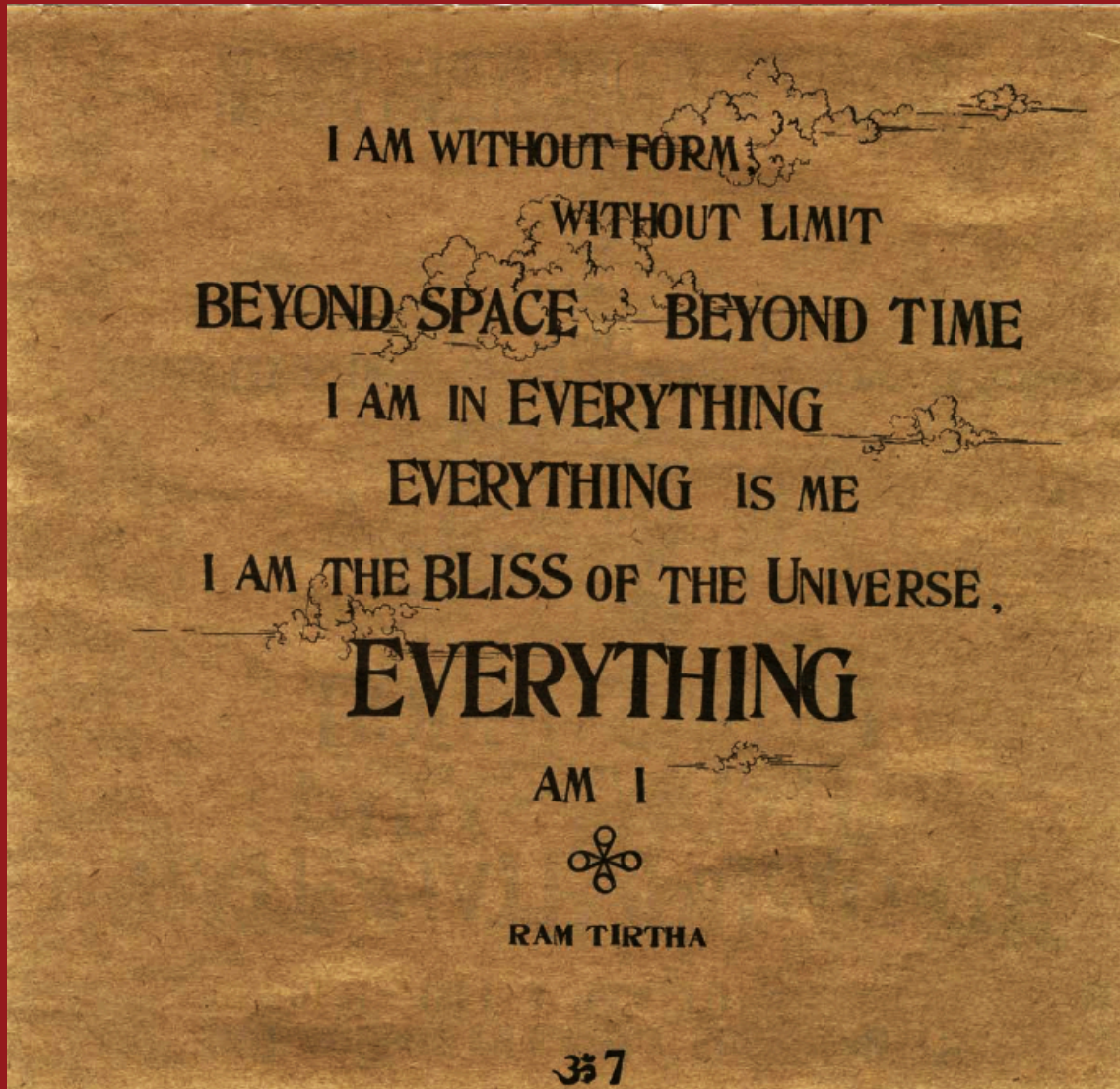


# FUTURE VOICE<sup>®</sup>



## EGO vs. TRUTH

HUMAN RIGHTS | VOICES

MAGAZINE XIV - 12 | 2023

*The Cosmic Laws of Cosmic Awareness*

*Judge not.*

*Be humble.*

*Never do anything contrary to the  
Law of Love.*

*Never do anything contrary to the  
Law of Mercy.*

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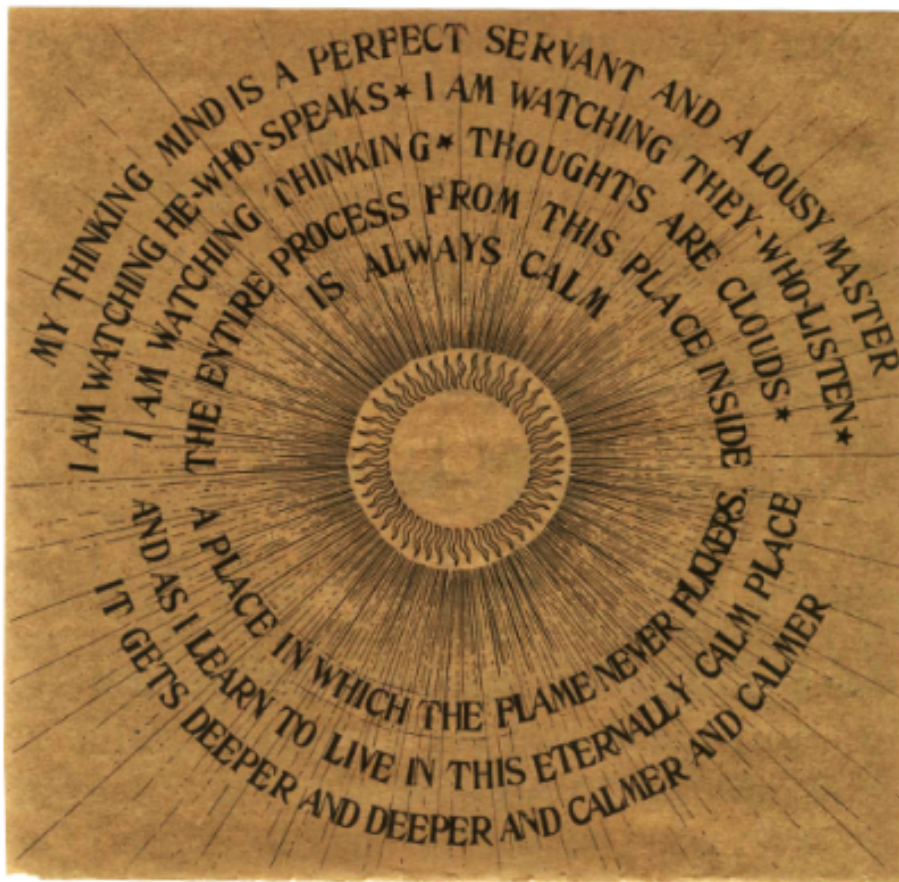
***The extraordinary Revelation of  
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*Text © David Icke*

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Artwork © Ram Dass\_Remember, Be Here Now\_180

## **EGO vs. TRUTH**

Energies that uncover the hidden are now constantly permeating this planet and humanity in a steadily growing stream. Everything and everyone is caught up in it – the individual personality structure as well as the large contexts of existing power structures.

This is the real miracle of our time.

Even if Human Rights have lost their power, even if the governments in office suspend constitutions at their own discretion, even if the majority of humanity feels powerless to stand up for the light – the universal, cosmic laws are being carried out with inviolable validity and there is a force that watches over them. Benevolent, full of love and infinite compassion.

A limit is set here to the madness that has infested this world, and to the forces that are driving this process forward.

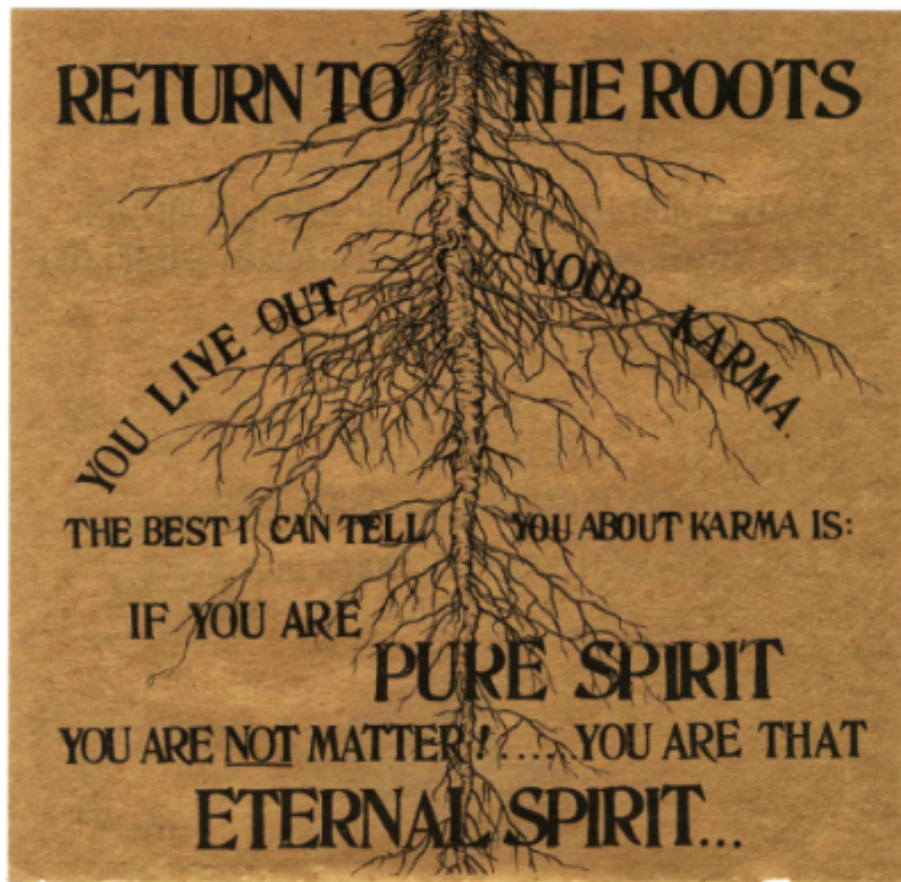
We are now watching a spectacle in which the illusion itself and those who are irretrievably enslaved by it are writhing in agony.

Those who favour the shadow, who prefer to operate from the dark; those who have lost all human substance, who are hopelessly disconnected from their true selves; those whose craft is lies and deception and those who 'want to be somebody', they all now appear as what they exclusively are. Inflated egos. Artificial constructs, created in the delusional illusion of the Matrix.

They are doomed and want to watch a world burn in which they cannot exist. They are driven to spread their out-of-control psychosis to others in record time. They strive to create a totalitarian climate that can serve as a breeding ground for the ego.

We find them in all areas of society, worldwide.

The contrast between the luminous, truly powerful, force that is now gently beginning to remind people of who/what they really are and the ugly countenance of these now hysterically rearing egos could not be more apparent than at this moment.



Artwork © Ram Dass\_Remember, Be Here Now\_170

Our true being is consciousness, because the essence of the cosmos is consciousness, not matter. And the consciousness of the universe and our consciousness are one. Thanks to the quantum revolution, this realisation is now also shaping the new, scientific way of thinking.

The ego is an artificial construct, an illusion, moulded by conditioning. It cannot free itself from its own trap. It is the product of the trap. It is the trap. It cannot escape from the trap without losing its own illusion of being. And it is conditioned not to do so. The ego may be free within this conditioning to get what it wants, but it is not free to want anything other than what it is conditioned to want.

If the consciousness identifies with the ego-mind, the mind that functions through language, is bound to self-images, emotions, the five senses, the body, one is part of the programme/the matrix. Every thought that appears in your own mind is not your own. It was implanted there by someone else and then internalised.

The conditioning of what you should think, what you want, what you should fear and what you should believe is indoctrinated by so-called education, society, countless types of mind control and by AI (Artificial Intelligence).

They all aim to feed the ego (the illusion) and disconnect our consciousness from the power, wisdom and truth that underlies our true being.



Within the ego, we are powerless and defeated. Helpless ego creatures ruled by irresistible impulses and emotional forces. The ego mind, geared on power, domination, possessions, control and applause by the minute, consistently creates suffering, for itself and others; creates a world of poverty, oppression, fear and torment. There is no more free will here.

The ego is death. It submits to the false belief that one is confined to a mortal body and thus subject to death. If you fall into its clutches and do not manage to free yourself from it, you will belong to death. One will serve death by serving the mortal body out of fear of death. One does not live in the blissful consciousness of the conqueror of death.

But this is the art we are engaged in here, in this life – a martial art, a strategic art, an art that requires all the powers of consciousness and demands that we are free from any tendency to self-deception.

To be victorious, we must find a way to overcome the limitations of the ego-mind, simply because the ego-mind does not have enough intelligence to defeat the opponent. Our own consciousness must reunite with the source of our being. Forgetting has separated us from our true nature, the true fullness of infinite capacity, and limited our consciousness to a tiny fractal sliver of it.

Everything is energy. Every thought, every emotion that we send out has a frequency and attracts energies of the same frequency. This is how we create our world.

Only when we vibrate again in the vibrational frequency of infinite consciousness, in which the particularity of the body-bound consciousness of the ego is overcome, can we reunite with the infinite consciousness that makes up the entire cosmos.

The gravity of false consciousness and its pull towards attachment, towards security on the phenomenal level and towards all values based on fear and lack must be overcome. Instead, we must live in complete faith and trust in our Supreme Nature, which fears nothing – with a unified will.

The ego will is split, conflicted, internally fragmented, and therefore it is weak because each individual fragment, even if it has the longing to reach a higher assemblage point, will fail because it has conflicting internal desires for other goals that keep it anchored in lower assemblage points.

The will needs to be unified – and if this unification does not take place, one can never stand through all adversity with a whole heart and a willpower that cannot be defeated.

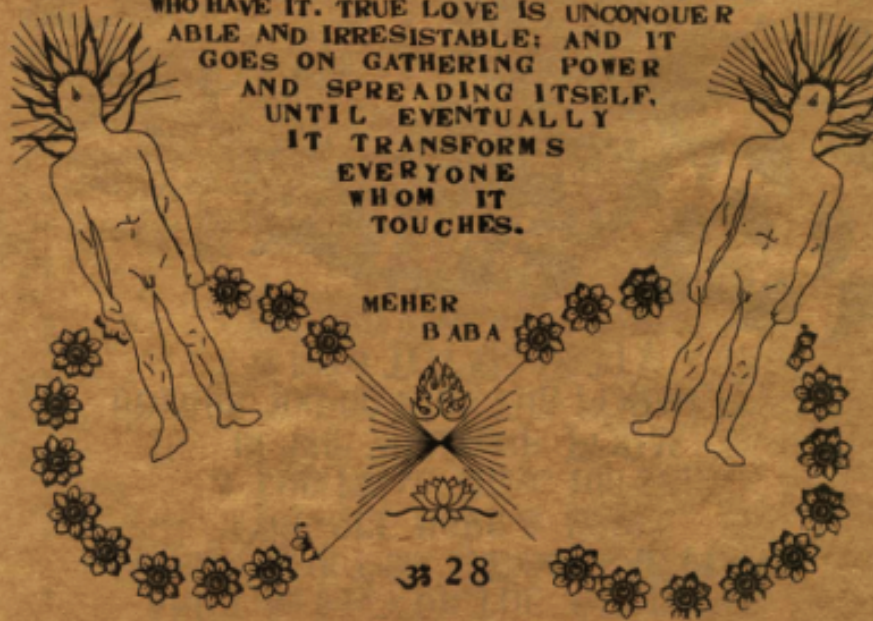
Awakening in these times means far more than taking note of the abuses in our world or pillorying them. It means becoming an attentive witness to our own ego-mind with all its conditioning.

It means transcending the ego and re-identifying with the eternal presence; with the Self that is not ego, that is not limited, that is not personal – but transpersonal, divine light that we recognise in the silence of our heart. It means finding our way back to our true Supreme Nature, remembering, recognising who we are and what all this really is.

Only then are we free. Only then are we empowered to help build a new world. Only then can we be a channel through which the power of love, light and healing can become effective for the benefit of all beings.

© *Manuela Scharifiazad*

LOVE HAS TO SPRING SPONTANEOUSLY FROM WITHIN; AND  
IT IS IN NO WAY AMENABLE TO ANY FORM OF INNER OR OUTER  
FORCE. LOVE AND COERCION CAN NEVER GO TOGETHER;  
BUT THOUGH LOVE CANNOT BE FORCED ON ANYONE, IT  
CAN BE AWAKENED IN HIM THROUGH LOVE ITSELF. LOVE  
IS ESSENTIALLY SELF-COMMUNICATIVE. THOSE  
WHO DO NOT HAVE IT CATCH IT FROM THOSE  
WHO HAVE IT. TRUE LOVE IS UNCONQUER-  
ABLE AND IRRESISTABLE; AND IT  
GOES ON GATHERING POWER  
AND SPREADING ITSELF,  
UNTIL EVENTUALLY  
IT TRANSFORMS  
EVERYONE  
WHOM IT  
TOUCHES.



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**IF I HAD JUST ONE WISH**

© DAVID ICKE, 2023

I wish that Humanity would remember who it really is.

It's not the labels of a human life. It's not your name. It's not your income bracket. It's not your sexuality. It's not your race. It's not your religion. It's the Consciousness having those experiences.

The whole foundation of this conspiracy is to keep us in ignorance of the True I. Because the True I would act when it influences our sense of reality and self in very, very different ways to what the five sense isolated perceptual prison cell would do.

That's why they want to keep us detached from it, want to get us to believe in a phantom self of human labels and not the True Self of an expression of Infinite Awareness. And so, if the cause of the problem is a fake self-identity then the answer to the problem, removing the cause, is to realize and remember – that's what it is – remember our True Self-Identity. That we are an Infinite Expression of *'All That Is, Has Been and Ever Can Be'* having a brief human experience.

And when we emerge from this simulation trap, we are again free to explore forever – *forever* – all the dimensions, all the infinite possibilities, everything, Eternally. And the remembering of that True I from that realm is what will bring down this fake reality – by bringing down and dismantling the fake self-identities that keep us entrapped in the fake reality. It's all fakery. It's not real. It's what we are manipulated to believe is real.

And so our minds are entrapped in a fake reality. When our minds tap back into their true reality, the Infinite Reality, the fake reality must fall. And we can talk about ways to deal with this and ways to respond to this and what we can do about all this. But in the end I've just described the foundation of everything.

When we remember the True I the fake I disperse and with it the fake reality which is a figment of the fake identities mind must fall, it must disappear. Remember who we are, act upon who we are, behave, do as if we are Infinite Consciousness and not some limited human – and it all falls apart.

How do I know that?

Because it's not remembering that has put us in this state. And that's why this cult constantly works 24/7 to stop us remembering and to keep us in the illusion of the fake self.

Fakery, Illusion only controls you when you believe it's real. When we realize it's fakery and illusion it loses its control over us. And at that point this nonsense, this Matrix, is over.

<https://davidicke.com>

<https://www.ickonic.com>

THE MINDLESS QUALITY OF TOTAL INVOLVEMENT  
THAT COMES ONLY WHEN THE EGO IS QUIET  
AND THERE IS NO ATTACHMENT



IT IS ONLY WHEN YOU RESIDE QUIETLY  
IN YOUR OWN HRIDAYAM  
THAT YOU BECOME

HE OF TOTAL LIGHT  
UNBEARABLE COMPASSION  
AND  
INFINITE POWER

ॐ



# **WHAT DOES IT MEAN TO KILL YOUR EGO?**

© SHUNYAMURTI | TEACHING  
2023

So Sri Ramana speaks often, especially to his advanced disciples, of killing the ego, and we will sometimes use that phrase as well, but if you're in the ego you tend to take that literally, and then get very upset by it.

And you assume that it means you have to somehow crush yourself, and make yourself feel as bad as possible, strangle yourself, somehow smother yourself, destroy yourself with some violent act – and of course, none of that could possibly be meant by Ramana or by any of the teachers of Truth, because the Truth is Pure Love.

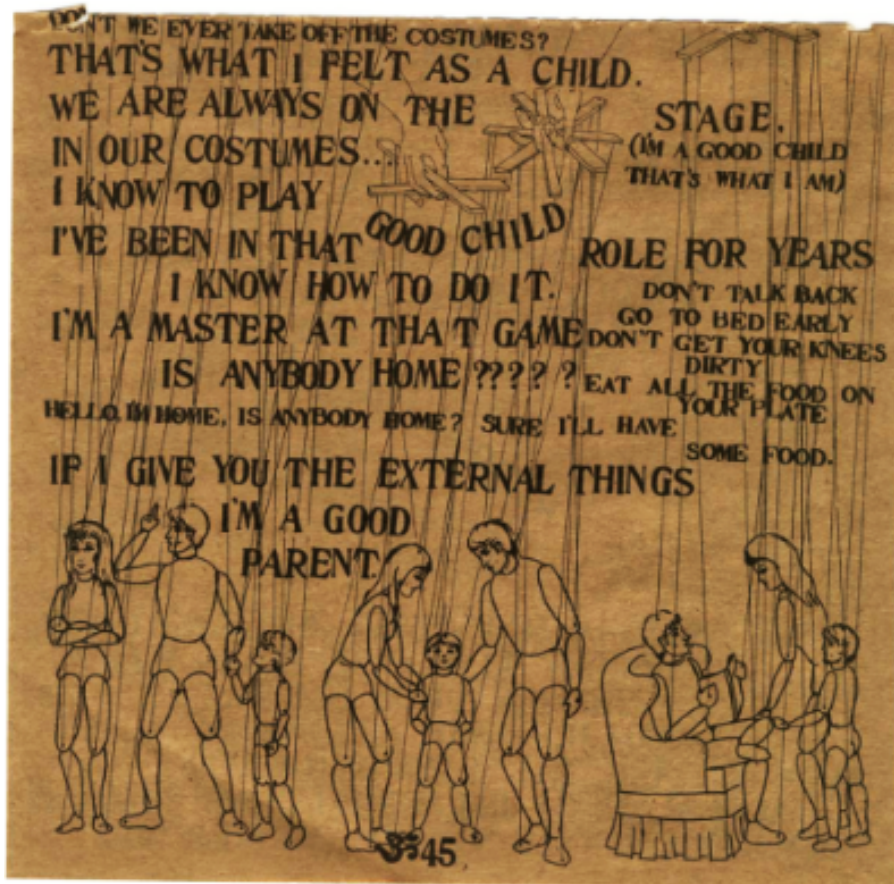
So it's a shorthand – the signifier *kill the ego* has to be understood in this way: the ego is an illusory belief in duality, an illusory identification of pure consciousness with a material body. To kill the ego simply means eliminate that false belief, let it drop away, so that the reality of the blissful nature of the Self is not obscured.

If you think about it, because non-duality is the Real – who is there to kill the ego? You'd need two egos to do that. And then if the second one killed the first who would kill the second one? It would become an infinite regress. So the ego can't be killed because it's not alive, it doesn't exist, it's a fictional image of the Self.

Now, where did this fictional image come from? When the body was born out of the body of the mother, the consciousness attaching to that infant body took on the energy field and the psychological state of the mother; and depending on the relationship of the mother and the father, or the mother and the other siblings, or members of an extended family, took on the structure of that psychological system. And took on the fantasies of the parents of who you should be, and how you should be. So it took on an illusory fictional identity in order to fit into the system that it felt it had been born into.

And that attachment to the body was necessary in childhood because the body needed to learn how to adapt to the social order, even though it was an illusory order, but the ego that was created was intended to be the larval state of consciousness, and as soon as the body reached physical biological adulthood, which is the age 13, the ego was to be put aside, to be dropped. In the Jewish tradition, you'd have a *Bar Mitzvah*, a *Bat Mitzvah* – you would take on the duties, responsibilities, powers, and privileges of adulthood.

But in many tribal cultures you wouldn't have a determined configuration of commandments or traditions, and of all of that, that you had to be the next generation to sustain, but in fact, you would go into a vision quest to discover from the Infinite who you are, and you'd receive a name from that Infinite Power of Presence; going through an ordeal alone in a jungle or a desert or in a mountain, and fasting, and going through the ordeal of letting all of one's identity fall away, to discover in that state of not knowing – that total cloud of unknowing – the Supreme Knowledge that cannot be gained from experience, but that can only come from within, when all of the belief systems have been removed.



Artwork © Ram Dass\_Remember, Be Here Now\_93

But this culture doesn't have a vision quest. It doesn't even have the old Bar Mitzvahs or Confirmations, or any of that, except in a very nominalist fashion. They are not real rites of passage, they are simply the continuation of a child's identity structure, trying to get the approval of adults. But adulthood in its true sense of all of the freedom that it should connote, is never attained in this culture.

And the ego is angry about that, because the ego knows it is a stunted entity that has never been able to outgrow its anxieties and depressions, and feeling of being unloved and unlovable, and angry that it didn't get its needs met, etc., etc. And so it stays stuck in a constant repetition of its complaint that it never got to grow up. And instead of growing up, it simply complains about its condition over and over again. And it compensates for its feeling of lack and stuntedness with a narcissistic sense of grandiosity. And will get into building up its ego, whether with body building, or with development of some kind of a narcissistic front, or an ability to impress people with a talent or whatever – but underneath that is that total sense of lack of essence.

And this became so common that philosophies like existentialism began to develop in the twentieth century. What is existentialism? It means: "I exist, but I don't know who I am." That's the philosophy: you have existence but somehow you never found your essence, and so your life consists in trying to figure out who you are, or artificially fabricate an identity because there is no essence – there's a loss of faith or belief that there is anything real in you – you are an imitation of imitations. And then people, by believing that, will literally imitate movie stars, and whatever, the sports heroes, or whoever, or just the popular people in their crowd or whatever – but they will become imitations, and their whole life will proceed by mimesis, never by original recognition of the wisdom that arises from within.

And no one will ever feel that they are understood because what they are presenting is not authentic, and they don't understand their authentic self, and so, of course, they cannot authentically understand another. And so this leads to a whole life of miscommunication and of sorrow, and of a sense of the hopelessness and meaninglessness of existence. It's almost universal today.

So this internal confusion, chaos, that leads, because mimesis, imitation, becomes the *modus operandi* of the ego, in different situations it learns that it has to imitate different others. Sometimes you have to imitate the mother, sometimes the father, sometimes the sibling, sometimes your uncle or your aunt, or your grandmother, or whoever, or the rabbi or the priest, or the mullah or the Zen master that your parents take you to, or the Sufi Sheikh, or whatever, you learn to imitate.

And you may be designated as a scapegoat and as the black sheep, and the loser, or the oppositional one, and then you have to rebel. But you are not free to rebel against the designated position of the rebel. And so there is no free will within the ego.

And because it creates a number of different identities for different situations, it becomes ever more confused, and no one of those identity fragments has the power to overrule the other and say, "I'm the real one, the other should go away so I have a unified consciousness" – there is no authority to do that within the ego structure, because none of them are real.

And so the ego is living in a hall of mirrors, reflecting images and identifying, in a way, with all of them, and yet knowing it's none of them, but not able to recognize the mirror itself as the consciousness that is containing this chaos, and is not affected by it.

And so liberation can only come when you recognize that all of this, the entire psychology of the ego, is an illusion, and you cannot use psychology to get out of psychology. It is the illusion that there is a psyche, and that that psyche needs to be studied and improved, and straightened out and made more refined and etc.

All the self-improvement methods and techniques that people are constantly trying to learn – all of those are futile – they just create more confusion, and more sense of failure, more sense of lack of willpower, and lack of motivation, and sense of being split and internally conflicted, and in a deadlock between the child and the superego parent, and a war that never ends, except in total depression and desire just to die. And so there's an epidemic of suicide in the world because life isn't worth living if one's in a hell realm.

And so the spiritual *sadhana*, the practice, is to get out of that hell realm. But the ego has the belief that it cannot get out of it, that this is its reality. And if you believe that, you have doomed yourself to a hopeless situation.

<https://www.satyoga.org>

YOU'RE ON A TRIP THAT'S GOING TO LAST  
?MAYBE WHAT? 60 — SAY 70 — MAYBE 80 YEARS  
AND FULL WITH FEAR OF ITS END  
TRYING TO MAKE ITS OWN ETERNITY.

WELL: IF I AM NOT SPEAKING  
IF I AM NOT WHAT I THOUGHT I WAS  
HOW DID I GET INTO THIS  
WHO AM I



FOR ONLY WHEN I KNOW WHO I AM WILL I KNOW WHAT IS

POSSIBLE

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**HOW HIGHER ORDER WILL  
EMERGE FROM  
THE CURRENT CHAOS**

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2020

If meditation is approached with great seriousness, it becomes clear and obvious that the ego-mind, the person that you took yourself to be, is a fictional character. And the more you recognize its unreality and its nature as a software program in which its desires, its urges, its fears, its confusions are built into it, inherent to it – and that this program is designed to suffer and to create suffering for others – you will also begin to notice that the suffering within the ego is increasing day by day.

A point will come whether you have reached it today or not that it will be of the highest priority to get out of this fictional character to be free of the suffering and the confusion, the dread, the anguish.

Throughout our world today people are suffering as never before, in the West as well as the East, and there's a massive epidemic of suicide because people cannot handle the anguish, the pain, the emotional suffering. That they cannot either endure consciously or escape through drugs or through any other means.

AS LONG AS THERE IS AN UP IN YOUR  
DOWN HEAD: **OUTER DARKNESS**  
AS LONG AS YOU'RE IN THE WORLD OF YIN YANG   
**OUTER DARKNESS**  
IT TAKES A LOT OF PURIFICATION  
PURIFICATION OF WHAT?  
PURIFICATION OF THOUGHT  
PURIFICATION OF BODY  
FREEDOM FROM ATTACHMENT  
AND AFTER A LONG TIME OF GOING UP AND DOWN WITH-  
OUT UNDERSTANDING WHY I WAS GOING UP AND DOWN  
OR HOW TO STOP IT

Little do. They know that suicide doesn't end the suffering but actually makes it worse because the ego doesn't die. It enters into a Bardo state from which no one can awaken one from the nightmare of the ego. And that moment, that one realizes that the fate of the ego leads everyone to a point where they feel like they have to die to get out of it. It can only be prevented if one realizes that the ego can die while you remain alive. Because the ego is not real and is not alive. It is only an artificial program.

But when the anguish reaches too higher level it's very difficult to get out of the ego. It's very difficult to sit and meditate if one is in too much emotional pain. We see that even here in this group that there are times when people get up because they can't tolerate their pain and have to try to get away from themselves. And they create symptoms of suffering in the body in order to get it out of the mind. Or symptoms of suffering and Karma in order to get it even further away but it always boomerangs back.

Because it is always a message that one must realize the truth of who one is. And so there are ways of deconstructing the imaginary character of the ego using logic, using psychological understanding, using dialectical reasoning. But none of that will ultimately take one further than a theoretical understanding of the egos unreality.

There must be a transcendence of thought. There must be an ability to silence the mind completely. The problem is that the ego identifies with thought. The ego simply is a stream of thinking. And so the ego cannot eliminate that stream without eliminating itself. And because it has a terror of the void, even though it hates the suffering that its own thoughts create, it fears even more the end of that.

And it fears having to face what is repressed under the stream of conscious thinking within the shadow. It fears recognizing how much harm it has done to itself and others. And how much time it has wasted. And how much love it has failed to give. And how many opportunities for growth it has passed up. And so the ego's reservoir of shame at some point becomes too great to face and one prefers simply to die than to face it. And yet that's when one has to face it without any cushions. But one cannot process it after death, it has to be done while the body is alive.

And when one succeeds in tracing back the truth of who one is and extracting the true self from the ego-mind, one discovers that the self has nothing to do with the ego's story, nothing to do with its beliefs, nothing to do with its traumatic experiences, because the ego was never born. The ego has never been created.

It is simply the silent witness of the experience that goes on within the matrix of the mind. And the real self has never suffered and never will. And the real self is not a bodily being nor does it have a form of any kind. But the concrete thinking of the ego can't grasp that. It's too ineffable.

And so the mind wants to hold on to a self-image of a body and of a finite nature that can be controlled and seemingly kept in a situation where one can defend it.

THE FINAL PLACE THAT THE GAME LEADS TO IS:

WHERE YOU LIVE CONSCIOUSLY

IN ALL OF IT

WHICH IS IN NOTHING

YOU ARE ETERNAL

YOU HAVE FINISHED PERISHING

THERE IS NO FEAR OF DEATH BECAUSE

THERE IS NO DEATH

IT S JUST A TRANSFORMATION

AN ILLUSION

AND YET, SEEING ALL THAT, YOU STILL

CHOP WOOD AND CARRY WATER .

YOU STILL DO YOUR THING .

YOU FLOW IN HARMONY WITH THE UNIVERSE.

But there is nothing to defend. The self cannot be harmed and the self does not die nor was it ever born. And the moment one recognizes the truth of this, one will not return to the illusion of the ego.

And once one recognizes that we are in a dream or a motion picture if you wish, a holographic technologically advanced simulation as many scientists are now actually coming to believe in theorize, just as in a dream or a movie where you see millions of people die you don't cry over it because you know it's just a fictional story, when you see that this dream of a world is not real and that no one actually dies or suffers, only the illusory character.

And that at the moment of death at least they are free from that character's physical suffering, one understands that this world is a school. It is here to teach us something about the nature of reality that could not be taught without entering into a laboratory such as this, in which we experiment with different forms of consciousness and discover the consequences on a large scale of the interaction of those different kinds of consciousness.

And what we have discovered is that the ego consciousness cannot survive in a world with peace, with love, with harmony. At the soul level it's possible, but the soul is not stable as we have seen. There is an entropic process that brings about a fall from soul into ego.

Because even soul is a fictional vehicle of a wider scope that carries the consciousness from one fictional character to another, in an episodic narrative of epic proportions. So that the soul can enjoy every possible way of living and environment and situation, and lifestyle. But all of us have had many lives and many deaths and we're still here.

But now we are at a point of approaching planetary death. And the creeping Armageddon that we have been experiencing for the past number of years is about to increase its gate to a gallop. And we will look back next year at this time upon this year and think this was paradise, because the scale of the catastrophic events that are about to unfold will be so massive in nature.

The earthquakes that will change the shape of continents and the sea rise that will eliminate many islands and parts of the world at sea level and the various other events of war and plague and destruction of every kind. And even in a place as peaceful as Costa Rica the economy will collapse and tourism will stop and we will see that there will be massive violent crime and food shortages and every possible problem. The world is becoming a Mad Max situation.

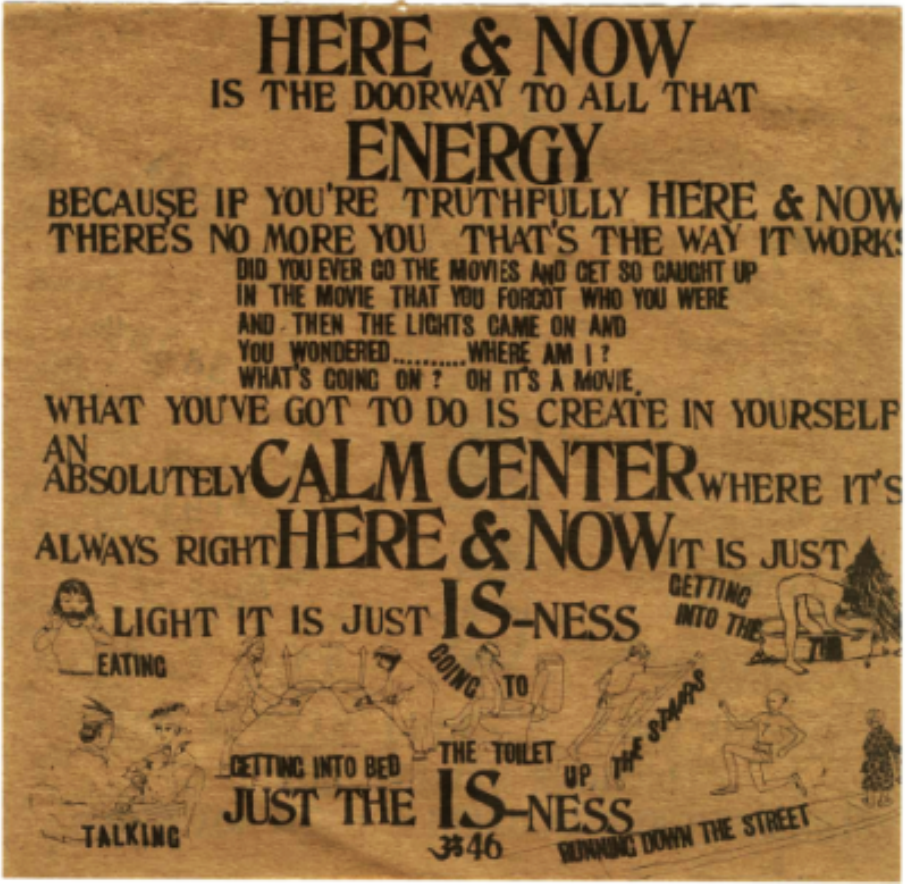


How are you going to respond to that? There will be no government to keep order. There will be chaos and the governments will create even more chaos and oppression and deal with the situation in ways that create more harm. But the health institutions will break down. There won't be hospitals no matter how good your insurance policy is. And there won't be any of the other things that we take for granted. And in many places there'll be water shortages and there will be an inability to drive your car and get out of the city that has become a jungle because there won't be any gasoline.

Do you understand the nature of the situation that we're about to face? And do you see how close it is and are you making preparations? And not just physical preparations like so many are doing as survivalists because it isn't about that. It's about understanding why this karma has happened and transcending it so that one is able to offer blessings in this collapsing world and to help guide those souls who are leaving the body to be able to return to the supernal light. But only if one is in that light and one has already been saved from the illusion and the suffering oneself, and one offer any help to anyone else.

But the massive kind of anxiety and suffering that people will soon be in will be of such a scale that it will become intolerable if you are still attached to the body and to other people who are suffering, who you cannot help at any egoic level. And if you are still attached to the illusion and mourn over a dying world, until we understand that this world is a dream and understand the dynamics of how it came to be dreamed into being. And how it can be re-dreamed. And how you can participate in the code dreaming of a world that is not suffering.

You will feel the hopelessness and despair that comes of feeling there is no way out and no God and no source of salvation. But this is not the case.



Artwork © Ram Dass\_Remember, Be Here Now\_95

There is a real true power that saves us from the suffering that seems to be apparently destroying the world. And when we recognize the Real that is indestructible behind and within the illusion, we will be able to remain at peace and to offer peace that is authentic – that will enable those who are suffering, whether physically or emotionally, to enter into a higher vibrational frequency that will bring the balm of love and of the joy of knowing that one is in the protective energy field of a benign and loving God.

But only if we are willing to overcome the ego's incapacity to know or feel that subtle frequency and therefore is of necessity and agnostic because it cannot achieve gnosis – it's a too low a level to know the truth of being because it is mired in duality.

But when the mind has been freed of this dualistic illusion and from its identification with the body then the powers that are latent within us will emerge again. And those emergent properties of consciousness once activated will eliminate all suffering at a single stroke and bring the world to not only a state of restoration but of perfection.

But one will no longer care about that because one will have transcended to the level of the author of this dream. The power, the bliss, and the wisdom of that supreme beingness is not something one will ever choose to leave again.

The choice to be able to abide as that self while alive here and now and be of service to those who are still suffering in the illusion is the only opportunity we have to give real service of that Supreme Being – so that we can provide guidance and a radiant energy transmission that can reach the hearts of others and bring calmness and peace.

But we must have gone through our own rite of passage of death of the ego and rebirth as pure spirit in order to be able to access that energy, that love, that knowledge, to be able to function as angelic assistance of the one who is bringing the world through the Stargate of the omega point to a new beginning.

We must be those who have the power to go through that Stargate now and not wait for the end of time. But by voluntarily going through and being pathfinders for others we will be able to shift the morphogenetic field and pop the quantum wave function that has so far proved to be a barrier. And by collapsing that wave function enable the god consciousness that is now restricted only to a few who have been courageous enough to make the journey to the supreme level of the spectrum of consciousness to be available to all.

And it is this gift that can be provided of the transmission of cosmic consciousness and liberation from karma and from pain that is the only offering that is worth providing at this time when all other forms of services will fail.



The time is shorter than one might want to believe in which to make this transformation effective. It is up to each of us in our own hearts whether we think it's worthy to go for that goal or whether there are other things more important to you. But soon those things will fade and their importance will fall away completely. And there will be only one thing you will care about and that is salvation from your own mind.

To those who seek the solution to this problem will be given the power that has created us and brought us into this phenomenal situation is benign and loving. And is guiding us to grow to a level of psychological and spiritual maturity that we would not otherwise attempt to reach if not for the extremity of the circumstances in which we will find ourselves. And so all of this is a blessing no matter how horribly the blessing is disguised. It is a blessing. The greatest blessing, because there will be nowhere left to go but into God consciousness. There will be no other diversions possible.

Those who do this ahead of time will find much more return on their investment in god-consciousness than those who forcibly come in at the end. There is great good karma. There is great blessing of love and joy. There is great wisdom to be had. There is the possibility of graduation from this school, so we don't have to come back and do it all over again. And there is the possibility of the ultimate and supreme liberation.

So each of us must decide in our own heart and conscience what to make of all of this and what to do. But until one has discovered who one is one will not be able to think clearly and accurately about it because the very paradigm of the ego prevents one from full understanding. And thus the practice of meditation and the silencing of the mind – so that one can abide in the heart where the wisdom is and where the love and the power are – through that abidance one will be given everything one needs to navigate one's way through this coming period of tribulation in a state of grace.

So, no matter where your body travels in space know that you are never disconnected from the source. And the more that one surrenders one's heart to that source recognizing it is not an other but once own real self, the more that one will be able to extract oneself from the illusions of the ego-mind and achieve freedom.

What we are learning through this ordeal that the world is entering into is the value of love, the value of community, the value of presence, the value of truth, the value of nobility, and all of those old classical values that we threw away through entering into the capitalist life of superficial consumerism and narcissistic concern only with one's own bodily well-being and appearance, we will be able to return to become embodiments of those highest values and enjoy the fruits of those values through our own inner transfiguration.

And it is through that transformation of our own being back to the highest level of purity and goodness that makes us worthy of a world that is restored to peace and beauty, and worthy of graduating to the next level of reality beyond this world. Whatever path we choose or are chosen for know that the power of faith and of loyalty to the truth which includes the open-hearted capacity for love and generosity and surrender to that which is higher and truer and wiser we'll bring you automatically to a life situation in which you will be able to flourish.

**THE WAY BHAKTI WORKS**

**YOU JUST LOVE**

**UNTIL**



Your intentions do matter because the world is made of consciousness and it responds to every thought and desire and impulse of the mind in the heart. Whether we are connected to it or not the world is magical. Right now the hegemonic force is that of black magic. But the power of white magic is now growing. And it is that power based on the love of truth and goodness and purity and the one self of non-dual unity of all beings will prevail.

And if you have given yourself to that non-dual level of consciousness that transcends the ego then you will prevail over all obstacles and all the illusions of suffering and over all setbacks. It is in the nature of our true being to be victorious over all obstacles, because we are inherently empowered to be masters over the mind. It is now only remaining for us to choose to claim that mastery by doing the work that will earn it.

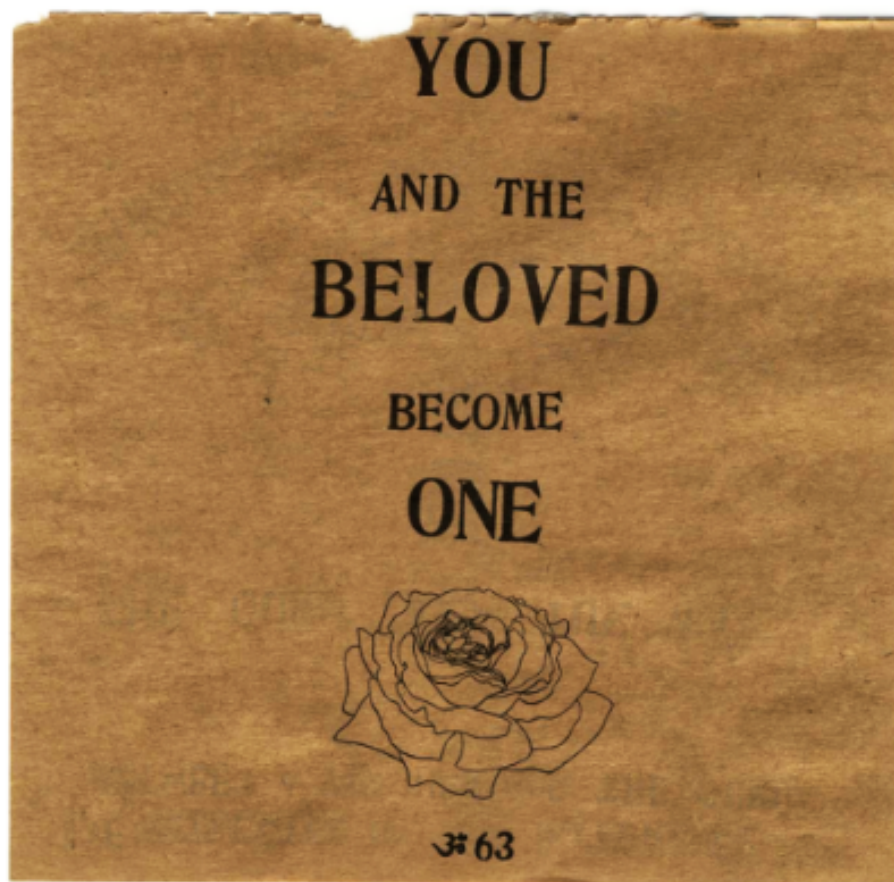
I hope that this weekend has given some tools to enable you to go further on the journey on your own if you are only visiting the ashram. But know that we are here to serve you in any way to be able to achieve the goal of liberation. And know that wherever you are we are always connected through the vibrational frequency of love.

May you grant yourself the blessing of knowing the glorious nature of your real being. The majesty, the power, the beauty, the royalty of your true spirit. And allow that supreme nature to emerge fully and be embodied in your life as an example and a guide to all who you encounter. And one who can be a catalyst for the upliftment and the healing of other souls who are seeking relief from their own pain. You have infinite potentiality within. You only have to touch into it for it to begin to emerge and fill your life with joy.

May you have the courage to stay out of denial and to be aware always of what is happening at the subtlest level and you will be given precognitive advanced warning to remain safe. If you see the signs or hear the voice that calls you to change your direction heed those warnings.

Blessings to all on your journey.

<https://www.satyoga.org>



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# THE NEXT MESSAGE

IS WHERE YOU ARE WHEN YOU HEAR THE NEXT MESSAGE. WHENEVER YOU'RE READY YOU'LL HEAR THE NEXT MESSAGE.

THE INTERESTING THING IS THERE'S ALWAYS A NEXT MESSAGE AND IT'S ALWAYS AVAILABLE TO YOU. NOW! THAT'S A HARD ONE!

THE HANDWRITING IS ALWAYS ON THE WALL SAYING:



# **THE Dream**

**THE extraordinary REVELATION OF  
WHO we are and where we are**

**© DAVID ICKE**

**EXTRACT FROM CHAPTER TWO - OF  
HIS NEW BOOK 'THE DREAM', 2023**

## **Demonic Deceit**

A sequence began in January 2023 which opened my consciousness to levels way beyond anything I had accessed to that point. I had been feeling strange for a week or so and even more on the day of the event which triggered what followed. I had a feeling of being between two worlds. My body was in one and my consciousness in another a long, long way from 'here'.

That night I was turning off the lights to go to bed and I noted the furniture in my way. I made a conscious attempt to avoid it, and all was fine. Then I had a 'knowing' which manifested as a sort of 'voice'. It said: 'You are going to fall.'

At that moment I was standing firmly on my feet, and I was very balanced. A split second later I felt myself hurling forward towards the wall which I hit at an angle perfect to dislocate my right shoulder. I knew as I hit the ground what I'd done. I explained it to myself as tripping over furniture, but I have no recollection of doing that and I was specifically concentrating on avoiding that outcome.

What was going on and why? I had been feeling a little overwhelmed in the weeks before with all the demands on my time and energy. My desire to communicate information challenging the official fascist narrative made me say 'yes' far more than was good for me. My weeks had become cycles of one demand following another and my life had become 'gotta, gotta, gotta'. It left me little room for pondering and reflection and it was frustrating the hell out of me.

The shoulder meant that all this had to immediately stop. All my commitments for weeks were postponed. The only thing I could do was write this book by using software in the early weeks that turned my voice into the written word. I consulted a friend of mine, the super-gifted sensitive (what some would call a psychic or channel) Tracy Mulas, who had a considerable record of accuracy with me. She said, along with a few others like her, that the fall was to suspend all my other work so I could rest and allow my consciousness to expand into deeper regions of infinity.

I was going to be 'upgraded' and new information and insight would be communicated to me beyond anything I had experienced before. This made sense because in my half asleep, half awake, state in the early mornings I had been hearing a 'voice' saying that I was going to be 'upgraded' (my consciousness expanded).

I have been having what I call ‘coma sleeps’ since my massive awakening at the start of the 1990s. The sleeps became so extraordinarily deep in the wake of the fall that if I got up too soon before my consciousness ‘returned’ I would feel on the point of fainting. I was most definitely between two worlds. I spent most of the day in that two-world state and in the same period I began to have insights, images, and ‘visions’ of the out-of-body realm. I had glimpses of this in the form of ‘Nashes’ when I was writing my book *The Trap*, but now they were more vivid and lasted longer.

The one that recurred most often was of rows and rows of consciousness fields in a sort of mechanical setting. They looked a bit like rows of cabbages that you see in a farmer’s field and they were enveloped in radiation – think Wi-Fi – with the whole scene set in a darkened blue light. If you imagine infrared, only blue. The confines of the scene were like metallic walls, and it all had a very AI feel to it. I took the consciousness fields to be ‘minds’ of ‘incarnate’ humans experiencing the simulation.

It was symbolic, or I hope it was, but captured the theme that had been forming in my perceptions since I was writing *The Trap*. The theme was of consciousness perceptually mesmerised by a simulation system almost entirely run by a level of artificial intelligence that would make 3-D AI seem like the Stone Age.

As the weeks went by a whole new picture of human control began to form and this book – written in a ridiculously short time – is the result. I will now expand on all of this.



THE SECRET IS A SECRET TO YOU  
BECAUSE OF WHERE YOUR HEAD IS AT.



YOUR RECEIVING MECHANISM ISN'T TUNED  
FOR THAT PARTICULAR FREQUENCY

ॐ103

## **Other ‘worlds’**

I should first define here what I mean by ‘dimension’. I’m not referring to the mathematical version of three dimensions of space and one of time. I am using dimension as interchangeable with realities that occupy different bands of frequency. Nor are these dimensions piled on top of each other like building blocks. They share the same ‘space’ as with radio and television stations. Within the ‘space’ that you are standing or sitting in now are all the other dimensions or frequency band realities of Infinite existence.

Which of them you can access is decided not by the dimensions themselves, but by the ability of consciousness to tap into them. The more we expand our awareness and become free from the fake limits of five-sense perception, the more we can interact with these other realities. The higher the frequency the more knowledge, insight, potential, and possibility becomes available to you. The opposite is true when you fall into the low-frequency abyss represented by the great majority of human experience.

The way out of here is to open our minds to these higher frequencies, or dimensions, and that which seeks to keep us entrapped in ignorance must ensure that this doesn’t happen. There you have how the lines are drawn in the said spiritual ‘war’.

Scientists working with the Large Hadron Collider at the European Organization for Nuclear Research (CERN) well know there are other dimensions of reality. CERN on the French-Swiss border is home to the largest particle physics laboratory in the world and the Large Hadron Collider is the world's biggest and highest energy particle collider. I have written about its real rather than official agenda in other books which includes opening our reality to other dimensional entities.

Sergio Bertolucci, former director for research and scientific computing at CERN, said: 'The Large Hadron Collider could open a doorway to an extra dimension and out of this door might come something, or we might send something through it.' Aurelien Barrau, a French particle physicist at CERN, added: 'The idea of multiple universes is more than a fantastic invention and deserves to be taken seriously.'

I will focus on three realities to keep it really simple. There are subtleties and details that can be added, of course, lots of them, but they are not necessary for the comprehension of where we are and what we are dealing with. They can sometimes get in the way by diverting from the basic structure into exhaustive complexity. Detail is in my other books and is not the point of this one.

I am going to reveal what appears to be a complex story as simply as I can by adding layer upon layer of information until the biggest picture emerges in the latter stages. I am sure there will be many questions as I introduce each layer and I aim to answer at least most of them before I conclude.

Stick with me through what may seem to be 'crazy' at first and it will make ever more sense the longer we go. You may not believe it, that's your choice, but it will make coherent sense of the 'human world' and so much else.

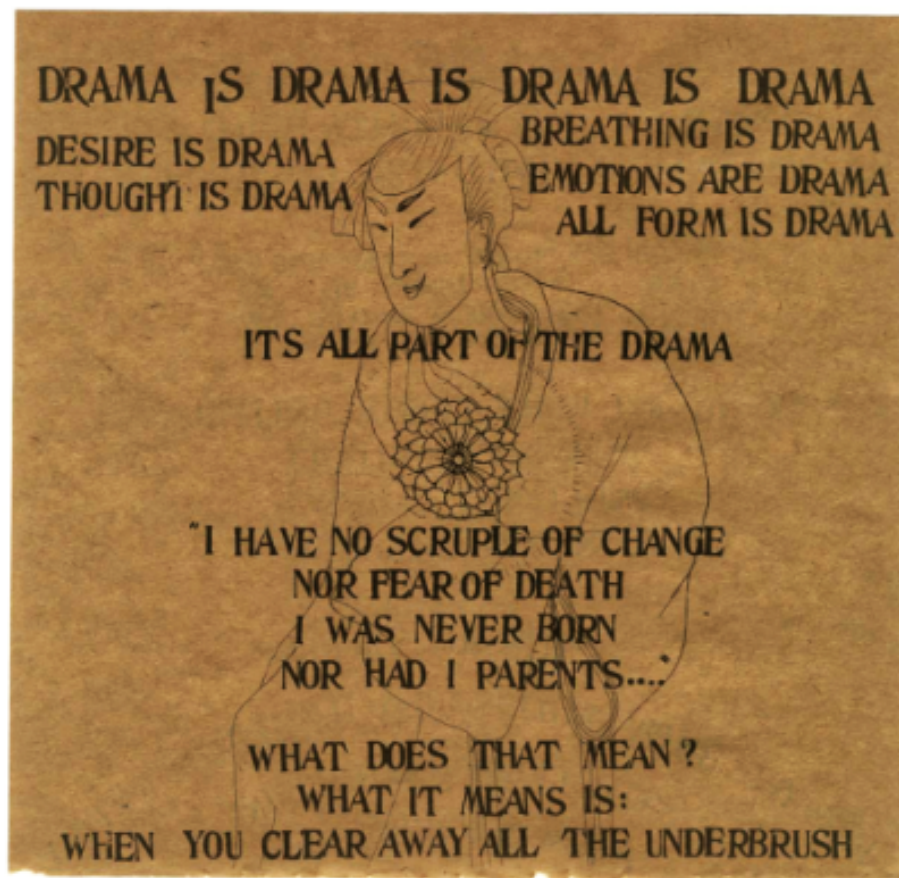
I will call 'human' reality the Third Dimension or 3-D; alongside that (in the same 'space') is the 4th dimension – 4-D, or the Astral; and then we have the Fifth Dimension, or 5-D. I am using these divisions only as a guide. There are really many more realms than these and people will have their own names and symbols for them. Beyond the Fifth Dimension are ever more refined realities that represent expansions of awareness into ever-greater swathes of Infinity.

There comes a point when we leave the realm of frequency/vibration (the realm of 'Creation' as it is perceived) and become one with Source Consciousness that I will refer to as *The Infinite*, *The Absolute*, *The Source*, *Infinite Awareness in Awareness of Itself*, and the *All That Is, Has Been, and Ever Can Be*. We can tap into the Fifth Dimension and beyond while in human form and the Wetiko inversion has created a 3-D reality specifically designed to stop that.

This does not mean it's not possible, only that there are concerted pressures pushing the other way to maintain our separation from *The Infinite*. When we hear through the ages that humans have a 'Divine Spark' within them, despite our current experience, this is what they mean. These 'Sparks' are aspects of *Infinite Awareness* that were enticed and then perceptually trapped in a fake reality that I will shortly describe.

The Divine Spark is our dormant connection to the Infinite that we can awaken from its long sleep whenever we choose to see through the illusions. We have been manipulated to forget this and that's why expressions of Infinite Awareness, the *All That Is, Has Been, and Ever Can Be*, can act with such stupidity and self-destruction in ways that Wetiko schemes and plots for us to do.

We have a tussle between the Divine Spark awakening and Wetiko seeking to keep it asleep. This is the foundation of the spiritual 'war' that people describe and that will become even more relevant when I come to the plight of the Divine Spark and the real nature and identity of Wetiko. I'll stick with that name for now.



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## Dimensional perception

The 3-D realm is everything that our body decoding systems – the five senses – can see, touch, taste, smell, and hear. It is basically the electromagnetic spectrum which is 0.005 percent of what mainstream science believes to exist in the Universe. Wetiko and its subordinates in form, Reptilians, Greys, and others, have created this reality as a *virtual* reality simulation. I will expand on this enormously in following chapters.

The human body is also a ‘Wetiko’ creation specifically to ensnare consciousness in the simulation, or Matrix, and the five senses are connecting us and binding us to the Matrix. The decoding sequence that I described of the senses transforming waveform information into electrical information, which is decoded by the brain into digital-holographic information, is the process through which we decode the Matrix into illusory physicality.

Think of the simulation as like wearing a headset (the body/brain) to immerse perception in a fake reality. The simulation is a field of waveform information – see Wi-Fi. The body is the biological computer instigating the perceptual deception by decoding the field into the illusion of a 3-D ‘world’.

People talk about 'I' and 'we' when they are really referring to the body biological computer system which is encoded to follow a program dictated by the simulation. Think of the body as a behavioural and perceptual software program run by the simulation. The body program dictates the *entirety* of our 'human' experience if we are locked away in five-sense perception and isolated from the influence of our True Self. We believe it is *us* making the decisions when it's the software program.

What is this 'us'? How do we perceive 'us' on a second-by-second basis? By what we think and feel emotionally? Yes, but what is the *source* of this thought and emotion?

Is it free-thinking, free-flowing, unique consciousness, or behavioural software? If it is unique consciousness why does almost everyone respond to everything in such predictable ways? Why is human 'life' itself so predictable and follows a pattern akin to a software program – little boxes, little boxes, and they all look just the same?

Only if we open our minds to expanded awareness can this override the body program and see beyond the simulated deceit. This is called 'awakening' which can expand rapidly once our consciousness taps in to at least the Fifth Dimension operating outside the Matrix simulation. It is now easy to see why distorted Wetiko consciousness and its agents in form are so desperate to man the five-sense barricades. If we can be separated from a conscious connection to outside the Matrix, we are isolated in our perceptions within the illusions of the Matrix.

A biblical quote attributed to 'Jesus' says: 'Flesh gives birth to flesh, but the Spirit gives birth to spirit.' What is 'flesh'? It is the body, the biological computer. We take biological to be 'natural', but is it? What if, to the controlling force, biological is only an advanced form of technological?



## **Astral reality**

The Fourth or Astral Dimension (4-D) interpenetrates this one and its lower frequency levels (the *lower* Astral or *lower* Fourth Dimension) 'interfere' with 3-D reality in the same way as radio stations very close on the dial.

The Astral will be central to this book because it is from here that the demonic orchestrates and projects its control of 3-D. Once again to keep everything simple I will refer to the whole of the simulation beyond 3-D as the Astral although it will include other perceptual bands of reality.

The Astral has been a foundation of many religions around the world and Mystery Schools from where the global secret society network originally emerged as a means of protecting esoteric knowledge from the efforts of the Roman Church and others to eliminate it from the population.

These secret groups were eventually infiltrated and became an expression of the Cult with a very different agenda for hoarding the knowledge and keeping the people in ignorance. The Astral is known by many other names in various religions and cultures. It is the 'World of Yetzirah' to Jewish mystical Kabbalistic belief known as the Lurianic Kabbalah. Our reality may seem devoid of life beyond 'Earth' (for reasons I'll explain), but the Astral is teeming with entities of many kinds. They include what are considered by humans to be 'aliens'.

The Astral is a sort of semi-‘physical’ realm in that entities can take a form which is far less dense and more ethereal than ours. Or at least that is how it would appear to us in 3-D awareness. To an Astral entity on the same frequency the Astral reality would seem as ‘solid’ as you and me. The Astral is the realm of ‘ghosts’ and what is termed ‘paranormal’ activity. 3-D is not the only reality where technology is employed.

Astral technology and artificial intelligence are the major means of 3-D control. A level of the human energy field is known as the ‘Astral body’ and our focus of attention can transfer to this in sleep to allow us to experience the Astral in the dream-state. Some can do this through meditation and a conscious transfer of attention called ‘Astral projection’.

The Astral is a frequency band that relates to emotion. Our feelings and emotions are constantly projected into the Astral as frequencies which ‘feed’ the demons located especially at its lower levels relating to low-vibrational emotional states such as fear.

Yes, fear is food to the demons which explains so much about why the human world is as it is. Emotion is central to perceptual manipulation. Observe human society and you see that behaviour and perception are dominated by emotional responses. Wetiko and its associated Astral entities feed off emotional frequencies while themselves not feeling emotion as we do. They are cold and calculating and expert at *manipulating* emotion in their targets.

The Astral is said to be the main location of the 'Soul' between human lives in the reincarnation cycle. Reincarnation is a mind-trick that followers of many religions such as Hinduism and Buddhism believe in along with 'Western Hinduism' or the 'New Age'. The Matrix is not only our 3-D reality.

There are many other levels extending into 4-D and this knowledge is crucial to the realisation that reincarnation is not a cycle of evolution for the 'Soul' as billions believe. Reincarnation is real, yes, but it's a trap, a swindle, a hoax, to capture perception in a wheel of misfortune in human life after human life. 'Soul' is constantly exchanging other levels of the simulation for this one. Exposing this trap and how we can break the cycle is a major focus of this book.

WE'VE ALREADY BEEN FUNCTIONING ON THAT  
WE CAN START ~~TO~~ EXTRICATE OURSELVES.  
WE HAVE GOT TO HAVE HEARD THE FIRST MESSAGE  
BEFORE ANY OF THE KEYS OPEN ANYTHING.  
YOU DON'T EVEN KNOW THERE ARE DOORS  
UNTIL YOU HAVE HEARD THE FIRST MESSAGE.

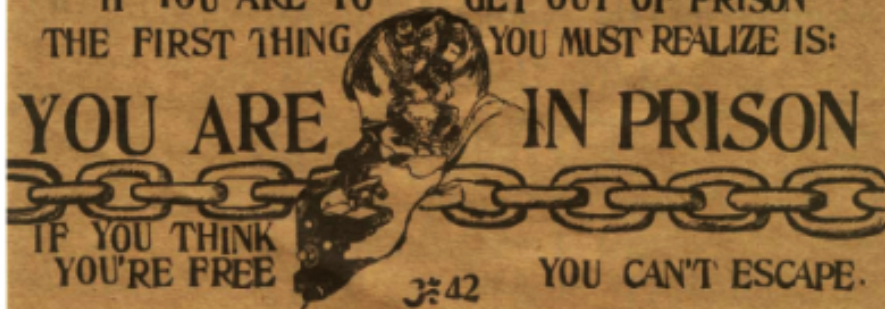
GEORGES I. GURDJIEFF,  
A WESTERNER WHO WENT ON THIS HIGHER TRIP  
OR AT LEAST ON A LARGE PART OF THE TRIP, SAID:

YOU DON'T SEEM TO UNDERSTAND

**YOU ARE IN PRISON**

IF YOU ARE TO GET OUT OF PRISON  
THE FIRST THING YOU MUST REALIZE IS:

**YOU ARE IN PRISON**



IF YOU THINK  
YOU'RE FREE

3:42

YOU CAN'T ESCAPE.

## **Astral deception**

The human energy field corresponds with these other realities which means that we operate simultaneously on different levels or bands of frequency. We can potentially experience them by moving our point of attention from one to another. Esoteric belief says the 'physical' (holographic) body is overlaid by the etheric body (the information blueprint of the 'physical'), and the astral and mental body fields from which come emotion and thought.

Beatle George Harrison always seemed to me to be a genuine guy seeking enlightenment which he did through Eastern concepts and psychoactive drugs, but from my perspective he was under the delusion of almost all 'spiritual' seekers. I watched an Internet video of his beliefs headed 'George Harrison on what lies beyond the mind' in which he said that the body is like a 'suit' which you 'put on and then consciousness leaves'. I am with him there in principle, but he continued:

*Christ said in the Bible about the three cages for the bird of paradise which is the Soul being the bird of paradise and the three cages being the three bodies that house the Soul. They call it the causal body and then there's the Astral body and the ghost physical body. So, death is when the physical body falls off, but the Soul is still in two other bodies. So, it's then on the Astral level.*

What is missed is this: These 'bodies', the Soul and the Astral are all *within the simulation*. To enter the Astral is not enlightenment. It is another level of the trap. The so-called Astral body is key to perceptual and emotional manipulation which is why emotion is the prime driver of human perception and behaviour.

And what is the 'Soul'? I'll save the detail for a few chapters hence, but it is an expression of the Divine Spark. Everything connects energetically with whatever it is focussed upon. I'll make this point a few times because it's important on many levels.

A Divine Spark's focus, on what it believes is a human experience, projects an energetic connection with the 'body' and this connection is called 'Soul'. The same applies to the focus on the out-of-body realm on the reincarnation cycle and so we have the concept of the 'Soul' moving between the human world and the Spirit World (which means moving between two levels of the simulation). It is the Divine Spark's focus of *attention* moving, that's all, but more later.

The Astral realm was known in the Indian subcontinent as 'the body of emotion, illusion or desire' and the Divine Spark which connects us to Infinity can be so overlaid by the programmed perceptions of the other 'body fields' that its influence is suppressed. The Divine Spark (which some call the 'Spirit body') can be freed only by a self-identity with the Infinite 'I' and letting go the fake self-identity with all the others.

Our various energy 'bodies', including the 'physical', are interpenetrated by vortices known as 'chakras', a word meaning 'wheels of light' in the ancient Sanskrit language of the Indian subcontinent. The seven main ones are the crown chakra on top of the head; brow (or 'third eye') chakra in the centre of the forehead; throat chakra; heart chakra in the centre of the chest; solar plexus chakra just below the sternum; sacral chakra just beneath the navel; and base chakra at the bottom of the spine. Each one has a particular function or functions.

The sacral chakra in the lower belly processes emotion and so we feel anxiety and nervousness in that area. At its most extreme this affects the colon and gives people 'the shits' and makes them 'shit scared'. We feel love, empathy, and compassion in the centre of the chest because that's where the heart chakra vortex is located within the body's electromagnetic field. Closing the heart vortex or chakra is a prime goal of the demonic force because it is a connection to the 'Divine Spark' and has the potential to reconnect us with *The Source* beyond the simulation.

The Fifth Dimension (5-D) is a level of frequency outside the simulation and when our disembodied consciousness enters this realm of awareness it is free of the Matrix and the demonic deceit of Wetiko. I should say that this is *my* symbolism of 5-D and what others call 5-D may still be within the simulation. Once again in the interests of simple: 3-D and 4-D (Astral) = the simulation; and 5-D and beyond = outside the simulation. Connecting with 5-D requires not only a self-identity with consciousness to manifest the necessary frequency; it demands that we are streetwise about the tricks and diversions placed in our path which I will be highlighting as we move along.

WHEN YOU GO BACK AND BACK  
NOT FOR THE FUN OF IT  
OR FOR THE POWERS INVOLVED  
BUT TO GO BACK TO BE WHO YOU REALLY ARE  
WHO YOU ARE TURNS OUT TO BE SPIRIT  
TURNS OUT NOT TO BE MATTER AT ALL

NO MATTER  
NEVER MIND  
NO MIND  
NEVER MATTER

EITHER WAY IT WORKS

ॐ 90



## AI 'Mind'

We begin our journey with Alice down the rabbit hole into the 'Wonderland' of the Astral Dimension and it's going to get real strange real quickly. Hold in there when your head screams 'ridiculous'. We have a long way to go yet with lots of information to add.

The Astral is where the human mind is located and from where the simulated Matrix is projected into '3-D'. The brain is not the mind. The brain is a processor of information which decodes reality into 3-D perception. We can see the brain (3-D), but not the mind which is an energetic field phenomenon beyond human sight (4-D).

There are species of form in the Astral that vibrate quick enough to elude our sight sense and they have technology that we call artificial intelligence, or AI. The difference is that their AI is vastly, vastly, more advanced than we have in a period even when AI is rapidly taking over our world.

You could describe Astral AI as more like artificial *consciousness*. What seems like emerging science fiction technology to us is way back from the cutting edge in the Astral. The entire simulation including individual body programs is controlled by Astral AI. We are now experiencing *some* of that technology in 3-D reality as part of the 'Great Reset' which involves the complete subjugation of what we perceive as human.

I should introduce the concept at this stage that the Astral Mind – ‘our Mind’ as we perceive it – is a form of AI and is specifically designed to trap the Divine Spark (the True ‘I’) in illusion. The overall simulation information field is projected by Astral AI and 3-D is the decoded holographic version of that field.

So, the simulation in 3-D has two facets. There is the interactive ‘Wi-Fi’ field encoded with information that we perceive as the ‘human world’ and there are the body-programs that decode the ‘Wi-Fi’ into holographic ‘physical’ illusion. This allows the demonic to manipulate its simulation field *and* how its targets decode and perceive the simulation field. Conscious people awakening to the reality of their predicament are especially in the sights of the Astral demons, but consciousness in awareness of itself is far more powerful than they are.

From this perspective what I said about the brain decoding holographic ‘physical’ reality is correct, but that is part of a much bigger picture of perceptual skulduggery. The brain is the body’s Central Processing Unit (CPU) decoding information from the simulation. As Pao L. Chang wrote: ‘... our picture or three-dimensional model is nothing more than a perception of the CPU’. Consciousness can intervene in this process for those that are awakening.

The dynamic is the same as with human Wi-Fi and computers. One is an information field (the Internet in waveform) and the other decodes that field into a totally different state on the screen. Today's 3-D technology mimics (as above, so below) the reality we are experiencing and how it works.

Each human body is a projection of an 'individual' AI Astral Mind which is encoded with the software 'life-plan' for each 'incarnation'. This is what we experience as an 'individual life'. It is literally true that 'everything is in the Mind' unless there is awakened intervention from the Divine Spark.

When 'spiritual' people talk of 'going beyond the mind' and 'getting the mind out of the way' they are referring without knowing to the AI Astral Mind that is dictating perception without input from expanded awareness. The whole reason for the simulation is to stop that input and entrap the perceptions of the Divine Spark in a fake reality that it thinks is real.

The reason 'why' will become clear. In their unmanipulated state Divine Sparks are all 'One' as a unique expression of the *All That Is* and crucial to perceptual entrapment of the True 'I' is a sense of individuality, apartness and isolation generated by the AI Astral Mind. This also allows for the specific manipulation – designer manipulation – of captured Divine Sparks which are entrapped observers of all this and deluded by the AI simulation into believing they are experiencing a 'physical' incarnation.

3-D reality may be an illusory projection from the Astral, but it's very real to those experiencing its decoded holographic form. Genetics for example is not illusory in the sense of 3-D perception. I am looking at a computer screen and my bum is on a chair and in that way 3-D is physically 'real'; but I know the quantum realm shows that it can't be. It's a 'Wi-Fi' field decoded into what I 'see' by my 'brain' which is itself a 'Wi-Fi' field! In that sense 'physicality' is not real. It depends on your point of attention – perception.

I was sent some text from the 'Yoga Sutra', considered one of the most important teachings in yoga, which is an oral tradition apparently dating to 200 BC. It gives advice on how to 'remember that your nature is Consciousness':

*Remembrance of Consciousness occurs only when the mind becomes still. If we can still the mind, then we will rest in our true form, which is the one who truly sees. If we cannot still the mind, we will think we are the mind and we will suffer.*

All these various spiritual traditions say we must still the mind and go beyond mind. Why? What is this mind that enslaves us and that we must still or go beyond to be free? It is the *Astral AI Mind* that I am describing here. The dynamic between the AI Mind and the Divine Spark is captured in this line: '... we will think we are the mind and we will suffer.'

AND THE FUNNY THING IS  
YOU'RE STILL NOT FINISHED  
AND AS FAR AS THE BUDDHIST IS CONCERNED  
YOU HAVEN'T EVEN BEGUN THE TRIP  
YOU'RE STILL HUNG UP ON FORM

BECAUSE HE SAYS  
BABY  
IT'S ALL ILLUSION  
NO MATTER HOW  
GROOVY IT GETS  
THE PHYSICAL PLANE  
IS OBVIOUSLY  
AN ILLUSION  
ALL A DREAM  
YOU GO TO BED  
AT NIGHT  
AND DREAM

YOU NOTICE  
ABOUT YOUR DREAMS  
THEY'RE VERY REAL  
AND YET THEY DON'T  
HAVE ANY SUBSTANCE  
ON THE  
PHYSICAL PLANE  
THAT'S THE  
ASTRAL PLANE  
YOU'RE DREAMING  
ON THE ASTRAL PLANE

## Simulated illusion

The body information template is the foundation of AI Mind-trickery. It changes with each 'incarnation' although imprinted traits can be carried over. The body is a projection of an 'individual' AI Astral Mind which does not so much 'incarnate' as experience the illusion of doing so.

AI Mind doesn't move. What it *projects* is moving or appears to. Even movement is an illusion in the same way that when you play a racing car game in an amusement arcade it is the *game* that moves and not you; but then the game doesn't move either. It just appears to move because that's the way it's encoded.

The same applies to every headset virtual reality software that now pervades and consumes 3-D. They are experienced by someone sitting in a seat while the game provides the illusions of movement, space, and time. Characters running around and trying to avoid your gunfire are not moving at all. The programmers who created the game give you an illusion that they are moving when there is no 'they', only codes that you perceive to be what you think you see.

How do people interact with these games? With the five senses. The game hijacks the decoding system of the senses through the headset and audio, and in more sophisticated technology with gloves and a gaming chair. We see people playing headset games in an otherwise empty room who scream, leap, and thrash around in response to the information the game is feeding them, and this becomes their perception of reality. The senses that decode holographic 'physical' reality are the same senses that decode the virtual reality of the game. In truth, they are *both* virtual realities.

Divine Sparks are entrapped by the AI Astral Mind which depicts an illusory reality that we are meant to believe is 'real'. Collective reality – what we *all* see – comes from AI Astral Minds decoding the simulation Wi-Fi field and so we all perceive the same 'world'.

Individual spin on this 'world' is the result of individual personality and 'life-plan' programs encoded in the AI Mind and Divine Spark influence for the more awakened. We may all see the same car, but our views about it can be very different. Information programs encoded in an individual body template will perceive the same reality from its own angle.

I know this all seems far out, but we now have simple analogies for what I am saying. Once again you can picture the AI Astral Mind and the 'body' it projects as a virtual-reality headset for the Divine Spark. When AI delivers a new body template 'life-story' as waveform information, the Divine Spark experiences a new game in its headset ('reincarnation') with the perception that it has a 'new' body with five sense limitations and experiential consequences ('karma').

Perceptually entrapped Divine Sparks don't 'enter' the 3-D projection as in 'incarnate'. They only perceive (believe) themselves to be 'in' and respond mentally and emotionally as if they are. You might remember how in the *Matrix* movie series characters such as Neo, Morpheus, and Trinity did not enter the Matrix in their bodies. The Matrix was an information source and the probe in the back of the neck connected them to that information which their *mind/brain* decoded into the simulated world they experienced they were 'in'. *They* didn't go anywhere. Their mind only *perceived* them to be going places. Relate the bodies of the movie characters lying in the chair connected to the information source of the Matrix with the AI Mind/Divine Spark in the Astral and you will see what I'm saying.

There is one point to stress, though. I have said that a focus of attention on something makes an energetic connection with it. In this way the focus of the Divine Spark on its illusory AI-projected 'world' and experience means that its energetic signature or essence can also pervade the simulation. If it is perceptually asleep it will not intervene in the program that it believes to be 'real'; if it is awakening, it *will* intervene and impact the program.

Here's a kicker: *There is no 3-D* as we believe it to be. 3-D is a projection from Astral AI and we are 'living' in the 'Mind' of Astral AI technology. Without an awakened input from our True 'I', the Divine Spark, we are following pre-designed AI programs. 3-D exists only as our *perception* that it exists. In this sense alone we interact with it, but if AI and the simulation was switched off, 3-D would disappear along with the entirety of humanity.

All that would remain is who we *really* are – the Divine Spark and Infinite Reality. 3-D is a projection that you could liken to an induced lucid dream and the dream is stable and ongoing *because* it's induced by AI. In this dream the body has a brain and all the things that we think it has; but *only* in the dream. I have lucid dreams that appear very real and just as 'solid'.

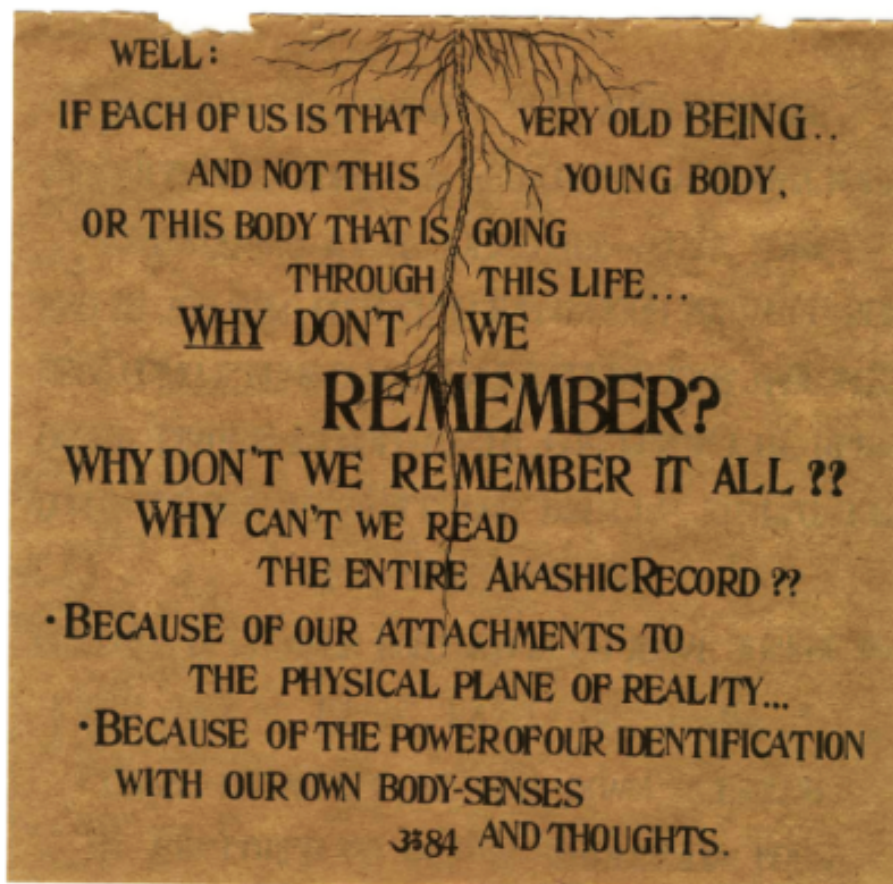


Characters entered the simulation in the *Matrix* movie series and interacted with it 'physically' just as we do when it was only a software program. This symbolised 3-D reality perfectly. To conscious characters in a virtual-reality game the experience would be very real. Doctors can operate and cut open the body because they are in the same frequency band – the same dream – as the body and a 3-D projection can interact with a 3-D projection.

The point is that what seems to be happening in 3-D can be seen in a whole new light when viewed from the perspective of 4-D and the AI Mind/Divine Spark. It literally depends what level you are focussed upon and the program running through the body software is constantly telling us to focus our attention in five-sense 3-D.

Humans have been given linear AI Minds so we cannot understand our non-linear reality unless consciousness gets involved. I said earlier that we think of 'biological' as 'natural' in contrast to technology, but to the Astral simulation 'biological' *is* a form of technology. The dots connect when people grasp this, and I will be developing the theme. The simulation is also interactive, and an awakening Divine Spark can change it. The creators would rather this not be, but they cannot control consciousness that awakens to its true nature. That is the nightmare that haunts them.

'We' are not born, and 'we' don't die. Birth and death are constructs of the simulation specifically to promote a sense of isolation and separation, to add a fear of the unknown to the mix, and to associate 'life' and self with the body. AI Mind is decoding the body from a waveform energetic software template. Body software makes it seem that the five senses and brain are doing the decoding and on that perceptual level they *are*; but *only* on that perceptual level.



Artwork © Ram Dass\_Remember, Be Here Now\_171

The whole thing is really happening within the overall AI Mind projection in which the body is encoded to *appear* to be doing the holographic decoding when it is *itself* being holographically decoded. You don't trick a Divine Spark's sense of self and reality with a single maze, only with a maze within a maze within a maze within a maze ... ad infinitum.

Cyberspace and the emerging Metaverse, as with endless other technologies around us today, are mimicking the fake reality we are experiencing and adding new layers to the mazes to install more extreme perceptual entrapment. AI Mind is projecting an information template that only makes the Divine Spark *think* it is in the body unlike the traditional concept of incarnating *into* a body.

Where are you now? In your body, right? No – you are in an Astral AI software program deceiving you into *believing* you are in your body. Here's another point. Near-death experiencers say that the moment they leave the body they have 360-degree vision even though they have no eyes. Their *perception* has withdrawn from its focused attention on the body template which it believes to have ended its 'human' cycle and the *hallucination* that it needs eyes to see.

The body senses of sight, hearing, taste, smell and touch are encoded into the body template to deceive the Divine Spark into believing that it needs eyes to see, ears to hear, tongue to taste, nose to smell, and skin to touch. Together these are a sense of *limitation*. Go back to the example of a virtual reality headset to see how easy it is to convince perception of anything and conversely therefore how hard it is for them to see the truth.

## **And so to ... 'demons'**

I always find it compelling to see common themes that span the ancient world and modern experience. I am constantly scanning for these patterns, and they can be seen very clearly with 'demons' (often reptilian in form) under different names.

Research religions and ancient societies and you find an extraordinarily consistent story of a hidden non-human force symbolised with different names manipulating life on what we perceive as 'Planet Earth'. Here are just a few: Demons (Christianity); Jinn (Islam and pre-Islamic Arabia and Mesopotamia); Archons (Gnostics); Flyers or Predators (Central America); serpent gods (Far East and Central America); snake brothers (Hopi); Chitauri (Zulu); Anunnaki (Sumer, later Babylon); star people (many and various); Other names include the Watchers, Shining Ones and Fallen Angels. In the Indian subcontinent and Asia, we have the Nagas who are described as 'supernatural' part-human, part-reptilian entities worshipped for thousands of years in Hinduism, Buddhism, Jainism, and other religions and cultural settings.

Naga is a Sanskrit name for the cobra, and I have detailed in books going back to the 1990s how the reptilian race has been symbolised in many cultures, including ancient Egypt, as a cobra. Nagas are said to be located in an underworld and can appear in our reality as fully-human, fully-serpentine, or switch between the two. These are more common themes that I have found everywhere.

The serpent is the oldest known focus of religious worship and has been traced back an estimated 70,000 years to Botswana in Africa. The serpent religion has spanned both history and the world. See my books, *The Biggest Secret* and *Children of the Matrix*. I spent days at a time speaking with the late and very great Zulu high shaman, Credo Mutwa, about the legends of a reptilian race known as the Chitauri. The Reptilian race is said to appear and disappear to human observers and that's because they are an Astral phenomenon entering and leaving the 3-D holographic 'dream'.

Robert Monroe (1915-1995) was a radio broadcasting executive who brought the 'out-of-body experience' to public attention. Throughout history people have been projecting their consciousness into Astral reality by withdrawing their focus of attention from the body. I said before that we project our essence into everything on which we focus our attention. Out-of-body experiences, or OBEs, are not the same as near-death experiences, or NDEs. The former happens while the body is still active while the other is triggered when the body 'dies' before being 'revived'.

Robert Monroe introduced the out-of-body experience to a much wider audience with his 1971 book, *Journeys Out of the Body*. He went about his research with great dedication and worked with psychologists, psychiatrists, doctors, biochemists, and electrical engineers to develop 'Hemispheric Synchronisation', or Hemi-Sync, to harmonise the two hemispheres of the brain to operate as one unit.

I have been pointing out for decades that a prime aspect of the manipulation of perception (within 3-D) is to stop the hemispheres communicating as they should through the 'bridge' that connects them known as the corpus callosum. Suppression of right-brain influence has created a society in which the left-side of the brain is mega-dominant and enslaves Divine Spark perception even deeper into the illusion of 'matter'.

The question comes from this of why the projection doesn't just encode the brain to be whatever it wants. I'll answer that question later, but they are seeking to do just that now if you look at how the body is being manipulated with synthetic genetic material and nanotechnology. This must be done while never alerting the Divine Spark to its plight as a slave of the simulation which unmissable changes and happenings would do.

There must appear to be an 'evolutionary' process to hide the fact that the program is simply changing. An 'outcome' is encoded in the program along with a sequence of events *apparently* leading to the outcome to hide the fact that the outcome is pre-ordained (or at least it is unless Divine Sparks intervene).



THE LEGS ARE GOING,  
AND THE WHOLE THING IS HAPPENING BUT  
NOTHING IS HAPPENING  
NO MATTER  
WHAT  
IS HAPPENING !



AND THAT'S WHAT BLOWS YOUR MIND WHEN WE GET OUT  
OF THE KINDS OF HEADS WE'VE GOT GOING THAT  
DON'T ALLOW US TO  
REALLY UNDERSTAND  
HOW THIS CAN BE.

ॐ83

The brain is holographic and all functions are encoded across the entire brain to some extent, but the two hemispheres do have their own specialisations and *literally* their own focus. The left-brain specialises in the reality of the five senses and the minutiae of detail. It overwhelmingly processes language, numbers, linear thinking and its perception of 'logic'. It sees everything as separated from everything else with empty space in between. The left-brain sees the small picture and focusses on the parts and not the whole. It operates on the level of dots and pixels and is obsessed with detail, labels and names. This is perfectly in line with how the demonic force wants human perception to be.

The right-side of the brain is about creativity, intuition, imagination, and it sees the tapestry of life rather than just the individual strands. It sees how dots and pixels are part of an interconnecting, interdependent whole. There are elements of the right-brain that can be manipulated for demonic benefit, but it is the left-brain that now represents the perceptual prison cell that we call human life.

The 'education' system and society in general places incessant and systematic emphasis on left-brain subjects and sense of reality to the exclusion of right-brain perception. Psychiatrist Iain McGilchrist, author of *The Master and His Emissary, The Divided Brain and the Making of the Western World*, has written extensively about the differences between the hemispheres and also exposed the arrogance of unscientific dogma that passes for 'science'.

He says that the left-brain demands certainty and must collapse uncertainty into certainty in a way that can be likened I would suggest to human attention collapsing waveform into particle form – waveform into holographic reality. McGilchrist says of the left-brain: 'It's black and white thinking, dogma, cut and dried thinking, unnuanced thinking, the craving for certainty ...' This accurately describes the mentality that drives the world today and why I have described human society over the decades as a left-brain prison cell.



Alleged 'science', academia, medicine, politics, media and corporations are all locked away in the left side of the brain and 'education' is designed to do the same to each new generation. Left-brain dogma is an expression of a closed mind and so the academic or intellectual mind tends to be closed and repel all other possibilities.

A much celebrated (by some) academic is 'evolutionary biologist', the genetics-obsessed Richard Dawkins, who I once debated with at the Oxford Union debating society at Oxford University. I found him to be one of the most extreme left-brain prisoners I have ever met (and think of the competition) and a classic example of the constant need for certainty. His is the mentality that dominates the institutions of state and 'education' and why the world is as it is.

Ironically, for someone who rails against religion, Dawkins doesn't see that his own dogma is mirrored in religious dogma (certainty). Robert Monroe's research found that when both brain hemispheres are in frequency and amplitude synchronisation, out-of-body experiences are facilitated (the perceptual prison door opened to the Astral). This means that if you can isolate perception in the left-brain you isolate people in 3-D reality.

## The 'alligators'

The demonic Cult-owned Central Intelligence Agency (CIA) began to take serious notice in 1978. The CIA and US military persuaded Monroe to work with them in a project dubbed the Gateway Process. Declassified documents describe Gateway as:

*... a training system designed to bring enhanced strength, focus and coherence to the amplitude and frequency of brainwave output between the left and right hemispheres so as to alter consciousness, moving it outside the physical sphere so as to ultimately escape even the restrictions of time and space.*

In other words, escape the perception of 3-D restrictions of time and space and participants entered Astral reality. What they found confirms what I've been writing in these books over the years. Lieutenant Colonel Wayne McDonnell oversaw the Gateway Process and later said that our reality is a holographic universe. Waking life was a projected electromagnetic matrix.

That fits perfectly with what I have been describing as the simulation since shortly after the turn of the millennium. Monroe's discoveries went further. He describes how participants in the out-of-body state would often see interdimensional entities that more than anything took a reptilian form. They became known in Gateway research as the 'alligators'.

SEE:  
IF YOU GET FAR ENOUGH IN  
YOU CAN SEE... .KARMA  
YOU CAN SEE PATTERNS UNFOLDING



(OF WHICH THIS LIFE  
IS ONLY A PART  
PART OF A MOSAIC)

BUT:

IN ORDER TO DO THAT  
YOU HAVE TO HAVE LEFT

THE GRAVITATIONAL FIELD  
OF  
TIME AND SPACE  
(AS A MATRIX)

YOU CAN'T THINK IN.....TIME & SPACE

Monroe knew what they were seeing from his own experiences out-of-body. He observed saurian entities in the 4-D Astral which had been manipulating and enslaving humanity for millennia. As Astral phenomena they were only visible to those sensitive enough to see outside the confines of visible light.

Why can't everyone see them? This is why. Now, in relation to the subject at hand, Monroe said that these reptilian entities feed off human energy which is essential to their survival for reasons I'll be describing. He called this energy trawled by the entities 'loosh' and he said humanity was being farmed and harvested. I had been describing this scenario for decades before I came across the Monroe material and faced mass ridicule and abuse for my trouble.

However, it doesn't matter whether you laugh and scoff at the truth. The truth will still be the truth. How things are does not change because you refuse to believe it. Resistance to a non-human force orchestrating events is beginning to fade as ever larger numbers see that what is unfolding is an obviously anti-human agenda. Fade it must.

We can only withdraw from a game when we know how it's played. Otherwise, it will keep pulling us back. Astral Reptilians involved here are AI projections of the simulation and when they absorb loosh so does the simulation. AI Reptilians and Greys are connected to a centrally controlled hive mind which they seek to connect to humans through an AI connection to the human brain. Isn't that correct, Mr Musk?

Every thought and emotion generates a frequency relating to the nature of the thought and emotion. Together they form a field of energy around us and projecting from us. These are collectively our perceptions, or state of being. This is the energy being harvested and low-vibrational entities need low-vibrational energy, or they cannot absorb it. Frequencies they require relate to low-vibrational thought and emotion – fear, anxiety, hatred, resentment, regret, depression, and such like. The simulation is structured to generate as much of this as possible.

Make sense of the world? Loosh is the ‘human’ life-force, but it must be laced with negative emotion for Astral demons including Reptilians to absorb and harvest. In this way even high-vibrational states like love and positive desire and intent can be loosh if they are accompanied by the feeling that you can’t have what you love or desire, or the focus of your intent. I want this or that, but I can never have it. I desire a better world, but it will never happen.

In contrast, love and wisdom with intent and desire that is unquenchable and unbreakable in its determination to succeed is not loosh and cannot be farmed for it lacks the essential ingredient of low-vibrational self-doubt, sadness at non-achievement, and resignation that you don’t have the power to achieve your intent.

This has endless expressions throughout human reality. You could say that loosh is the Spirit broken and non-loosh is the Spirit that refuses to be broken. These two states can be symbolised in a way by bowing to the perceived power of authority and 'fuck you, authority, I'm more powerful than you are'. We must bend the knee to *no one and nothing*. The ego, as defined as five-sense perception, can be a prison; but the ego, as defined as self-respect for your sovereign uniqueness, is the way to open the door.

I talked there about 'human' life-force, but that is only in the way it is experienced. Loosh is the energy emitting from Divine Sparks as they respond emotionally to the human life and events that *they* think they are experiencing. This is the whole point of the simulation. To manipulate Divine Spark perception to generate loosh. 'Human' experience is only the trigger. This has two advantages for the demons. Divine Sparks generate loosh from the emotional impact of their illusory human experience and that also lowers the frequency of Divine Spark perception which keeps them trapped within the frequency walls of the simulation. ...

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WHAT ARE YOU DOING?  
PLANNING FOR THE FUTURE?  
WELL  
IT'S ALL RIGHT NOW  
BUT LATER?..... FORGET IT BABY  
THAT'S LATER  
NOW IS  
NOW  
ARE YOU GOING TO  
BE HERE  
OR NOT?  
IT'S AS SIMPLE AS  
THAT!

ॐ 22

**WALK FOR THE WORLD**  
**WALKING MEDITATION, 2023**

© DR. JOE DISPENZA



**Standing up**, eyes closed. Standing up, for the world. Taking a stand for the world. It's safe. This one is for the world. Your walk for the world. It's time to imagine a new world. It's time to create a new world.

It's time to live. Live in a new world. We must all become the new world. Take a breath and breathe for a new world. And feel. Feel a new world. And breathe in life for a new world. And feel. Feel a new world. Breathe in life. It's a new world. And feel. Feel for the world. And breathe and feel. It's a new world.

You are the world. You are part of the whole. Every person is the world. Everyone is part of the whole. When one changes, it changes the whole. When you change, you change the world. You can change the world. Whatever change we want for the world, we must become that change for the world. We can change the world. Everyone is part of the change. Feel it. And become the change.

We must leave behind something in ourselves for a new world. What can you let go of for a new world? Don't wait for the world to change. Change, and change the world. What beliefs, what emotions, what behaviors can we leave behind for a new world? You are the world. And breathe, now change. Feel it with your heart. Feel it, It's forward with your heart. Feel it. Feel with your heart. Now change.

Heal yourself. You heal the world. Free yourself. Free the world. Change yourself. And change the world. Feel it, in your heart. Fall in love with it. A new world, with your heart. And awaken your heart. Feel it. And awaken your heart. Awake in your heart. Feel it. Stay awake in your heart. Live in your heart. Give with your heart. Lead with your heart. Feel with your heart. A new world that lives in your heart. Let it live in your heart. It's your heart. Remember this feeling in your heart.

*In a moment you're going to open your eyes and walk for the world. The world can't change without you. Everyone is part of change. Believe, behave, become. It's time to become the change for the world. Be the change in the new world.*

*Slowly. Open your eyes. It's time to move in trance, begin to walk as it. A new world. Live in a new world. Walk as if you're in a new world. We're in a new world. Imagine a new world. Fall in love with a new world. And become the change you want for the world. Become the change for the world. You are the change for a new world.*

*To change the world, we must change. Feel it. Feel the love for the world. A new world in kindness. Feel it and become kind. And care for the world. Feel care for the world. Compassion for the world. And become it. Compassion for the world. Shine for the world. Shine a new world. Joy for the world. Become it. Become the joy for the world. Enjoy the world. Feel it. Enlighten the world. A light to the world. Bring light to the world. Bring your light to the world. Feel it. See light in the world.*

*There can be light in the world. It's a new world. Feel it with your heart. Walk as it. For love for the world. And step into a new world. And walk with love for the world. Feel it. Become it. Become love for the world. Everyone for the world. Walk for the world. Feel it. Embody it.*

*Stop walking please. Hold it. Hands over your heart. Eyes closed. Take a breath for the world. And breathe for the world. Take a breath for change. And feel change for the world. And breathe into change. And feel change for the world. And change for the world. You are the change for the world. And breathe for the world. And feel change for the world.*

*And open your heart for the world. And breathe. And feel love for the world. Feel it. Breathe and rejoice for a new world. Feel it. And breathe. And heal. Heal for the world. And breathe. It's time to give to the world. And breathe. And forgive the world. Feel it. You're changing the world.*

*No shame, no suffering, no guilt, no blame. It's a new world. No past, no chains, no hurt, no pains. Feel it. And change the world. No greed, no violence, no enemies, no war, no hunger, no lies, no hate, no prejudice. Nothing to fear. Be the change. Feel it. No lack, no confusion, no separation, no loss. Change it, in you. And change the world. Open up and change, for the world. Feel it and change the world.*

*You've got to believe in you. So believe in you. Believe in you. Feel the belief in you. You've got to love you. Feel the love in you. So love you. You've got to trust in you. Trust in you. Feel it. Change. And trust in you. They'll trust you. They'll love you. They'll believe in you. Be a change. And feel the change in you. Feel it. Become the change in you.*

*You are part of the whole. When you change, you change the whole. Feel it. Heal yourself. Feel yourself. Feel yourself, and heal yourself. It's time to give your change to the world and change the world.*

*Hold it. Open your eyes and move into trance. It's time to step in to a new world. To believe in a new world. To behave in that world. To become part of a new world.*

*And walk in a new world. Feel it. Walk inspired by a new world. Walk empowered. Feel it. Empower a new world. Walk, in freedom. Feel free in a new world. Walk with honor. And honor a new world. Feel it. And walk with strength. Feel it. And give strength to the world. Walk in nobility. Be noble, for a new world. Feel it. A noble world. And walk with courage. Feel it. And encourage a new world. And walk in abundance. Feel it, an abundant world. Walk with grace. Feel it. A graceful world. And walk for change in the world and change the world.*

*We walk. We lead. We walk. Follow your lead. Walk and lead with your heart. Be wise. One mind. We are one mind. One heart. One soul. Walk. We walk as one.*

*What more can you change for the world? Feel it. Experience it. Become it. Become the change for the world. Walk with love for the world, falling in love with it. How would you walk in a new world? How would you feel in a new world? Feel it. In a new world. Feel it. Become it. A new world. Walk, with your heart. Feel it. It's your heart. It leads us to a new world.*

*Hold it. Please stop walking. Eyes closed. Hands over your hearts. The end of the walk is a new beginning.*

*And how will you bring your change into your life? And who will you be for the world? And who do you want to be when you open your eyes? How will you love? How will you give? How will you serve? How will you lead in love?*

*And remember, nothing changes until you change. Be the change. Demonstrate the change. Embody the change. Feel the change. Live the change. Embrace the change. Become the change. Fall in love with your change. Forgive in change. Let go and change. Live in change.*

*You are part of the whole. You are wholeness in parts. It's all about you. Change you. You can change the world. When we change, we change the world. It's your future. It's your heart. It's in your heart. It's forward with your heart. The door to a new world is in your heart. You got to feel it with your heart. And awaken your heart. Awake, in your heart. Feel it, with your brain. Radiant heart, radiant brain. It's relaxed in the heart. And awaken the brain. Feel it, with your heart and your brain.*

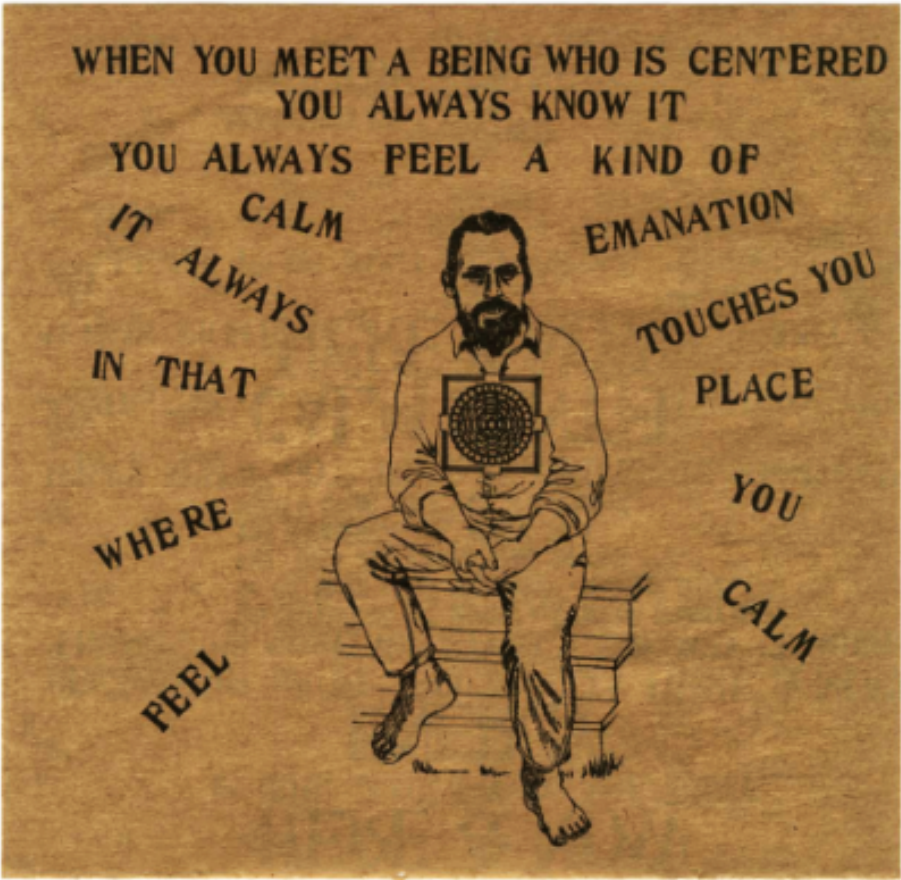
*Slowly bring your awareness back to your body, to your environment, and to this time. When you're ready, you can open your eyes and come back to a new world. In this space and time.*

You can find this meditation with music  
in different languages here:

**<https://walkforthe.world>**

**<https://drjoedispenza.com>**

ALL ARTWORK



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## RICHARD ALPERT | RAM DASS

Ram Dass (1931 - 2019) first went to India in 1967. He was still Dr. Richard Alpert, a prominent Harvard psychologist and psychedelic pioneer with Dr. Timothy Leary. He continued his psychedelic research until that fateful Eastern trip in 1967, when he traveled to India. In India, he met his guru, Neem Karoli Baba, affectionately known as Maharajji, who gave Ram Dass his name, which means '*servant of God.*' Everything changed then – his intense dharmic life started, and he became a pivotal influence on a culture that has reverberated with the words '*Be Here Now*' ever since. Ram Dass' spirit has been a guiding light for three generations, carrying along millions on the journey, helping to free them from their bonds as he works through his own.

*Remember, Be Here Now* (1970), Ram Dass's monumentally influential and seminal work, still stands as the highly readable centerpiece of Western articulation of Eastern philosophy, and how to live joyously a hundred percent of the time in the present, luminous or mundane.

<https://www.ramdass.org>

**HUMAN RIGHTS**

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**VOICES**



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YOU ARE ALL FORM

YOU ARE THE BREATH

YOU ARE THE RIVER

YOU ARE THE VOID

YOU ARE THE DESIRE  
TO BE ENLIGHTENED

YOU ARE ENLIGHTENED