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Chapter 4

Personal Power

The most common challenge my clients, friends, and family have in connecting to the Creator and mastering all the conditions they place on love is that they have not fully stepped into their power.

Most of my clients have stopped giving their power away to others after realizing that the people they gave it to were using it against them. While in an altered state and in touch with their deepest wisdom and understanding, these people admit they are using ninety percent of their energy to stop themselves from fully taking their power. They are also using a similar amount of energy to keep themselves out of love.

If they stopped giving their power away, why would they be afraid to claim it for themselves? There are three possible answers that explain this behavior.

First, we are moving into a time of instantaneous creation when we will have a thought or feeling and our physical reality will instantly change. We are aware of this already when we imagine future events taking a specific course and they do, or we think about someone and they call on the phone. All of us have seen

**We are moving into a time of
instantaneous creation.**

examples of this type of creation in our everyday lives. We are starting to know what is going to happen before it does.

Instantaneous creation is the most common vibration shared in higher dimensions. How many of us are ready to accept the responsibility and consequences of instantaneous creation? What if your next thought and feeling created a completely different physical environment or reality? To be ready for such powerful creative skills, most of my clients realize they must be peaceful, have a quiet mind, unconditional love for themselves, feel unconditional compassion for others, and be experienced in all forms of earthly creation.

The second reason most of us are hesitant to fully take our power is that we are not clear about how our lives would change. Could we handle it? What if — right now! — you were a thousand times more powerful? How would you be? How would that feel? What would you do with such power? Would you be safe? Would others be safe?

Unless we already understood our creations — understood them physically, emotionally, mentally, and spiritually — we could be afraid we would continue to create the same patterns in the future that we created in the past. Why would we trust ourselves to create more unless we fully understood why we created our present lives — our issues, our relationships, our families, and all of our experiences?

The third reason my clients do not claim their power is they do not realize they are stand-alone creators. Most of them were taught and believe they have to co-create with others and in doing so must give their power away.

If we do not realize we are all creators, each of us on our own perfect life journey, we will tend

to judge the creations of others based on how we believe they should create.

The truth is, everyone's creations are absolutely perfect. We are all creating situations to help us master our issues in order to evolve and be more like Source. Who can say other peoples' realities, even if they are harsher than what we might want for ourselves, are not exactly what they need to experience to understand their life's purpose and take their power?

Only when we first become responsible creators, aware of what we create in our own lives, can we truly co-create with others.

Instantaneous creation is the most common vibration shared in higher dimensions.

Chapter 15

The Void

Dualities such as love and hate are collapsing and dissolving. The collective consciousness, which feeds on these dualities, is also starting to collapse. Everything is changing, evolving, and moving away from the polarities of light and dark towards clear light where all dualities balance.

As dualities collapse, so do our realities. The collapse of dualities makes life appear to be going faster. These changes create pressure on us, our lives, and on the Earth. As dualities collapse we are being pushed into another vibrational space — the Void.

The Void is around us all the time and has many color stages. The first stage can be perceived when your meditative space turns a golden hue. The gold vibration then becomes orange, then burnt umber, and finally a transparent black. The Void is easy to see at night. Some see a translucent black mist when they first wake up, still half asleep and groggy. This is the Void.

The Void is the gate between this reality and the next dimension, a dimension instantaneous creation. It has been described as both completely neutral and totally reflective. What

As dualities collapse, so do our realities.

we may face in the Void, multiplied one thousand times, are any remaining fears or pieces of our own inner dualities/polarities that we have yet to bring into balance. To pass through the Void we must face our worst fears.

What would facing your fears feel like? Imagine standing in front of a gigantic black mirror. Your fears — your remaining issues — are reflected in the mirror and amplified a thousand times back to you. What if you were afraid? Could you walk through this reflection?

Could you even run the other way now that the collective consciousness and Earthly dualities have changed? What if you were to feel unconditional love for yourself and amplify that feeling a thousand times? Is this what the Creator feels like?

LYING

The Void reflects all distortions in our lives. Besides our fears, lying is also a main cause of distortion. A study of college students at the University of Virginia revealed that lying seems to be a way of life for many people. The results showed the students told lies in seventy-seven percent of all conversations with strangers, forty-eight percent with acquaintances, and twenty-eight percent with their best friends. They lied to their lovers thirty-four percent of the time. Lies to Mom came in at forty-six percent. This included “small lies” told to protect other people’s feelings. We can see how easy it is to get confused about our own truth.

A survey of one thousand adults reported in the book, *The Day America Told the Truth*, found ninety-one percent lie routinely and fifty-

<p style="text-align: center;">To pass through the Void we must face our worst fears.</p>
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nine percent admitted lying regularly to their kids. In a survey published in the April 4, 1997 edition of *USA Today*, forty-eight percent of workers admitted to unethical or illegal acts in the workplace.

These reports reveal that the average person lies twice a day. With each lie we create a barrier making it more difficult to know our truth. This in turn disconnects us from our ability to tap in on our psychic senses and causes distortion in our connection to our Creator.

I believe one of the most important prerequisites to having a clear mind and using all our psychic abilities is to always be truthful. When we lie, we cover our true feelings. We hide our truth so the other person will not know we are lying. Does hiding our true feelings from others also hide them from ourselves and separate us from the Creator?

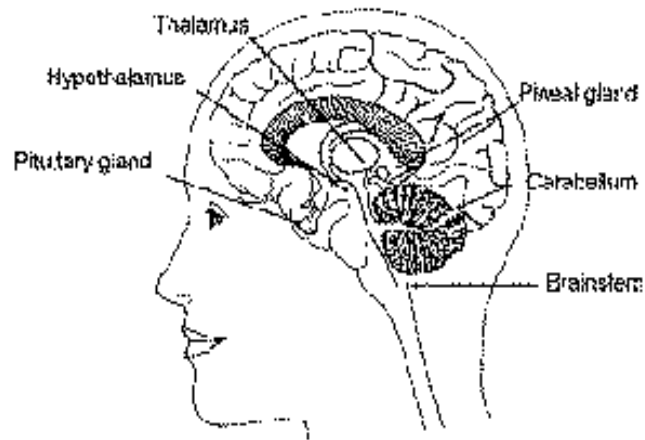
Lying confuses us and distorts our perceptions of reality. Lying causes us to distrust our feelings, creating separation and miscommunication with our Higher Self. One of the requirements of mastering unconditional love for ourselves and all creation is to be honest.

Chapter 22

The Pineal Gland

In the previous chapters of this book, I presented the best of what I know. More information is coming in all the time. In this chapter, I would like to share with you the way much of this information came to me and introduce you to knowledge and methods that will allow you to get your own answers. I believe the most valuable knowledge is centered in the pineal gland. This includes information from Creator, Mother Earth, direction from guides and angels, wisdom from your Higher Self, and communications from extraterrestrials.

The pineal is a tiny and powerful gland, crucial to the healthy functioning of your physical, mental, emotional, and spiritual bodies. Just a little bigger than a grain of wheat. The pineal is about one quarter inch long, reddish-gray, and shaped like a cone. It is located in the middle of the brain between the right and left lobes, behind and just above the pituitary gland, and attached to and situated over the third ventricle of the brain. You can imagine its location by drawing a straight line from a point between your eyebrows to the back of your head, then drawing another straight line above your ears. Picture the pineal gland down in the middle of the brain where the two lines intersect.



While we are most interested in the spiritual functioning of this special gland, knowledge about its physical, emotional, and mental activities will also be useful, because if the pineal is not physically healthy nothing is going to work right. If it has not been activated, I believe practicing the Living Light Breath™ (Chapter 24) can help restore the pineal gland to good working order.

The pineal gland is part of the body's endocrine system and produces regulatory substances called hormones that are transmitted by the bloodstream to different cells and organs. Scientists consider the pineal to be the master gland, "the regulator of regulators" that insures the proper rhythm of the hormonal and cellular systems. The pineal gland secretes a vital hormone called melatonin, which modulates and fortifies the immune system and stabilizes the nervous system. It induces sleep, gives you energy and strength, and is an aphrodisiac and thyroid stimulator. Melatonin is also the body's main antioxidant, preventing damage to the cells and DNA; it is an anti-aging, anti-cancer, anti-stress, and anti-insomnia hormone.

Melatonin regulates the circadian rhythms — the day and night cycles — of the body's metabolism. It is released into the bloodstream at night in darkness, and production stops at sunrise. If you sleep with a light on, you may be interfering with the natural production of melatonin.

The pineal produces melatonin from serotonin. Serotonin is a neurotransmitter. It allows energy to bridge the gap between nerve cells. Serotonin is most highly concentrated in the pineal. As you grow older, the balanced flow of these vital fluids may be disturbed because the pineal gland starts to calcify. As the pineal calcifies, melatonin production decreases.

The calcification of the pineal gland and decrease in melatonin output activates the body's aging process. Autopsies done on those who died with Alzheimer's disease showed substantially decreased melatonin levels. In the West, women with breast cancer have reduced pineal activity and high pineal calcification. Breast cancer is not common in Japan, where middle aged women have very low calcification of the pineal gland.

I practice the Living Light Breath to assist me staying centered in my pineal gland. I continuously draw spiritual light into my pineal to reverse calcification and keep this gland healthy and fortified. Anyone can easily learn to do this. And when you do, I believe you will remain healthy and youthful, and will enjoy the benefit of increased spiritual communication, connection, and understanding. While modern medical research is helping us understand the physical, mental, and emotional functions of the pineal gland, spiritual adepts from the ancient mystery schools have always been aware of its benefits and wonderful etheric gifts.