

Lessons of Enlightenment

By Cosmic Awareness

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This book is
dedicated to

you

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With tremendous gratitude to the
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made this book possible.

You know who you are.

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Preface

Cosmic Awareness Introduces the Book

(Cosmic Awareness channeled message)

The time has come to impart the Lessons of Enlightenment, for the ushering in of the New Millennium. The Lessons are offered to facilitate the unfolding of the New Age, which symbolizes the restoration of humans to their intended evolutionary pathway, which allows for the maximum evolution and expansion of Universal Consciousness. It is an era of renaissance through which entities can awaken from the sleep-inducing, dogmatic and manipulative assertions of mankind and realign with the divine source of universal knowledge which lies within.

It is a time to celebrate the reconnection between the individual and the totality of All That Is. It is a time to become receptive to the Divine Grace, the love and faith that has been placed in humankind. It is a time to honor the faith, to acknowledge and reclaim the resources and abilities that empower humans rather than allow them to remain mired and enslaved within their own earthly illusions. It is a time for every soul to rise to the challenge of realigning the spirit, the will, the mind and the body. It is a time of joyous self expression.

The Lessons provide the light, but it is the task of the individual to enlist the will and to actively choose the pathway to receive the light. This requires the trust that each individual was created with the innate capacity to know, to experience, and attune to an inner guidance. This requires the courage to set aside those beliefs, and habits of thought and action that now severely limit the soul, yet masquerade as the very truths for which humans feel compelled to fight and to die. For the feelings are indeed instrumental in such choices, but not without the understandings to be imparted in these Lessons.

The Lessons Of Enlightenment will arrive like pearls of wisdom, for each entity to assemble into an invaluable adornment which can become an enduring talisman against external manipulation and a symbol of the choice for, and

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commitment to individual empowerment, soul development, to individual, social and spiritual evolution, to love replacing fear, to light replacing darkness, to the rejection of evil, and to the unwavering faith in the Universal Divine. It is to be worn with honor, legitimate pride, dignity, compassion and self respect. It cannot be worn if there is insincerity, a refusal to question existing beliefs, denial of spiritual impetus, denial of will energy or violation or denial of others. For such denial not only negates the soul, but also denies Universal Consciousness and each individual's rightful place in the connectedness of All That Is.

The actions of the wearer will always defy any such attempts at deception, for legitimate actions will always spring from a new motivative source, demonstrating the understanding, the awareness and the grace that the Lessons embody. The actions of entities automatically provide testimony to the degree of alignment between spirit, will, mind and body. Indeed, upon grasping the understandings that the Lessons provide, human essence, human nature, human behavior, human evolution and human destiny will all become far less mysterious.

This is like a vessel of opportunity. This is a time of great potential. This is a time for each entity to rise to the challenge of participation in the turning of the tide and in the laying of the groundwork for accelerated development. This is the time to realign with the Universal Divine, the Love Force, the Universal Consciousness of All That Is. The vessel of opportunity has arrived.

Welcome aboard.

(End of Cosmic Awareness channeled message)

I

What is Cosmic Awareness?

(From the Editors)

Cosmic Awareness is the Force that expressed Itself through Jesus, the Buddha, Krishna, Mohammed and other great avatars who served as channels for what is commonly referred to as “God.” The messages do not come from spirits, ghosts or discarnate entities, but directly from the source—Universal Consciousness.

Early in 1962, a voice expressing itself as Cosmic Awareness began speaking through Ralph Duby, a university lecturer and ex-army officer who had been through the Bataan Death March in Philippines during World War II. The voice spoke whenever the subject was in a state of self-induced trance.

Since that time, much valuable information has come through to us on this earthly plane from a source so high it staggers the imagination.

When the question was asked of Cosmic Awareness: “What is Cosmic Awareness?” we were told that Cosmic Awareness is the total mind that is not any one mind, but is the Universal Mind. It does not represent any unit other than that of complete and total Universality. We were told that we are all part of Cosmic Awareness and that we all have that God-cell within that can be contacted. No need to run off to psychics or priests or spiritual mediators. Cosmic Awareness said that you can channel Cosmic Awareness, too. Everyone can.

From Cosmic Awareness, we have learned from the tens of thousands of readings It has given, that It has many names. Some call it God, Jehovah, the First Cause, the Great I AM, All That Is, etc., but Awareness has said It is not a single entity, not the anthropomorphic concept that It was often defined to be by most religions.

It has defined Itself as Beauty, Purity, Concentration—and above all, Truth or “What Is.” It has called Itself anti-matter, pure space, pure nothingness that is everything and the everything that is essentially nothing. It has described Itself

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as being that which is next to that which does not and cannot speak because it is the highest form of energy in the universe. It corresponds to the highest impersonalized concepts of God—the Clear Light. It has said that as it speaks through a modern-day interpreter now, in the past It has spoken through the great avatars: the Buddha, Mohammed, Moses, Jesus, Krishna and others who served as Its channels.

Cosmic Awareness has made Itself quite clear that It is not an entity, a disembodied spirit or anything of that nature. Awareness is pure energy—pure everything—or the natural God. Cosmic Awareness is that Universal Consciousness that permeates all living things in the universe, that sees all and experiences and discerns “what is” without judging or condemning. It is the Cosmic River of Life, the Stream of Consciousness, the Eternal Essence of Being, the Divine Spirit.

Cosmic Awareness is not a personality, but a force that is personal in nature. The name Cosmic Awareness is unlikely to become confused with any “personality” who channels or expresses this force, avoiding any form of worship toward that person. It can be experienced by anyone who goes deep enough within oneself to touch that level of Cosmic Awareness.

Cosmic Awareness is the sea of life that not only fills our cells with living energy, but fills the air we breathe and the space between galaxies and the molecules. It is the living universe. Like water filling a sponge, Cosmic Awareness fills the spaces between molecules atoms and subatomic particles, and binds them all together into one gigantic Universal Being. Like cells in a microcosmic body, we blend together as souls in a macrocosmic body whose consciousness is Cosmic Awareness.

The communications have reduced what a true religion should be to the simple fundamentals of service to one another. “God” is revealed as a universal set of cosmic laws, not a personal deity subject to capriciousness, wrath or vengeance. Cosmic Awareness has taught us that there is no actual “personalized” God, apart from the many that human beings have created; there is no “personalized” Devil apart from the many that men have promulgated. The communications are deeply spiritual, but essentially non-religious and non-secular.

The communications never cease to stress the supreme importance of spiritual life and the necessity for compassion in our dealings with all people. In the messages from Cosmic Awareness, there is to be found the same supreme dedication to helping to ease suffering and tragedy among humanity and a reverence for all life that is the hallmark of the great saints and the teachings of the great religious leaders.

II

The Philosophy of Cosmic Awareness

(From the Editors)

Cosmic Awareness has stated that purpose of the information being released is to lead people on earth to find out “Who, In Fact, You Really Are.” This is a key phrase that is repeated many times throughout the tens of thousands of readings and literally millions of words.

There are several interesting aspects of Cosmic Awareness that consistently permeate all of the readings. First, Cosmic Awareness refers to people as “entities” because It indicated that they have all played the roles of being a man as well as a woman. All of us have both a masculine and feminine side, and we decide which role we will play in a given lifetime—whichever sex will provide the best opportunity in that time and place for our soul to “grow” as it evolves back toward its source.

Yes, Awareness explains “reincarnation,” and if the doctrine has never made much sense to you, reading this book may put the subject into a very different light—a light that not only makes sense, but may lead you to wonder how you could have ever thought differently.

Another major theme that runs through all of the Cosmic Awareness readings is that there is no death. None whatsoever. What we call “death” and mourn about is nothing more than a simple transition to another vibratory rate that Cosmic Awareness refers to as the Inner Planes.

During sleep, Cosmic Awareness tells us, we often leave our physical body and travel around the various planes, of which there are many—some high and some quite low. These inner planes are what are generally referred to in various religious teachings as Heaven, Hell, Limbo, Purgatory, etc. We travel to these planes to attend schools, to help others and to basically learn what we need to learn.

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One interesting aspect of “death” is that Cosmic Awareness says that we will no longer even have to go through a physical death now that the earth’s spiritual ascension is near—that is, if we don’t want to. Awareness tells us how to reorient our minds to the new concept that “aging” is merely a projection of our own mind, which is playing a tape over and over, over and over, programming and hypnotizing our bodies into getting old and disintegrating. Aging can be stopped and Awareness explains how.

As you become familiar with Cosmic Awareness, these concepts and many more will begin to fall into place. Your daily actions will begin to reflect a new philosophy. Indeed, you will find yourself becoming aware of “Who, In Fact, You Really Are.”

Another important concept—and this is very important—is that Cosmic Awareness tells us not to believe anything, not even Cosmic Awareness, but to question, explore, doubt, and discover on your own what the truth really is. Cosmic Awareness will only “indicate” and “suggest.”

Cosmic Awareness asks not that you sacrifice to It, not that you believe in It, not that you bow down in worship to It, but only that you love one another, serve one another, and that you yourself grow spiritually, become cosmically aware and find out “Who, In Fact, You Really Are.”

Cosmic Awareness tells us that at the time of passing over, which we call death, each and every one of us must answer one, and only one, question (asked by yourself to yourself, not by any sort of spiritual judge):

“How many have you served, and how well?”

We should consider what we will be able to provide as an answer to ourselves.

Alpha A α

Human Nature

Lesson 1: Overview of the Human Condition

Introduction

There is a great urgency for human beings to understand and correct their current situation. Humankind is and has been experiencing far more disconnection, disorientation, pain and suffering than is necessary. This creates an interruption in the flow of Universal Divine Love Energy and a virtual frustration in the ever-expanding consciousness of All That Is. Each and every earthbound entity is an apportionment of the Divine Spirit and maintains a connective strand, a communicative channel, through which inspiration, guidance and divine intention can be experienced. Along with this information channel came the innate ability to transmute Universal Energy into physical form to create events and physical manifestations pleasing to both the individual and the ever-expanding Universal Spirit. The power to intuit, the power to create, and the freedom for willful action, are all far greater than humans imagine—for they have become obscured, blunted and limited.

Communication and the Fluid Creative Reality

Since time was young, humans have had the challenge of utilizing that power to create unlimited, ever-evolving tools and methods to develop and express their soul potential in earthly existence. Development and expression of Spirit was the individual objective within the overall goal of continued expansion of Universal Consciousness. Such tools have manifested in the physical technologies, including everything from stone carving tools to the Internet, as well as mental technologies including knowledge, beliefs, cultural customs, political systems, legal systems, social codes, religious and worldviews that exist today.

These tools were originally to be developed by an individual for that individual's personal use to accomplish the maximum possible development,

expression and expansion of his or her individual consciousness. The tools were intended to be temporary, flexible transient and ever-changing—like cloaks to be designed, worn and cast aside as new, more effective versions were inspired and created. There was no “right” or “wrong,” no “good” or “bad” tools, no judgments or limitations were placed upon the creations of man. The only legitimate quality assessment was how well the tools and ideas accomplished the development and expression of the soul potential. The “reality” was highly individualized. It was negotiated and created through the communication between individual and universal spirit and the application of will power. The action choices of entities were validated by the spiritual responses experienced through the feeling system.

Those tools that were most effective at meeting the expansion goals of the spirit were pleasing to the spirit, and those that were less so were not so pleasurable. Those that did not work or lost their effectiveness over time would restrict, even frustrate the spirit and the feelings would be not pleasing—they became even unpleasant and painful.

These pleasurable or painful feelings were experienced within the individual as an ever-present reminder of the goals of the spirit and of how well they were being attained. This was the reality: an information exchange and feedback between the spiritual, mental and physical realms, each working in concert to maximize and expand individual and Universal Consciousness. There was no mistaking that earthly reality was fluid and within the constant control of the individuals, no matter how “real” and valid the earthly creations and events may have appeared in the physical realm.

Disconnection and Rigid Physical Reality

But over time, humans began to believe more and more in the validity of their creations and rely less and less upon the internal communicative spiritual guidance. The methodologies and beliefs began to take on a life of their own, to become more real, as they were shared between individuals and eventually passed along between generations. Such ideas became real when adopted through willful choice—regardless of whether or not that choice was a conscious one. In fact, most humans empower beliefs without even realizing their choice, since “facts,” values and ideals are indoctrinated into them from the moment they are born. Cognizant or not, humans direct their will power into the belief, which then entraps them within its limitations.

Not only did such limiting judgments become part of earthly reality, but they actually have a physical counterpart that exists in the form of energy fields where potential energy has been frozen into habitual pathways that grossly limit

the human capability of selecting or creating alternate tools or ways of thinking. The beliefs become physically empowered with the human energy that is willfully invested in them. The more times a particular “truth” is uttered and energized, the more it takes on a physical reality that in turn limits the perception of a myriad of other possibilities.

Instead of the evolution of many coexisting equally useful tools of spiritual expression, certain ideas become dominant, overarching and “the way” for all to be. Such limiting beliefs and judgments have interfered tremendously with the natural communicative pathways between embodied entities and All That Is. They have greatly reduced the creative ability to transmute Universal Energy at will, all but eliminated the original fluidity of reality and entrapped humans within the very tools which were intended to empower them. The result is that humankind has become mired within an illusory “reality” of their own creation, cut off from the overarching reality, guidance and direction of All That Is.

The human condition is now such that the expression and development of individual spirit, as well as the expansion of Universal Consciousness, has been tremendously impeded. This “misuse” of human freedom has become known as “the Fall from Grace” in many existing origin stories and religious doctrines. For with the self-imposed limitations due to having bitten of the fruit of the tree of knowledge, humans have lost touch with those very facilities with which they were endowed to protect and guide themselves.

Attempts at Re-Empowerment

In the course of human history, there have been many sages, Avatars and wise “men of God” who have attempted to re-empower humans. These seers incarnated with a clear destiny, a broadened awareness and with better command of the innate power that all humans were intended to possess. Their task was to awaken humankind to the tremendous potential and power that lies within their grasp, yet which remains unclaimed. For every human being maintains that connective strand through which Divine Spirit Intention can be accessed and utilized, offering vast benefits and direction for the restoration of humanity to the intended evolutionary path. Their offerings have made a positive impact; but there has also been a tremendous amount of distortion of the teachings—perversion and dogmatic assertions used for manipulation and control by misguided, power-seeking humans, perpetuating the myth that direction can only come from external forces and guides.

The sages’ message of re-empowerment was lost in the shuffle. The ultimate result was the implanting of a nearly universal belief that human beings are innately evil, rather than innately good, and that with such evil nature they require

external control. The coming of the sages reinforced the belief that some external Omnipotent intermediary has the sole responsibility to create the events necessary for successful human existence. And that since man was innately evil, that unpleasant events were his “due” as retribution from that almighty force. This further disconnected humans from their inner informational feeling system, with the adoption of conflicting ideas about feelings themselves. This created the related belief that emotional suffering is an inevitable, necessary and uncontrollable part of living.

But the belief in the need for external control cannot change the ultimate reality that the individual has, and will always have, internal control. The belief itself cannot remove the individual’s capability and his or her responsibility to manifest their own destiny. It does not in the least diminish the power they possess, only the conscious control they have over that power. The belief in externals cannot change the physical transmutation process or alter the individual causal link between energy and willful manifestation. It merely shifts that power into the earthly illusions and conflicting beliefs which become the external controllers. In adopting an external intermediary, humans cast their power to the wind, rather than honoring themselves as the creators of their own destiny.

Many unexpected and undesirable events that occur in the lives of individuals and those which evidence decay in societies around the world, are a direct result of misdirected, misunderstood human will power. Humans then scramble to react to the oncoming events that seem random, chaotic and meaningless, rather than creating the desired events as originally intended. The information signals of human feeling go unheeded allowing hurtful, limiting beliefs to take root and flourish. The realm of human mind is now choked with many such debilitating beliefs, most of which masquerade as highly esteemed ideals and values. If the innate guidance had been understood, there never would have been such a virulent spread of misdirected energy. If the innate guidance had been understood, humanity would now be master rather than slave.

Regardless of the illusions, the reality of the human condition is still that each individual has the power and the biological capability to receive information and transmute energy directly from the Divine Source. This is the originally intended inner communicative flow of validating feelings of the spirit. Humans are intended to use the conditions and events that they desire. The information process has long gone unnoticed and the lack of intuitive guidance has all but removed the individual’s capacity to create the reality that is most pleasing to the spirit. As a result, the individual spirit is frustrated, as is the Universal Spirit. When the spirit is frustrated and cannot expand, this is made known through the feeling system of the individual— as has always been the case.

The Feeling System: A Spiritual Safety Net

The feeling system is the one system that is not susceptible to the realm of earthly illusion. Although belief can color the feelings, they cannot deny the anger, fear and sadness of a frustrated spirit. The feeling system is the communicative strand that provides a safety net to keep humans attuned to the Spirit regardless of the earthly illusions. The feeling system also plays a major role in the transmutation of energy that creates events, both desirable and undesirable. The preponderance of negative events and frustrating experiences in one's life is a direct result of the level of frustration of the Spirit. Humans have also developed ways to escape the haunting feelings of a frustrated spirit through escapism or aggression or self deception. But true and lasting relief can only come through the identification and rejection of those beliefs that have been internalized, which frustrate rather than develop and express the spiritual potential.

These beliefs, and any others which limit human development and expression, are no longer to be tolerated. The state of the earth becomes less and less stable as more and more energy is fed into the existing limited beliefs. Now is the time for the piece-by-piece dismantling of the dense energy network that stifles the spiritual, mental and physical evolution of the human species. The dominant formative energies are fear, anger and sadness, which spring from the grossly frustrated Universal Spirit. Without direct intervention, these energies will continue to create individual and social and eventually, physiological and geological upheaval.

The Task at Hand

It is to be the task of each and every earthbound entity to reestablish a connection with the inner guidance that they possess, and to regain understandings regarding the nature of their own power and how best to use it. From there, they are to identify and reject any beliefs they find within themselves that are limiting to the Spirit. They are then to identify and to participate in the active removal of such beliefs from the world itself, from the realm of mass consciousness.

With these direct actions, the energy can be disengaged, unit by unit, belief by belief, and returned to the individual. This energy can then be refocused to increase those positive, uplifting, joy-inducing ideas and beliefs which facilitate spiritual expression. The mass reality can ultimately be restored to that state of fluidity where the tools and strategies remain flexible, creative options for indi-

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viduals to select, based upon their ability to develop and express their unique spiritual potential.

These lessons will include the specific advice and understandings necessary to restore the inner communicative information channel within earthbound entities. They will explain the nature of the human feeling system—an unexploited sixth sense—and how it has become lost. They will detail how to interpret the signals from the Spirit, and exactly how to actively respond to the advice offered. They will draw parallels to the feeling system and the misdirected transmutations of power in the creation of events. Ultimately, they can usher in the understandings that will replace the myriad of debilitating beliefs that frustrate the Universal Spirit and cripple the spiritual, mental and physical evolutionary potential of humankind.

Just as sages and seers have appeared in the historical past, there are active entities today working together to carry out their group mission of restoring the inner guidance to earthbound entities. There are many existing, enlightening ideas in the realm of mass consciousness that can be assembled and utilized. There are offerings from every realm, from the arts, from the sciences, from religious, educational and political institutions which all can contribute to the understandings that these lessons embody. As the millennium progresses, there are ever-increasing inspirations, put forth like puzzle pieces to be assembled by humankind. There is a building energy force, toward a critical mass that fuels these inspirations, and makes the necessary understandings more accessible to every human being.

It is now the challenge of each and every earthbound entity to realign themselves with the Inner Guide, through which they can be welcomed home.

Lesson 2: The Spiritual Nature of Humankind

Humanity as Spirituality as Divinity

From the moment of the creation, or what has become known as the “Big Bang,” the Universal Consciousness of All That Is fragmented Itself into a wide variety of physical, material forms, so that It could gain self-experience and self-expansion. As apportionments of this Divine Universal Spirit, human beings are essentially spiritual beings.

It has been a time honored tradition for philosophers, religious leaders, poets, artists, scientists and politicians to ponder the nature of man. Indeed, it is a motive of Divine Spiritual Intention that humans understand their nature. The divinity whispers within every human being, stirring self-curiosity and the need to seek purpose and meaning. In answer to this inner urging, throughout the ages the question has been asked: Is man good? Is man evil? Perhaps a bit of both?

There is plenty of evidence leading directly and completely to one conclusion: that human beings are indeed good. There are many beliefs and judgments placed upon that evidence that lead to quite another conclusion: that humans are wretched and wicked. Thus, the answer has been quite difficult to find. Instead, there now exist many conflicting thought systems, generally within the religious realm, that describe the human being as both good and evil. With each system comes an elaborate set of understandings and rules. These rules are quite specific in ordering the human being to make certain choices which will ensure that he or she always stays on the “good” path—the straight and narrow—ever vigilant against the evil impulse rearing its ugly head.

The logical flaw within such thought systems is the premise that human nature can be altered by human ideology. Humans will be humans and will act human regardless of any dictates to the contrary. Societies have no hope of ever successfully controlling human nature if they insist upon working against it. The very concept that human declarations can alter the motivational essence of humanity is absurd. All humans respond according to their nature. No matter what race or culture, no matter what religious affiliation, no matter what social or economic “station,” no matter what physical, sexual or intellectual orientation, no matter what errors or aberrant behaviors have been chosen, no matter what level of success at attainment of universal intention— all human beings are one and the same at their natural core. Each are apportionments of the universal divine. All human beings are divine.

Although there are widespread beliefs to the contrary, the fact is that humanity is spirituality and divinity in chemical clothing. Humans are as divine as each and every deity. As divine beings, the trust, faith and grace was placed in humanity by All That Is, with the endowment of Free Will to manifest and control individual destiny. This divine freedom evidences the “creator’s” trust and assurance of human goodness.

This fact goes unnoticed, even minimized, with every passing thought that human beings are any less than embodied divinity. But such thoughts have been accepted time and again and have become firmly imbedded attitudes and beliefs—even justifications for misguided thought and action.

The belief in evil is not completely unjustified, given the historical evidence of vicious and heinous actions and violations that humans have perpetrated upon one another. Given these actions, it is understandable why there would be so much confusion and suspicion cast upon human nature.

But without exception, each and every “evil” act is the direct result of miscommunication between spirit and mind. Humans will act in predictable ways when the inner divine communication breaks down. It is only when man-made ideas overrule the innate guidance of spiritual wisdom that this communication breaks down. When this happens, humans are in trouble. For all individual and social chaos springs from this miscommunication. At present, humans are indeed, in very much trouble. For their very freedom has wrought imprisonment.

The inner divine guide remains hidden within the many layers of misconceptions, self imposed limitations, attitudes and reactionary choices, — but it remains. For the Universal Spirit not only provides unlimited freedom and communicative guidance, it also provides insurance that humans can never completely stifle the spirit.

Frustrated Human Purpose and Evil

The ultimate purpose of human existence is for a given spirit to develop and express its unique potential in physical form. This translates within the body as needs which facilitate self development and expression. As each individual achieves personal fulfillment of this purpose, a corresponding experiential expansion and fulfillment occurs within All That Is.

The astronomical genetic uniqueness of each embodied spirit seeks release as an equally unique and necessary contribution to human civilization. Each successful contribution joins the totality in the manifestation of Divine Intention. Self expression is the goal of the Creator. Regardless of what form this expres-

Omega: Conclusion

sion takes, no matter how seemingly insignificant or how substantial, no matter how public or private, no matter how acceptable by human judgmental standards, each unique contribution is an equal, valuable and necessary portion of the whole. The spiritual impetus is so important that humans are embodied with physical insurance that the needs of the spirit will be expressed.

The opposite of expression is frustration. Spiritual frustration is the antithesis of the Creator's intended purpose. It also signals its own presence through the feeling system. Frustration is acknowledged by unpleasant emotions. The spiritual insurance against continuous frustration comes in the form of self-preservationary reactions to unpleasant feelings which are hard-wired into the body. Such reactions virtually override the mind where the human limitations reside. The emotions contain creative arousal energy which moves the individual to corrective action. Such a force is the natural spiritual aggression, yet missing the intentional focus. Such corrections preserve the species, but since they lack intention, they do not facilitate human purpose. At best, they buy time.

Evil springs from the impediment of Divine Intention. Evil acts are self-preservationary acts, not those of self-development and expression. One cannot both preserve and develop the self simultaneously, can one? Self-preservationary reactions were hardwired into the body as a last ditch safety net through which humans can protect, even rescue themselves from their own creations. The self preservation impulse ensures the continuance of the species, but relegates humans to a minimal existence.

The evil acts of humankind are nothing more than innate self-preservationary reactions of the spirit crying out for understanding. The symptomatic pain and anguish, fear and violence shouts the frustration of spirit, but still it goes unheeded. Humans have become so mired within their own man-made ideas that they have severely altered the life experience by grossly limiting their receptivity to innate guidance. They are operating on half power at best and short circuiting themselves at worst.

Humans operating on such a base level of existence reflect the sorry state of mass consciousness. And there is a predominance of unnecessary suffering. The emotional symptoms will eventually lead humans to wisdom for they will not go away until the spirit is understood. But this is a harsh and unnecessary course, tantamount to hitting rock bottom in order to gain enlightenment. There already exist such severe conditions both within individuals and societies that understanding must now be facilitated. For human beings cannot hope to begin to utilize their nature for the intended purpose, if they cannot even grasp an understanding of it.

But regardless of this present state of sub-humanity, the divine tie remains. When it is accessed and utilized, the evil acts that have sullied the reputation of human nature will become less and less frequent. The primary step toward this goal is the reestablishing of the inner line of communication between spirit, mind and body. When the feeling signals of the spirit are interpreted accurately and acted upon optimally, the spirit achieves the self expression it desires. When humans act correctly upon these natural impulses, they cannot help but be moral.

Natural Morality

The intended state is that humans operate from self-developmental and self-expressive impulses. This state is that of uninterrupted flow of spiritual Divine Love energy. When in this state, humans access their innate, natural morality. Yes, humans are innately moral—how can they not be as apportionments of the Divine Spirit? Each and every destructive act that has been cited as evidence of man's innately evil nature is the floundering of a frustrated, disconnected soul in self-preservationary mode. Evil is the absence of the life force, as pain is the absence of the love force.

All actions which spring from self-developmental and self-expressive impulses, spring from spirit. Regardless of what the numerous ideologies of mankind have asserted, divine human impulse operates upon the pleasure and pain continuum of human feeling. Pain signals the frustration of spirit and pleasure signals its expression. Humans are spiritual hedonists. This is in the divine and "good" way. Pleasure is the experience of the Divine Love force unimpeded.

The word "Hedonism" itself has been sullied, just as has been the reputation of human nature. But the pursuit of pleasure and the avoidance of pain is a pure, simple and beautiful principle that allows humans to know whether or not their spiritual energy flow has completed its circuit. There are many activities, pursuits and inclinations that have been deemed "bad," selfish, immoral, unacceptable, even illegal within every society. When in the spiritual sense, if they are what the spirit requires for expression, they are, by divine dictate, necessary and naturally moral. Many man-made judgmental dictates impede rather than facilitate morality.

This is not to say that humans should haphazardly cast all caution to the wind and pursue self pleasure with gusto at the expense of other humans. In fact, any act which violates another is one of self preservation. The essence of natural morality can be distilled to this golden advice: "Hurt not others with that which pains thyself." This credo can be adopted immediately. But before spiritual he-

donism can fully operate as intended, there are some additional, crucial understandings necessary.

The Civilized Planet

Although modern humans consider themselves quite savvy, sophisticated and culturally astute, civilization does not in fact occur until natural morality is understood and accommodated within all social structures. Following misguided notions about evil capacity, human social, religious, political, educational, judicial and economic systems have attempted to control human nature. As rigid rules and restrictions deny the spirit, self-preservationary systems take over. The fear-based, win-lose proposition of competition overtakes the joy-based, win-win underpinnings of cooperation. As self-preservation becomes the dominant motivator, individual and social chaos, fear and aggression then become the norm. This is the present condition upon the Earth. If this current course continues, the violence resulting from fear and anger of frustrated spirits will continue to erode civilization.

A primary goal of these “Lessons” is to impart the wisdom which can reverse this course. Once the intricacies of human hedonistic nature and how it has become affected by mass consciousness are understood, the spiritual advisory connection can be restored. Humans will have far more freedom than has ever occurred and they will use it toward moral purposes. The dominant motivators will be self-development and expression, not the base, self-preservation impulses that now exist.

Such spiritually directed actions are indeed hedonistic, as well as moral in the highest sense. There is no need for external codes, rules, mores or even laws, when humans are operating up to their intended capacity. As individuals heed these “Lessons” and act upon them, society will slowly begin to restructure. There will be the removal of unnecessary restrictions and the development of avenues of equal human opportunity that do not yet exist.

As freedom and opportunity are restored, the spiritual connection strengthens, and the spirit is allowed development and expression. Creative mode will replace survival mode. Energy directed into destructive acts and undesirable events will be redirected into those that are productive and desirable. Humans will get back the tremendous amount of power that now lies dormant. Future generations will enjoy a less and less constricted level of mass consciousness. And ultimately, mass consciousness will evolve to accurately reflect Universal Consciousness as it did In The Beginning.

This is the direction. Now is the time to take the first steps. The understandings are of critical importance, but will most definitely conflict with many existing beliefs and tenets. It is suggested for this reason, to open a new mental space to receive this information to temporarily set aside—not discard—but temporarily set aside existing beliefs, and to actively, openly consider alternate ways of thinking and being. Your spirit will tell you of the validity of any and all information—once you understand how to listen to it. There is no need to abandon existing beliefs completely, as this would be far too painful. (As soon to be explained). Simply place this new information in a special compartment, and keep it together, without placing judgments upon it. You will begin noticing how it manifests in your life.

Now, in order to understand the genesis of the misunderstandings regarding the nature of humankind, as well as to reverse them, it is necessary to begin back at square one, discussing the nature and parameters of “spirit.”

Human Spirit: Consciousness and Intention and Consciousness Itself

Individual Spirit can be defined as that essence which manifests Divine Consciousness and Divine Intention. The individual spirit of a human being has also been termed “soul,” “entity” or “higher self” and these words can be used synonymously with spirit. Consciousness, also known as Awareness, is generally the definitive quality assigned to spirit under common conceptions of the term.

It is generally understood that when a spirit is embodied within human form, that form is alive, it is conscious of itself, it is aware of its experience. The condition of death is marked by the complete disconnection of the spirit from the body. Although there are altered states of consciousness such as temporary unconsciousness due to physical trauma, or the so-called “subconscious” dream states, the spirit is still engaged within the body.

There is much to be learned through and about altered states of consciousness, but humans are not yet able to achieve much progress due to their entanglement within belief systems of their own creation. Humans will learn far more about their own consciousness and its abilities as they become more attuned to their innate abilities. The first step to mining the riches of spiritual consciousness is to learn the language of spirit and begin its active liberation.

Consciousness

For our immediate purposes, many of the existing concepts regarding consciousness are in need of some clarification. First, there is a wide-spread belief that there is some vast, hidden, dark, inaccessible pool of information and im-

pulses within the human mind known as “the subconscious.” The belief in such a thing severely limits understanding, for it provides a handy place for humans to divert any unexplainable event or behavior. It provides an acceptable, even fashionable, outlet of blame for outcomes of what are actually willful choices.

Instead, a replacement understanding is recommended. There is no such thing within the realm of mind. All knowledge, beliefs, attitudes, impulses and relevant experiences—even dreams (with practice), are contents of the realm of mind and can be accessed at any time. Of course, there is a limit to how much information a given individual can ponder in the moment. There is an immediate field of vision or spotlight of consciousness known as short-term memory. This is the realm where thought is being entertained in the present moment, where the attention is directed. This spotlight is also known as the “point of power” consciousness. The rest, which is known as long-term memory, is simply a storage area of information awaiting retrieval. There is no unreachable pool of information in the mental realm.

Even dream states are intended to be remembered and utilized for the wisdom they contain—with one major qualifier: Dreams exist not only in the mental realm, but in the spiritual realm. When the spiritual realm is involved, there does exist a pool of complete information like the subconscious, but this is a pool of Universal Consciousness. A critical understanding is that the realm of spirit and the realm of mind are distinctly separate “locations.”

Altered States of Consciousness

The present point of power consciousness travels to alternate spiritual locations when in altered states. While the body is asleep, for example, the consciousness of spirit is simply attuned to a different vibratory focus, as evidenced by the varying levels of brain wave activity. In fact, humans enjoy a rich and varied existence in these dream realms and a great deal of productive activity actually occurs therein. Since the point of power has such mobility, humans command a great deal of creative energy while they suppose they are unproductive and “unconscious.” Humans can—and many do—effect physical bodily changes, promote health, plan and create events, communicate with other entities (earthbound or otherwise), as well as with past, present and future selves all within the dream realm.

Dreams have become far less accessible due to the many limiting beliefs surrounding them that exist in the realm of mind. Because they are not understood and therefore are not utilized, they are ignored and they eventually become less and less significant. Dreams are not even acknowledged as useful in most societies. But even with limited understanding, dreams provide messages from the

self to the self, from the spirit to the mind. Control of this power can be tremendously advantageous, but even as the mind and body lie sleeping, dreams often spontaneously correct physical and mental imbalances that save the very life of the entity.

This is the frustrated spirit at work, freed a bit, when the mind is at rest. This is testimony to the tenacity of spirit in doing what is necessary to circumvent the entangled mind and offer its wisdom through vicarious routes. With conscious understanding within the mental realm, the mind can assist the spirit and body in accomplishing the benefits of the dream process in ways now unimaginable. Dreams are, in fact, highly spiritual, creative, significant and pure. As stated earlier, they exist to bridge the gap between spiritual and mental realms.

But waking consciousness is focused in the mental realm. Daily reality springs from mind. An essential preliminary understanding, however, is that the mental realm is intended to be fluid and not nearly as rigid as it has become. Memory, for example, needs reinforcement and active use or it will fade. If certain learning is not utilized, nor relevant, it will abdicate in lieu of incoming information which is more current and useful. Those who have experienced the study of a foreign language, or higher mathematics, yet having never applied it in an actual setting, can attest to this fact. This mental flexibility is the intended state. Neurological connections in the brain strengthen only if they are utilized. Useful tools are the only ones intended to remain.

Consciousness and all mental abilities are mechanisms through which the individual spirit can create his or her own reality. Reality is intended to be highly flexible and individualized. In fact, memory itself has very flexible qualities not generally acknowledged. Created visions can easily become part of one's experiential memory, whether or not the event actually occurred. Imagined creative visions are accepted within the mind and body as actual.

This ability is related to the mental and physical receptivity to spiritual intuitive wisdom and guidance which often comes in the form of creative imagination, inspiration, visions and dreams. Taking this one step further, this mental flexibility allows individuals to create intentionally desired events in the physical realm. With these abilities of consciousness, we can begin to see how consciousness and intention interact within spirit.

A summary of the consciousness component of human spirit would be that consciousness makes possible the mental and physical experience of being. It plays a role in the development of the mental realm, in the reception of divine direction, in the power to imaginatively create desired life events, and in the transmutation of energy for physical manifestation of those events.

The Illusory Fragmentation of Spirit and Will

Still, the general idea of spirit having something to do with consciousness is fairly well understood. But there have been some distortions and misconceptions regarding the intentional aspect of the spirit.

For spirit not only has consciousness with which to know itself, it also has intention through which it can experience, feel, manifest and direct itself. This intention has become disassociated from spirit in the realm of human understanding to the degree that it now needs its own name. It has been termed Divine Will. It is through this disconnection that so many no longer experience the guidance of “Godly” intention. It is through this disconnection that self preservation has become the motivational norm. It is through this disconnection that events seem to come out of nowhere, rather than to be creatively designed and attracted by the individual through willful choice.

It is time to reclaim this aspect of spirit for a more complete understanding of and participation within the human condition. Although the term “Will” is utilized, it should be clear that it is still part and parcel of every human spirit.

The purpose of human existence is for a given spirit to develop and express its potential in physical form. This is also the intention of Divine Spirit as carried out by Divine Will within each individual. Both are manifested in body, with the spirit experienced as consciousness and the will, experienced as “feeling.” Will power is raw emotional energy. Both aspects of spirit are to remain in balance with each other as two halves of a whole.

In a manner of speaking, spirit relates to light and will relates to darkness. Consciousness is the fastest vibratory aspect of spirit, and will is the slower more physical magnetic vibration which exists as a porthole of sorts into physical existence. Consciousness is the point of power and will is the focus of that power. The will vibrates the darkness to receive the light of spirit in the physical form. It is through this process that imagined thought forms become physical objects and probable events become actual physical events. Together, consciousness and will create the desired intended reality.

It was the original intention that humans would live the physical experience under the complete direction of spirit carried out by magnetic will energy. Spiritual direction was to be received and converted by will to the slower vibratory level necessary to be actualized in the physical realm. When this occurred, spirit and will remained in balance, and the human could act spontaneously upon every feeling and the most beneficial outcome would be attained. Each

moment contained a fresh challenge and new opportunity with which the spirit could develop and express itself. The desires of the spirit were manifested as desires of the body. If completely accepted and allowed expression, such feelings would always lead to the most fulfilling self experience.

The acceptance and manifestation of all spiritual intention was the task of the will. The will had freedom of active choice of any method within the imaginative mind to give life to the intention of the spirit. The choices would lead to physical events and outcomes in which the needs of spirit were accommodated. Once the complete expression of the feeling had subsided, there would be certain understandings available to the individual. This was to be a cycle of learning through experience so that an array of mental strategies could accumulate that which would provide choices for spontaneous actions. Flexibility and spontaneity facilitated this cycle. The cycle would be repeated with new, often surprising and inventive situations created through magnetic will energy – each facilitating spiritual intention, and a contribution to the expansion of All That Is.

Together, spirit and will made Divine Intention or predestination compatible with Free Will. With a balanced, uninterrupted flow between spirit and will within body, events were created from the inside out. This was the optimal condition in which earthly events sprang from spiritual intention. All such events were pleasing to the spirit if they allowed for its development and expression in physical form. The human experience of pleasure was reassurance from the Divine Spirit that Its flow of Universal Love Energy had not been disrupted. When the Divine Love flows unabated, there is a successful completion of the energy circuit between the individual and the totality of All That Is. This was to be “The Way.” This was to be as the path of least resistance.

Human limitation frustrating the will creates obstruction and resistance to The Way. Disconnection from intention allows will energy to follow self-preservationary pathways. Reactions that simply buy time do not eliminate the obstruction nor achieve the corrective balance. The limitation continues to signal its presence with negative emotion. Will energy, either positive or negative, still creates experience.

Negative, painful experiences are attracted through the negative emotion. The events are intended to draw attention to the belief which frustrates spirit. But instead of understanding this message, it simply appears to the human that “bad stuff” is happening for no apparent reason. Events seem to come from nowhere, from the outside in. This facilitates further limiting beliefs and superstitions,

Omega: Conclusion

which are designed to protect against imagined evil, external controlling forces at work. To say the least, disconnection from will is disempowering.

Upon examining the will as a separate entity to learn its function, it is now necessary to conceptually place it back within spirit where it belongs. Will is not separate from spirit. It shall now be recognized as its feeling aspect. Feelings shall now be respected for the spiritual intention that they communicate. Feelings shall now be respected for the powerful creative will energy that they contain. Feelings both communicate intentions from spirit and magnetically bring them into physical reality.

Thoughts empowered with emotional energy will be more likely to become reality. Whether the thoughts are surrounded with joyous expectation, or dread, worry and fear, they will create events connected to the imagined mental scenario. The mind does not know if an event has been good or bad, but the spirit does. Spiritual intention has been accomplished in physical reality when the feeling pleasure is experienced. If there has been interference from the realm of mind and spiritual intention has not been accomplished, a painful event will result.

Pleasure and pain, the spiritual judgmental pronouncement. Make no further mistake: there is no other accurate judgment.

Spirit is consciousness and intention, and is experienced as thought and feeling. Uninterrupted spirit, aided by images of mind, creates desired physical experience. Pleasure is the validation and reward of spiritual fulfillment. Through this path, the Universal Spirit is allowed to sense Itself through many widely varying experiences carried out by all the physical forms. Each form, whether it is vegetable, mineral, animal or human offers its unique portion of the totality of experience by accomplishing its own expression. Indeed, every unit of matter is imbued with conscious spiritual intention following the pleasure/pain, attraction and repulsion principle—including subatomic quanta.

Forms less complex than humans enjoy the clearest channel to spiritual intention with less interference from their own experience. The behavior of animals, often highly organized, intelligent and mathematically precise, exposes the communicative clarity between spirit and will. But this clarity goes largely unrecognized and is dismissed by humans as “instinctive” behavior.

What these lessons seek to impart is that humans are also attuned with such guidance in their own form of predictable, organized and mathematically precise instinct. This is their creative development and expression. This is their natural morality. It should not be so puzzling that a colony of ants can interact

Lessons of Enlightenment

together as one conscious entity, with each individual carrying out its part of the whole. This should be no more mysterious than quanta operating in concert to form atoms, than atoms operating in concert to form matter, than cells operating in conjunction to form organs operating together to form systems and systems operating together to form human beings. Human beings interacting together to form civilization should be at least as successful as ants—should they not?

Every unit of every thing is a unit of Universal Spirit. Every unit has consciousness and intention. Every unit meets success and fulfillment if there is no resistance. Every unit has a unique experience through which the totality of All That Is can find pleasure in experiencing Itself.

The difference with humans is that the path of least resistance operates uniquely, for it now has to navigate through the realm of “Mind.”

Lesson 3: The Mental Nature of Humankind

Enter: The Realm of Mind

Far and away the main factor behind the illusory separation from Spirit is the evolution of human mind. The mind has been mentioned and its overall function is assumed, but what exactly is “mind”? The mind must be singled out from such concepts as spirit, body, will, brain, soul, ego, personality, self, etc., and clearly defined. The mind, when understood, can be humankind’s greatest gift. If not understood, it can be our greatest burden.

Due to the conflicting and imprecise information that exists regarding human nature, attributes of the mind are often confused with features of spirit, of body, of experience, or of culture. But a precise definition of the parameters and functions of mind is an important underpinning in the emerging explanation of human nature.

Although spirit exists in every time and every space simultaneously, mind is limited to the physical realm. Mind is actually a focal point of consciousness, the seat of physical, waking awareness. The mind is intended to be steward to the spirit. The mind can be thought of as a specific location, necessary for physical experience, while humans are oriented to a slower, denser vibratory rate and less attuned to their broader accelerated essence. The mind focuses experience within time-space and creates dependence upon the physical senses of sight, sound, smell, touch and taste. Mental processes are necessary to order and retain sensory information and to creatively develop and utilize ideas that can accomplish the purpose of self development and expression.

The mind can also be thought of as a receptacle, a tool kit of sorts, housing ideas, memories, beliefs, attitudes and certain aspects of the personality. Thus, the mind can be defined as the collection of experience, the working knowledge, skills and strategies, accumulated through the senses from the moment of the entity’s birth until the end of the lifetime. Any features of personality that are a direct result of experience relate to the contents of mind, as opposed to the enduring spiritual aspects of personality.

The mind is also dynamic, like a computer. Its location and receptacle aspects interact to allow for spiritual, imaginative and sensory inputs; rational, analytical information processing; data storage; and logical decision making outputs. All mental processing capabilities and features exist to facilitate a fluid spiritual existence in the physical realm.

The mind operates then like a location, a receptacle and a computer—which sounds a lot like a brain. The brain, of course, is the organ in every human that houses the mind. But the mind is far more than the objective brain. While the normally developed brain is fairly similar among all humans, as are computers that roll off the assembly line, the mind is highly individualized. It is extremely personal and subjective.

But it does not come that way. Just as a new body arrives with each birth, a new mind is born for a fresh beginning. Each human being arrives on Earth with a blank slate to be impressed upon by human experience. A blank slate upon which each individual can create their own desired reality. Humans have complete freedom of will to determine what the contents of mind are to be. With this feature, the mind is not so much like a window to the world, or even a mirror of the world, it is more like a canvas upon which the world can manifest. As an artist paints a picture, each entity can create a mental landscape like a portrait through which he or she can experience life. The mind holds pictures of the existing world, and adds creative improvements as well. Thus, humans have the fantastic mental agility to create as many unique realities as there are unique human beings. This individualized mind is intended to support and orient the embodied human upon his or her particular destiny path.

The mind also operates like a converter. The mind was intended to assist in converting spiritual intention into earthly experiences, events and technologies that could bring evermore creative ways of expression. Not only does the mind create this reality within the consciousness of its owner, but it also assists in the transmutation of spiritual (will) energy into actual physical events. It is the mind's ideas, visual creations, thoughts and beliefs that define and flesh out the raw spiritual intention. Then, when powered with emotional and physical energy, these subjective images and events can become objective and actual occurrences. The mind was intended to be temporary, fluid, highly personal, subjective and dynamically evolving at the direction of the spirit.

But this conversion aspect has some inherent limitations. It is important to note that the communication between mind and spirit is conditional. Although spirit is aware of everything in the realm of mind, mind is only aware of spirit if specific understandings are in place—or more to the point, if certain limited beliefs are not in place. Such understandings need to be deliberately inscribed upon the blank slate, to prevent disempowerment. The conversion process goes on quite on its own, whether or not the intention is present in the result. The human ability to manifest events and transmute matter is far more powerful than humans suspect.

In summary, the mind is at once a location, a receptacle, a computer and a converter. Mind contrasts distinctly with spirit. While universal permanence, ubiquity, biological integrity, primacy, and divine intention mark the spirit, the mind is characterized by temporary transience; subjective, experiential and cultural flexibility; creative imagination; and unlimited growth potential. Both interact to achieve the maximum self development and expression. Both comprise what is known as personality and both comprise what is known as self.

The Goal of Mind

Spiritual Intention is reducible to two goals: 1) self development and 2) self expression. The mind is the major facilitator of self development. Its singular goal is to provide tools to accomplish self growth. A scientist would describe such growth as adaptation to one's environment. The more adaptive tools one acquires, the more successful they can be in an ever-expanding "turf" of various environments.

The word environment, in this sense, includes not only the physical, geographic landscapes but also the social, cultural mindscapes and established systems within which modern man must now operate. This means that the broader and more inclusive the person's reality, the more they can successfully interact with other people and their own unique realities. Without such development, successful expression is unlikely. The overall developmental goal is to be completely free to express the spirit in any and every physical and social situation without hindrance.

A scientist would call this personal growth an adaptive, evolutionary process. A teacher might call this process, learning or education. A psychologist might call this personal growth becoming, self discovery, or self actualization. A poet might call this process the unfolding of the petals of the soul. A religious leader might call this transcending human limitation and attaining the divine. A spiritualist might call this process the individual contribution to the expansion of All That Is. Each would be correct in their assertion.

Thus, the mind has a very important task in the larger scheme of things. The human mind is a tool kit of creative resources, as well as a factory for their assembly. The mind is meant to be filled with ideas and beliefs—mental tools—of an ever improving nature to provide freedom and avenues of opportunity to the individual. Experiences are to be analyzed, mined for the learning, and significant skills and strategies retained for future successes. Within the fluidity of mind, old strategies are cast away as new improvements are discovered that drive a constant mental evolution. With the contents of mind, each human can

envision and create whatever thoughts, images and events that they find pleasing to the spirit.

Mental Tools Can Be Double-Edged

The gift of mind came with some inherent risks. It was Divine Spiritual Intention that the mind be an accouterment, a grand toy with which humans could more realistically engage in the game of physical existence. It would allow a crystallized individual experience for each spirit in flesh to enjoy a unique reality designed exactly to their desired specifications.

But such boundless freedom can be seductive. The realities created can become quite convincing. The tools can linger past their point of effectiveness and create conflict—even become hurtful. Limiting ideas can take on a life of their own, setting the stage for separation from spirit. When the contents of mind muffle the voice of spirit, the rational mind, the computer, operates on incomplete information. The wisdom of spirit that transcends space-time is not factored into the logical calculations. Information that does not fit a nice physical linear picture is not allowed into consciousness. Events appear to happen to individuals rather than to be created by them.

This is the seduction of earthly existence: when mental creations that are intended to be subjective and fluid, become utterly believable, enduring and entrenched objective realities—this is known as being lost in one’s own physical camouflage (a major theme in Eastern religious traditions). In Hinduism, for example, humans are under the spell of Maya, the magical drama created out of the Brahman, the unifying spiritual essence underlying the creations.

The seduction of physical reality can lead to the perception of isolation. An enlightened Western philosopher once identified the isolation potential through the assertion “*cogito ergo sum*” or rather: “I think, therefore, I am.” He points out that humans define their very existence by their thought process, a statement that historically attests to human entrapment within physical camouflage. This is the condition where the mind believes its reality to be the one and only, negating all spiritual reality beyond the bound of its physical limitations. His next progression of thought was that of a primal fear springing from the isolated human notion that one could not be absolutely sure of anything even existing outside one’s own conscious mind. An insidious, but perhaps inevitable, fear that he termed Cartesian Doubt.

Isolation, of course, is not real in the greater, spiritual reality in which all things are connected. That feeling from “connection” provides the pleasurable faith and optimism which evidences unabated love energy. But once this isolation

has occurred, the spiritual energy is frustrated and an unpleasant emotion will occur. The predictable fear then arises in which undesirable events of the past are projected into the future, affecting it with equally undesirable, yet perhaps impending, scenarios. (This is the basic principle of karma in Eastern traditions, although the term has become mired in limiting beliefs).

Thus, there were spiritual cautions that were offered with the evolution of human mind. Cautions specifically regarding how essential it was to remember that this earthly reality was illusory and that any “knowledge” or “truth” of this realm would only be so if it reflected Universal Knowledge and Universal Truth. The rest were simply temporary, flexible and evolving tools chosen and used to achieve the most complete earthly existence. There were specific cautions regarding the illusory isolation, the seduction of the camouflage, and the potential disconnection between universal and individual consciousness, between spirit and mind. Still humans immersed themselves in physical experience.

The Biblical Fall From Grace

Humans enjoyed the freedom to create their own earthly reality and went about it with relish. The spirit communicated through a finely attuned will, using the tools, skills, strategies and abilities of the mind to create any desired reality. The game became so enjoyable that humans expanded their mental empire, with the mind reigning supreme, and the illusions of individual reality becoming utterly believable.

As the belief in “individuality” became more and more powerful, the feeling of isolation began to creep into the human existence. The Universal Spirit began to cry out through its individual spirits for the reconnection that is its natural state. In answer to this cry, humans took steps within their mental realm to reconnect with other humans.

They would share the ideas that they had created. They would trade beliefs, creating a shared reality and enriching each other’s existence by doing so. They escaped isolation and quieted their fear by negotiating a group reality. They began teaching their mental strategies to their offspring and offering them a head start toward building their own strategies of living. They built languages, worldview, monuments and other mental and physical vestiges of civilization to indoctrinate every new human being into this shared existence.

As time passed there accumulated a tremendous amount of shared knowledge, enduring ideas, strategies and tools that existed in a common realm. This created an illusion of some higher objective, truthful, reality that began to replace

whatever mental remnant of spiritual reality that had existed. This was the first stirring of a mass consciousness, a group reality that has become to be known as culture. Human culture is that collection of energized ideas that takes on a physical reality of its own. This lent further credence to the cause and effect rational interpretation of random events that distanced humans from their own creative freedom and fluid reality.

With the advent of human culture, came what has become known in Western religious tradition as “the fall from Grace.” Human individuals, already partially separated from their creator’s guidance, became convinced that this group reality was, in fact, the ultimate reality. An underlying assumption was that there had once been a caring, loving creator, who directed and enriched the lives of humans, but who had become angered and no longer provided such services. “Right living” would restore this relationship, but not until death could humans enjoy the “Kingdom Of Heaven.” In the context of Eastern traditions, this same separation happened when the Brahman then became lost in the Maya such that it was unattainable without Karmic redemption.

Both traditions, for the most part, leave the power as well as goodness, outside the hands of humanity. As the world now exists, man-made belief systems virtually replace the remaining strands of communication with All That Is. They promote conformity, standardization, dependency and ever increasing separation between body, mind and spirit.

Current Mass Reality: The Mind of Man

What was intended to be a highly selective, subjective reality within the mind of each human being is now something far more. It is externalized, public, and has taken on an “objective” life of its own. This objective mass reality can also be termed the Mind of Man.

For man is greatly affected by it in many ways. Energized thoughts from every individual mind have created a dense network of group thought that constitutes a group mind. As this external reality is reinforced over time, it becomes the dominant influence in human existence. With every passing generation, humans are born into an ever narrowing realm of possibility. So much exists as “truth” within the realm of mass reality that it severely limits the blank slate situation that is necessary for full and complete freedom for development of individual mind.

Choice itself becomes illusory as a large amount of the contents of any individual mind are “chosen” inadvertently and by default. So much information is imparted onto the blank slate from the outside that entities have little hope of

even becoming aware of the many alternative potentials that can exist through the conscious attunement to the spirit. The individual mind has largely given way to the mass Mind of Man.

The situation that exists today within mass consciousness is indeed severely limiting. Humans are so utterly caught up in their mass reality that most no longer experience true freedom. The conflicting and limited information that exists within the social, political, economic, religious and educational institutions of human culture severely limit the opportunity humans have to design their own reality. They have little hope of developing and expressing the spirit without basic freedom and opportunity.

This is not simply a metaphoric situation. There is a physical manifestation of mass consciousness. There now exist myriad dense energy networks surrounding the planet that affect human experience profoundly. As each human adopts and empowers the individual belief in something, its validity in the mass realm is strengthened by the energy. This energy network interferes with the reception of spiritual insight. This energy network also plays a major role in the events which human beings draw to themselves, particularly the ones that seem to come from outside. These are usually unwelcome experiences that limit freedom and opportunity, while leaving the spirit feeling frustrated.

The Divine Spiritual Safety Net

It should not be so surprising that earthly existence is not what most humans would like it to be, given that individual reality has virtually given way to mass reality. The limits within mass consciousness are self-fulfilling and self-perpetuating cycles.

The wonderful truth of the matter is, however, that humans still create their own individual reality. For each spirit embodies the form with hardwired signals which can provide a reality check. This reality check ensures that spiritual intention is made manifest. It ensures that the contents of mind include only those items that facilitate self development and expression.

It is now up to the individual to honor the purpose of mind and to restore humanity to the fluidity state that was originally intended. It is time to sort through the contents of the mind to sift and change those ideas that frustrate the spirit. This begins with the examination of the contents of each and every individual mind. Such house-keeping of beliefs, ideas, attitudes, will facilitate the identification and rejection of any and all that limit development and expression in any way. Changes within each individual mind will create energy changes

within mass consciousness so that those limiting ideas will become less and less influential.

But mental changes alone will not suffice. Active changes are also necessary. Appropriate communications of dissatisfaction over specific limitations of the social, political or economic systems within human cultures must be expressed. Existing mechanisms for social change, (political activism, civil complaint processes, legislative mechanisms), are those useful and positive tools within mass consciousness. Even simple communication can create external change and successfully champion human freedom and dignity. This is not to say that certain personal choices are to be foisted upon others; simply, that group limitations are to be removed to make way for individual freedom and equal opportunity for all humans to develop and express their spiritual essence.

Many such positive actions already occur. They are motivated by the urgings of a frustrated spirit. For the insurance policy remains within the biology of every human being. It ensures that spiritual intention will not be ignored without certain symptoms becoming apparent. These are the symptoms that present themselves as painful dissonant feelings within individuals and societies.

For the spirit is embodied in flesh, and despite the interference of mind, it speaks that language of spirit—it speaks the language of feeling. The rational powers of the mental realm can be overridden by impulses of the physical realm.

Lesson 4: The Physical Nature of Humankind

Spirit as Self in Physical Form

With Lessons Alpha One and Two, a conceptual boundary between mind and spirit has been established. It is now possible to discuss certain aspects of man's physical existence that have gone unnoticed, for it is the physical response of the body that ensures the preservation of the integrity of the spirit. It is essential to understand these physical processes, for they underlie most of human motivation and behavior—including, of course, those actions that wreak havoc upon civilization.

The body is spirit in the flesh, and the body's prime directive is to ensure the continuance of the physical form so that Spirit can be developed and expressed. The body has a built-in knowledge of what it is and what it is not. It operates upon a self/not-self distinction, with a primary goal of self-preservation.

The body has a tremendous amount of mechanisms that operate toward the goal of self-preservation. Science has acknowledged this fact as a basic foundation of evolutionary theories and explanations. But lacking an overall framework with which to interpret their findings, many highly important systems remain misunderstood, resulting in confusion within the Mind of Man. The spiritual nature of humankind—as well as the interference effect of the mind—remain mysteries, and therefore obstacles to human progress. Humans remain cut off from the very biological process that can lead to their salvation.

Nevertheless, this spiritual safety-net is still quite successful at keeping humans from complete befuddlement within their own camouflage, for when the messages of the spirit fall upon deaf ears, the body takes over. Unfortunately, when it operates outside conscious understanding, the physical reactions can compound problems until the spiritual message is finally heeded. It is now of central importance to understand the spiritual defenses and how they operate in the body. When this process is understood, humans can begin the evolutionary journey that has thus far been postponed.

Human Emotion: An Undiscovered Sixth Sense

The one process that crosses the spiritual, the mental and physical realms is that of emotion—human feelings of pleasure and pain. This is the singular, most powerful—yet equally misunderstood—human system. Vast benefits lie dormant, and unnecessary suffering results when this power is not harnessed. Indeed, human emotion exists as an undiscovered sense, and perhaps the most

powerful of them all. Like physical pain, emotional pain grabs the attention of the individual and cries out for solution. But feelings remain profoundly misunderstood.

In describing this sense, it is helpful to contrast thoughts and feelings, for the two are often confused. 1) Thoughts identify, organize and categorize information, always leading to other thoughts. Thoughts exist within the bounds of mind. 2) Feelings only arise when “the self” is involved. The self is the spirit as it is experienced in the body. So unlike thoughts, feelings involve the body as well as the mind, and they lead to actions. Although they are related, feelings and thoughts are completely different experiences. For example, it is one experience to conceptualize the features of a bear with such mental thoughts as: the bear is a member of the mammal family; its skin can be used to make warm rugs (when it is dead—while alive, it tends to object), it lives in caves and eats honey. There is quite again another experience when looking such a beast in the eye, and thoughts turn to the fact that the bear is likely to be dangerous to self-survival. Fearful feelings and active responses, perhaps flight, will result. Thought is a process, while emotion is a communicative and active sense.

As a sense, emotion not only offers sensory input, it has three essential interacting functions: Human emotion is the 1) language of the body, as well as the 2) language of the spirit, and is 3) intimately connected with the contents of the mind. For the spirit, feelings communicate intent and how well it is being carried out. For the mind, feelings give feedback regarding the suitability of mental tools at carrying out spiritual intention. For the body, feelings motivate the person to actions that carry out spiritual intention, and if frustrated, those that accomplish self-preservation. Together, these three functions of emotion drive human behavior.

Without the intended flow of feeling communication, mind and body can often work against each other. When this happens, the spiritual self-preservation of body can override the goals and intentions of mind. This is a last ditch effort to preserve the needs of the spirit, but can serve to bring about results quite unbecoming to the divine human.

Such behaviors are intended to communicate that a level below which the spirit cannot dip, has been reached. Instead, such defensive maneuvers tend to become habitual and accepted as inevitable, albeit undesirable, human behaviors. Not to mention that death can, and often does, result if mind and body continue to oppose each other—the spirit simply chooses to vacate, acknowledging a lost cause.

This misunderstanding and miscommunication can no longer be tolerated within the species of man. The events of the past century show that self-preservationary acts can actually destroy the planet. Humans intuit the spiritual way, and although it is far afield from what they have created, they still desire to attain it. This last five decades in history have been a wake-up call that humans for the most part, have begun to answer. The key to a turnabout course is the reestablishment of this inner communication between spirit, mind and body.

The secret to restoring the inner communication lies in understanding the physical feeling system, listening to its wisdom and learning to operate within its parameters. Only then can humans return to their intended evolutionary course from which they have strayed. This begins with the understanding that the emotional system is part of the physical immune defenses.

Feelings and the Human Immune System

Self-preservation is the goal of the human immune system. It operates upon a highly sophisticated range of abilities and features that distinguish self from that which is not-self. The immune system is best known for its role in fighting disease processes. It is poised to identify and eliminate any foreign invaders which threaten the health and vitality of the self—the body.

For example, if a virus should enter and reproduce within the body, the immune system springs to action. It elevates the local temperature, organizes helper, killer and memory T-cell, enlists macrophages to consume or “eat up” the invader. It then produces antibodies so that future invaders of the same type will quickly be recognized and eliminated. It accomplishes all this by recognizing the chemical difference between cells that are part of the body and belong there and those that do not. Antibodies mark invaders with the “non-self” red flag so that they cannot reinfect the body. It is overall a very elegant bodily system of self-preservation.

Scientists are finally awakening to the interrelations between mind and body, and specifically how emotions affect physical health. They know that inadequate emotional expression is correlated with a heightened stress response, impaired immune functioning, cardiovascular disease, psychosomatic illness and a predisposition to develop cancer. But they have not yet made the obvious conclusion that emotion is a part of the immune defense system.

As part and parcel of the human immune system, the emotional system plays an immensely important role in human self-preservation. It functions as the physical aspects of defense, but it operates also within the realm of mind. Just as the cells of the immune system signal invaders of the body, so do emotional feel-

ings signal “invaders” of the mind. Likewise, as the active responses of the immune cells remove the invaders, the hardwired reactive behavioral responses to human feeling are intended to make corrective adjustments that include removing invaders.

This is the spiritual safety net in action. In the case of emotion, the invaders are beliefs that are chosen and retained which do not contribute to, but limit, self development and expression. This is an ultimate reality-checking device that can ensure that the portrait each human paints of reality includes the very essential qualities necessary for the expression of spirit. Any limiting beliefs are, in fact, invaders.

The feeling system is the long sought interactionary device between mind and body, theorized by philosophers uncomfortable with scientist’s reductionism and mechanistic view of human nature. (Humans are not merely machines without free will, self-direction and intention. And the mind is far more than simply “a brain”). Such a mind-body communication device is the only escape from the mental isolation (and imminent fear) of a mind set adrift from external “reality,” let alone spiritual intention. Mr. Descartes himself, (our enlightened philosopher), suggested that human emotion was the interactionary device between mind and body, yet he was met with disdain due to the many limiting ideas within mass consciousness.

As a key defense then, emotion operates as a feedback device that exchanges information between mind and body. The goal is to keep the mind aligned to the needs of spirit that are biologically encoded within the body. This system virtually takes over when most spiritual communication with mind has been interrupted due to limited beliefs. The spirit sneaks in the back door, so to speak, through the feelings and reactions of the body, to bring about the intended need fulfillment of the spirit.

This is not the easiest way to communicate, mind you. But it at least makes some communication possible, when humans are so completely enmeshed within their own mass creations that they no longer have direct, conscious, mental communication with their own spirit. This is the physically encoded information that spirit will not let humans go without. It will haunt them with individual and social pain until they finally “get it.”

Feelings Communicate Essential Spiritual Needs

What will haunt humans until they are met, are the essential needs of the spirit. These needs are biologically impressed upon the body to ensure a minimum of spiritual development and expression within the physical realm. When these

needs are met, humans can successfully go about the business of self development and expression. When they are not met, humans flounder in frustration, bad feelings and misunderstandings.

There has never been any consensus in the Mind of Man regarding essential human needs. Thus, with no official recognition, acceptance or definition of them, it is not likely that they are well accommodated within human civilization. Wherever the spirit is not accommodated, there will exist a predominance of self-preservationary behavior.

Now is the time for simple, yet complete, acknowledgement and acceptance of human spiritual needs. There are two main categories of human need. 1) The Individual Needs, and 2) The Connection Needs. These needs exist within every human being. They are inborn. Regardless of the widely varying cultures and systems of living, the tacit goal of all social structures is to accomplish need fulfillment. When the individual's needs are met, they can share their effective methods with the world. From these offerings rise social structures.

Those cultural institutions that have endured must contain some successful need-meeting tenets, but for the most part, mass consensus is choked with conflicting dictates due to the lack of understanding of human needs. These "invaders" must be purged from the individual and mass consciousness for evolution to proceed unimpeded. This, of course, is not possible without first understanding the needs themselves.

The Individual (Power) Needs

The individual needs take precedence over the group needs. If individual needs go unanswered, the self-preservationary reactions will occur. Such acts often go directly against other individuals, or the mutual goals of group living, but are intended to preserve the individual. For without individuals, there can be no groups.

Although the need for group connection is very strong, the need for survival is necessarily stronger. This way the spirit is assured that although groups, even civilizations, will come and go, the individual will always survive to create new ones. Thus, it should be accepted that the individual needs will always take priority over group needs. It should then be no surprise that when societies do not accommodate the needs of its individuals, they will act out against the obstacles. This is inevitable. This is right. This is just, in the highest sense of the word. This is spiritual intention."

What are the individual needs? The human physiological needs for air, food, warmth and procreation are already fairly well understood. It is quite obvious what happens when the needs go unmet. Therefore, most social structures are fairly successful at accommodating them. But there are individual psychological needs which are impressed upon the body by spirit and which speak through the human emotional system. These are the needs that are unrecognized, dishonored, denied and for the most part, remain frustrated. But they are experienced in some form within each and every human being the world over.

The individual needs are about development and expression of spiritual (or genetic) potential. They translate into the need to explore, create, find meaning and successfully interact with the environment, the need for power and equitable freedom to control one's own destiny, and to ultimately contribute their unique offering to humanity. Although there are many forms through which these essential needs can be met, they are at the core of human motivation and behavior. When an adequate level of individual needs are being met, then the group needs are experienced.

The Group (Connection) Needs

The group needs are essentially about maintaining an awareness of the spiritual connection with All That Is. They translate into the need to commune, affiliate and interact with other humans and life forms, to be accepted and recognized as unique, to love and be loved and to experience a spiritual connectedness with the world.

These needs interact, of course, and there are no hard and fast rules about priority, other than that an adequate level of individual need must be met or its frustration will interfere with the relational group needs. These needs and their fulfillment are the biologically ordained translation of spiritual intention. They are the level of spiritual expression below which humans cannot dip without emotional, physical and social repercussions.

The feelings constantly report the spiritual need-fulfillment status. This is the human insurance policy that prevents the species from complete severance from spirit and complete disorientation within their own camouflage. Humans should be extremely thankful to their "good fortunes" that they are endowed with such insurance. They should be highly reverent of these needs, and the feelings that communicate them. At bare minimum, they should be aware of them. Humans should ensure that every society accommodates them fully and equitably. For this embodiment of need, of course, is not simply due to lucky stars, need fulfillment is the goal; it is indeed spiritual intention.

Human need is the principle upon which the information is exchanged between mind and body when spirit is essentially left out of the loop (as is now the case). Emotion is the language. Human feelings signal need fulfillment, or lack thereof, through the experience of pleasure or pain. It is an information exchange system—a feedback system—both mental and physical.

Feelings as Feedback Between Mind and Body

But what is feedback you ask? Feedback is an information exchange system that relates the status of two things and keeps them at some preset level of balance. Feedback systems are elegant and abundant in biological systems, from chemical reactions within single cells, to complex ecological interaction in the biosphere. It is one of nature's favorite systems to keep physical forms in their required state of balance.

A feedback system compares two things, signals an imbalance, then effects a corrective change to restore the balance. For example, a home heating thermostat. The desired temperature is compared to the actual temperature and when the balance is upset, the heat clicks on or off to restore the balance.

Spirit is experienced as emotion within human mental and physical realms. (This is the disconnected “Will” aspect of spirit). The feeling system is part of the immune defense system. Thus, the two things that are compared by this feedback system are internal and external worlds—self and non-self.

The human feeling system exists to mediate humans in their physical world. If internal mental thoughts lead to external actions that result in meeting the needs in new and creative ways, the person becomes aware of this through positive, good feelings. Likewise, if thoughts lead to actions that do not meet needs, or external obstacles are encountered, this is known to the person through negative or bad feelings. These are the comparative and signaling aspects of the feedback system.

The Hardwired Responses

The next step in the feedback cycle is the corrective action. The emotion comes with physical arousal—body energy—that is intended to motivate corrective responses. These corrections can be mental adjustments or they can be physical actions. But they are intended to be corrective in the highest sense of the word. They are the singular process preventing utter human enmeshment within the Earthly camouflage. Emotional reactions are the final vestiges of a vital, unbreakable, spiritual, communicative tie.

If humans had come to earth and become completely enchanted by their own early creations, they still would have had this corrective safety net. If such enchantment had led them to choices that endangered their very lives, they could fall back on automatic responses that could rescue them. These “active responses” follow emotional arousal and are often acted out without much conscious thought or mental involvement. Or, “they” are often acted out with highly creative mental involvement. They base nearly every human action, yet their nature is grossly misunderstood. Each and every evil act of human beings, as well as most every individual and social ill, is traceable to one of these self-preservationary responses or a perversion thereof.

The two general categories of hardwired corrective response are to approach and to avoid. It is the basic spiritual directive to “approach” that which causes pleasure and to “avoid” that which causes pain. The “approach” response accompanies good feelings. It is intended to lead us in those same directions we are going—those that are working, or improved directions that meet needs in new and creative ways.

The “approach” can be in the acquisition and implementation of a creative idea, belief or strategy. It can be a repetition of an existing strategy or a refinement following a pleasurable outcome. It can be a simple physical approach to that which is attractive in any sense. This is a “hard-wired” self preservationary response that can also facilitate self-development and expression. This establishes a cyclic relationship where the pleasure becomes the goal. The evolving beliefs and actions to attain it are finely honed and thus verified by subsequent pleasurable successes. Although there are some cultural complications, following positive feelings to attain positive ends is quite intuitive. For the most part, it happens very naturally and without too much mental interference. For the positive feelings of joy are the resonance of a satisfied spirit, and humans know this within every fiber of their being.

The “avoid” responses can be quite a bit more complex. These are the responses that get humans into a great deal of trouble. They are generally known as the responses of fight and flight. They exist so that the human can forcibly remove, or escape from, an obstruction in the external world. The avoidant responses can be productive and positive, or they can be extremely destructive and debilitating.

We will be discussing these responses at length, for they are the core of self understanding and the place where positive action, rapid growth and change, can occur, once they are understood in their entirety. But first, it is necessary to have the underlying conceptual foundation of the feedback system and how it has been affected by the evolution of human mind.

The Fully Functional Feedback System

The emotional feedback system is part of the physical immune system. But, this safety net offers far more than simple self preservation. When it is allowed smooth, unimpaired functioning, humans operate upon the hedonic principle of approach and avoid. This follows spiritual intention and motivates innately moral responses.

Humans read the feedback feeling signals to understand the nature of their relationship with the outside world, as well as with the other humans they encounter. They use their feelings to judge how well the contents of the mind are doing toward creating a reality that meets an adequate level of human need. They can continuously adjust the beliefs and other mental tools so that they are afforded maximum self development and expression. They can take external active communicative steps to remove unnecessary cultural obstacles. They experience far more pleasure than pain. They experience balance between mind, body and spirit, and they experience glowing, vital, energized, physical health. Civilizations can evolve based upon the individual contributions without unnecessary restrictions that inevitably reflect in social symptoms of fear, anger, violations and despair.

Thus, the feedback system can, at minimum, accomplish self-preservation. At maximum, it can assure self development and expression—and in doing so restore the inner spiritual guidance that has so long gone unrecognized. When the spiritual messages received through inner communication are acted upon by individuals, humans will automatically begin disassembling the rigid mental constructs that now inhibit other spiritual communicative pathways. There will be an unfolding of inner senses that existing beliefs flatly deny.

This is the path to the raising of human consciousness. This is the first and direct path, for without understanding these core features of human nature, free will is misdirected and the status quo of self-preservationary actions will continue, and continue, and continue, ad infinitum.

The Self, The Mind, The Body

History has been limited to this cycle because of the lack of understandings that these Lessons seek to impart. They are reasonably straightforward and elegant in their simplicity. Indeed, many of the core ideas already exist as general knowledge, but certain subtleties have allowed the bigger picture to remain hidden.

A major subtlety is the relationship between emotion and the immune system. Another major subtlety is the confusion over such concepts of mind, self, spirit, body, where one leaves off, and where another begins. We have offered the very important distinction between mind and spirit, and now must build upon that understanding and define “the self.” For these two subtleties interact to create a major impediment to the fully functionally emotional feedback system.

We know that the human immune system is driven by a self versus non-self distinction. So is the emotional system—with some crucial differences. Within the immune system’s biological definition of self, everything inside the skin constitutes self and everything outside the skin (in the outside physical world), is defined as non-self. It is due to this rigid biological definition of self that part of the communication system breaks down. For the biological parameter of self makes no distinction between mind and spirit, for both are considered as self, for both exist inside the human body.

Initially, when humans first donned the chemical cloak, there was virtually no mind, merely straight-line communication between spirit and body through inner senses that now lie virtually dormant. This refers mostly to the receptacle aspect of human mind, for ideas could ebb and flow like tides in and out of physical consciousness. The feedback system compared inside and outside worlds, just as it does for immunity. The entire inside world is self-mind, body and spirit. Once the individual mind and The Mind of Man began to accumulate and retain information, externals became the overpowering controller, and the internal system became skewed. This was “The Fall from Grace.”

Mind now exists as an interloper, a monkey wrench of sorts, smack dab in the middle of the feedback system. The problem is that mind not only is part of the internal environment—the self—but it is also part of the external environment—not self. The collection of man-made ideas that are passed down from one generation to the next, come from the Mind of Man—the outside environment, the not-self. They then become absorbed into the self concept as they are accepted and retained within each individual mind. The feedback system necessarily compares self against not-self. Therefore, the dual nature of mind confounds it.

This is the underlying reason why emotions are no longer understood as motivator of desirable behavior, let alone spiritual intent. They often seem to spur unwanted, even destructive actions. Part of the reason for this is because needs of the spirit are not understood and are often further obscured and contradicted by the cultural dictates within the Mind of Man. Thus, the emotional signals seem random, chaotic and the bane of human existence. For despite the association between physical illness and lack of emotional expression, virtually every

Omega: Conclusion

society has rigid rules in place to suppress or control the effects of “understanding” emotional human nature.

The rest of the reason is that humans do not understand the nature of the corrective signals of the feedback system, nor the most spiritually desirous way of responding to them. The solution to this problem lies in a universal understanding of the divisional boundary between mind and spirit.

This is why it is now crucial to understand and honor boundaries and features of mind as distinct from those of spirit. We know now that mind and spirit have very different attributes, as well as virtually conflicting goals. Spiritual intention is at minimum, self-preservation. It is, at maximum, self-development and expression. The spirit cannot be expressed if it is not preserved.

Even without the potential development, some expression is better than none. Thus, the self-preservationary goals are hardwired within the body to at least ensure that humans have vehicles for spiritual expression. But once they are there, they have the goal of developing the mind in ways that maximize such expressions. So there are conflicting goals within the body—to both mentally self develop and to spiritually self-preserve.

All emotional signals are based upon the self-preservationary directive—without regard for the mind that evolved later. The emotional system does not in and of itself consider mind at all. It simply signals faithfully the message to self-preserve and motivates certain actions that support that goal. The answer to the dilemma now facing humans is to embrace the language of emotion and realize that it requires one interpretation for features of mind—to self develop—and the exact opposite for features of spirit—to self preserve. This will resolve the seemingly conflicting messages of human feelings and reestablish the inner guide.

To this end, we can now turn to a more specific focus upon the emotional nature of humanity.

For the rest of the book, go to: <http://www.transactual.com/enlightenment.html>