them than to your own Higher Self. Remember that those inured by The Matrix wish to keep you inside the "*crab bucket*".

Student: *OK, I get it. SO I should just trust and follow the hints I get?*

RJW: Being repetitive on purpose; IF you are in the right frequency by practicing Universal Principles, you don't need anybody's opinion. The Bible says that the "*the wisdom of this world is foolishness in God's sight.*" (1 Corinthians 3:19)

But, you may get the hints, the directions, explicitly, and still not take action and explore it. An old tale, or metaphor explains that point very well. Stories are very powerful, you know?

I will tell you my version of it, as I remember it:

THE SAINTLY DEVOTEE:

Somewhere, sometime, there lived a very “spiritual” man. Many people came to him for advice throughout the years. He did his daily prayers, meditated, abstained from some “mundane” temptations, etc. He was really dedicated to his so-called spiritual path.

At some point, there were predictions about a great storm, like a typhoon, passing through his village. People were warned and told to evacuate as soon as possible. Most did follow the advice and evacuated early.

The “saintly” man, however, relying on his faith, said: *I am going to stay. God will protect and save me from the storm.* And he stayed.

A few minutes before the storm reached the village, a man passed by on a motorcycle, and invited the devotee: *“come on sir, jump on, let’s get out of here.”*

The Highly Spiritual man, however, said: *“Nope, I’m going to stay, God will protect me, oh you of little faith.”*

Then, the rain and wind started, water was raising. This time a couple of people passed by on a boat, and invited the devotee: *“come on sir, jump in, let’s get out of here.”*

The Highly Spiritual man, however, said: *“Nope, I’m going to stay, God will protect me, oh you of little faith.”*

The water continued raising to a point where the saintly man had to climb to the ceiling of his house. Then, this time a rescue helicopter passed by, and the people inside invited the devotee: *“come on sir, jump in, let’s get out of here.”*

The Highly Spiritual man, however, said: *“Nope, I’m going to stay, God will protect me, oh you of little faith.”*

The water raised to the level of covering the guru’s home, he was taken away by the tide and died.

When the spiritual devotee got to “heaven”, he was very pissed of, to say the least. When facing God he said: *“What is going on Father? I spent most of my life in service to you, leading a very saintly life, meditating, praying, chanting affirmations, and guiding others. WHY did you fail me?”*

And God Almighty calmly said:

“My dear son... I have NEVER failed you. I sent you a motorcycle, a boat, and an helicopter. Why did YOU reject my help? YOU failed yourself!”

Do YOU get the point?

Student: *I surely DO!*

RJW: The point is very simple for those who have the “eyes to see”. White rabbits will sometimes come in forms that you wouldn’t expect, not necessarily as you wished for them to be. Infinite Consciousness may not levitate you out of a stormy sea, but it may send a boat to save you.

When you’re facing a physical illness, It may not heal you instantly, but It may direct you to a friend who recommends a certain herbal solution, or an alternative practitioner who will restore your physical balance.

When you’re thinking about improving your financial life and have more freedom, it may not give you the lottery numbers, but it can send you an idea for a home-based business that would accomplish the goal.

It can be simple, and different from the “*amazing miracle*” you expected. But I will give you a hint; when you start trusting and following the hints sent by The Universe, these hints will be more straight forward, they will resemble “miracles” sometimes. If you reject simple hints, however, you won’t move too far. Clear?

Student: *Certainly! SO, the bottom line is: Trust and follow the hints, no matter how simple they seem to be?*

RJW: Yes! You must understand that The Universe uses the way of LESS RESISTANCE. So, while an instantaneous, miraculous healing may not be accepted by your lower mind, using an herbal product or an energy healing device that heals you through a certain amount of time may be more acceptable to YOU at this point.

Winning the lottery may be too much for your lower mind, but receiving a good business idea or opportunity to create future wealth and financial independence may be more acceptable.

These two exemplify the *Principle of less resistance*. The size of your hint depends on the size of your “*vessel*” or capacity to receive.

Student: *I like this explanation. It is pretty much like building your faith up gradually, correct?*

RJW: You can put it like that. But that still may be a little misleading. As an Holographic Projection of The Source, you already have ALL the “faith” or capacity to accept that you will ever need. But your lower mind and the collective or social consciousness may cloud that and create fear, doubts and disbelief.

Don’t put ANY time frame on what you call “*gradually*” because time is an illusion, a *variable that can change according to your state of consciousness*. Some people, who

never, ever, had any Metaphysical teachings were able to experience instant healing or to win the lottery, for example.

Usually the time-frame you impose is based on your own level of expansion. If I ask, for example: Do you think/believe that you can be a millionaire in 10 years? What would your reply be?

Student: *I think that is possible.*

RJW: Now, If I ask: Do you think/believe that you can be a millionaire in 5 years? What would your reply be?

Student: *Yes, I believe that is possible.*

RJW: Great, now, if I ask: Do you think/believe that you can be a millionaire in 2 years? What would your reply be?

Student: *Well, that becomes a little harder to accept.*

RJW: Do you get the point now? What makes becoming a millionaire in 5 or 10 years more realistic than becoming it in 2 years, or 1 year, for that matter? Tell me.

Student: *Well, I guess it is, according to what you have been teaching me, my capacity to accept it.*

RJW: BINGO! It all depends on the CONDITIONS you place on it. What YOU believe to be possible, to be “reasonable”, to be “common sense”. But, if these conditions arise from social consciousness through your lower mind, you’re greatly limiting yourself.

The moment you “surrender”, which truly means: placing ALL your trust in Infinite Consciousness to take you to where YOU want to be, *in the easiest, quickest and more effective way*, you expand your consciousness *beyond the illusion of time*. Then, and only then, you can come up with a business idea, with an invention, a better way of solving a problem, which may attract the attention of investors, for example.

You may bump into a business opportunity that can make your wish come through in a shorter time. You may even win the lottery, *why not?*

Expansion of Consciousness is basically CLEARING conditioned limiting beliefs about how things should be, and KNOWING that Infinite Consciousness has ways that you know not of. It is KNOWING that ALL possibilities and probabilities DO exist and are available to you in the NOW.

Student: *Thanks! This was an enlightening session!*

RJW: You're very welcome. Now, *follow the white rabbit* by practicing what I suggest. Many people ask, beg for the knowledge of truth, and when they get it, they still doubt. They think it's *too good to be true*. Don't be like them.

WAKE UP!

IX

Dialogue nine - Simulacrum

“That's all it is. Information. Even a simulated experience or a dream is simultaneous reality and fantasy. Any way you look at it, all the information that a person accumulates in a lifetime is just a drop in the bucket.” - Mamoru Oshii

Student: *Hi RJ! There has been a lot of talk about the “simulated reality” lately. What is your take on that?*

RJW: Let me start with a question: how would you know that you are living in a simulation, or inside a computer program?

Student: *I guess I wouldn't know.*

RJW: Right, if the simulation is so perfect that it feels as “real” to the senses, you really have no way to know.

Student: *OK, but from your multi-dimensional perspective, what would be your answer?*

RJW: WE ARE existing in a type of simulation. What you call physical “reality” IS a simulation, or a projection from a higher level.

Just think of the experience of a *vivid dream*, for example. A dream that you remember as soon as you supposedly awake into this physical reality. While you are in the dream, everything seems real, you have the same sensory and emotional experiences as you would have in your every day physical life. You may feel cold, heat, pain, you see things, you hear things. You feel fear, anger, happiness, excitement and even sexual arousal.

So, we can call a vivid dream experience a *simulation*, correct? A type of projection from your consciousness.

Student: *Yes.*

RJW: *“As above, so below”*. The so-called “real life” that you are experiencing through your senses right now, when you *believe* you are awake, is a sort of dream or simulation as well. It is all happening inside your consciousness.

Student: *Well, I can agree with that, but why don't we wake up from this “reality” if it is also a “dream”?*

RJW: The truth is: You can NEVER, EVER, step out of the simulation. The Cosmic Simulation, I mean. ANY “reality” you can experience is a type of simulation, whether it is a perfect “reality” or a disastrous “reality”.

The Yogi who can levitate, bi-locate and walk through walls, is still living in a simulation, a higher level of the “*game of life*”, if you will. The Ascended Master who has reached immortality and can materialize anything from the Ether IS also experiencing a simulation. The miserable beggar, the individual dying of a terminal disease, and every human being experiencing whatever “reality” they are experiencing, for that matter, are living inside *the Cosmic Simulation*.

I have said that EVERYTHING is Consciousness. And Infinite Consciousness contains *ALL the simulations YOU can conceive of*. The simulation game of a Powerful Being, or the simulation game of a “poor me” trapped in the lower Matrix. They all, at a higher level, resemble *a dream*.

There are however, two ways of becoming a “lucid dreamer” or waking up from the perceived physical “reality” that you’re experiencing; one is when you find yourself “in between lives”, when you supposedly die, or drop your physical body. Another way is when you consciously reach that state called ASCENSION.

Student: *Could you please elaborate on that?*

RJW: Sure. When you experience the loss of a physical body, your consciousness kind of awakens from the “dream” of physical life. As when you wake up in the morning and realize that all adventures you experienced at night were just a dream.

Some people who have had so-called “*near death experiences*” can attest to that. A part of them becomes totally aware during the time they are clinically dead. They temporarily experience a higher level of consciousness. *Many of them don't even wish to get back to their everyday physical lives*. It is pretty much as when you awaken from a nightmare, you feel a deep relief, and you don't want to go back to that dream. Are you following me so far?

Student: *Yes. I have had those kind of experiences, like, when you're having a terrible dream, like, you're naked in the middle of a crowd, or you have dreamed of losing a loved one, and you awaken and feel such a great relief by knowing it was just a dream, or a nightmare.*

RJW: Right. The same happens when someone “dies” or reach conscious Ascension. And, going deeper, *nobody really dies in Consciousness*. What you call “dying” is another form of Ascension.

According to the Principle of Correspondence, from the Hermetic teachings, again: “*As above so below, as below so above*”, waking up from a series of dreams every morning is like waking up from a long dream that you call “physical life” when you exit your physical body. So, according to this Principle, we can say that you metaphorically “die” every night when you go into sleep, and are metaphorically reborn every morning when you open your eyes. Make sense?

Student: *It does make sense. So, we can also imply that when you are between physical lives you’re really alive, and when we are supposedly alive in this reality we are “dead”?*

RJW: Not really dead, remember, nobody dies. But we are sleeping and dreaming at another level. Death would imply non-existence. *And since you DO exist, you can never not exist.* You can only move into different levels of Consciousness.

Those who are trapped in the Dream Matrix mourn the supposed loss of a loved one. Mainly because they think physical “death” is the end of a life, when it isn’t. It is just a transition, which can be avoided by the way.

So, I hope you can grasp, from this explanation, the metaphorical idea of simulations inside simulations. It all ties to the Hermetic Principle of Correspondence.

Student: *OK, I am starting to grasp it. Now, you are you saying that “physical death” can be avoided? You said the second way is Ascension?*

RJW: YES! And I am being literal on that. Your Bible says: “*The last enemy that will be abolished is death.*” (1 Corinthians 15:26) Now, how many so-called “Christians” truly realize the depth of these teachings? They try to “believe” that Yeshua overcame death and resurrected. But they don’t even dare to think that this is *a possibility for all human units of Consciousness.* And don’t blame that on Yeshua, because He said clearly:

“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.” (John 14:12)

Student: *That’s correct. So, how did Yeshua accomplish that?*

RJW: By reaching *Ascension*, which is the second way of being awake in the simulation. Again, as long as you exist, you will ALWAYS exist in a type of simulation, the Mind of All That Is. And, you can either live in the simulation of an Ascended Master, or the simulation of a “brainwashed and fearful zombie” trapped in the lower Matrix.

I will share with you my way of understanding it. It is not the only way, but it is as valid as any other way, because they all follow an order.

The first step, if you will, is to realize that you are *ALREADY IMMORTAL*. YOU are a holographic projection of Infinite Consciousness, therefore, as Bashar says: “*You are Infinite, Multi-dimensional, and Eternal by nature.*”

The second step, then, is to realize that you ARE living in a very flexible simulation, or dream, and that includes your mental, emotional AND physical bodies.

Therefore, if you realize that and decide to see your experience as a LUCID DREAM, you can start to define HOW you wish your dream to be like.

What choices would you make if you KNEW, without a shadow of doubt, that you could manipulate your dream, as you do in a lucid dream of the night?

Student: *Well, I would only choose the best experiences I could have in this existence.*

RJW: Right! It would be a matter of CHOICE, correct?

Student: *Yes!*

RJW: So, what keeps you from making those choices?

Student: *Based on your teachings, I think it's the influence of The Lower Matrix, or social consciousness.*

RJW: Bingo! And I have to always remind you that those are NOT “my teachings”, they are the teachings of ALL enlightened/Ascended Masters and multi-dimensional beings, who sometimes come from our “future” to remind us of these eternal truths. They are the teachings that are coming to the mainstream through *Quantum Physics*. I don't take any credit for it. I just have my own way of sharing it.

Student: *OK, so far so good. And, is there a “third step”?*

RJW: The “third step” is practicing the first two steps. There's when the processes I share with you comes in. It is living in a Higher state of Consciousness. Aware, Awake. Having conscious control, which basically mean: *thinking and deciding for yourself*. Simple, right?

Student: *You make it simple, and I appreciate that.*

RJW: It's NOT that I make it simple. IT IS SIMPLE, period!

However, and that example may apply to you; even though you have been learning, not only from me, but from many sources, that your Consciousness DOES define your reality, you're still not living this truth to the fullest.

You have been told that everything emanates from your Consciousness, right? But, are you THINKING in the way that a Master would think? Back to your Bible, it says:

“Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God” (Philippians 2: 5-6)

ARE YOU THINKING LIKE A MASTER OF YOUR “REALITY”, OR AS A “SLAVE”?

This is the SIMPLE difference that makes a difference! Try it just for a few days and see how much transformation you can produce. Focus on *what YOU wish to be true* about your personal “reality”. Focus on what you WANT, not what you fear.

Neville Goddard puts it very clearly as well. He asks: *“How would you feel, how would you think, and act if you were the person you wish to be? How would you perceive yourself, and how would others perceive you?”*

That is the SECRET to *mastering the simulation*, which is made of thoughts, feelings and actions. The so-called external “reality” is truly just an ECHO of the quality of your thoughts, feelings and actions. Pretty much like a bio-feedback mechanism showing you where you are in consciousness. Is that clear enough? How clearer can we make it? What part of it is so hard to understand, for God’s sake?

Student: *Well, thanks for the reminder. I think it is not hard to understand, but to have the discipline to practice.*

RJW: I have to disagree with you. You already have ALL the discipline you need to become the Master of your simulation.

From my perspective, what happens is that most people don’t have enough SELF-LOVE, SELF-TRUST, and SELF-CONFIDENCE to do it. They have been trapped in the first level of The Matrix, they have bought the B.S. from social consciousness, including all religious and “spiritual” B.S. they try to force on you to keep you enslaved to their doctrine, sect, or whatever the hell they call it.

As I have told ALL of you; *A TRUE Master is NOT after blind followers to worship him. A TRUE Master is after turning others into Masters.*

And, as I consider myself to be in the category of a TRUE wayshower, I am giving it to you without asking you for any commitment to me. I am giving it to you on a Silver Plate. The two steps I just shared, AND the LIVING IT by thinking, feeling and acting as you would like to BE! There ain’t no easier way. ALL true Metaphysical practices have the goal of taking you to that state of Consciousness. That is TRUE Magic, that is living the Universal Laws, which include the principles of Quantum Physics, such as “The Observer Effect”, and the “Many Worlds Theory”.

According to Quantum Theory, the observer affects the phenomena being observed. But what truly defines how YOU affect it? Can you guess?

Student: *Now I can say that it is my state of Consciousness. Is that correct?*

RJW: Yep! It IS correct. And what defines your state of Consciousness, but your THOUGHTS and FEELINGS, which generate ACTIONS, which generate a response from the simulation.

If you don't Master your thoughts and feelings, don't even try to go any further.

As an example; when I wake up, the first thing I say to myself, as soon as I open my eyes is: *"Today is the BEST day of my life"*.

If I happen to wake up not feeling so well, as for example, after having had some drinks or sleeping just a few hours the previous night, *I just focus on a parallel reality* in which I didn't drink anything, or in which I had enough sleep. Then my body follows and in a few minutes I AM in another section or parallel of the simulation in which I am feeling totally normal, with a clear mind and full of energy. Again, I don't have any special power. I just follow Universal Principles. Back to your Bible, it also says:

"let the weak say, I am strong." (Joel 3:10)

AND:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things." (Philippians 4:8)

I REST MY CASE!

Student: *Thank you RJ! It was an enlightening chat!*

WAKE UP!

X

Dialogue ten - The “others” and consensual reality

“I thought I could change others through effort. Now I know I cannot change another unless I first change myself. To change another within my world I must first change my concept of that other; and to do it best I change my concept of self. For it was the concept I held of self that made me see others as I did.” - Neville Goddard

“Although others have bodies, a life of their own, their reality is rooted in you, ends in you, as yours ends in God.” - Neville Goddard

Student: *Hi RJ! You have spoken about the “consensual reality” and how others reflect OUR beliefs and expectations, as in a mirror. I am trying to apply that concept to my healing practice, and I would like for you to elaborate on that, if you can.*

RJW: Sure! Great question.

Consensual reality, in our terms, or Metaphysically speaking, means several Units of Consciousness in consensus, or agreeing with a “*reality construct*”, whatever it may be.

In the so-called lower Matrix, usually the strongest minds pull “weaker” minds into their own constructs, be them “real” or imaginary. Remembering that even the so-called “real” is still based on illusions and personal or collective agreements within a construct.

And when we say “weaker minds”, we are referring to those units of consciousness who are deciding to experience their realities as victims, instead of participators, who decide to go with the flow of the collective instead of thinking by themselves. Therefore, in Ultimate Reality there’s really no such a thing as a “weaker” Unit of Consciousness. Rather, each Unit is so Powerful that it can even create a construct in which they “play” the victim role, and, “reality”, as the “mirror” can do nothing else but to agree with it. *“Your wish is my command.”*

The bottom line is; everything in the simulation IS “real” and “unreal” at the same time. Everything is “true” and “untrue”, depending on each individual’s configuration and degree of self-imposed entrapment in The Matrix (point of view based on personal programming). Or depending on their level of Consciousness expansion (Ascension).

In reality, not two persons experience the exact same “reality”. EVER. Why? Because each individual Unit of Consciousness is experiencing their “reality” from their own unique perspective. Everyone IS an aspect of Infinite Consciousness experiencing from THEIR center. AM I being clear enough?

Student: *So far yes, I think I can understand that concept.*

RJW: Good, so Infinite means INFINITE, which means an *unlimited number of choices* of experiences available. Like in a buffet menu, where you can choose to eat whatever you want, as well as other people can choose to eat whatever they want.

Infinite Consciousness, or GOD, if you will, is the sum of ALL these experiences, into Infinity, including past, present and future. GOD is dreaming the dream of physical AND multi-dimensional experiences through YOU, and everybody else. That's the purpose of CREATION by the way. And Creation NEVER started, and will NEVER end. Are you still with me?

Student: *I guess I am. So, you mean that GOD decided to experience Itself through ME and everyone else in this Universe?*

RJW: I would say that GOD IS YOU AND EVERYONE ELSE experiencing ALL possibilities and probabilities that will EVER exist. That is Omnipresence (being present EVERYWHERE), YES, including being present in YOU.

The Source IS The Source, there can be nothing outside of it! That is the understanding of the Mystic and The Ascended Individuals. That's what gives US our Power.

Think of the classical example of the Ocean Being GOD, and each drop being an individualization of it. The great Mystic RUMI said:

"You are not a drop in the ocean. You are the entire ocean in a drop."

Or think of the *Holographic model*, where EVERY part contains the WHOLE. Many centuries ago RUMI was giving us a metaphor for the Holographic Concept. Got it?

Student: *Yeah! That is deep!*

RJW: And I can go "deeper" than that. I will ask you a question that will challenge your mind, but, like a Zen Koan, it can take you to another level of Consciousness if you "meditate" on that.

Let's imagine that you and a friend are sitting by the side of a road. And both of you supposedly see a green truck driving by. Now, the question is: are you both seeing the same green truck, or are YOU seeing you and your friend perceiving a green truck? Where is the green truck? Is it there, as a "reality" that both of you perceive? Or, again, are YOU perceiving, or dreaming about you friend perceiving the same as you?

Student: *WOW! That's the most challenging Koan I have ever been exposed to! Do you have the "answer" to that?*

RJW: I have the KNOWINGNESS about that.

Let's regress a little bit, if you will. Imagine that EACH Unit of Consciousness (individual) was given a FULL UNIVERSE to play with. ALL these "universes" are Holographic projections. They contain the same number of people. The SAME INFINITE number of possibilities and probabilities. BUT, in YOUR personal version of it, you just experience what you experience based on your personal *configuration*, or level of *self-entrapment* in the construct.

So, while in your personal Universe you and your friend are seeing a "green truck", your friend may be seeing a "red truck" in HIS Universe, and perceiving YOU as seeing the same, which is as valid an experience as yours. Now, how do we solve this paradox? Any suggestion?

Student: *Well, you're taking me deeper in the "rabbit hole". And honestly, I don't think I can solve this paradox without your help.*

RJW: OK, fair. Let's try solving it together.

Making it as simple as it can be; in YOUR personal reality you are seeing you and your friend observing, or having the sensory experience of a GREEN Truck, but that is just a parallel "reality" in which you are having that experience. *There are infinite versions of YOU and your FRIEND experiencing Infinite versions of that moment of NOW.*

Giving you another example to make it more "digestible" to your mind. Let's say that you have a co-worker that is literally a "pain in your ass". That is what YOU perceive through the expectation of whatever you think that person may be in YOUR reality.

NOW, know that there's a parallel "reality" in which a version of that person is your best friend. There is a "reality" in which you can even have a romantic relationship, for example.

So, we can say that the big "game" we are playing is *the game of CHOICE*. Out of infinite probabilities and possibilities in the Multi-verse, you will perceive a version of someone to *fulfil your beliefs and expectations* of how that person, or those people should be. That's the meaning of all of us being a mirror of each other. EVERYONE is GOD reflecting to you what you BELIEVE and EXPECT in your "personal reality". That's the Magic of a consensual "reality". EVERYONE is in consensus with each other at some level. Clear?

It works based on the Principle some of us call "*harmonic resonance*". Isn't that the TRUE explanation of the so-called "law of attraction"?

If, as another example; a woman believes, due to her programming and living unconsciously, that “all men are dogs”. She will experience the parallel “reality” in which someone who could be an amazing partner will cheat on her. She will *scan The Matrix* in order to find confirmations for her own “distorted” self-imposed belief. Therefore she will encounter with a parallel version of a man who is in resonance with her conviction. That man could be a BLESSING in her life, if she just had a different set of beliefs and expectations. SHE is ultimately and literally choosing the parallel version of that man. Did I make it clearer now?

Student: *Indeed! So, I think I am starting to understanding how it applies to healing others.*

RJW: In reality, Ultimate Reality, I mean, you NEVER really “heal” someone. The version of that person who is sick, and eventually dies from whatever disease, will always exist within infinity. What you really do is to *TRANSPOSE YOURSELF* into a parallel reality in which that person has NEVER acquired whatever disease you are perceiving. Therefore, you are NOT healing anyone, you are ultimately *healing YOURSELF!*

Student: *WOW, WOW, WOW! That’s an amazing realization!*

RJW: Well, that realization takes the “weight off your back”, to say the least. And that explain the so-called “miracles” performed by TRUE Masters, Mystics and Ascended Beings.

We DO understand that we DON’T ever change a “reality”, because ALL “realities” do exist simultaneously. What we really do is to *TRANSPOSE* ourselves into a parallel reality compatible with our new state of Consciousness - and there are UNLIMITED states of Consciousness for us to choose from.

In our classes, I give all of you the example of a radio, right? I say that if you are listening to, let’s say, a Rock’n Roll station, and what you truly wished to listen to was a Classical or Blues music station, you don’t try to “change” the Rock station into a Classic music station. All you have to do is to move the dial to your preferred station.

You can “pray”, “visualize”, or “meditate” until your butts fall off, and you will NEVER, EVER change something into another. Why? *Because it ALL must exist for Infinity to be Infinite - ALL THAT IS.* Both the Rock and the Classical or Blue station will always exist, so you can have the free-will to choose either one. ALL Must exist for GOD to be ALL THAT IS.

So, we can say, from our perspective, that you have been mostly mislead, and you’re trying to accomplish the impossible. We are also trying to say that it is all much easier

than the pseudo-gurus and “spiritual teachers” have been telling you, with all respect. They are also trapped in the “*reality changing*” construct.

Student: *OK! It is a LOT to digest, but somehow it makes more sense to me. It resonates better with what I have been wanting to realize.*

RJW: Universal Truths usually resonate with those who make themselves ready to receive it. And, since I am also a story teller, or a “*Dream Weaver*”, I will share a Parable I read when I was in my early teens. A story that brought this point home very early in my own life. Let’s call it “*The tale of the unhappy daughter in law*”. It goes like this:

In a village somewhere in this world, there was a young woman, recently married, who, due to the circumstances, had to live with her mother in law, to share the same house with her husband and his mother. This young woman lived in a construct which mandated: “*mother in laws are evil, they mind our business, want to control our husbands and tell us, daughters in law what to do. They think they know better*”.

Of course this young lady acquired that set of beliefs from someone else. But those beliefs, as it always happens, reflected in the mirror of her personal “reality”, or her “dream”.

After a few months of being treated as an incompetent wife by the “*old witch*”, as she used to call her in-law, she decided to visit the village Shaman. She was fed up and wished to end her misery. She asked the Shaman to give her a undetected poison to kill her mother in law.

The wise Shaman then, excused himself, went into another room, and, a few minutes later came back with a small bottle. He handed it to the young woman, and said:

“Here you go, my dear. This is a very powerful, and undetectable poison. You should put three drops of it on your mother in law’s coffee every day, and in about one month she will die, apparently from a heart attack. NOW! And pay attention to this; in order to eliminate any suspicion from your husband, I want you to totally change your attitude towards the ‘Old Witch’. Start treating her nicely, not complaining about her demands, doing whatever she expects you to do, and telling her how much you respect, love and admire her. By doing this, your husband will NEVER suspect that you were poisoning her. Just treat her as if she was the BEST mother in law in this planet. Deal?”

The young wife agreed to follow the Shaman’s advice and went home with a plan. That same day she put three drops of the undetectable poison in her in-law’s coffee. But she also followed the Shaman’s advice and started *pretending* she loved and appreciated the “*old witch*”.

A couple of weeks passed. About half-way towards her mother in law's predicted death. One day the lady stormed in the Shaman's house. She screamed: "*Sir, please give me an antidote for that deadly poison. I can't go on with this plot!*"

And the Wise Shaman calmly asked: "*What happened, my dear? Why did you change your mind?*"

And the would-be murderer said, with tears coming down her face:

"Sir, what happened is that in the last few days my mother in law has transformed so much. It is unbelievable! Now she is treating me as and even calling me her daughter, the daughter she always wanted to have! She is helpful, gives me good advice and support, like a mother would do. She helps with the cleaning, cooking, and always tells her son that he is very blessed to have me as a wife! Therefore, I DON'T WANT for her to die anymore! Please give me the antidote ASAP!"

The AWAKE and Enlightened Shaman then said: "*My dear one, I never gave you any poison. That bottle contained only WATER. What I truly gave you was a better solution to your dilemma. Your change of attitude, even if faked, at the beginning, was what created the 'miracle' of your in-law transformation - you saw a side of her that you never accepted to see before, out of past beliefs. The problem was NOT in her, but in YOU!*"

RJW: This is a nice story, right?

Student: *Well, I have tears coming down my face right now. Thank You! Thank You!*

RJW: So, I believe now you have a deeper understanding of "consensual reality" and "healing others", correct?

Student: *I definitely do!*

RJW: So, do yourself a favor. If you want to experience a "reality" of "miracles"; APPLY this Principle of *Harmonic Resonance*. Realize that EVERYONE you know or bump into, is just a version of that Unit of Consciousness. Realize that there are an infinite number of "versions" that YOU can choose to experience. Realize that *YOUR BELIEFS, WHICH FORM EXPECTATIONS*, are what define WHICH version of a specific person you are going to experience.

AGAIN, don't try to "change" anyone "*out there*". Change YOUR perspective and you will jump into a parallel reality in which that person IS reflecting you highest concept of them. Try it and see what happens in a very short time.

This principle can also help you understand why an Ascended Master called Yeshua said:

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...” (Matthew 5:43-44)

Most people don’t understand this suggestion from Yeshua. But now, based on the principle of *consensual reality* and *harmonic resonance*, you should KNOW what it means, right?

Student: *Certainly! If I love and bless my perceived “enemies”, I enter a parallel reality in which they are NOT my enemies anymore, correct?*

RJW: YEP! This is not about being weak or a “doormat” to anyone. It is about being THE MOST POWERFUL PERSON IN YOUR REALITY! Weakness is believing someone can be your enemy, or be a pain in the ass, or cause you any trouble. POWER, TRUE POWER, is to realize that it is YOU who are choosing any version of someone, and that you can change that choice at any time.

Then GO, and HEAL, TRANSFORM, FREE the reflections of yourself. Desire for them whatever good you desire for YOURSELF, and if you dare to do this, you will be the BEST HEALER in your “dream”.

Student: *Thanks A MILLION!*

RJW: You’re welcome A MILLION!

WAKE UP!

XI

Dialogue eleven - The “Free-will” Paradox

“Most people are not really free. They are confined by the niche in the world that they carve out for themselves. They limit themselves to fewer possibilities by the narrowness of their vision.” - V.S. Naipaul

Student: *Hello RJ! During this past week I have been thinking about the lesson you shared with me on the “consensual reality” (author’s note: view previous chapter). You basically said that other people in our reality respond to our expectation of them right?*

RJW: Right.

Student: *So, what came to my mind throughout this past week was the concept of free-will and how it fits in this construct. I kind of understand that there are different, maybe infinite versions of each of us in the Multiverse, but I would like to hear your take on the subject of free-will. Some people say that we don’t have free-will, others say that we do. What is your opinion?*

RJW: OK, whatever I share, is NOT from my personal opinion, but from my personal experiences, both physical and non-physical. Anyone can have an “opinion” about anything, but, if their opinion is not based on knowing how Ultimate Reality works, it may not be accurate.

Now, to answer your question: WE DO have free-will, BUT, as with everything in the level of duality, or the dream, free-will can work for or AGAINST you.

Student: *Now I am kind of confused. I always believed, and remember you saying, that free-will is the greatest gift we received from The Universe. How come can it work “against us”?*

RJW: Please pay attention to what I am saying. I said that in the *level or realm of DUALITY*, free-will can work against you. Pretty much like anything else. Duality means the *BELIEF* in two powers, one that heals, and one that hurts.

Student: *OK, I get it. So, can you give me an example of someone using their free-will against themselves?*

RJW: Sure. One good, although extreme example is the case of self-destruction through an addiction or suicide.

You see, those trapped in The Matrix of Social Consciousness, through the lower mind, may illusorily perceive themselves as “powerless”, due to programming from both science and religion. Sometimes “peer-pressure” leads them into engaging into self-sabotaging behavior which can even lead to physical death.

You can call it an unconscious influence, and it is if the person is not awake. You are either using your free-will *consciously* or *unconsciously*.

Student: *Well, what boggles my mind is WHY do we get into this mess to begin with? Why haven't we been awakened from the beginning, therefore avoiding getting into these messy mental and emotional turmoils?*

RJW: In Advanced Metaphysics we say that “*creation IS finished.*” That whatever had to be “created” in the past, present AND future already exists in the moment of NOW, correct?

Student: *Yeah.*

RJW: So, we HAVE been awakened from the beginning, we are awakened now, and we will be forever awakened. That's who or what we truly are as *extensions of Source*, as Infinite Consciousness. But, in this “reality” construct, we DO have the free will to think, feel and act as if we are NOT awakened.

If we didn't have that option to begin with, then this would not be a free will-zone. Do you agree? Free-will means the ability to experience anything you desire to experience whatsoever, good or bad.

Student: *I sort of agree, but the question is: Why? Why, having free will to choose the best outcomes, the good, some people choose suffering, the bad?*

RJW: Haven't you thought that maybe these people are using their free will to “choose” to be mind-programmed and brainwashed by The Matrix? Can it be that they use their free will to convince themselves that they don't have any free will?

Student: *Well, yes, that makes sense. But in this case I ask myself “how can The Matrix violate people's free will”?*

RJW: In reality, NOTHING, NOBODY, no intelligence or force can violate anybody's free will. BUT, the “powers that be”, knowing Universal Principles, use a very smart strategy, a “*sleight of hand*”, if you will. Like a magician.

They can convince you of something *by making you believe that the decision is coming from your own self*. Some call it the “*problem-reaction-solution*” strategy. Therefore, they can't really violate your free will, but they can fool you into buying their narrative by scaring the shit out of you - and you still have the CHOICE to be scared or not.

They can do that “*magic of perceived manipulation*” by making you believe that you are worthless and must follow “authorities” to be “safe”. They have the free-will to do that, and YOU have the free-will to buy into that game - CONSENSUAL REALITY.

So, think of it as a “*mental game*”, where the “*smartest mind*” can fool the “weak-minded” into believing that it is thinking by itself. In reality, the vast majority of people do NOT think by themselves. They are trapped in the lower-mind/ego “bandwidth”, which operates out of fabricated fear. Therefore it is very easy to manipulate people into making decisions that may not be the best for them, while still believing that it is coming from them. Do you follow me?

Student: *So, OK, back to my deepest inquiry - WHY do we become weak-minded to begin with?*

RJW: I really DON'T CARE about that. What I am here to do, and that sometimes seems like a hard task, is to make YOU realize that THE ONLY POINT OF POWER IS THE NOW! I try to help people realize that there's a “version” of themselves that was NEVER, EVER “weak-minded”. A “version” that IS, RIGHT NOW, living outside of the Matrix dream.

I am not a therapist, nor a psychologist - and I never wished to play that role. I am not playing “Dr. Phil” nor Carl Jung, or whoever you think is an “authority” in human behavior.

I am not here to “analyze” why you have a problem - I am here to tell you that YOU are convincing yourself that you have a problem, and making many “experts” on “solving problems” rich in the process. Being in the “hamster wheel” means living your life as if it is a continuous problem to be solved.

So, in reality, that's why I don't give a damn about “*how it all started*”. It is all conjecture to keep you *distracted* and *confused*. As I always say: *Your perceived problems are starting AT THIS MOMENT*. Knowing this as a fact, all that I care about then is that YOU have the free will to turn it around RIGHT NOW!

Student: *How can we then guide someone into turning things around in the now moment?*

RJW: The best advice I can give you is: DON'T try “guiding” someone else. They are just reflecting a “version” of how you think about them. *Work ONLY on your Consciousness* - that is the ONLY way to see true transformation in the “*world out there*”.

As I have said before, you can't turn a RAP or Rock'n Roll station into a Classical Music station. The *path of less resistance* is to just turn the dial until you position yourself in the station YOU wish to listen to. That's a metaphor for how true transformation works. And it is much simpler than all the “reality creation” and “attraction” games that people play.

Just remember that for the Universe to be Infinite, and for free-will to be a reality, ALL possibilities and probabilities MUST exist. ALL versions of yourself and everyone else you interact with must exist. YOUR Multiverse IS YOURS! *It is YOUR DREAM, how do you want to dream it?*

I know that to some it sounds way too complex, but if you really think about it, it is simple and *the KEY to everything*, I can guarantee you.

Let's say, for example, that someone that you know and care about is going through major troubles. The "version" of that person experiencing the troubles will always exist, and you can't change that by faith or will power. That's what you're experiencing right now. You are NOT experiencing the person, but your "version" of who they are and what they are going through.

BUT, verily, there's another "version" of that person, in another parallel reality, if you will, that does not have those troubles, and that "version" has always existed as well. And I will let you in a little secret from The Masters of Reality - The TRUE HEALER doesn't heal the sick or troubled person, but he/she heals HIS or HER perception, therefore entering the parallel reality in which their "client", patient, or loved one is already transformed. Period! Bottom line, whether you like it or not - *It is ALL happening in your Consciousness!*

So, prayers, visualizations and mantras are just as good as they allow YOU to transpose into a parallel reality in which YOU perceive and experience what you wish for. That is the REAL GAME, if you will. Clear?

Student: *Yes, it is clear to me, although a little scary to realize that ALL depends on my own consciousness.*

RJW: I totally understand your dilemma. In the Gospel of Thomas there is a phrase attributed to Yeshua that says:

"Jesus said, Let him who seeks continue seeking until he finds. When he finds, he will become troubled. When he becomes troubled, he will be astonished, and he will rule over the All."

You are among those few people that kept on "seeking" because you did not conform to the empty philosophies of mainstream religion, manipulative science, new age or pseudo-spirituality.

Now you're, as you stated, in the stage of being "troubled", or a "little scared". That comes hand in hand with being "astonished" about how "reality" really works. Once you go over this phase, you then will "rule over" your personal Multiverse. Why not?

Student: *I get it! Thanks! Now, I guess the question that many people ask themselves is about how good people get involved in tragedies. Why some little, innocent children, for example, are murdered or raped? How does free will reconcile with these everyday tragic world examples?*

RJW: Although these events you mention are really tragic, despicable, from our human, empathic linear perspective, seeing it from a Higher Level of Consciousness, we must comprehend that at some level free will is still involved. Let me explain.

What I will say may not be “politically correct”, but the Truth is the Truth, no matter if you like it or not.

We can call those tragic events “vibrational matches” in consensual reality. And vibrational matches happen both on the positive or the negative aspect - again, in the dream of duality (good x evil).

So, someone who is attacked by a criminal and left to die, for example, somehow FEARED such possibility of it happening in her life. Fear is the “mother” of ALL human troubles, the first “enemy” to be overcome, as I have taught. *Fear is what sucks your power in the dream.*

As an example, I have heard of many “vegans”, vegetarians, and “health conscious” individuals acquiring cancer, diabetes or other diseases. While we also have examples of people who live a supposedly unhealthy lifestyle, eating, drinking and smoking whatever they want, living long, disease free, happy lives.

How do you explain that, “Mr Science expert”?

Student: *Well, we have to go back to Consciousness, correct?*

RJW: BINGO! That’s the ONLY explanation for the “*difference that makes a difference*” for each individual.

If someone who is supposedly “health conscious”, avoiding eating many unhealthy things, living like a freaky germ and bacteria avoider, engage on those actions from a perspective of the FEAR of acquiring an undesirable condition, they are NOT doing their “rituals” from the correct perspective. *They are just trying to avoid what they fear, period.* And by trying to avoid whatever they fear, they are actually giving power to the illusory fear, making it real.

That should explain why bad things happen to “good people”, correct? There’s a saying in your society that goes like: “*hope for the best, but prepare for the worst*”. They call it being “realistic”. But from our perspective, this is living in fear, in powerlessness.

Why would someone “*prepare for the worst*” if they KNEW, truly knew, that nothing bad would happen to them? Tell me - how would your life be if you didn't have to fear anything whatsoever?

Student: *I believe I am getting to that point. I don't fear anything for my own self because I KNOW I am Immortal and Multi-Dimensional, but I still fear seeing someone I love suffering or being a victim of a tragic event.*

RJW: I totally understand, I went through that stage of awakening, and I realized that fearing that something bad could happen to a loved one would transpose me into a parallel reality in which that event could become real. That I would be doing it!

So, you see how important it is to clear your Consciousness from ANY fear? It is not that your fear is affecting anyone's life, but it is placing you in a parallel reality in which a “version” of your loved one has suffered from a tragedy.

That should explain why a parent may experience his child going through a tragedy - the person, in this case, may be afraid of such thing happening, he may be over protective, she may be giving away her power to the Matrix by watching the “news” and being scared of her child becoming a victim.

Student: *YEAH! I do understand that, but what about the child? She didn't choose being a victim to manifest her parents fear, right?*

RJW: Why not? Again, we have to think from a position of multi-dimensionality to understand how the Universe works.

There's a version of that child that was never victimized, living a wonderful life. If the parents didn't have the fear to begin with, they would match that frequency or “version”. But, since the Universe is very fair and respond to our vibration, there must be a version of the victimized child to match the vibration of fearful parents.

AGAIN, think about vibrational match. The Universe is NOT cruel, it is Infinitely LOVING. And that Infinite Love includes ALLOWING for each Individual Unit of Consciousness to experience whatever they wish to experience.

Student: *Good. So, what you suggest as far as using my free-will to the best of my abilities, to experience only good things in my “reality”?*

RJW: Start with the basics. That's the reason I suggest the Meta-Affirmation: “*Every second, in every way, my life is better and better*” (full course on the Meta-Affirmation is available on RJW's website). To me this affirmation resets the Consciousness, giving it the instructions or command for what you really want from now on. Then, be aware of your thinking, start thinking by yourself.

You should also set your intentions out of YOUR free-will, such as: “*today will be the best day of my life*”, or “*all that enters my body turns into health, beauty, happiness and youth.*” These are all things I have taught you in the 21-day Process, correct? (*The 21-day Process is a set of practices taught by RJW for the beginner students to start mastering their personal reality immediately.*)

The bottom-line is: the most important function of free-will is for you to use it wisely in making the choices and having the experiences you want. You have the free-will, RIGHT NOW, to think, feel and act differently. That is the way to change your own frequency, and, therefore, match a dream reality that is compatible with the new frequency.

You have the free-will to decide on how you will react to The Matrix and all of it’s constructs. You will still see The Matrix and it’s illusions going on all around you, but now you will be in the position of an *observer*, pretty much as if you were watching a movie, or having a very lucid dream, in which you know, you are dreaming and therefore can control it.

Student: *I see. By exercising my free-will I am jumping into a so-called parallel reality that already exists, correct?*

RJW: YES! It already exists, you’re not creating nor deleting anything. Do you think you can add anything to Infinite Consciousness? Do you think you can remove anything form Infinite Consciousness?

Student: *No, I don’t think we can.*

RJW: So, for some, that would imply that you don’t have ABSOLUTE free-will, correct?

Student: *I guess so.*

RJW: And why do you think that is so?

Student: *I have no idea.*

RJW: So, I will help you break through this paradox; At an Ultimate Level, you DON’T NEED free-will. Do you know why?

Student: *I am trying to figure it out.*

RJW: Because you ARE already FREE to CHOOSE. You ARE doing this every moment of your existence. Let me explain - If we really live in a Multi-verse with infinite possibilities AND probabilities, *we can never, ever, run out of choices.* SO, from my perspective, free-will is embedded in the power of CHOICE.

There is where True Metaphysics differ from many other philosophical, spiritual, and scientific ideas. I know it's paradoxical, and it is as hard for me to explain from the limitations of human words as it is for you to comprehend.

By now, just practice the processes. And understand that FREE-WILL really means FREE-WILL, whichever way it goes; positive or negative. That brings the POWER back to YOU. That will help you “dream” of another “reality”.

Just by inquiring “*if you have free-will or not*”, you may be DENYING your free-will. Clear?

Why not just state: “*I DO HAVE the FREE-WILL, the Greatest Gift from All That Is, to BE, DO and HAVE, to EXPERIENCE whatever I want to experience in MY DREAM.*” Why NOT?

Student: *I get your point, but some people would think that perspective is kind of selfish.*

RJW: And, as I have said, over and over again; I don't give a damn about what the sleepwalkers think - they DO have the FREE-WILL to think whatever they wish to think, and I respect that! All I can tell you is that it won't be “*selfish*” IF you apply the GOLDEN RULE in your life.

The only way for YOU to break through the “*free-will paradox*” is by having YOUR OWN experiences and developing your own KNOWINGNESS - then, no matter what “*the others*” say, YOU KNOW - and their limited opinion becomes irrelevant.

As I have said before, I am NOT a “*spiritual*” or “*new age*” teacher trying to convince you of anything - I just give you suggestions on how to go about your own journey. Don't trust me - *TRY IT yourself*. And if that doesn't work for you, you have the FREE-WILL to call me an “*insane lunatic*” and try something else. Got it?

Whatever you do, DO NOT worship nor blindly trust anyone. Trust YOURSELF!

Student: *Thank You!*

WAKE UP!

XII

Dialogue Twelve - The “Spiritual” Pie in the Sky Trap

“A path is not something you’re on. A path is what you are.” - Bashar

Student: *Hello RJ! I have noticed that you are very persistent in saying that the current spirituality and new age philosophies are like a “pie in the sky”. Why do you think that’s so?*

RJW: Because the vast majority of them start with a false premise - that you are NOT good enough and have to go through “xyz” to become “*something better*”. They actually do NOT lead you to awakening, but keep you stuck in the Hamster Wheel, always “seeking” for something or trying to accomplish an impossible goal. Why impossible? Because the “goals” they try to sell you into are illusory. They actually prevent you from realizing the simple Truth.

Student: *But, isn’t that the purpose of life? I mean; for us to expand and become better than we are today?*

RJW: Yes and NO.

Let me explain; according to the Mystical tradition and teachings, we ARE perfect, we have always been perfect since the creation of the visible Universe, which is occurring in a timeless dimension. We were NEVER “born in sin”, we were NEVER really “disconnected”, we can NEVER “sin against god”. We were NEVER less than an extension or Unit of Consciousness from All That Is - an Holographic “piece” of It.

As Bashar says: *“You ARE Infinite, multi-dimensional and eternal by nature”*.

That’s it! Nothing to add, nothing to learn, nothing to strive for. Not trying to please an external psychotic “god” invented by psychotic humans.

So, in our terms, TRUE expansion of Consciousness is really clearing the blocks to the realization of Oneness, instead of desperately seeking for a way to go from being “*not good*” to being “*enlightened*”. That endless seeking after an illusion is the “*pie in the sky*” that keep the sleepwalkers stuck.

If you think about expansion as learning something that you don’t know, or becoming something that you are not, you are missing the mark, and that is the only “*sin*”, ignorance. And as The Buddha said: *“It’s reward is suffering”*.

The bottom line is: you ARE already Spiritual, whatever that means to you - and that's the KEY - *Whatever it means TO YOU!* "Trying" to "become spiritual" is as silly as trying to become a human.

Student: *Yeah. I understand. I was raised in the Christian tradition which talks about the "original sin". And how we need some form of "redemption".*

RJW: Even that "original sin" tale is Bullshit. In the original texts, there's no mention of an "original sin", there ain't no mention of any apple.

You have to understand history to grasp the dept of the deception.

Let's say that two thousand years ago there lived a man called Yeshua Ben Joseph. He was, according to Mystical Tradition, an Ascended Master from the future.

He was so controversial that even some among his own people wanted to kill him. That's because He challenged the establishment and spoke about the insanity of the so-called religious traditions of those times.

Now, once he was supposedly murdered by the Roman Empire, which is not true, Yeshua DIDN'T die in the cross, but that is another story. Once he was, let's say, taken "out of the picture", and returned to the Himalayas, some of his followers kept on teaching his message, which was the Mystical Path to Freedom.

Those "followers" or Initiates, spread into Rome. Then, the Roman Empire fiercely persecuted those people. They threw the true followers of Yeshua's message to the lions, they tried to murder every single one of them. Then, a while later, conveniently, they invented the "*Catholic Apostolic Church*". Does that make sense to you?

In reality, the birth of modern "Christianity", which gave origin later on to all evangelic sects, started with the elimination of ALL true followers of Yeshua's teachings. With the suppression of the *Science of the Ancients*.

Back then they saw the message of truth as a threat to the Roman Empire, and also to the Hebrew Empire. But they also saw it as a potential political plot they could take advantage of to manipulate people.

Some people could be manipulated by force, others by political ideologies. But, most would fall for the "religious" and "spiritual" fairy tales. That was the birth of the so-called Christian denominations as we know today, which thrives on the idea that humans are somehow "sinners" or imperfect by nature, and that there's a "punishing", psychopath god, waiting to get them and send them into eternal damnation if they don't follow the rules of the "powers to be".

Other cultures somehow adopted the same strategy - Using fake “religion” and “spirituality” to manipulate the hordes of confused humans. The Ancient Science of Ascension was pretty much adulterated and corrupted by all cultures in this planet in order for some few to acquire control over the *sleeping masses*.

Therefore, most, if not all, of what you were bred to believe as “truth” is BULLSHIT.

It doesn't matter if you are a Christian, a Buddhist, a Muslim, or a Jew. You have been lied to for many centuries. Any “doctrine” that tells you're a sinner or you're imperfect and need “to obey their rules to be saved” are tools of manipulation.

And guess what? Many so-called “new thought” and “new age” teachings follow the same manipulative strategy. Run away from those teachings that say that only they possess the “truth” or are the only way to “salvation”.

Student: *Yeah, I think I have realized it very early in my life when I became disillusioned with what you call the mainstream or traditional mess. I am more interested in awakening than following anything. But, can I do it by myself?*

RJW: Well, once you're on the Path, you are really never “by yourself”. Your greatest ally in this journey is your OWN Higher Self - directly connected to Infinite Consciousness. And that part of you will lead you to whatever you need to proceed in your illusory “journey”, at the right time, always.

You must also understand that there's NOT a single path, because each Individual Unit of Consciousness is UNIQUE. So, there's no problem getting some pearls of wisdom from Mystical Christianity, from Kabbalah, Sufism, from Advaita, from Buddhism, from the teachings of The Great White Brotherhood, from Quantum Physics, or whatever resonates with you.

At some point, and that's a great awakening event, you will realize that they ALL point to the same “Truth” - *YOU are The One*. YOU are connected to Infinite Consciousness, and whatever you can fancy is what the “mirror” of 3D reality will reflect back to you. Be it good, bad or indifferent.

Student: *I know that now. But, why you call it an “illusory journey”?*

RJW: Because even the idea of a “linear journey” IS an illusion. Why? You Never, ever left Infinite Consciousness to begin with. That reminds me of the tale of the guy who journeyed all around the world to find the “blue bird of happiness”, not finding it anywhere, and when he came back home tired of “seeking”, he found out that it has always been nested in his own backyard.

Another example is an old movie called the “*silent flute*”, written by Bruce Lee, starring David Carradine. The main character goes through many challenges in search of the “book of truth”. When he finally finds the book, and opens it, the only thing inside it are mirrors. The purpose of this conclusion was to suggest that an individual can only find TRUE enlightenment from within. And that it has always been there. Do you get it?

Student: *Certainly. Although simple, it is difficult to grasp. I mean, the concept that it is ALL already in us, and we really don't need to follow any “path” laid down by others.*

RJW: It is indeed difficult to grasp because your civilization, if you can call it that, has been indoctrinated for millennia to believe that you somehow need a “salvation board”, and that you're not good enough to do it on your own.

Student: *But you mentioned taking advantage of any teachings that resonate with you. Isn't that using help from somewhere or someone else?*

RJW: Whatever comes to you from resonance was really projected by YOURSELF to help clarify and simplify the Path. Sure, there is information that is supposedly shared by other people, pretty much like what I am sharing with you now. But, since we ARE all ENTANGLED from the beginning, this information is truly coming from your Higher Self through your connection to other Higher Selves. Is that clear enough?

Student: *Yep, and that's a powerful realization.*

RJW: It is, and that's why a True Master doesn't take any credit nor form “organizations” around himself. As I have shared over and over again: The True Master is not in the business of acquiring followers, or “disciples”, but in the “business” of turning other people into Masters. Or, said in a better way: Helping others realize that they have ALWAYS been Masters. Nobody can really “turn you” into anything.

Student: *Thanks! I appreciate that. And that's why I trust what you share. First because it resonates with me at a deeper level of knowing, and second, because you never act as if you're more important or have more power than us, students.*

RJW: Well, you know that a strong part of my sharing is about *removing power* from anything and anybody “out there”, including gurus, the “gods of science”, and even me, who you now consider a “teacher”.

And, before you ask I will answer; Who or what should your focus your power of CHOICE on?

Answer: FIRST and Foremost, you should focus your being on Infinite Consciousness.

Matthew 22:37 says: “*You shall love the LORD your God with all your heart, with all your soul, and with all your mind.*” That is really the FIRST Commandment of an Enlightened or Ascended Being.

Then you should focus your Power on your own Unit of Consciousness.

Proverbs 23:7 says: “*For as a man thinketh in his heart, so is he...*”

Reflect on this: As a person thinks in his/her heart, so he/she is. What is that but creating a COHERENCE between mind and soul? The “two becoming ONE”, or the “RE-LIGARE”, the Latin word that gave origin to the English word religion?

Student: *Oh, and that is what you teach as the “Quadrant of Being”, correct?*

RJW: Yes! The synchronicity between vision (thoughts), feelings, and actions. That is the same as Neville Goddard teaches when he says:

“Define your ideal and concentrate your attention upon your ideal. Assume the feeling of being it, the feeling that would be yours if you already were your ideal. Then live and act upon this conviction.”

That’s the “unadulterated Truth”. There ain’t no “pie in the sky” there. There’s no dependence on external people or circumstances, but just on your focus of attention and feelings - those will define your actions and, therefore, the results reflected in the “mirror” you call 3D “reality”. Can it be any easier? Do you need to complicate it by creating 100-step processes or the illusion that you need to practice “exotic rituals” or meditate for 20 years? WAKE UP!

Student: *OK, so, from this conversation, I guess that you call a “pie in the sky” spirituality is trying to make things harder than they are, correct?*

RJW: It goes beyond making things harder, but in reality, making it impossible for people to awaken completely. Why? Because you can never be fully awakened if you still believe that there’s something missing somewhere. If you believe that there’s some mysterious “secret” you have to discover, to be given on a silver plate by a “guru” or “master” after you go on for many years practicing rituals or worshiping an illusory something, somewhere. Get it?

Student: *I do! Thank you!*

RJW: You’re welcome!

WAKE UP!

XIII

Dialogue Thirteen - The “Original Sin” and “Karma” Constructs

“Man's self-destructiveness and failure to attain a telos that cures dissatisfaction suggest a disjunction in his origins to which, theologically, the name "original sin" is applied” - Aidan Nichols

Student: *Hello RJ! You have stated that the concept of “original sin” is B.S. or a construct. Could you please elaborate on that?*

RJW: Sure! What I mean by that is that there’s no “original sin” as promoted by the “*merchants of faith*” in order to keep people in a state of guilty and shame. You know, religions and some so-called spiritual paths thrive on that erroneous and manipulative concept. That is; the idea that you are imperfect and need to abide by some human-made rules and rituals to reach an illusory “*redemption*”.

If there’s anything that resembles an “original sin”, that would be *the belief in duality - the idea that you are somehow separated from your Source*. That is what the religions and philosophies of The Matrix have indoctrinated you to believe. And, of course, they try “selling you” a “ticket” to return to a place you’ve never left to begin with.

Remember the legend of the Eden. There was the “Tree of life”, and the “Tree of knowledge of good and evil” (duality). If we symbolically ate from the first, we would have life eternal, but if we ate from the the second, we would die.

The symbolical “death” mentioned in this legend does not necessarily mean a physical death, but the fall into ignorance of our true potential, which would eventually lead us into dying physically, over and over, until we decided to go back to savoring from the Tree of Life, which is the *realization of Oneness*.

Back to the point. If there’s such thing as a “sin”, it is the belief in separation from Source, or Infinite Consciousness. And, therefore, the belief that there are two powers in the Universe. That is the TRUE origin of ALL human dramas and troubles - DUALITY. And that is what we have to correct in order to truly transform our “reality”. Are you following me so far?

Student: *Yes, I am. So, in other words, are you saying that our only mistake, or “sin” is the belief in separation?*

RJW: Exactly! You got it! And I will give you the quick and failure-proof formula to becoming awakened, enlightened, Ascended, or a Master of your “dream reality”... want to hear it?

Student: *Sure!*

RJW: Every True Master, every Enlightened or Ascended Individual Unit of Consciousness share a KNOWING... what is this knowing? The deep realization that they are NOT, have never been, separated from their Source, or God. Aligned with the KNOWING that there are NOT two powers.

The illusion of “separation” is being played out and broadcast right now, in the Eternal Now, by those who wish to control you and profit from your being lost in the illusion. So again, I never worry or try to figure out why and how it started. Following the advice of True Masters, I live in the NOW, and I know that this NOW is my only point of power, from which “yesterday” and “tomorrow” is being chosen.

That is also in your Bible:

“Behold, now is the accepted time! Behold, now is the day of salvation” (2 Corinthians 6:2)

Therefore, the Realization of Oneness NOW will “*clean your slate*” of all so-called past mistakes, sins, karma, etc. There’s no need for anything else. All rituals, processes and “techniques” are good as long as they help you realize the Truth right now.

Student: *Yes, I get it. But you seem to contradict yourself when you say that there are not two powers, but at the same time you say that there are “forces” manipulating us into ignorance.*

RJW: I agree that it seems contradictory, or paradoxical. And to break through that paradox, you must realize that there’s Power and there are “forces”. The Infinite Power of Consciousness, or All That Is, allows for any and every construct, including duality, to exist to fulfill a need or a desire. These lower “forces”, which you may call “evil” are still subjected to All That Is, and also possess the free-will to do whatever they please to those who are a vibrational match in their consensual reality. As much as YOU possess the free-will to decide that you are not affected nor subjected to them.

Going back to Eden. The “Tree of knowledge of good and evil” is a symbol for a mind that is living in the illusion of two powers. A mind that believes in God, yes, but also believes in sickness, unhappiness, suffering, poverty and death.

That is what is contradictory, correct? I mean, believing that you are a “*child of God*” because you meditate and pray everyday, or because you observe your “holy days”, or

because you eat just lettuce and bean sprouts, while at the same time being afraid of anything having any power to disrupt your balance or destroy you.

When I mention The Matrix manipulation, I am talking about a construct, not Ultimate Reality. I don't mention it to make you afraid of it, or for you to think you have to "battle" against anything. What I intend is for you guys to FREE YOURSELVES from the duality of believing in two powers, for you to REMOVE any power from the construct, and ultimately allowing YOURSELF to become the TRUE POWER in your personal "dream reality".

Do I still seem contradictory to you?

Student: *No, I get it. There's only One Power, and ALL constructs, including negative forces, are allowed to exist within it, correct?*

RJW: Exactly! If that was not so, there would be no free-will.

So, whether you call it "original sin", "fall from grace", or whatever, it was never a type of "punishment" from a god because a man and a woman disobeyed his rule. Talking symbolically, if God didn't want them to eat from a specific "tree", that tree would not even be created to begin with. Do you think God is anything less than Infinitely Wise? Do you think God plays tricks with humans to "test their faith"? If so, you're still entrapped in the religious/spiritual superstitions B.S.

Student: *And what about Karma? Isn't that a form of "punishment"?*

RJW: In the Sanskrit language, the word karma literally means "action". And we know that every action can be a cause, and every cause produce an effect, or reaction. So, we can see karma as the relationship between our internal states and/or physical actions, and the consequences resulting from those actions.

If I, for example, smile to you, you will most probably smile back to me. If I instead smack you in the face, your reaction will be totally different, correct?

So, what karma really is is an *Universal Principle* that can be observed and proved every moment of your lives. If you drink as if there's no tomorrow, the next day you will probably have a major hangover. If you jump in the deep ocean and don't know how to swim, you will most probably drown. If you are loving and kind to someone, you will probably receive kindness back. Action - Reaction. Cause - Effect. It is very simple, why complicate it?

Student: *What about the idea that whatever you did in a so-called past life will define your experiences in this existence?*

RJW: It can be so in a free-will Universe. Specially if an individual insists on sourcing from the so-called “past” to justify or explain his plight in the so-called “present”. Religions, spirituality and new age pseudo-teachings love to profit from this idea. Why? Because by spreading that B.S. about “karma”, sin, and punishment for past actions, they are able to sell you a “solution” or redemption.

This effect of the past affecting our future, however, is still a construct based on the linearity point of view. I have to remind you that ALL lives you have supposedly lived are happening SIMULTANEOUSLY, as well as ALL moments you seem to have lived in this current life, and, going further, ALL moments you can ever experience in the so-called future are happening at the SAME moment.

Therefore, to free yourself from the linearity trap and neutralize ANYTHING that seems to be a “burden” in your life, you must comprehend two core metaphysical principles:

- *Everything is happening in the moment of NOW.*

And

- *The NOW is your only point of Power.*

Knowing these principles, Yeshua had the authority to say:

“Take heart, my son; your sins are forgiven.” (Matthew 9:2)

He didn’t say “*your sins WILL BE forgiven*”, nor placed ANY conditions on that forgiveness.

He also advised: *“Neither do I condemn thee: go, and sin no more”* (John 8:11)

The actual advice can be interpreted as: *“go and stop doing the things you’ve been doing before, in order to be transformed.”*

And, even at the cross, he told one of the criminals hanging besides him:

“Verily I say unto thee, To day shalt thou be with me in paradise.” (Luke 23:43)

What are these but examples to the fact that any “sin”, “karma” or “wrongdoing” whatsoever can be corrected *instantaneously*, from the moment of NOW? It is unconditional, it is atemporal.

The shift of consciousness in the NOW transforms everything and washes past “mistakes”. Once you clear the cause, the effect has to be cleared.

Student: *That’s a liberating concept.*

RJW: It's not only a "concept", but an Universal Principle or Law. And the "merchants of faith" don't want their flocks to know that, otherwise their *business* is over.

You DON'T need anyone or anything to save, redeem or liberate you. It is all at your mind and heart's reach once you understand how the Universe works. The only decision you have to make, truly, is to *FORGIVE YOUR OWN SELF*, and KNOW that one minute ago, one week ago, or many "lifetimes" ago DON'T have to hold any power over you today, unless you choose to be entrapped by that linear construct.

Once you live in the Fourth Density or Dimension State of Consciousness, you are a MASTER OF TIME, therefore, a Master over your destiny. You become the "driver of your own bus", if you know what I mean.

The Universe is Infinitely Forgiving. Infinitely Merciful. Therefore, YOU are the only one "punishing" yourself. You are the one choosing a relatively miserable life by choosing to live in *guilty*. You are the one judging and sentencing yourself for past mistakes.

Judge Thomas Troward, a Mystical Christian, said: "*Principle is not bound by Precedent*". Which means the same thing I have been saying so far: The present is NOT bound by the past!

Student: *Thank you for the great explanation.*

WAKE UP!

XIV

Dialogue Fourteen - Mastering the 4th Dimension

“Time, remember, is a side effect. A side effect of your consciousness shifting over and over and over again to different points.” - Bashar

“Space and time are the framework within which the mind is constrained to construct its experience of reality.” - Immanuel Kant

Student: *Hello RJ! I resonate with your explanation on 4th dimensional living. However, I think I am still kind of “stuck” when it comes to the concept of time being an illusion. It seems so real. Our lives orbit around it. We don’t seem to be able to escape the passage and effects of time. What can you share to clarify us?*

RJW: Thanks for the profound question. First of all, we must clarify the concept of time as we know it intellectually. Remembering that “intellectual knowledge” is not necessarily knowledge of a “truth”, but usually the accumulation of theories and ideas based on other people’s opinions and limited observations.

Therefore, what does “time” mean to you, “intellectually” speaking?

Student: *I guess it is a constant in the universe. Not just to me, but to everyone else. The clock is always ticking. Everybody ages. Nobody can deny that. That is one of the few things in this “reality” that we all agree with.*

RJW: Well, the fact that mostly everyone “agrees” with something does not necessarily mean that it is a “constant” in the Universe. At some point in history everybody agreed that the earth was flat and that nothing heavier than air could fly, even your “men of science” swore by that, based on limited observation and intellectual conclusions.

Nowadays we are realizing, or “discovering” that some quantum phenomena are not dependent on time as an essential variable. Apparently time does not influence “reality” at a sub-atomic level. Time, as we know it, is NOT fundamental in the sub-atomic realm.

And, besides, what makes you think that “everyone else” experiences time the same way that you do? Tell me.

Student: *Well, I don’t know how everybody else experiences time, but what I know is that everybody is under it’s “spell”, if you know what I mean.*

RJW: I understand your point. But, from the perspective of our explorations, we must first remember that we live in a CONSENSUAL reality, in which you have no way to

really know if someone is experiencing the same as you because it is “real”, or because YOU perceive them as experiencing it based on YOUR own expectations (the “observer effect”). They may be apparently experiencing *what you expect in YOUR construct*, in your “dream”. How do you know for sure?

Second; we must understand that there are at least three concepts or definitions of “time”, as we know it. They are: *chronological time*, *biological time* and *psychological time*. They are different concepts, but they tie together to form your personal experience of time.

Student: *can you explain the difference?*

RJW: I will try my best...

Chronological time is the only definition all people seem to agree with, according to your conclusion. We all know that one minute is one minute, we are all following a clock and a calendar to organize our lives around tasks that must be completed. It is a very convenient way for us to be organized. That is it.

If, for example, we schedule a lesson or a group meeting, it would be difficult for us to meet at the same moment if I said: “Let’s meet somewhere in the time-space continuum.” So I have to say: “Let’s meet next Monday at 3:30 pm EST.”

But, what is “Monday”, what is “3:30 pm”, and what is “EST” but constructs, or conventions, created by us? Nature does not function based on a clock. Nature functions in CYCLES. So, there’s day and night, then another cycle of day and night. Earth revolves around the sun, the sun is moving within a galaxy. Those are natural cycles for which we found a way to break down into years, months, weeks, days, hours, minutes and seconds. But even at a micro-level, the end of a minute is the beginning of a new cycle we call the next minute. Who says that nature is abiding by a humanly created concept or construct? Do you think trees, animals, and minerals follow any chronological time? No, why? Because they don’t carry watches or clocks around like we do.

That’s all chronological time is - a way of monitoring or counting the repeating cycles invented by us, for our convenience. It is not good nor bad, right nor wrong. It is just a convenience. A way to navigate our reality and make sure you show up for your dentist appointment at the right moment you have scheduled.

Now, the most important thing in all this are the conditions we have been programmed to apply to the repetition of cycles measured by chronological time. Which leads us to *psychological time*.

Albert Einstein said: “*Put your hand on a hot stove for a minute and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute.*”

That is an indication that what we call “time” is a flexible and subjective concept. Einstein also said: “*Time and space are modes by which we think and not conditions in which we live.*”

And, to wrap up this weird idea of time being psychological, there’s another phrase from Einstein that sounds more metaphysical than scientific: “*The only reason for time is so that everything doesn't happen at once.*”

That ties very well with Bashar’s concept that time is a “*side effect*” of our consciousness shifting over and over to different points.

Both presuppositions above, both from Einstein and Bashar, imply the metaphysical concept which says that ALL has been created and exists simultaneously in the Multi-verse. Everything, or all different points, must exist, for our Consciousness to shift from one to the other. Are you still with me?

Student: *YES! And I am loving it... keep on going, please!*

RJW: Good, so, to bring it all together, we are *psychologically* tied to a concept of *linear/chronological* “time”, and we, through limited observation, conclude and believe that this change of cycles have an inevitable effect on our biology - Enters *biological time!*

We can say that the endless “wheel of cycles” is a constant in the Universe, AND in the Multi-verse. Night follows day, the earth revolves around the sun non-stop, for example. BUT, the repetition of cycles being associated with, or responsible for our biology changing, or entropy, *may NOT be a constant*. It may not be an unchangeable *cause-effect* relationship.

And I am pretty sure that the question in your mind now is: “*So, why, oh why, do we experience aging, declining, and eventually physical death with the passage of time?*” Right?

Student: *Absolutely. I believe that this is the question all of mankind has been asking for millennia. I think that, at least unconsciously, we all would like to live longer, much longer, or even become immortals.*

RJW: Exactly! If it was possible for someone to live five or seven hundred earth years keeping the body of a twenty something, everybody would sign up for it, correct? And those who say they wouldn’t are just being hypocritical. Ask any 85 years old individual if they wished to restore into the body of a 25 years old.

And, do you know why humans dream about that possibility becoming true in the future, through science, technology, or spirituality? Because - *THAT'S A POSSIBILITY!* It is built into our DNA.

IF I were to tell you that right now, in this same planet that you're living, there are multi centenarians, people who have been living for centuries in the same physical bodies, and even Immortal Beings, would you believe it?

Student: *Well, based on the metaphysical principles you have shared, I have no reason to doubt it. I just would like to comprehend how that is possible.*

RJW: Well, in reality, no matter what your “academical intellectuals in white lab coats” say, there’s not a conclusive, indisputable, unchallenged explanation for why humans have to age with the perceived “passage of time”. There are theories, yes. But a theory is an “idea” or set of “ideas” that is intended to explain some facts or events. They are NOT necessarily conclusions based on Ultimate Reality. How many theories have been disproved throughout history, even during our lifetimes?

To change into a new paradigm, we MUST think in a different way. We must eventually question and challenge the current beliefs, hypothesis and theories based on a limited sense-based observation and the modeling of other people’s experiences. That is a capacity that the true scientist has. The capacity to challenge outdated paradigms, to think beyond the current acceptable models.

But, in order to experience a new paradigm and have measurable results, regardless of what your scientists say, you must work with a *4th Dimensional Consciousness*. That is the domain of the Mystics and Metaphysicists. That is the domain of those who live outside of the reins of The Matrix.

I will lay out a couple of practices you MUST engage in to master the art of 4th Dimensional living...ready?

Student: *Bring it!*

RJW: Good. First of all, you MUST break the pattern of believing that what you call “time” has any association with aging. I know, I know that you have, throughout your life, seen all those around you aging with the passage of time. However, no matter how large that population is, basically the vast majority of humans living in this planet, at this current age, there are a few who have broken through that spell, who have awakened from that dream. They are called *The Ascended Ones*.

Remember that if only ONE human can accomplish a feat, everyone else has the built-in potential to do it. It really has nothing to do with which so-called spiritual path you follow. Metaphysics is truly an exploration of possibilities, and in what you call “future”,

most of the principles we are talking about now will have become a new brunch of science. The unexplained, the “impossible” or the “miraculous” will, at some point, become common as we explore, more and more, the concept of *the Multi-verse as being a realm of Infinite possibilities and probabilities fueled by Consciousness*.

What I am sharing with you today seem, to the narrow-minded, as “spiritual” talk or fairy tales. However, from our perspective, it IS a TRUE science, as perfect and precise as mathematics. The science of the future, of the new earth. Needless to say, this science has always existed, but it has been suppressed and partially shared only within Secret Societies and Mystical circles.

So, back to the point - you must let go of ALL your concepts about time as having an unchangeable influence over your biology. That’s the required first step.

Secondly, you must also reach the realization that the so-called “past” should not, in any way, be of any influence over your “present”. Whatever happened one minute ago, one hour ago, or 20 years ago has become a memory, and should not have any influence whatsoever over your inner states, body, or circumstances in the now.

Your perceived past still exists within the Cosmic Consciousness, and it will ALWAYS be there. But, within the Infinity of Cosmic Consciousness, there also exists an infinite number of “pasts” which were slightly different, or radically different from the one you remember as having experienced. In reality, *you remember having experienced only one of unlimited pasts available*. They are all equally valid, however.

Also, following the presupposition that the ONLY point of Power is the NOW, the past should not have any causative effect in your current “reality”, but the ones *YOU ALLOW* for it to have by going back to it and using it as a model for the present. That’s what keeps people apparently “stuck”.

Think with me - where are ALL of your so-called problems located, but in the past?

Student: *What about someone who is experiencing a serious disease in the now?*

RJW: They are still sourcing from the past to keep that issue active in their consciousness. It had to “start” somewhere, right? So, as a simple example, if someone is suffering from stomach issues, they will be scanning their past to try finding a cause for it. But, as I have shared before, ALL CAUSES are in the NOW. And ALL SOLUTIONS are in the NOW as well.

Eliminating the past as a source of reference or model for what the present and future should be is probably the factor that counts for 90% of any true healing or correction, be it of body or conditions. This is also a “hidden variable” that most “law of attraction” teachings do not clarify completely.

Therefore, back to the basics of Metaphysical Science, instead of “ruminating”, lamenting, sourcing from, or trying to find a “cause” in the past, we should focus our full consciousness on the states we wish to experience in the NOW. That’s the shortcut that is so simple that most people underestimate. That’s Neville Goddard’s Key, as I call it. That is the ultimate teaching of ALL true philosophies of transformation. That is Mastering your Dream. And I have given you many processes to accomplish that, correct?

Student: *Correct!*

RJW: To practically and experimentally perceive a new reality in the now, you must be of a totally different vibration in the NOW. After all, it all boils down to frequency and vibrations.

Working on The Quadrant of Being (*a process from Transformation Dynamics*) is a way of going about it. Once your inner vision, which includes your thoughts, your emotions/feelings, and your simple actions are compatible with the person you wish to be, not the person *you remember yourself as being (sourcing from the past)*, you start to see the “mirror” of your dream reality changing the reflection. And those changes are “*retro-causal*”, which means: *even your past is altered*.

All changes in the present reflect on your past, or place you in a parallel reality in which your past had to be different to justify your current new states of Being. Again, it sounds like “*Voodoo talk*”, but to us it is a precise science, no matter if it is mainstream or not. What have you got from “mainstream” science? Just limitations. Just the belief that you have no power over your circumstances and destiny. Metaphysics and Mysticism give you the keys for awakening from the dream, if you wish. Clear?

Student: *Absolutely clear, Sir!*

RJW: So, YES, for Mastery to occur, you must think outside of the box. You must embrace another reality, another way of living. You must think possibilities, potentials. YES, there are very advanced Beings in this planet, and throughout the Multi-verse. There are those who are *Masters of time*, instead of slaves of it. There are Immortals living among us.

But those possibilities will be available for you ONLY when you open yourself to them, only when you dare to explore the fullness of your potentials. You have the choice of waiting decades, or centuries for your “wise” men of science to confirm what we are telling you now. Or you can start experiencing a more flexible, magical, and fun dream NOW. I don’t really care. YOU have the choice.

WAKE UP!

XV

Dialogue Fifteen - Living the 5th Dimension NOW

“In your heart is a secret room where all the gifts that life has given you, and which you haven’t opened yet, are piled up. When will you visit it and unwrap those treasures?” - Bianca Gaia

Student: *Hi RJ. What is the 5th Dimension? And how can we experience, or move into it?*

RJW: Well, first of all we must clarify three important points regarding “dimensions”;

- 1) You are *already living* in ALL dimensions or densities simultaneously through your Higher Self.
- 2) Dimensions are NOT places or locations to go, but *states of Consciousness*.
- 3) We don’t experience dimensions separately, but they interconnect. Which means; you don’t leave the 3rd or 4th dimension once you reach the state of Consciousness called 5th dimensional. All others are equally available to you, because, again, your Higher Self has access to ALL of them in the TIMELESS realm of TRUE Reality. That is the deeper meaning of OMNIPRESENCE.

Now, talking about the 5th dimension or density, we understand it as the state of Consciousness called *UNITY* or *UNIVERSAL LOVE*. It is the state in which you realize AND experience your connection to everything and everyone in your “reality”, and understand that ALL of your “reality” responds to your vibration, or states of Consciousness. That is the State of The True Mystic or the first degree an Ascended Master reaches.

When we talk about love in this context, we are not talking about a human emotion or feeling, but about a realization, a deep understanding that first - The Universe LOVES ALL of it’s creation. And second, that as a part of God, the “whole ocean contained in a drop”, you have never been separated from this Force which is the “glue” that keeps the Universe together, pretty much like The Force in Star Wars.

We have shared before that ALL human troubles and I mean ALL, originally originates from the false perception of separation, which leads to the trap of duality. 5th dimensional Consciousness, therefore, could be the CURE for ALL human troubles, if you wish.

Student: *Do you literally mean the “cure” for ALL human troubles?*

RJW: Yep! I am being literal. I will explain.

The false perception of separation is what makes you believe that you're a powerless individual in an *hostile Universe*. It is what removes Power from you and illusorily gives this Power to "external" sources, be it people, times, events, etc.

The false perception of separation is the main theme of "the dream". It is what symbolically happened in the Eden legend. The false belief that mankind has been somehow "disconnected" from it's Source. Which cannot be true at a Higher Level, why? Because we are never really disconnected from Ultimate Reality, or All That Is in a timeless Universe, otherwise we wouldn't even exist to begin with.

Student: *Was this illusion of "disconnection" caused by the alteration of our DNA, as some sources propose?*

RJW: That is the most agreed upon theory, a timeline that can be validated by those who have the ability to time travel or remote view the past. However, as you know, I never dwell on the past, or the origin of any problem, which, as I have said before, are really originating, or being perpetuated, in the NOW.

When it comes to DNA, we must understand that our ORIGINAL DNA Coding or blueprint is NOT stored in the physical vehicle. Therefore, even though someone managed to modify or downgrade our PHYSICAL DNA blueprint, they have NEVER, EVER, being able to mess with our ENERGETIC Template, which still exists, untouchable, at a Higher Level of Consciousness.

So, all this "profitable business" of "upgrading your DNA" is also obsolete, in the sense that in reality you DON'T need to "upgrade" anything whatsoever. All you need to do, really, is to understand that your original energetic blueprint has NEVER been altered. It is there, at the level of Ultimate Consciousness, pure, unadulterated, available to you at any moment of time. BECAUSE... there ain't NO time!

Student: *Wow! I never heard it from this perspective. Are you saying that at some level of reality our DNA template has never been messed with?*

RJW: YES! That's exactly what I am saying.

Student: *So, based on this hypothesis, what can we do NOW to restore our full DNA potential?*

RJW: First, you MUST realize that it has never been adulterated at a Higher Level. And second, the actual 5th Dimensional practice, is to RECONCILE with your personal reality. Your Original DNA template has the coding for instant healing, rejuvenation, super natural powers, immortality, full enlightenment, etc. It IS the "God Template". It has been like this since you were conceived as an Individual Unit of All That Is.

But, to realize ALL of this potential, you MUST let go of the false concept of separation, or duality, and also the concept of time.

As, for example, if you “know” that your body is a “mortal bag of chemicals”, which degenerates with the passing of an illusory time, that is the message you are energetically broadcasting, and that is the result you will experience. However, the moment you realize, or TRULY KNOW, that your body is a reflection of your Consciousness, you RECONCILE with those DNA codes which will activate rejuvenation, optimum health, and, eventually, even the possibility of living hundreds, or thousands, of years in the same vehicle. That’s the destiny of mankind by the way. Whether you can believe it or not. And *The Universe doesn’t care about what you “believe”, IT just reflects what you KNOW!*

Student: *So, are you saying that the DNA reacts to our thoughts or beliefs?*

RJW: NO... I am saying that your DNA reacts to your KNOWING. What really matters is NOT what you “believe”, nor what you “think”, but what you KNOW to be TRUE about yourself, your life, and the Universe. And that’s the reason why most “self-help” and “law of attraction” teachings don’t work. They don’t take you this deep into the level of *reconciliation through KNOWINGNESS*.

Do you remember that in one of our Coaching sessions I mentioned this Japanese Mystical Path called *Sei-Cho-No-Ie*? I was introduced to it in Brazil when I was 16 years old. And one phrase from their main Sutra transformed my life forever, and kicked me into the 5th Density Consciousness. Do you remember what it says?

Student: *I remember you mentioning it. Can you remind me of the phrase?*

RJW: Sure, here it goes:

“Be Reconciled with the whole universe. When you are so reconciled the whole universe is your friend. When the whole universe is your friend nothing whatsoever can harm you. To be hurt by something or attacked by bacteria or an evil spirit is proof that you are not reconciled.” (Source: Holy Sutra Nectarean Shower of Holy Doctrines - By Masaharu Taniguchi)

And, what is that but the teaching of ONENESS? Of NON-DUALITY?

It is about seeing EVERYTHING as a manifestation of All That Is. It is seeing God NOT “IN” everything, but AS everything. That’s all 5th Density of Consciousness is.

Unless you’re RECONCILED with ALL THAT IS, you won’t fully experience the 5th Density state of Consciousness, period.

Why do you think Yeshua said: *“Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that*

curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;”? (Mathew 5:43-44)

Student: *Well, honestly, it sounds like a suggestion to be passive, somehow a coward. That’s what I have always thought about that phrase.*

RJW: And I have to, respectfully, say: You’re WRONG.

From a Mystical perspective, “enemies” exist because you still live in DUALITY, which generates the idea of FEAR, of “me and them”. Once you let go of fear and express the Consciousness of Reconciliation, you will NOT be a “coward”, but the most POWERFUL person in your “reality”.

Student: *How come?*

RJW: Because when you’re totally reconciled, there will be NO enemies to battle - not internal nor “external”. So, the TRUE Mystical meaning of “*loving your enemies*” means to recognize that ANYTHING whatsoever that bothers or threatens you, is there to SERVE you, so you can realize your current state of Consciousness - and CHANGE IT.

At this point there’s NO being “*over the fence*” - you either KNOW that Consciousness IS everything, or you *choose* not to. You either choose to recognize your so-called “reality” as a reflection, like a mirror, exposing the contents of your Consciousness, or you choose to hate and oppose something or someone, therefore giving an illusory power to it/them.

Student: *OK, I am getting your point. Thank you! Now, are you saying that when we stop fearing, despising, opposing or hating someone who is bad, and somehow “love” him, that person will turn into a good individual?*

RJW: NOPE! I am saying that that “person”, which is just a parallel version of him/herself, out picturing YOUR own beliefs, will NOT interfere or have any power to take you out of balance anymore. They may still be the same people in The Matrix, affecting the “brainwashed sleepwalkers”, but you will be FREE from those influences, whatever they are.

As a metaphor, let’s say that you go to watch a movie in which your favorite actor plays an evil person, a serial killer, for example. If you know it is just a movie, or fiction, are you going to suddenly “hate” that actor in “real life”? Are you going to despise him because he is entertaining you by giving you what you wish to see?

Student: *Of course not.*

RJW: Why? Because you know that person has signed up to play a part in order to entertain you, right? And YOU chose to immerse yourself in that “movie”, at least temporarily, right?

Student: *YES! Sure.*

RJW: “*As above so below*”. The Principle of Correspondence. A Being operating from a 5th Dimensional state of Consciousness is AWARE and GRATEFUL for having “characters” showing up in their “movies” or “dream” to show Him or Her what they still hold in Consciousness, what they still must CLEAR by reconciling.

At this stage, the “game” of awakening is NOT about eliminating things, people, events or circumstances you don’t like. It is really about RECONCILING with them by seeing it as it TRULY IS; *your OWN Consciousness giving meaning to it* - usually out of programmed fear generating expectations, therefore results and experiences.

In reality you can NEVER, EVER “eliminate” something which bother you or make you “miserable”. Why? These things will always exist in the Multi-Verse as probable realities. What you can do, which is real MAGIC, is *to choose another version*, which ALSO EXISTS as a probable reality, in which those things do not affect YOU. It IS your “dream”, it IS your Multi-Verse. What do YOU choose?

Student: *You make it seem so simple...*

RJW: And it IS simple once you comprehend the “Theory of Everything” - EVERYTHING IS CONSCIUOSNESS.

It IS simple when you comprehend the concept of an Infinite Universe with unlimited probabilities and possibilities, and, most important; when you comprehend the TRUTH that YOUR choices bring you the possibilities and probabilities YOU are capable of KNOWING as TRUE for your personal “reality”. Is that CLEAR enough?

Student: *Yes! It is getting clear.*

RJW: So, to have different results, why not try something “new”? Why not play with the idea of seeing EVERYTHING in your “reality” as an expression of Infinite Consciousness meant to help you awake and ascend?

That perspective is what we mean by *Universal Love*.

Student: *Thank you!*

WAKE UP!

XVI

Dialogue sixteen - Can I REALLY have it all???

“I will be” is a confession that ‘I am not’ The Father’s will is always ‘I AM.’ Until you realize that YOU are the Father (there is only one I AM and your infinite self is that I AM), your will is always “I will be.”- Neville Goddard

Student: *Hello RJ! Thanks for this opportunity. My question is: Based on Metaphysical teachings, we are Infinite Consciousness, and everything originates from this consciousness, right?*

RJW: Yes.

Student: *So, if this is true, can we really have and experience everything we want? Is there any limit to what we can be, do or have?*

RJW: Thanks for the question. From my perspective the answer is YES and NO.

I know this sounds paradoxical, but Metaphysics IS paradoxical. So, let’s start with the NO aspect of my answer - You can’t, at this level of “reality”, have ALL professions in the world; and you wouldn’t want that - you must dedicate yourself to a few options.

You can’t have ALL the food in the world, otherwise you would kill yourself from over eating.

You can’t have ALL the money in this world, nor ALL the natural resources available - and here I mean ALL in the sense of not leaving anything to anybody else.

You also can’t be an Olympic Champion in ALL categories, in ALL sports at the same time.

What I mean is: *You must make some choices.* However, those choices can be unlimited, in the sense that you can BE, DO and HAVE anything you want that is compatible with your passions and desires - However, not “everything” can be compatible, due to several circumstances. One circumstance being your current perception of time. That is the YES part of my answer.

You can surely have more than one profession, savour different foods, make lots of money (why not?), and excel in more than one sport category. But not ALL of them at the same time. So, that’s why we must choose, ideally whatever we are most passionate about at the moment. You cannot go to France and Japan at the same time, for example, correct? But you can visit both places at different times. Are you getting the point?

Student: *Yes, sure.*

In reality, there's no "law" preventing you from Being, Doing and Having whatever you want! There's no "law" keeping you from getting what you want! So, it becomes just a matter of *choosing* what YOU truly want. Compatibility. Do you get it?

Student: *OK, let me see if I understood that; I can have anything I want, but NOT everything, because some of these things will conflict with each other, or I will not have the time to have it all. Am I in the right path here?*

RJW: Correct. Do you think, for example, that it is compatible wanting to be a Catholic Priest and a porn star at the same time? And there's nothing wrong with either choice, as long as that is your passion and brings you joy. But usually we have some desires, aspirations and goals that may not be compatible with others. And, in reality, you usually don't care about the choices that don't resonate with you. You don't even think about them.

I, for example, don't have a passion for skiing, mountain climbing or flying a plane at this point. Therefore, I don't even see myself as doing those things, nor think I must do them to be fulfilled. They do exist as potential choices in the Multi-verse, but I decide not to collapse them in my current "reality".

But I do have many passions, in different aspects of my life, as for example, teaching Metaphysics and Bio-Hacking, and a need to explore other aspects of Infinity, and I just focus on those aspects. I don't care about things and experiences that don't bring ME excitement.

Student: *OK, fair. Now, what if we have desires that can't be fulfilled? How do we handle those?*

RJW: Give me some examples of "*desires that can't be fulfilled*".

Student: *Levitating, walking through walls, healing anyone instantly, etc. All the so-called powers that Ascended Beings supposedly have.*

RJW: Well, I think the first and most important question you may ask is: "Do I truly, completely believe those things are possible to me?"

Tell me. Do you believe some human beings can do that? And, if so, why do you think they can do that?

Student: *I DO believe that some beings can do that. I just don't know HOW and WHY they are able to do those things. Maybe they possess a type of hidden knowledge we don't?*

RJW: There ain't no "*hidden knowledge*". The Science of Life is very simple - here are two essential steps to use it in your favor:

1: You KNOW, without a shadow of a doubt, that Everything IS Consciousness.

And,

2: You KNOW that Being a Master of your own "reality" must become what the Great Ramtha calls your COMMON THOUGHT.

IF there's ANY "*secret*", I AM sharing it now.

Tell me them; what are your *common everyday thoughts*? Being a limited human, or Being a Master of your YOU-niverse? That will set the tone of your life and experiences.

You will NEVER, EVER, be able to heal yourself and others, to rejuvenate, to levitate, or walk through walls, if you KNOW, through your COMMON THOUGHTS, that those things are "impossible" for you at this point. You will just be in the "hoping" and "wishing" states. Waiting to become a Master one day, in another life, maybe.

IF everything is Consciousness, it requires a MAJOR SHIFT in Consciousness to experience a major shift in your reality. Just LOGIC, correct? No mysteries, no secrets.

So, just by considering some things as "*desires that can't be fulfilled*", you are closing the doors to ever experiencing them, or at least making their accomplishments nearly impossible.

All True Masters talk about the *I AM state of Consciousness*. Some people have said that you don't "attract" what you want, but what you ARE. Therefore the most important question would be:

WHO do I see myself as BEING at THIS moment? Which is basically the same as: What are my COMMON THOUGHTS about myself and my experiential reality?

And here we have two choices; to adopt and live by the common thoughts of collective consciousness, The Matrix, or to adopt and live by the teachings of the Masters of Reality.

We are going through a major shift in Consciousness, like we have never seen before in this planet. However, those who wish to take full advantage of this shift must go with the flow. They must be willing to drop outdated paradigms and social programming, and explore other levels of Consciousness.

You see, even many scientists are finally recognizing the illusory, or dream like, nature of "reality", mentioning the simulation theory, and acknowledging that ancient Mystical and

Spiritual Traditions had it “right” somehow. The information is there, it is available to ALL who have the “eyes to see” and “ears to hear”.

The Internet has broken the barrier of time and space. Someone in the jungles of the Amazon or remote villages of India can access the same information we access in New York or London, at the same time.

We are choosing to experience a time-line in one of the most exciting times in modern human history, but again, we MUST take advantage of it and ride the wave of evolution, otherwise we will be left behind.

If, for example, despite of all information you get, from different sources, about our hidden potential and how to develop it, you are still a firm believer in the outdated “laws” of classical physics or enslaved by the current medical paradigm, you’re not evolving.

If your main source of information and opinion forming is the so-called mainstream media or school/college indoctrination, you are trapped in a very limiting paradigm. And we have witnessed this in the last few years, when billions of people were fooled into believing in a “*life-threatening*” condition that never truly existed, and subjected themselves to the system’s “solutions”- many compromising their health and dying for blindly trusting in the “*cure*” pushed by the mainstream everything.

Some people are sleeping so deeply that they would rather die of a so-called terminal disease because their ‘experts in white lab coats’ said it is so, than try alternative treatments. As a Clinician I have seen that with my own eyes. I have had talks with patients who, when suggested to try some alternative routes, frowned and said things like: “*This is not scientifically proven*”, or “*I would never try anything that is not suggested by real doctors.*” How bizarre, right? Be willing to die in order to be congruent with the collective consciousness, in order to please a so-called “doctor” who knows no shit besides his indoctrination.

Student: *Yep, it is bizarre, to say the least. I don't want my common thought to be in accord with the collective dream.*

RJW: Great! So start defining WHO you are, and WHAT is possible for you. When you do that, the “*white rabbits*” will start popping up all around you to lead you to your chosen destination down the rabbit hole.

You really have only two choices in this aspect; to choose and define who you are and what you’re capable to do, or to accept the definitions of a system of control that wants to keep you sleeping and bringing them profits, from cradle to grave.

Student: *I agree. My own self-enquiry is: WHY is it so hard to believe we have the capacity to define who we really wish to be?*

RJW: It is not hard at all. The problem is that you have NEVER been stimulated to do it. The religious and education systems are geared to hypnotize you into believing that you are other than a Sovereign Being over your own “reality”. It is geared to keep you under control, in order to manipulate your thoughts, feelings and actions.

That explains why many good people are naively turned into “*ferocious beasts*” willing to destroy you in order to protect the system they’re trapped in. Their beliefs, convictions and certainties are not really their own, but implanted by the system. It is very hard to find someone who can truly think for themselves and have the courage to go against the mainstream manipulation.

And, wrapping up on your original question; the way to have anything you wish for comprises dropping the programming imposed on you. If you wish to have optimum health, for example, you MUST get out of the current “medical” paradigm. To become successful and prosperous, you MUST step out of the common “business” culture. To become a Super-Human, you MUST step out of the religious/scientific traps of limitation and powerlessness.

Around two thousand years ago Apostle Paul said masterfully, in the Book of Romans, 12:2:

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Did you pay attention to it?

Paul says it CLEARLY: “*Do not conform to the pattern of this world*”. Maybe we can call Paul the first “conspiracy theorist”, right? (Laughs)

So, what you think of as secrets have been there all of this time.

What do I share but the way of NOT conforming to the collective consciousness (*the “patterns”, or constructs of the illusory world*) and the importance of “*renewing your mind*” (expanding your Consciousness)?

You can accomplish the extraordinary only if YOU BECOME extraordinary, if you “divorce” yourself from the collective consciousness, and define your OWN way.

You can BE, DO and HAVE whatever you want ONLY if those desires are compatible with your common thought. Why, because your so-called “reality” is a result of your everyday common thoughts.

And this is an extremely important point that most so-called “New Age” and “Law of Attraction” teachings either miss or do not explain clearly - the TRUTH that your

“reality” is NOT, has never been, a product of your wishes, your dreams, your intention, nor your visualizations.

Your “reality” is a product of your EVERYDAY COMMON THOUGHTS, whatever feels true, right and normal to you. That’s what you collapse and experience.

It does not really matter how many hours you spend in meditation, visualization, chanting. It does not matter how many “visualization boards” you create - all these processes will be a waste of your precious time IF they don’t get you to a point of transforming your every day ordinary, common thoughts.

Remember; you “attract”, or collapse the parallel reality that *YOU are being*. Not the parallel reality you *wish for*. Can I make it any clearer? Stop “wishing” for it and start BEING IT! Clear?

Student: *100% Clear Sir! Thanks for that reminder!*

WAKE UP!

XVII

Dialogue seventeen - The Secret of Secrets

“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” - Mathew 6:31-33

Student: *Hello RJ! At some point you shared that there’s an Universal formula for expansion, happiness, prosperity, health and Ascension. You made it clear that most practices and processes are a waste of time. Can you elaborate on that formula again?*

RJW: Sure, thank you!

The *Magic formula*, or *Magic Bullet* is also given to us through Christian Mysticism, or *Gnosis*, which has nothing to do with the Roman Empire manipulative doctrine recognized as “Christianity” today, and all evangelical brunches that came out of it.

Matthew 6:33 exposes it clearly - *“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”*

That’s the “formula” or the shortcut, the solution to EVERYTHING, and I MEAN everything. I’ll explain.

Usually people come to me expecting to improve some aspect of their lives, be it health, finances or relationships. And, as you have experienced in our 12-week program, I do NOT fragment my teachings, I do not isolate and focus on these aspects by themselves, rather, I share Universal Principles that, if understood and practiced, will take care of ALL aspects of your life simultaneously. It is pretty much like being in an “expansion auto-pilot”, correct?

Student: *Yes! Indeed.*

RJW: There are many people out there focusing on fragmented aspects of life, some are “health coaches”, others are “financial experts”, or “relationship mentors”. However, if you focus only on one of the SEVEN aspects of the Wholistic Being that you are, you’re greatly limiting your expansion of Consciousness, you’re NOT going “all the way”, if you know what I mean.

Student: *So, going “all the way” would be to seek first the Kingdom?*

RJW: Right!

Student: *What would be then the best way to go about seeking the Kingdom first, so we can be on that “auto-pilot” mode?*

RJW: Well, we agreed that everything is Consciousness, therefore, the first logical aspect from a Metaphysical point of view would be expanding your Consciousness to encompass more and more of Infinite Consciousness, in ALL aspects of your life. To *become more and more like God!*

“To be more like God? - BLASPHEMY!”, some sleepwalkers will cry. But your Bible puts it very clearly as well, in Philippians 2: 5-6:

“Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God...”

Student: *Wow! That’s right! How come the so-called “Christians” don’t realize these things?*

RJW: Because they were never taught this way. Here is where *Christian Mysticism* differs from the manipulative “doctrines” invented by men; Yeshua NEVER, EVER, considered Himself superior or better than any other Unit of Consciousness, otherwise He would not have said:

“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do...” (John 14:12)

Can it be any CLEARER than this? What part of it people don’t understand? Yeshua was/is an Archetype of the God-Man in His full blown manifestation, according to Christian Mysticism. He basically showed the way of expanding consciousness. And, based on all stories of healing, transmutation, multiplication and resurrection, He placed ALL his faith, or better, KNOWINGNESS, on Infinite Consciousness, which He called The Father. He was a great example of *“seeking first the Kingdom of God.”*

Yeshua KNEW that it wasn’t the “little me/lower human mind” doing the works, but Infinite Consciousness. He was able to tap the Source of Everything, and just be a CONSCIOUS witness of Universal Principles, as do all Ascended Masters. It became COMMON THOUGHT for Him to be the God of his “reality” through seeing what HE WANTED to see, regardless of the common thought of the *“dreaming social consciousness”* of his time.

Yeshua learned, in the far East, during the so-called “lost years”, about the illusory, dream-like nature of this 3D construct, and therefore was able to make changes in the “dream” as he saw fit. His focus was so perfected that He could instantly, in most cases,

“Quantum-Jump” into a parallel reality in which the changes were already a fact. That is the whole secret of “*manifestation*” or *miracles*, by the way.

And if I say that this is what we are meant to “become one day”, I’ll be working with a wrong premise, because this is what we have ALWAYS BEEN. We are just “dreaming” that we are not, period!

Yeshua realized, through learning and practice, that Infinite Consciousness (God) IS the Source of EVERYTHING, therefore, he went straight to The Source, instead of looking for the “crumbs under the table”.

Student: *That’s why it is said that we must “have this mind, which was also in Christ Jesus”?*

RJW: CORRECT! And it was also said that He “*thought it not robbery to be equal with God*”. So, WHY should we? A son does not think it is wrong to model his father, to BE like his father, right?

So, my interpretation of “*seeking first The Kingdom*”, would be to TRUST 100% (to KNOW) that YOU ARE an aspect of this Source. Not thinking of being “connected” to It, because that *still implies separation*. Not having to worship or obey it in order to avoid “punishment” because that also implies separation and conditions.

Therefore, if this Infinite Source contains EVERYTHING, past, present, and future, AND we are EXTENSIONS of this Source, why limit ourselves by dreaming of being a “*poor me*” human being desperately trying to awaken one day?

You see, everything that I share encompass ALL, like the Meta-Affirmation, which says...

Student: *“Every second, in every way, my life IS better and better.”*

RJW: Good, but I still have former students coming to me asking for a “*formula*” for this or that. The Meta-Affirmation, for example, implies EVERY aspect of our lives, not just one or two.

As I told you guys before, I have received emails from people, all over the world, who never studied Metaphysics with me, who just downloaded the *free Meta-Affirmation course*, reporting amazing transformations in their lives. So, how come some of you, who have gone through the 12-week program, with dozens of powerful processes, are still feeling somehow limited?

Student: *Well, I myself have experienced amazing transformations. Why do you think some people, exposed to the same knowledge, haven’t?*

RJW: Because they have not taken it to heart, because they are still “trying to improve the dream”, instead of WAKING from it completely. Because Mastery hasn’t yet become *common thought* for them. Because they think there’s still something else to learn. And, a major cause is: because they haven’t still overcome the “*I am not worthy*” mentality at the core level of their Beings. Is that enough?

Student: *Sure, more than enough.*

RJW: Now, going a step further - it is said that we must become more and more like God through an expansion of Consciousness. I would call it a type of embracing more and more of what has been always available to us, because at a Higher Level, even the concept of *expansion* is still a limitation.

When you are sleeping at night, for example, you don’t have to aim at returning to an “awakened reality”, nor create it; you are just experiencing another state of Consciousness which temporarily makes you feel as if you are living a different reality altogether. When you wake up in the morning, however, you realize that you actually have never left your “real” room and bed.

The same is happening in this so-called “*awakened world*” you think you are living in; a part of you has never left or been separated from Infinite Consciousness. You are just experiencing a very limited altered state, which you think is your “real” life.

As you proceed, through true awakening, to become more and more what you truly are, the “image and likeness of God”, you become aware that *the so-called Kingdom IS YOUR Kingdom.*

So, if we were to climb a step further into the truth of life, we could state the Biblical phrase in a different way:

“Seek ye first YOUR expansion of Consciousness, knowing that EVERYTHING (the Kingdom) originates from Consciousness, and EVERYTHING will be ALLOWED unto you.”

Student: *Nice! So, you’re saying that the Kingdom IS Consciousness?*

RJW: YEP! And that’s primarily YOUR Kingdom. David has said:

“ I have said, Ye are gods; and all of you are children of the most High.” (Psalm 82:6)

Therefore, if ALL of us are gods (with a small “g”), and we are children of The Most High (God with a big G), we are naturally inheritors of the Kingdom, correct? This happens with all “royal” families.

Student: *Great. I am getting a deeper understanding of what the Kingdom is and how to seek it first. Thank you!*

RJW: You're welcome! But, more than a "deeper understanding" you MUST make this your common state of Consciousness. Intellectual understanding is an important first stage of this evolution or remembrance, however, to Master this science, you must realize it at the deeper level of your Being, and not think of yourself as an ordinary human aiming at "enlightenment", but LIVE every moment as the HEIR of the Kingdom.

Then, you don't have to "seek" for it anymore, because you will be living in it! That's all there is to it. It should be simple, and it is, if you raise above all the religious and "spiritual" B.S.

It seems insane, right? So many doctrines, philosophies and "spiritual paths" *pushing you into limitation*, while you were *born free*. It is counter-intuitive, to say the least. Why so many time consuming rituals, processes, meditations, superstitions, when just a shift of Consciousness, through a new understanding, would save you decades of frustrating attempts?

At this point you may conclude that I am either a genius, or totally insane. And both opinions would be right from your personal perspective. That's why personal realization is the only way to "get it" and call it your own knowingness.

If a teacher, a master, or a guru don't *kick your ass* into personal experience and self-realization, they are just wasting your time, and maybe pushing you deeper into limitation and superstition.

Any TRUE guide would tell you:

1 - You DON'T have anything to achieve but clearing your human consciousness from wrong constructs.

2 - Any process, technique or ritual whatsoever is only as good as it helps you reach self-realization.

3 - You don't need to follow any path or person to expand. Eventually you will be your own Guru/god.

Of course you may need to get information from various sources in order to reach your own conclusions, but never, ever, sell your soul to anyone nor any philosophy that says that only their way is the right way.

Student: *Thanks for that!*

WAKE UP!

XVIII

Dialogue eighteen - Becoming your own “Guru”

“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.” - Siddhartha Guatama, The Buddha

Student: *Hey RJ. You have always emphasized the need for us to be our own “guru”. What about those who feel good about following a specific path, or having a Master like Saint Germain or Babaji as models for growth?*

RJW: We can have *role models*, sure. We can be part of a group, why not? As long as we don’t mistake the “*finger for the moon*”. The finger is just a pointing tool, the moon is the goal. Being your own guru doesn’t mean becoming an hermit and moving away from social interactions or from learning anything that can collaborate to your expansion.

I, for example, admire Yeshua, Babaji and Saint Germain as great Masters who have shown us the way to awakening and enlightening. I still pay attention to some intelligent contemporary authors and teachers who align with the truth. If a book calls my attention, I will buy it.

What we have to be aware of is the fact that a teaching or tips coming from anyone is coming from their own point of view and experience. And we must develop our own point of view and have our own experiences. There’s NOT “one path”. The Tibetans have a saying that goes like: “*A thousand Monks, a thousand religions.*”

So, to me, the bottom line is being open minded enough to absorb information from many sources, while developing your OWN Path, the one that fits you the best. There’s nothing wrong with that. After all, we are, ultimately, after the same goal, which can be stated in one word; do you know what that word is?

Student: *I am trying to guess, but I really don’t know. Maybe Enlightenment?*

RJW: Enlightenment leads you towards the goal, which is truly, ultimately, *FREEDOM*, absolute freedom.

Student: *But, can we reach that state of absolute freedom while experiencing a physical body in 3D?*

RJW: Freedom comes in “layers”. I think Yeshua and Babaji, among others, have reached very high levels of freedom, while still occupying physical bodies. And, maybe the ultimate freedom, following Ascension, is the capacity of travelling through dimensions, or densities. Being able to transpose your body, to teleport, bi-locate, dematerialize and rematerialize at will.

If you read the Autobiography of a Yogi, or the books of the Saint Germain Foundation, you will find many examples of evolved Beings accomplishing those feats, which your society, focused on the lower social consciousness, calls *miraculous* or *impossible*. These Ascended Masters have definitely accomplished the Higher Layers of freedom.

However, to reach those levels, we must work on the “lower layers” or “powers”.

Student: *And what are those?*

RJW: They are about mastering the simple things in life, as for example; looking at your food, whatever you like to eat, whatever you enjoy, and saying: “*EVERYTHING that enters my body turns into health, beauty, happiness and youth!*”

It is defining what you wish for your next moment, for your day, for your week.

It is, when feeling a headache, to *command* it to cease. To command your body to work in perfect harmony, it is living the state of your *wishes fulfilled*, as good old Neville used to say.

It is looking at anything in your perceived reality and saying: “It is ALL Infinite Consciousness made available to me to ENJOY and experience.” It is living in The Kingdom, as we have discussed before.

Student: *Some people would call that view very utopian, almost like wishful thinking.*

RJW: I don’t really care about what “others” would call it, neither do every Ascended Masters who have reached that state that you call “utopian”.

What are the options, by the way? How do most people go about their lives? Most people live a rather miserable existence, afraid of germs, viruses, diseases, etc. They fear economic and natural disasters. They fear aging and death. They fear for their loved ones. Is that freedom? *FEAR is the “enemy” of freedom.*

Many are fanatically self-proclaimed religious or spiritual. Some call themselves intelligent scientists and philosophers. But, what they have to show for? They are still going through the traps of social consciousness, in a state similar to *hypnosis*, sleeping

and dreaming a dream of lack of control. You know that road, you have been there, right? Which road do you prefer to take?

Student: *Definitely the road to freedom.*

RJW: Good, and to take that road you have to, eventually become your own guru, to create your own rules, your own constructs, to challenge The Matrix and refuse to be hostage to social consciousness, but to become a beacon of light who can enlighten the way for others.

Bruce Lee said: “*Use no way as a way, have no limitation as a limitation.*” Hey, it is YOUR personal reality, your own version of the simulation, and you have two choices, really; to be the Master of it, or to live trapped in someone else’s version of “reality”.

Another pearl from Bruce Lee was: “*Absorb what is useful, discard what is useless and add what is specifically your own.*” Pay attention to this quote from The Buddha. (*RJ reads the text quoted in the beginning of this chapter*).

So, it is not only *crazy RJ* saying that. (Laughs)

I have said many times that a True Master is not after followers, He is after turning other people into Masters, period.

And to be your own Master or Guru is about listening to your Higher Self and adapting a set of processes to your own liking and life style, not renouncing everything and making sacrifice in order to follow someone else’s path.

Student: *Can you give us an example of that “adaptation”?*

RJW: Sure! Let’s say, for example, that you love the Yogic tradition, teachings and practices, but you also enjoy eating meat. What do you do? Would you become a half hearted vegetarian, or think that you’re unworthy of becoming an Yogi because you incur in the “*deadly sin*” of eating meat?

Student: *What would YOU do, RJ?*

RJW: I would be a very happy *carnivore Yogi*! (Laughs) That’s because I don’t impose conditions or limits to my awakening and expansion - remember: “*have no limitation as limitation.*”

If Infinite Consciousness does NOT impose any limitations on myself, why in hell would I allow other, *lower-mind humans* to impose those limitations? Now you understand what being a hostage of other people’s *construct* really mean, correct?

I know that what I say is controversial and religiously/spiritually incorrect. I know that if I say it to a group of “seekers”, or write it anywhere, right there I may lose 80% of my audience, if not more. But I don’t care about it, I care about that 20% or less who are open minded enough to understand these concepts and apply them.

Student: *So, you are proposing a type of “spiritual anarchy”?*

RJW: I am proposing *freedom of Consciousness*. That should be the next step in our *evolution*. And this step encompasses:

A new relationship with yourself.

A new relationship with your “reality”.

And defining your own constructs.

Student: *Could you elaborate on these steps?*

RJW: A new relationship with yourself means to explore more of your untapped potential. Nowadays you don’t have to go too far. There are many good authors sharing about your Quantum Self, and how to become a Source, instead of a victim. Most of these relatively new teachings are backed up by Quantum Physics, Neuroscience, Epigenetics and the Bio-hacking culture.

Any *self-loving* human should be interested on how to truly improve their lives and realize their untapped potential. You must challenge yourselves to dare exploring the Higher Levels of Consciousness and the ability you have to choose alternate “realities” more compatible to your core values. All this while respecting and applying the Golden Rule, by respecting other people’s free-will to choose how to live their lives and expand, at their pace.

Your new relationship with your “reality” should be one of “*partnership*”, instead of powerlessness. Your most immediate reality, and the easiest to master, is your physical vehicle, and it’s functions.

Then comes the “*out there*”, which is not really “out there”, but an extension of your Consciousness. I have already shared that the best way to go about it is by realizing Infinite Consciousness AS everything, and realizing that the YOU-niverse is not in any way hostile or “tricky”, but just the mirror that reflects your inner states. This is all pretty basic to most of you, correct?

And all of the above leads to defining your own constructs, *shamelessly*, in a *commanding way*. With total TRUST that Infinite Love is all there is and nothing can harm you unless invited into your lives - allowed into your “dreams”.

Student: *So, would you say that a person agonizing with a terminal disease is just “dreaming” he/she is sick?*

RJW: Let me go to the other extreme - I like to look at solutions. Let me ask you: Would you say that someone who has recovered, totally healed from a so-called terminal disease, has, in one way or another, awakened from *the dream of being a victim*?

Student: *I guess we could think about it that way.*

RJW: So, the most important step to me, would be not trying to get rid of a terminal disease, or anything else for that matter, but awakening to the fact that if anybody in this planet ever experienced a full “miraculous” healing, for example, (and many do it everyday) others have the potential to do it as well, right? Once that conviction is a fact, the Universe will provide a way; be it through some herbal formula, energy therapy, right nutrition, or even an instantaneous remission. That’s how The Universe works. It’s simpler than people imagine.

And it works that way for ALL aspects of your life, be it financial, relationships, self-fulfilment, etc, etc.

So, to wrap it up, without any religious nor spiritual attachments or conditioning, being your own guru includes, yes, learning as much as you can about your hidden potential and the nature of your “reality”. And, as you expand, defining how YOU wish for your *personal evolution* to take place. That’s the freedom I talk about, by the way.

The Buddhists would say: “*Have no attachments, have no aversions.*” Just BE, be like a curious child, discovering amazing new things in her world. There’s no cap or limit to how far we can expand, but we MUST be open for expansion, no matter if what shows up contradicts your previous teachings or beliefs/traditions. At the end you will realize that you can reconcile all true spiritual paths, the ones not corrupted by men, because ultimately all paths lead us into freedom through a connection to our SOURCE.

Student: *Right! And, from my perspective, I think my biggest challenge has been overcoming that level of social consciousness and conditioning, without fear or guilty.*

RJW: Well, that is why the manipulators allowed into your reality masterfully crafted a trap, an energetic trap, if you will, which is built with guilty and fear. That is the first “gate” you have to cross into freedom and sovereignty.

But even that construct cannot override Universal Principles. Free-will MUST be respected, even by what you call the Cabal.

So, instead of wasting time asking “*what is wrong?*” Invest your precious time and Consciousness by asking: “*How can I make it RIGHT in my personal reality?*”

What I am sharing with you may be a bunch of B.S. as well. I may be lying to you, and the only way for you to experience anything by yourself is by trying it. If you convince yourself that I am a lunatic and these things don't work, you can return to your "normal life". That will be so for you, and you did not have to pay me a fortune nor to drastically alter your life style to worship and follow me for years.

Be FREE!

Define your dream!

Love yourself and your "reality"!

Love the players who are co-participating in your "reality"!

Decide to EXPAND!

Dare to be happy, fulfilled and Enlightened...

... NOTHING in this YOU-niverse is keeping you from being, doing or having anything. And I am not the only *lunatic* saying this, it has been repeated, over and over, in different ways, by people who were much more learned and advanced than I am. I am just that little kid who saw no limitations, who's biggest excitement was to explore his full potential, as if in a game.

And that's truly what it is, after all... playing the game of life in an awakened state.

Student: *Thanks RJ!*

RJW: You're very welcome!

WAKE UP!

EPILOGUE - THE “WAY OF THE MYSTIC”

“Just imagine becoming the way you used to be as a very young child, before you understood the meaning of any word, before opinions took over your mind. The real you is loving, joyful, and free. The real you is just like a flower, just like the wind, just like the ocean, just like the sun.” - Miguel Angel Ruiz

“You are NOT here to become anything, you are NOT here to seek or to grow into anything. ... You are here ETERNALLY, to BE, to experience your FULL Potential and to REALIZE that it is ALL a dream at some level, and the Dreamer has ALWAYS been in control, It has always been YOU!” - RJ Wellington

Student: *Hello RJ. What would you suggest as a practical way to put the Metaphysical and Mystical Principles to use in our daily lives?*

RJW: First of all, being a *Mystic*, which, from my perspective, has NO religious nor spiritual connotation, is a “*full-time job*”. The Principles are to be put in use in your daily, so-called “*mundane*” life. Every moment of it; not only when you meditate, pray or use any ritual whatsoever.

Student: *What would be your definition of a Mystic, then?*

RJW: My definition, which may not be in agreement with others, is: A *Mystic* is someone who is working on the expansion of his/her Consciousness by exploring their potentials, with no barriers, no limits, and no attachments to any specific “*path*”. It is someone who is curious, *open-minded like a child*, someone who aims at *Self-Realization* before anything else. Someone who CRAVES to KNOW MORE, and to BE MORE, regardless of what the “*mainstream madness*” says.

Student: *Good definition, thank you! But is that goal doable for someone who has to live a “regular life”? I mean, someone who doesn't have much time to dedicate to awakening?*

RJW: Well, of course it IS doable. Actually, it HAS to be done within the scope of what you call a “*regular life*”, because *YOUR LIFE IS THE PATH!*

It is not just about taking a few minutes in the eve to *meditate, pray*, or do whatever you deem “*spiritual*”, and then spending the other 23 hours of your day distracted by and lost in the dream.

The only way to keep yourself awakened is *to be on the Path 24/7*. Not a few minutes here and there, or when situations become challenging. At the beginning this new way of life will require some *discipline*, surely, but in a few days it can become a *common* way of living.

And it doesn't matter if you have a *full-time job*, or *five kids to raise*; all of these will give you a much better chance to practice the Principles.

Escaping to a *monastery* or an *ashram* may seem to be the *easy way out* for some individuals. However, that is not a guarantee that they will awaken and enlighten. Sometimes the opposite may be true - they may get more entangled in *superstitions* and *restricting rules*, believing that they are somehow *advancing* or *expanding*.

That option (*seclusion*), taken by some, may be just a form of *escape* from the *real training ground*, which is "*REAL LIFE*" with all its challenges and opportunities for growth.

Many "*seekers*" lock themselves in a *monastery* or "*spiritual community*" to escape the lessons they should learn. They think they are being "*spiritual*" by running away from the challenges they should face with courage.

Student: *I get your point. I am just trying to guess how to reconcile a busy city dwelling life with a Mystical lifestyle...*

RJW: You're already doing it!

Student: *How come?*

RJW: Here's where the vast majority of people miss the mark. They try separating a "*mundane life*" from a so-called "*spiritual life*"; and *there ain't NO SEPARATION*. There's *ONLY LIFE*. And everyone, whether they are aware of it or not, *ARE* living a Mystical life and already *using Universal Principles*, period!

Student: *You mean, EVERYONE IS living a Mystical life? How come?*

RJW: Just by *BEING "ALIVE"*.

The "*organized mess*" of religion and spirituality makes people believe that they are not "*being spiritual*" if they don't sign up for a group, sect or church. But, as I have shared before, *there's NO separation!* The physical, the mundane, and everything you can imagine *IS Infinite Consciousness in a form of expression*. At the Core Level there is no division, division is an illusion in the "dream".

Student: *I get that. I mean; everything IS Infinite Consciousness - BUT it doesn't seem that everyone is living a Mystical life and using Spiritual Principles in the dream.*

RJW: Tell me: Does everyone use *water* in the “dream”?

Student: *Yes.*

RJW: Can someone use water to harm somebody else in the “dream”, by drowning them to death?

Student: *Yes.*

RJW: Can someone use water to save somebody else in the “dream”, by quenching their thirsty?

Student: *Yes.*

RJW: Would you then agree that Universal Principles, being NEUTRAL like the *water*, can be used in our favor or against us in the dream?

Student: *I get your point!*

RJW: Good! Just by *BEING*, you’re already existing in an *Holographic Multi-verse*, in the *Quantum Field of infinite Possibilities and Probabilities*. You ARE an Unit of Consciousness from God. You are a Master of your dream “reality”. You ARE manifesting your personal *You-niverse*. Whoever says that you are somehow “*separate*” from All There Is, is doing you a disservice.

Now, if, for a series of reasons, you have *decided* that you are separated, that you have no power over your expansion, you are still using Universal Principles to experience that construct, *for the same Principles can give you the experience of Enlightenment or the experience of misery*.

The “*Way of the Mystic*” is working in harmony with Universal Principles with a clear set of *goals* and *intentions*. And all those goals and intentions should be directed to experiencing *Ascension* and ongoing *expansion of Consciousness*.

It does not really matter if you are a secluded monk, a busy Lawyer, a Nurse, an Olympic Athlete, a Rock Star, or a housewife taking care of five children; You can walk the Mystical Path from ANY place or current condition, using the “*raw material*” (people, places, things, times and events) that “*reality*” gives you, in order to learn (*Self-realize*) and to expand.

You go with the flow, and, if in the future, the best path for you is changing careers, joining an Ashram, marrying a billionaire, or winning the Lottery, it will be so, according to your Higher Vision, to *YOUR KNOWING* of what is possible *FOR YOU*.

But please, don't wait for a major change to take place "out there" so you can "walk the path". There is NO "OUT THERE", and *time shouldn't be an excuse*, because time is an ILLUSION. How many *times (no pun intended)* do I have to repeat that? (Laughs)

"*Being too busy to do it*" is NOT a valid excuse, therefore, because, again, you're already doing it in one way or another. You are as *spiritual* as you can ever be. You are as *enlightened* as you can ever be. It is just a matter of *changing your focus* so you see things from a different perspective - *YOUR DESIRED PERSPECTIVE*.

Student: *Great! So, besides all processes you shared during the twelve week program, is there anything else to help us really anchor in the Mystical way of life?*

RJW: Sure, I can give you as many *tools* and *processes* as you wish. Just know that whatever *processes* we come up with, should lead us to living in what I call the *Four-Fold Way*. Pay attention to them and you will conclude that the 12 weeks, and all interactions that we have had after that in our *Inner Circle* are aimed at keeping you following a direct, practical, experiential and liberating path.

THE FOUR-FOLD WAY:

Keep in mind that these four elements are NOT to be practiced in any order of importance, or in a linear way, but to be used simultaneously, and in ALL aspects of your life. The combination of these four elements create an amazingly magical *synergy* that can really produce transformations in as little as a few days. Here they go:

1 - RECONCILIATION

Reconciliation, from my perspective, is the *realization of Oneness*; to really comprehend, at the deeper level of your Being, that *everything IS Consciousness* expressing in different forms and frequencies. It is the realization that everything IS connected at the Ultimate Level, and EVERYTHING is in constant COMMUNICATION in this You-niverse.

During the 12 week I suggest you to talk to EVERYTHING, at least mentally. Do you remember that?

Student: *Surely, and sometimes I laugh when I remember you saying that we should be careful not to appear insane in front of other people by talking aloud to a tree, a wall or a cell-phone.*

RJW: Right, this communication must occur *at the level of energy*, of which verbalization is just a *byproduct*.

And what is the purpose of this step? To help you realize the connection of everything. I have experienced it myself, and had testimonials from many of you stating that you were

able to make an electronic device work, after it appeared to be broken. Some were able to tame aggressive pets. Others were able to make their plants grow faster and bigger, and some were even able to even change the weather! All this by just communicating with their “reality”.

Student: *Yeah! I have had my share of weird experiences as well!*

RJW: You can just KNOW that I am not *bullshitting* you if you try it yourself. No matter what I say, *personal experience* is the only road to awakening and realizing how much power you have over your personal “reality”.

So, *reconciliation* is a very simple habit that can be easily included into your so-called “*busy life*”, correct? You are ALWAYS perceiving something, or many things simultaneously, and many people as well. AND you are ALWAYS, in one way or another, *communicating with them* - consciously, or unconsciously.

You don’t need any special settings or preparation to start, RIGHT NOW, to *consciously communicate* with everything around you (which is really INSIDE your Consciousness) in a loving and harmonious way.

Talk to your pillow, talk to your electronic devices, talk to your food and water. The *atomic energy* in them (which IS Infinite Consciousness) is listening to YOU, ALL the time, and responding by projecting back to you *your expectations* about them, the *MEANING* you give to them. Nothing more, nothing less!

A practical example that I share is the habit of communicating with whatever you consume. When you look at a burger, or a slice of pizza, your communication may be: “*Oh my god, this will make me gain weight, this is unhealthy.*” That is a form of communication, correct? And it is basically telling that *NEUTRAL piece of matter* (which is made of ENERGY) what you expect from it. It is literally giving a *MEANING*, for good or bad, to a *neutral prop.*

Why not, instead, say: “*The atomic energy in this burger/pizza will contribute to my happiness, beauty, youth and strength.*” WHY NOT for God’s sake? It takes *the same energy!*

Another example; when you keep worrying about your expensive electronic devices breaking or being defective, you are literally communicating your expectation of how they should turn out. And they will surely respond, because the WHOLE You-niverse is responding to the energy you put out; be it FEAR or LOVE. So, why not tell your electronic devices that they are perfect? Why not tell them: *I LOVE YOU!* Again, it takes the SAME amount of ENERGY.

Are we clear on that point?

Student: *Very clear Sir. And that works for other people as well, correct?*

RJW: Obviously. Other people in YOUR “reality” are also there to reflect back to you whatever *you expect from them*. In this case you will mostly communicate with them *telepathically*. You can say very simple things such as: *“I see you as an Unit of Infinite Consciousness and I LOVE you for showing me what I have inside myself.”*

The main objective of this practice, which can be easily incorporated in your everyday life, no matter how *busy* you seem to be, is for you to have FUN by realizing how much control you can have through *reconciliation and clear COMMUNICATION*. Nothing more, nothing less.

SO, STOP TRYING TO BE A BORING “SPIRITUAL WHATEVER” AND START HAVING FUN WITH YOUR DREAM “REALITY”!

And that leads us to the second step, which is...

2 - FORGIVENESS

Once you realize the first step, *reconciliation*, you have no reason to resent, blame, fear, dislike, or hate anything nor anybody. Why? Because if ANY and EVERYTHING that pops up in your dream “reality” is just a *response to your expectation* and *reflects the meaning you give to it*, why *BLAME* these things for your self-imposed unhappiness or misery?

That level of blaming is as stupid as jumping into a swimming pool, voluntarily, and then blaming or cursing the water for being too cold. Do you get it?

Student: *I do. But I have to be honest and say that it is very hard to forgive some people who have done us wrong.*

RJW: STOP right there. Re-frame that “*poor me*” *victim-mentality* phrase, PLEASE!

Either you take FULL responsibility for your experiences or you don’t. Either you assume YOUR power or you keep on assigning power to illusions, to people, places, objects, times and past events, *allowing* them to control your destiny.

Most people’s lives seem to be miserable because *they are living in the PAST, and blaming it for their present experiences*. The moment you really, truly, completely *drop the past*, you will feel like a *new Being in a new world*. That is the effect of TRUE forgiveness - *It is about LETTING IT GO and living in the NOW!*

Lewis B. Smedes has said wisely: *“To forgive is to set a prisoner free and discover that the prisoner was you.”*

So, in reality, when you LOVE YOURSELF enough to have the courage to *DROP all meaning* from past people and events, which is *TRUE forgiveness*, you are not doing it for anybody, you are doing it for *YOURSELF!*

YES! You are being somehow *SELFISH*, and what is the problem with that? It is YOUR “life”. It is YOUR “dream”. It is YOUR Multi-verse. So, it is, first and foremost about YOU! YOU! YOU!

Student: *Yeah, I understand your point. However, selfishness still sounds like a negative trait to me.*

RJW: WHY? It is because you still give a meaning, based on past programming and social conditioning, to the world *selfish*.

Answer me - do you think it is selfish for you to learn how to swim?

Student: *No, not at all.*

RJW: So, if you know how to swim, you can, if you need, save someone who is drowning on a beach, right?

Student: *Yes.*

RJW: And that is the “*selfishness*” I am talking about. *DOING IT FOR YOURSELF FIRST, SO YOU CAN DO IT FOR “OTHERS”*. If you don’t know how to swim, you better not jump in the water to try saving someone who is drowning, otherwise we will have two dead people.

Forgiveness, therefore, involves understanding that whatever happened to you was just a reflection of *your own expectations*. Someone, or some event was there just to *COMPLY* with *YOUR conscious or unconscious desire or expectation*. They were doing you a service.

Now, how long does that *person* or *event*, that you have trouble forgiving, affects your life depends on how long *YOU hold on to that* in order to justify your current state. In order to see yourself as a victim. In order to avoid personal responsibility.

Student: *Good. I think I am getting it now. What would you suggest as the best strategy to truly forgive?*

RJW: I have already given you the “*strategy*” - Understand, truly realize, that *NOBODY, NOTHING*, has an agenda against you. Nothing, nobody, came to this world to make your life a *living hell*. Realize that everything in this “*reality*” is meant to show you a reflection of your own consciousness.

If you don't believe in victim-hood, you CANNOT be a victim. If you don't believe in powerlessness, you can never be powerless. If you don't believe in randomness, you can never be affected by random events.

So, FIRST and FOREMOST; *FORGIVE YOURSELF!* Start with a CLEAN SLATE by stating:

- I AM NOT A VICTIM OF CIRCUMSTANCES.

- I WAS NEVER VICTIMIZED BY ANYONE, BUT BY MY OWN BELIEFS, EXPECTATIONS AND THE MEANING I GAVE TO SOME EXPERIENCES.

- I AM FREE TO CHOOSE MY EXPERIENCES IN THIS "DREAM REALITY."

- EVERYONE, AND EVERYTHING IS HELPING ME GROW AND EXPAND.

- THEREFORE, I HAVE NO REASON NOT TO FORGIVE AND BE GRATEFUL FOR THE LESSONS THESE PEOPLE AND EVENTS TAUGHT ME.

And that's it. Forgiveness is very simple, very liberating. Just forget whatever happened in the past, be it an hour ago, or twenty years ago. *Live in the NOW for God's Sake!!!*

STOP thinking of yourself as a "poor me", as a "victim" of people and circumstances. That is what is required for *SELF-FORGIVENESS*. It doesn't matter what you did in the so-called *past*, NOW is the "appointed time", NOW is "the day of salvation". Nobody, *not even God*, is holding you liable or guilty for whatever happened in the past. *YOU ARE THE ONE DOING IT - BASED ON SOCIAL PROGRAMMING*, which is meant to trap you in The Matrix through *guilt*.

Once you let go of *ALL GUILT*, and "sin no more", which means: don't go back to your previous states of victim-hood, you are FREE!

Again, it must be *your experience*. Try it and you will see how powerful this process is. It will heal, rejuvenate and bring you peace and joy beyond understanding. It is like releasing a heavy burden you have been carrying over your shoulders for many years.

Once you reconcile and forgive, the next natural step is:

3 - LOVE

RJW: Oh, let's talk about "love". Love is a very *tricky* topic because there are many different states and feelings erroneously associated with it. There's what is called *parental love, brotherly love, romantic love, love for a hobby or profession, love for nature*, etc. And these are generally *feelings/emotions* associated with certain *expectations*.

Student: *Please give me an example of expectations associated with love.*

RJW: A parent may “love” the child as long as the child fits the parent’s personal *expectations* of what a son or a daughter must be and how they must behave to be *socially acceptable*.

If that child somehow *rebels*, and go in another direction, like marrying into a different culture/religion, deciding on a profession that doesn’t seem profitable enough, or decide to experience other aspects of their sexuality, the parents may feel resentment, anger and even hate toward their child.

Student: *Well, I don’t think parents can really hate their children.*

RJW: And you are mistaken. How many cases have occurred of parents going to the extreme of *killing their children* because they renounced their religion, or “*shamed*” them in the eyes of an *insane “society”* by having sex before marriage? How many parents cut ties with their children because they assumed their true sexual preferences or engaged in some behavior deemed “*unacceptable*” by their society?

And “*romantic love*” is the same; two people fall in “*love*” when they feel they complete each other somehow. But in most cases, this complementing each other is a mix of *physical attraction* and *fulfillment of needs*. If the other person, however, changes their ways of being, or even their physical looks after a while, that “*burning passion*” fades away and may also give way to discontentment, resentment and hatred. You don’t need examples of that, do you?

Student: *Nope. Been there, done that.* (Laughs)

RJW: So, these categories of *emotional love*, although important, and in most cases good and fulfilling, are not to be confused with Universal Love. *Human love is a mix of feelings and emotions; Universal Love is a STATE OF BEING.*

Universal Love expects nothing in return. It does not judge nor requires some form of behavior from others to be validated.

And, what I want to make clear here is; YES, you can truly and sincerely LOVE your children, your parents, your friends, or whoever. I am NOT putting down the experience of sincere human love, whichever way it takes.

What I am trying to show you is that LOVE, in it’s *purest form*, as GOD loves, *does NOT put any condition*. It does not have any *expectation*.

TRUE LOVE is *respecting other people’s individuality and free-will*. It is practicing the *Golden Rule*, which means, treating “them” as you would like to be treated. *TRUE LOVE* is about *desiring for others the same good you desire for yourself*.

But you can only experience that TRUE Universal Love, which is a STATE OF BEING, when you *LOVE YOURSELF FIRST*, period!

Yeshua says:

“And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment. And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” (Mark 12: 30-31)

So, what does that imply to YOU?

Student: *Well, that we must love God and everyone. That’s my understanding.*

RJW: Well, and that is the understanding of those who think they get these phrases right. But do you really want to know the *TRUE* meaning of it?

Student: *SURE!*

RJW: So let’s do it!

Loving *“the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.”* is *TRULY loving YOURSELF*. WHY? Because *YOU are the God of your personal “reality”!* What do you think Yeshua meant by saying: *“the Lord YOUR God”?* To me that is *VERY CLEAR*, right? The Lord, *YOUR God*, which is the same as *the PARTICLE OF GOD in YOU!* That is the same as *LOVING YOURSELF!*

That is the *FIRST* and most important aspect of love, which is a *STATE OF BEING*, a *SUBSTANCE*, The Force that keeps your Atoms together. The Force that sustains and gives you life. The Force that is allowing *YOU* to have this experience of Eternity!

Why not *LOVE yourself as you are?* That is the first step to becoming more of what you are as *Infinite Consciousness*. Compare that with the way most *sleepwalkers* live, resenting, disliking, and even hating who they are Being now. If you had a choice, what would you prefer?

Student: *Obviously LOVING MYSELF!*

RJW: *RIGHT!* That would be the beginning of the solution to guilt, fear and shame, right? The only reason why it seems hard to have that unconditional love towards your Self (*REALIZING YOUR GOD SELF*) is because you have been hypnotized into believing that *you are not worthy*.

Once you *love yourself as GOD Loves Itself*, the second step becomes very easy; the idea of: *“You shall love your neighbor as yourself.”* Pay attention, this phrase implies *AS*

YOURSELF, which means: you can only truly, completely love anybody unconditionally IF and WHEN you love YOURSELF Unconditionally.

Student: *YES! I am getting it. Now, how do we go about expressing that unconditional love for “others”?*

RJW: *By respecting their free-will. By respecting their CHOICES, and, the most important; by wishing for them the SAME GOOD you wish for YOURSELF.*

If you want to be *awake* and *enlightened*, for example, wish the same for others. SEE them as that in your *Consensual Reality*. If you wish to be healthy, prosperous and joyful, wish the SAME for others. SEE them as that!

Because, *ultimately, what you wish for others is a reflection of what you are wishing for YOURSELF*. You CANNOT live in the duality of thinking that you are Infinite Consciousness while, at the same time, thinking that “others” are less than that, just because they don’t live a lifestyle that is compatible to yours, or because they follow a different “path”, or because they have different political, sexual, or philosophical views.

Once you reach that *level of Consciousness*, which is *5th Dimensional*, you will have NO opposition. Because the “others”, in your consensual “reality”, will not feel any opposition or dissonant energy coming from you.

So, I think the BOTTOM LINE here is to understand that the “others” are just responding to your own FREQUENCIES, which include *your beliefs and expectations about them*. YES! That is how POWERFUL YOU ARE! That’s why Yeshua could heal, transform and resurrect. Because He saw the reflections of His own Consciousness, “the others”, as ALREADY PERFECT AND WHOLE! He DID NOT see a “blind man”, he saw God expressing a state. He did NOT see a “paraplegic”, He saw God expressing a state. He did NOT see a “prostitute”, He saw God expressing a state.

Do you want to have the “*same mind that was in Christ Jesus (Yeshua)*”? Do you REALLY? Then start applying these principles. You can ONLY HEAL others when you heal the IMAGE, in YOUR OWN CONSCIOUSNESS, when you heal your expectations and the meaning you were *programmed* to give to people, places and circumstances.

EVERYTHING HAS NO MEANING - IT IS ALL MEANINGLESS. AND, AS THE MASTER OF YOUR “REALITY”, YOU DECIDE WHAT ANYTHING OR ANYONE REPRESENTS, WHAT THEY “MEAN” TO YOU, AND HOW THEY INTERACT WITH AND AFFECT YOUR “DREAM”.

Student: *WOW, THAT WAS REALLY PROFOUND!*

RJW: As “*profound*” as we can get at this stage of your Expansion. And this is just the “tip of the iceberg”. (RJW Laughs Loudly)

And...there’s *one more step* for you to experience the Magical life of a Mystic...

4 - EXPANSION

RJW: Once you RECONCILE with your whole “*reality*”, by seeing it ALL as an expression of Infinite Consciousness *responding to your energy*, once you FORGIVE yourself and everything else, by recognizing that NOTHING, whatsoever, came into your life without *being invited*, and once you LOVE yourself, and everyone, everything in your “*reality*”, you ARE living the TRUE Mystical Path.

It does NOT matter which “*religion*” or “*philosophy*” you follow or prefer, if any. It does NOT matter who you see as a “*master*” or “*guide*”, if any. It doesn’t matter what The Matrix tries to fool you into believing. *YOU ARE SOVEREIGN OVER YOUR PERSONAL “DREAM”*.

And from there, your *ONLY and Ultimate Goal* is to continue EXPANDING into MORE and MORE *UNLIMITEDNESS!* It is NOT about worshiping or rituals. It is NOT about trying to reach any state. It is NOT about “*eliminating Karma*”. It is NOT about *trials, tribulations* and “*learning*” in order to *grow*. It is only about *BEING*, and *EXPANDING*.

Student: *OK, that makes sense. And what can we expect from then on? What is the Ultimate State?*

RJW: If I told you what the so-called “*Ultimate State*” is, I would be lying somehow. Why? Because we really DON’T KNOW what it is. Even the most Advanced Ascended Master would tell you that, in an Infinite Multi-verse, *there is no such a thing as a limit*.

What I can share with you is the general experience of expansion in the physical form and in your current dream.

LEVELS OF EXPANSION:

The *First level* of this expansion is when you acquire control over your *INNER STATES*. Which mean your *thoughts, feelings* and *emotions*. And I must be honest with you, this is *the hardest level!* In this level you face The Matrix and start by responding in a different way. Why, your “*reality*” doesn’t change *automatically*; it requires that you *first change your reactions and responses to it*. That is also a way to keep the EGO under control.

You are ALWAYS *responding* and *reacting* to the “*dream*”. Once you start making those responses and reactions *CONSCIOUSLY*, then, and only then, *you KNOW* you are expanding. The *physical transmutations* come after it, not before.

So, again, your *first level of Mastery is mastery over your INNER STATES.*

The Second level then is *Mastery over your physical body.*

Your body RESPONDS to your states. It has been said over and over again, by various Masters, that *your Consciousness is NOT inside your body, but your body IS inside your Consciousness, period!* Therefore, ANY attempt to transform or heal the body, if not initiated in Consciousness, will not succeed. And this includes any “*potions*”, “*supplements*”, “*gadgets*” and “*medications*” you may use.

Have you ever heard about the *Placebo* and *Nocebo* effects?

Student: *Surely, this is an amazing topic.*

RJW: Right! Doctors and Scientists cannot find a *logical explanation* for it. Because there’s no “*logical*” explanation for it within the confines of the current “*medical paradigm/construct*”. I guess medical students should have some classes on *Metaphysics* during their training, so they would not look like fools when hearing about an *spontaneous cancer remission*, or a *sugar pill resolving a case of high blood pressure or diabetes*. (Laughs)

So, how you go about Mastery over your body? The same way you Master *EVERYTHING* in your “*dream reality*”...

TALK TO YOUR BODY IN A LOVING WAY. SEE, VISUALIZE THE SHAPE YOU WISH TO BE, ACCEPT HEALTH, WELL BEING AND BALANCE. ACCEPT REJUVENATION AND, EVEN, YES! IMMORTALITY!

In reality, there are no “*diseases*” - there are *constructs* imprinted in YOUR MIND since you were a little child and were taught that “*scientists*” and “*doctors*” hold the keys to life, health and death. *WAKE THE FUCKING UP!* Sorry about my French. *Take responsibility over your body*, it is *YOURS*, and *ONLY YOU* can tell you what it can BE!

Back to your Bible; why you think Joel 3:10 says:

“Let the weak say, I am strong.”

This is yet another lesson that many “*Sunday school Christians*” miss. It clearly explains the Power of *communicating with your body, your cells, your atoms*. Your body doesn’t respond to medications, supplements, gadgets nor rituals; it responds primarily to your *State of Consciousness* - and that is the most direct explanation for the *PLACEBO EFFECT!* A great teacher of Truth, *Dr. Joe Dispenza*, wrote a book called: “*YOU ARE THE PLACEBO*”. And that’s the Ultimate Truth!

Right now, as we communicate, I AM approaching the age of 55 *chronological years*. And, you know, besides looking quite younger, I DO NOT take any type of pharmaceutical drug. I don't have ANY chronic disease. I go through my days with the energy, vitality and libido of a 25 years old. And I have a *natural body-builder physique*, without taking any *anabolic steroids*.

As a Licensed Physical Therapy Practitioner, I have treated people who are younger than I am, and trapped by the medical/scientific paradox, hooked on all types of drugs, and full of chronic conditions.

Student: *Yep! You are indeed a living example of what you teach. I admire your muscular body and your natural energy.*

RJW: Thanks. And that leads us to the *The third level of Mastery; which is Mastery over others*.

Now, when I say *mastery over others*, most people think about “*manipulating*” others, and that IS a valid possibility in the dream. You may have heard about “*white*” and “*black*” magic, right? The Star Wars saga depicts the Jedi (the “*good guys*”) and the Sith (the “*bad guys*”).

And, as I think I have explained before, you can use water, electricity, fire, and many others elements and objects to help and heal, or to hurt and kill. In the case of a True Mystic, She uses her thoughts, feelings and extra-sensory abilities to help and heal.

Be it by being an actual “*Energy Healer*”, or by simply projecting the best thoughts to everyone around. That's why a True Mystic appears to be so *magnetic* and *attractive* in the sense of other people feeling well just by being in Her presence.

In one of Neville Goddard's books he mentions walking through a park in NYC and being approached by a beggar. Neville refused to hand out any money, but, instead, immediately “*saw*” the guy as doing well and not having to beg for coins anymore.

According to the narration, a while later Neville bumped into the same man, and the man thanked Neville for that refusal. He said that the experience gave him the drive to look for a job and stop being a beggar. But, in reality, I am pretty sure that the *imaginal act* from Neville is what affected that man.

So, you see, even by just wishing the BEST OUTCOME FOR OTHERS, you ARE practicing Mastery over their outcomes, in your consensual “*reality*”. Praying for others, as the traditional Christians do, is a way of going about it. And this is the “*Mastery over others*” I am referring to here. Clear?

Student: *You couldn't be clearer Sir!*

RJW: And, as with all the previous Levels of Mastery, the *more you practice it*, the better you become. Until you reach a stage in which you can *heal other people's diseases and conditions* in your dream "reality".

Student: *Yeah! It is wonderful!*

RJW: Indeed, but it doesn't stop there. There are TWO more Levels of Mastery for you to have fun with in your dream...

Mastery Level four is about MASTERY OVER MATTER.

Student: *That sounds interesting!*

RJW: Interesting indeed. Now, an important question... what does "MASTERY OVER MATTER" represents to YOU?

Student: *Well, I guess it represents being able to levitate or move objects around, like in Psychokinesis, or turning lead into gold, like in Alchemy, for example.*

RJW: And those ARE part of it, at a higher level. But to grow into those *abilities*, you must, first of all, *reconcile* with your "reality". You Must TRULY, fully, integrate the *Theory of Everything*, which says *EVERYTHING IS CONSCIOUSNESS*, in your DAILY LIFE.

Therefore, you start with *very simple, doable practices*, such as, for example, telling your pillow that it will help you have an amazing night of sleep. You should tell your cell phone, computer or car that they are functioning perfectly. You should tell your home that it protects, heals and help you expand. AGAIN, it is about using YOUR Consciousness to define how matter can help you in your EXPANSION.

PLEASE understand that *EVERY SINGLE THING* in this YOU-niverse is like a *MIRROR responding to your requests*, to YOUR *commands*, to YOUR *expectations*. That is the way to gradually acquire Mastery over MATTER... which is, simply speaking, to realize that MATTER IS ENERGY, and IT RESPONDS TO YOU! Clear?

Student: *Well, I guess you are making it all come together masterfully, and I appreciate that!*

RJW: Don't just "*appreciate it*", but *DO IT!* Again, you will only realize that I am not a *con-artist* lying to you if YOU *experience this in your life*, daily. If YOU make these practices a LIFE-STYLE, not just a "ritualistic" or "wishful thinking" philosophy.

Student: *OK, and what would be a next "level"?*

The fifth Level of Mastery is *Mastery over YOUR Holographic Multi-verse* (or your YOU-niverse).

The Great Mystic RUMI said:

“The universe is not outside of you. Look inside yourself; everything that you want, you already are.”

Therefore, the way to get to this level of realization, is by *practicing the previous Levels of Mastery daily*. It is living the *THE FOUR-FOLD WAY*.

Do you see? I am giving it all to you in a “*silver plate*”. After we go through this, there should be no doubt, no “*if’s*” or “*but’s*”, no “*searching*” for anything else. Not trying to “*grow*” into anything. *YOU ARE EVERYTHING, EVERYWHERE, ALL THE TIME!*

And, pay attention to this! The greatest level of realization is to KNOW that you ARE already practicing it, EACH MOMENT of your life, of your “*dream*”. You have ALWAYS been, you will always be, because that’s what “*life*” is ALL ABOUT - *A Mirror* reflecting back to you the contents of your beliefs, or knowingness about *what is possible* for you or not.

YOU ARE ALREADY THE MASTER OF YOUR PERSONAL REALITY, OF YOUR YOU-NIVERSE!

YOU are already at the “*end*” of it, *reflecting back* whatever you wish to experience through *CHOICE*. You either choose to live by The Matrix Constructs, or by YOUR OWN Constructs. YOU either choose to play the “*victim*” or *The MASTER*. YOU either choose to be in control or to illusorily give that control, give your power to someone else.

But still, *it’s YOU giving away control*, Mastery and Power, which means, YOU ARE IN CONTROL, YOU HAVE THE POWER, AND YOU ARE ALREADY A MASTER!

I will leave you guys today with a quote from The Great Master RAMTHA - IT says:

“Within you, master, lies the power to create universes. Within you lies the power to manifest whatever dream you fancy, for the whole of your reality was created from dreams. And within you, blessed entity, also lies the power to give your power away through dogmas and rituals that convince you that you are wretched, and that your life is not wholly in your own hands.”

Student: *Thanks! I really appreciate it!*

WAKE UP!

RESOURCES:

RJ Wellington's websites:

To know more about RJ Wellington's work, be updated about his new YouTube videos, and to get in touch with him, visit:

www.truemetaphysics.com

To know more about RJ Wellington's *BIO-HACKING* and rejuvenation method through Stem Cells Activation, visit:

www.cellrenew.us

RJ Wellington's YouTube Channel:

<https://www.youtube.com/@rjwellingtontruemetaphysic2740>