

## ***Monograph Fourteen:*** ***Process: The Source Code of the Universe***

**So vital is Process that when it is interfered with, or, worse, snagged, consciousness itself becomes damaged. But unlike physical processes, which are easy to see and understand, metaphysical Processes are a lot harder to identify, and for those of us caught in the illusion of Separated physicality, they are impossible to detect. Knowing and understanding the principles that govern metaphysical Processes aids our ability to see them, and see them we must, because we need to start Working with them consciously. The collective human Process is stagnating, and it is damaging us. We need to get it moving again. We need to get *ourselves* moving again.**

### **The Expansion of the Universe**

Astronomers are aware the universe is expanding, but they theorised the speed of expansion was, and should be, slowing down. That's what happens, isn't it, after an explosion like the Big Bang? The energetic forces involved expend themselves, eventually.

So imagine the surprise of the astronomers when they realised the expansion of the universe isn't slowing down at all. It's speeding up<sup>7</sup>.

They are, of course, as humans do, looking at the physical universe only, without reference to the whole. You know how it goes now if you've read the monographs before this one. We see only the tip and think we know all there is to know about the whole iceberg, even though the tip is but a tiny fraction, seen out of the context of the whole.

When we look up into the night sky, yes, we are looking at the physical universe, but we are also looking out into the Divine Mind\*, the Universal Consciousness\*. And what we see in the increasing speed of the expanding universe is absolutely fundamental to every consciousness, whether it's our own individual consciousness or the Universal Consciousness.

We are seeing a physical manifestation of a powerful metaphysical dynamic. We are seeing Process\*.

All is in motion because all **is** Process, and all is **in** Process – Process that is building on itself exponentially. Therein lies the very reason why the expansion of the universe is speeding up.

### **The True Nature of the Universe**

We are all a microcosm of the macrocosm, so to know the True Nature\* of the Universe, we have but to know our own True Natures. Or, conversely, to know our own True Nature, we have but to know the True Nature of the Universe. So the flow of Process that is fundamental to the very fabric of the entire Universe and is, in fact, the very Nature of the

Universe, underpins our existence and is, in fact, our own Nature.

Knowing, or, more specifically, gaining and expanding our Knowledge\*, especially through personal experience, is the point of all of it. The whole thing. Which is exactly why the institutionalised religions of the Darkness malign it in their Garden of Eden story.

When the Universe reaches a point where it believes it Knows all there is to Know, it's all over. What is the point, then, of continuing? Contrary to popular opinion, when this occurs, the universe will not start contracting. Once you Know, you cannot not Know. The Universal Process will not collapse in on itself. It cannot *regress*, it can only *progress*. So the universe will snap back into that single pinprick point of origin, and the physical universe, as we know it, will cease to exist.

This will, no doubt, scare some people because they will equate it with death. But it's not death. On the contrary, *we* won't cease to exist because we are part of the Divine Mind. Only the physical universe will cease to exist because it will have served its Purpose\*. This is a supremely natural and healthy Process, so there's no need to fear it.

### **The Law of Movement**

Knowledge builds on itself exponentially. That is, the more you know, the more you're *able* to know, or the more you're *capable* of knowing. If you learn from your experiences, then the more you experience, the more you're *able* to experience. The more you broaden your horizons – the limit of your knowledge and understanding – the more your horizons are *able* to be broadened. Hence the expansion of the physical universe.

Process is, as I said in the last series, as fundamental to the very nature and substance of consciousness as is Thought, and it is the accrual of Knowledge\*, Wisdom\* and Learning\*, usually, although not exclusively, through personal experience, as I said. Process is the broadening of your own personal horizons, and so it is, therefore, the current that forms and shapes experience.

And an inherent aspect of Process, a vital one, actually, is Movement\*. Remember the old adage *you can only steer a moving ship*? Without Movement, Process stalls.

The Law of Movement\* is as vital as the Law of Balance\*. And, in fact, these two Universal Laws are so intrinsically entwined that they Work\* together, in tandem. And so they must. The reason is simple. If you're out of Balance then you tend to be pulled in wrong directions, down wrong paths, or to Move off course . . . although no direction or path is ever really wrong because there is still learning to be gained, eventually.

### **The Danger of Stagnation**

The real, inherent danger, depending on how out of Balance you have become, is the effect it has on Movement. You are potentially at risk of going around and around in circles – moving but not Moving. Caught, like our proverbial needle bouncing up and down in the same place on its broken record, repeating the same patterns over and over and over again.

Or, worse, you become so lopsided in your imbalance that you just fall over and so cease Moving at all.

When either of these situations occur, Process itself and, with it, learning, experience, the accrual of Knowledge, and, therefore, the evolution of thought, become snagged, or derailed.

Snagged Process, especially chronically snagged Process, is detrimental, potentially harmful, but certainly unhealthy because it damages consciousness. As with water, when Movement ceases, consciousness stagnates, and stagnated consciousness is, then, in danger of becoming polluted, corrupted, and even toxic.

### **Damage to Consciousness**

Like any wound, severe or otherwise, the damage to consciousness can be healed. Consciousness is actually very resilient. But also like any wound, the longer the damage is left untreated, the worse it becomes, and the worse the damage, the harder it is to heal.

For any healing to occur, though, the consciousness has to know the wound, or the damage, is there, and it has to understand the cause. You can't heal a wound you don't know about or acknowledge, can you? If we ignore the symptoms of cancer, the cancer is free to eat away at us, and it metastasises, spreading throughout the body.

Even if we treat one or even a couple of the symptoms without curing the disease, the symptoms will eventually reappear because the disease will persist. Or, other symptoms will become manifest in place of the old ones.

But a damaged consciousness, particularly when the damage results from stagnating Process, is at risk of an even greater danger. Instead of *evolving*, it *devolves*. Instead of *progressing*, it *regresses*. In that sense, the Law of Movement is one that holds fast, so if you do not Move forward, you will start to Move backwards.

In this, again, we see the inherent entwining of the Laws of Balance and Movement because a devolved consciousness invariably increases the heavy load, or burden, of karmic debt and obligation, and lacerations – wounds of shadow – and their associated corrupted mindsets and beliefs, all of which exacerbate the imbalance.

In an incarnation, deep lacerations, as severe wounds of consciousness, manifest as insanity, phobias, psychopathy, mental illness, and psychosis.

Such is the state of human existence now.

### **The State of the Human Experience**

For all our technological advances, and our technological arrogance, we have *devolved*, and we are a *devolving* society. This has become, too, a self-perpetuating cycle – the more we devolve, the more Process is interfered with, the more consciousness is damaged, the more devolved we become. And so it goes on.

Only a *devolved* society destroys the very thing that sustains it – the air it breathes, the water it drinks, the food it eats, the soil that grows the food it eats, the atmosphere that protects it. Only a *devolved* society goes to war as easily and as much as we do.

## **The Movement of a Glacier**

For many individuals here, now, Process has stalled to such a significant extent it has become like the movement of a glacier – you need time lapse photography to see it.

So how did Process, individually and collectively, become so snagged, derailed and stagnated? I've covered this, haven't I? The culture of chronic ignorance that is so pervasive; the corrupted, addictive relationship with reality; the fact of reality being virtually the sole tool Process has to Work with courtesy of obsessively-consumed focus; the hold of the over-bloated ego that uses reality to feed itself and satiate its wants; empowered fear.

So bad has it become here now that souls are trapped in this dimension, in more ways than one. I've already touched on the anomaly of 'ghosts' – souls trapped here after the death experience without the wherewithal – the conscious intellect – to set themselves free and move on.

Many more souls are trapped in another way, though, destined to bounce back again and again, living incarnation after incarnation after incarnation to alleviate their karmic load, but incurring more instead, pushing karmic imbalance out of balance even more instead of balancing it.

## **Insanity is Normal**

Likewise, instead of healing the lacerations in their consciousness, many individuals are taking on more. So much so that this human experience has become one of insanity. That is, human behaviour is insane, and insanity has become normal, so the symptoms of insanity are everywhere, all around us – from the way we damage our environment to addictions (anti-depressants, alcohol, social media, etc) being normal. Humanity exists like a hurled stone skipping across the surface of water. To me, if not to others, that alone is insane.

In other words, Process has stalled so badly here now that individuals require many, many lives to Work through issues and dynamics that should really only require a single life.

Some are even doing it quite deliberately and willingly because they don't want to break free. They want to remain trapped here, like children playing in a playground, not wanting to come home when they're called. They have their reasons, but it is a mindset I simply cannot comprehend.

## **Guardians of Process**

In the first series, I spoke about the cosmic battle between forces of Light\* and forces of Darkness\*, and, in particular, their battle for control of human consciousness and, with it,

the human experience.

So vital is Process – it being such an intrinsic aspect of consciousness – that the Darkness is well aware of the Truth\* that to control human consciousness, you must snag and stagnate Process. You must keep humans *devolved*, not allowing them to *evolve*, because this threatens the culture of chronic ignorance that is the mainstay of their control.

And, so vital is Process that the Guardians I spoke about *are* Guardians of Process. Coming here in their True Form – not hidden or disguised in an ordinary human incarnation – is, and can be used as, a measure of how significantly Process became snagged in the time and place where they appeared.

This is exactly why they tend to come here in their True Form whenever and wherever the stranglehold of institutionalisation has trapped thought, preventing and negating the evolvment of thought, belief, mindset, perception and focus – also a measure of how harmful institutionalisation is and how much it interferes with Process.

Ironically, allowing Process to become so stagnant here, even at the risk of greatly damaging consciousness, is a part of the collective human Process. Why? Because the consequences we're seeing and living through today, as the Guardians well know, must not and cannot be circumvented. On the contrary, all and every consequence must be seen, faced, confronted, *experienced*.

## **The Immune System of the Universe**

If the evolvment of belief and mindset, and the accrual of Knowledge are the core essence that form the *raison d'être* of the universe, then it makes sense, doesn't it, that the Universe will have the means of preserving and protecting Process itself?

In the same way the immune system of the human body protects it from disease, so, too, does the Universe have its own forms of protection. The Guardians are a vital part of that protection, but, so, too, are the natural Laws of the Universe. That's what laws do, after all, protect the people, from themselves more so than from anything else.

The Laws of Balance, Movement, Karma, and Attraction are just some examples. But all Laws in the Universe come under the umbrella of the most profound, powerful and beautiful Law of them all: the Law of Love. I have written about this elsewhere<sup>1</sup> so won't expand on it here. Suffice it to say, Process forms an essential foundation of the Law of Love.

## **Intercession**

So, then, if we know human consciousness has become dangerously snagged, stagnant and derailed, so much so that the human experience is no longer facilitating Process but is, instead, negating it, does it not follow that the Guardians will respond, most probably in their True Form, to set Process flowing again the way it should, the way it must?

Only now, courtesy of the Cosmic Stroke of Midnight and the removal of Free Will (see Monograph Ten), they are no longer hindered nor hampered by the necessity of honouring

wayward human choice.

Food for thought, for those able to grasp the significance of this and its wider, deeper ramifications.

## **Physical and Metaphysical Processes**

Recognising and acknowledging the part processes play in the physical world is not a difficult exercise. We tend to take them so much for granted that when we stop and consider how ubiquitous they are, it can be surprising.

Obtaining a degree, for example, is a process that usually takes years and comprises many different processes within the overall, or overarching, process. Getting to know someone with whom you've just started a relationship, whatever form that relationship takes, is a process, as is learning a new job, or organising a wedding, or paying your employees, or creating a new law, or electing a new prime minister or president, or getting ready for work in the mornings, or chairing a meeting, or conducting an orchestra, or cooking dinner.

For me, writing each one of these monographs is a separate, and quite intense, process.

Even watching a movie is the process of following an unfolding story line . . . or it should be if the movie is of half-decent quality. Breath, or the act of breathing, is a vital element in the body's process of oxygenating our blood supply, which is itself merely one in a symphony of processes that keep our body functioning – processes we pay no attention to until something goes wrong.

In other words, physical processes underpin our entire physical existence, and these all, without exception, comprise steps – conscious *and* unconscious ones – that are a different mix, or interplay, of thought, choice, action, *reaction*, instinct, mindset, and focus.

Metaphysical Processes are, in one sense, not so different from physical processes. They're just a lot harder to perceive and, therefore, to identify, especially if you're used to seeing only the physicality of a thing, which is exactly what happens when you take physical reality only at face value.

In addition to how hard they are to see, the other primary difference between physical processes and metaphysical Processes is control. We have no conscious control over our metaphysical Processes, no control at all. The only power we have where they are concerned is an ability to ignore or resist them, but neither of these has any real ultimate effect on them. They continue to run like underground currents through our lives.

## **The Annual Cycle of Process**

Interestingly, Process, as a metaphysical dynamic operating in all of our lives, uses our DNA and the energies weaved into every layer of it, as a primary tool. So to facilitate an understanding of your own personal metaphysical Processes there are no greater tools than the archetypal energies weaved into your DNA (see Monograph Thirteen). Archetypes are, in fact, the great facilitators of Process.

What's perhaps even more interesting is the fact that as we move through the constellations of the Zodiac every year, or, rather, as the sun rises to the backdrop of each of the constellations, we go through annual Processes that Work with each layer of our DNA in turn courtesy of the energetic link of each layer with the different constellations, which is why your horoscope sometimes does get it right, depending on the interpretation you're reading.

The constellations of the Zodiac govern human existence far more powerfully than humanity realises.

Contrary to man's year, which obviously starts in January, nature's year starts with the constellation of Aries and ends with Pisces. Since Aries is linked with the layer of our DNA that holds the characteristics of our incarnated identity, including our personality and physical appearance<sup>6</sup>, each new annual cycle starts with this, using its energy in our own personal Processes. From there we're taken through the twelve sub-primary aspects, or arenas, of human existence, finishing with the twelfth, deeper consciousness<sup>6</sup>.

So, instead of thinking about the number of years you've been here and, therefore, how old you are, you could, instead, think in terms of the number of annual cycles of Process you've been through.

## **Process and Incarnation**

Process does not cease with death, and neither, for that matter, does consciousness. On the contrary, incarnation is, quite simply, the higher-dimensional Self, or the higher consciousness, choosing to Work with the medium, or the canvass, of materiality, or physicality. Consciousness does not cease or end, either by incarnating or by ending that incarnation, so Process continues, seamlessly, when an incarnation ends.

As we've established, consciousness becomes separated and Separated in this human dimension, and in being Separated, humans are ignorant of both Process and consciousness, but, even with ignorance, neither cease to be.

What does occur in the state of Perpetual Separation is a change in the viscosity of Process. How does the word 'viscosity' apply in this context? Process becomes such hard Work for consciousness in the state of Separation it is like wading through waste-high treacle or wet cement.

When you do the Work to break the hold of the ego, dancing with your internal shadows, Working consciously with Process, you give it conscious permission to move, so you change the viscosity of it. That is, you set it free to move and flow with far greater ease and rapidity and fluidity.

## **The Dynamic of Metaphysical Processes**

Just as there are a seemingly-limitless number of physical processes so, too, are there infinite metaphysical Processes. Everyone has their own reasons for being here, incarnate, so, in that sense, every Process is different, certainly unique to each of us. But as a dynamic governed by a principle, or a set of principles, metaphysical Processes are, in

another sense, not that different from each other.

This works in our favour because the principles, or the knowledge of them, makes it easier for us to begin to identify and Work with our own Processes consciously. As I well know from personal experience, when you're starting out with this kind of Work, you need all the help you can get.

Knowing about and grasping the principles that govern metaphysical Processes is also handy for understanding why and how these Processes can so easily become snagged and derailed.

### **The Analogy of an Archaeological Site**

Archaeological sites usually comprise many layers, each of which represents a different time in history and each of which invariably contains artefacts from the different cultures that lived on the site in those different times. The top layers are the most recent, and the lower you dig, the further back in history you're taken.

The human psyche is not so different, comprising many layers, with thoughts, shadowed and otherwise, like artefacts, residing in those different layers. Unlike archaeological sites, however, our thoughts, and in particular our fears and shadowed thoughts, tend to straddle multiple layers.

### **The Principles Governing Metaphysical Processes**

The principles of metaphysical Processes directly concern these layers of the human psyche. Specifically:

- Metaphysical Processes 'put their finger on' or shed light, like a spotlight, on each and every shadowed thought, often one at a time, but sometimes a few at a time. Process is, after all, more than capable of killing multiple birds with one stone, so to speak.
- These Processes start with the fears, or shadowed thoughts, in the shallow layers of our psyche and Work down through those layers, one layer at a time. With those fears that straddle multiple layers, Process will Work on the more shallow versions first and then Work down into the deeper versions.
- When metaphysical Processes put their finger on a shadowed thought, *they do not move on until the fear is disempowered or dissolved*, which is exactly why and how they have become so snagged in this human experience.
- The fears and shadowed thoughts that reside in the most shallow layers of our psyche tend to exert very little power over us, but the fears and shadowed thoughts that reside in the deeper layers exert great power over us, controlling our thought processes, our mindsets, perceptions, attitudes, opinions, choices and actions, and are usually the source of our prejudices. The power of a fear, determined by where it is in the psyche, affects the intensity of Process.
- When we ignore the opportunities our Processes Create to disempower fears and shadowed thoughts, our Processes respond by Creating more intense and obvious



circumstances that intensify the opportunity itself. And this escalates, usually because we don't just ignore the opportunity, we act to empower the fear rather than disempowering it. This principle dynamic exerts increasing pressure on the psyche, too, especially if we continue to resist and ignore Process.

- Our Processes will bring us to each fear, or shadowed thought, when they're ready to do so and not a moment before. Even fear ultimately serves Love, so there are some fears that, believe it or not, serve Process. If so, our Processes will leave these fears intact and dormant in our psyches until such times as it becomes necessary to stir them and bring them into the light of our conscious awareness to dissolve them.
- Compassion and transcendent intelligence form the premise of Process, so Process never requires or demands anything of us we're not capable of experiencing, or able to handle. This makes it inherently trustworthy.

### **Working on Shadows that Straddle Multiple Layers**

The Process of Working on, or through, fears or shadowed thoughts that straddle multiple layers of our psyche can make us feel as if we are encountering the same fears over and over again, which I know from very personal experience. I've likened this Processing to deep tissue massage, but for consciousness.

In one sense, we *are* encountering the same fears as our Processes spiral around and around, ever deeper into our psyches. But if we are authentically doing the Work, we are encountering often-subtly and slightly different versions of the same fears, so, in that sense, we are *not* encountering identical fears as we traverse the layers of ourselves.

This is an expression and an aspect of the compassionate premise of Process. Facing the shallower versions of our fears first prepares us to face the deeper versions.

### **The Dynamic of Shallow and Deep Thought**

The dynamic of shallower and deeper thoughts exerting less and more power over us has direct repercussions on our Processes such that Processes dealing with shallower thoughts tend to be easier whilst Processes dealing with our deeper thoughts can tend to be intense, sometimes extreme, and invariably painful, even downright brutalising.

The Processes dealing with our deeper shadowed thoughts generate intense emotional states within us, too, powerfully so, usually comprising a few different emotions, as if we've ingested a cocktail of different poisons. Although tough to deal with, emotions can be handy tools for Working with the fears and shadows our Process has put its finger on.

But the trick with this is two-fold: identifying each emotion *and* linking it with our wounded psychology. Identifying your emotions is *not* as easy as it sounds.

Unfortunately, the very deep fears and shadows, those that reside in the very depths of our psyche, are beyond emotion, which makes them incredibly difficult to Work with. With these fears, knowledge, specifically self-knowledge, is the only real tool we have to do the Work with them.

## Keeping Fear Intact in the Psyche

The fears left intact in the psyche are left dormant only in terms of Process itself, not in terms of Thought. That is, Process does not stir them, like stirred up dust, to bring them to the attention of the conscious awareness, but being there in the psyche and remaining intact means they still exert power over us, especially in terms of the reality we Create around us.

These are usually deeper fears, and our Processes make use of them, to perfection, actually. I know I have carried a very deep, very powerful fear with me through this life and in many I've lived before it. I've been honest about it in my writing, if you want to know what it is. It has, in truth, served me well.

Operating under this principle of Process means we can't decide, as a conscious awareness, that we're going to face and confront these fears without reference to our Process, even if we know about them, which, invariably, we don't.

## The Process of Dancing With Shadows – My Example

In the last monograph, I provided my own example of a Process I went through to dance with the shadow of my fear of being controlled, which is also an example of a very typical metaphysical Process.

What would have happened to me if I had not done the Work to dance with that shadow and resolve it? Or, rather, how would my Process have responded if I had ignored the opportunity to face the fear?

Well, perhaps I could have manipulatively resolved the conflict between my manager and me, succeeding in getting my own way, by going above that manager's head. I was in a position to do so at the time because I was working closely with the executive management of that organisation, and they would have listened to me.

Then, rather than *disempowering* my fear I would have *empowered* it, which would have necessitated my metaphysical Process Creating the same 'storm' in my reality again, whether in the same or a different guise. Only the next storm would have been worse, more intense, because I would have given the fear in my psyche more power over me, not less.

## Creating Fear in Its Most Pure Form

If I continued to miss the point and, therefore, the opportunities yielded by each 'storm' Created in my reality, my Process would have Created the fear *in its most pure form* in my reality.

That is, instead of just Creating the *opportunity* to see the fear without having to Create the fear itself, my Process would have Created the fear as an actuality in my reality. For me, in my example, that would have translated into my reality in such a way as to bring upon me the experience of an incompetent manager or authority damaging my work and possibly, with it, my reputation and the trust and respect I had earned in that job.

For me, it didn't get to that because my Process didn't need it to, but for humanity, I'm sorry to say, it does get to that, *all too often*. And people wonder why I describe this human experience as hellish!

I really wish I could tell you facing fear gets easier the more you do it. Unfortunately, in my experience at least, it doesn't. Fear is fear, and it is *our* fear, so it never gets easier to face. But you do get better at facing it, more adept, with practice . . . a *lot* of practice.

## **Thoughts of Light and Vision**

Shadowed thoughts and fears are not the only kinds of thoughts we hold in our deeper consciousness.

Often, we come in to a life, an incarnation, with thoughts of Light, or positivity, or higher potentiality, whichever term you prefer, held in the deeper layers of our psyche that are fundamental to our *Destiny\**. *Destiny is Higher Will\** and Purpose. It is a powerful Thought or collection of Thoughts that hold our highest potentiality for our life, and it governs, or underpins, our Processes.

Thoughts of Destiny can be held as visions, for example, or, more commonly, as dreams. Often, what occurs in a life is Process sweeping away all the shadowed thoughts and fears that stand in the way of us fulfilling our *Destiny*, like taking a broom to our psyche and sweeping out all the rubbish, dirt, debris and cobwebs to clear the way.

Shadowed thoughts are like discordances that are at odds, often in conflict with, the resonance of our Thoughts of *Destiny*, so our Processes touch each of these discordances, dissolving them, with help from our conscious awareness, and this can be conceptualised as a Process of Alignment.

In fact, these kinds of Processes are common. Most of us will be experiencing them without being aware of it, although many people, I know, are aware of it.

## **Processes of Higher Potentiality**

Processes that transform and expand self-perception – Processes of higher potentiality – are my personal favourites. These are invariably based on the principle of tipping the baby bird out of the nest to force it to learn to fly. Or, to utilise another analogy, learning to swim by being pushed into the water at the deep end.

There are so many wonderful illustrations of these Processes of higher potentiality in movies, but the one I'm going to reference is the one portrayed in the movie *You've Got Mail*<sup>3</sup>, because, to me at least, it's very clear, as is the juxtaposed concepts of the physicality and metaphysicality of the experience of the main characters.

Physically, this is the story of two people coming together romantically, but metaphysically, it's the story of two people evolving into a higher potentiality of their perception and, therefore, their experience of themselves, especially her.

For anyone who hasn't seen the movie, and for those who have seen it but have

forgotten the story, the movie opens with the two main characters – Kathleen, who runs a small children's bookshop that she inherited from her mother, and Joe Fox, owner of a giant corporate bookstore chain – having met in an online chat room and forming an online relationship. Both have agreed not to reveal their identities.

In not revealing anything about themselves that would facilitate identification they have taken each other beyond the constructs of physicality – beyond the mask of the physical, in other words – which, in the movie, has resulted in a wonderful, beautiful freedom to express their innermost thoughts and feelings without inhibition or reservation.

So, she writes something very significant to him in an email:

*“Sometimes I wonder about my life. I lead a small life. Well, valuable, but small. And sometimes I wonder do I do it because I like it or because I haven't been brave. So much of what I see reminds me of something I read in a book, when . . . shouldn't it be the other way around?”*

This is the most significant part of that movie, pivotal, actually, because everything that follows is part of a Process through which and with which the Universe answers her question. It is, in truth, no different to a prayer she sends out there, and it is heard.

She even writes, *“I don't want an answer. I just want to send this cosmic question out into the void.”*

Well, the Universe is *not* a void. Far from it. And it cannot help but respond and honour these kinds of thoughts – thoughts of higher potentiality.

She was right. She was playing it safe, and in doing so she was not reaching for or attaining her highest, greatest potential. She was probably not moving at all because she was hiding out in her book shop – her safe, familiar territory – like a bird that's stayed too long in its nest and so has never learnt to fly. And deep down, she knew it. All she needed was the means, which he provided, partly because he was nameless and faceless, to bring this deepest thought up from the depths of her psyche and then out.

And then, of course, he also became the means of her bookshop closing, forcing her beyond it, when he opened one of his big corporate book stores around the corner from her, effectively depriving her of business. So he was, indeed, a powerful mechanism of her Process.

These really are such beautiful Processes. Although fictional, this movie is a particularly good depiction of one.

So, are you brave enough to send a similar thought out into the Universe?

### **The Example of the King Arthurs**

In two versions of the Arthurian legend, my own<sup>4</sup> and Guy Ritchie's<sup>5</sup>, Arthur is a soldier and the son of a prostitute, respectively, who, in both versions, becomes king. Both Arthurs, each in their own way, are resistant at first, but both also find they have no choice but to go with the flow of their respective Processes.

Both Arthurs cannot become king in an instant just because Merlin decrees it, in the case of my Arthur, and because he suddenly finds out, when he pulls the sword from the stone, that he's Uther's son and heir, in the case of Guy Ritchie's Arthur.

The Process both go through is one of changing mindset and, especially, altering and expanding their self perception – the locked-in thoughts they hold about themselves. And a vital part of this Process, as the Mage in Guy Ritchie's movie puts it, is breaking the old self down. That is, breaking down the old mindsets that bind and contain us.

Breaking down the old, symbolised by the Tower in the Tarot, is a vital part of any Process of Transformation – the transformation of consciousness – and Transcendence – going beyond a self perception determined by the physical – and Transition – transitioning from physicality to metaphysicality. These are the most powerful Processes of them all.

## **The Master Game**

Robert S. De Ropp calls these Processes the Master Game<sup>8</sup>, which I love. He says, and I agree with him, *“The aim of the game is true awakening, full development of the powers latent in man. . . the Master Game is played entirely in the inner world, a vast and complex territory about which men know very little.”*

And so, “. . . there are few who play.” He knew, “. . . that man's ordinary state of consciousness . . . is not the highest level of consciousness of which he is capable. In fact, this state is so far from real awakening that it could appropriately be called a form of somnambulism, a condition of 'waking sleep'”.

I'm saying this in this monograph because I know there are many who will start to go through these Processes, if they haven't already.

The point is, 'lower' and 'higher' states of being cannot coexist. And nor can 'lower' and 'higher' mindsets of self perception. Either you see yourself as ordinary or you see yourself as extraordinary but never both. Believe me, I know.

Likewise, in *The Matrix*<sup>2</sup>, Neo can't just become the 'One' because Morpheus tells him that's who he is. He is bound by old mindsets that are dictated by the Matrix, so most of the first movie is, for Neo, about breaking down those old mindsets, and it's only towards the end of the movie that he goes through another Process of experiencing himself anew and he starts to become the 'One', *in his own mind and in terms of his own perceptions.*

## **The Analogy of a Photograph Album**

The Processes of all the different lives we live are not, in any way, independent of each other. On the contrary, our Processes tend to run through the many different lives we live, like photographs of a life in an album. Some events, like weddings, graduations, and significant birthdays, have a greater number of photos capturing the event. So, too, is it with some of our Processes that require a few more lives to fulfil than others.

Sometimes, we need many Processes to learn a particular learning, or to heal of a particular wound, or to experience a specific theme of existence and the ripple effect of all

its consequences and ramifications.

Some Processes are designed to span many lifetimes, so that those lives form a circle, or a cycle, of incarnations, like beads in a necklace, and it is the Processes underpinning those lives that are like the chain that binds the beads into the whole necklace.

Closing the circle of incarnations, in these cases, becomes important, but what's occurring in this human existence at the moment is the opposite. The circle of incarnations are remaining open and unresolved, and many souls are trapped in them, living the same kinds of lives, full of the same thought patterns over and over and over.

## **Tools of Process**

Physical reality is a primary tool of Process simply because, as I've been saying, it is the canvass, or the medium, we've chosen to Work with in coming here. But, also as I've been saying, it has become virtually the sole means of Process, speaking generally, or collectively, courtesy of humanity's obsessive focus on it.

This is not how Process is supposed to Work, and the fact that it is forced to Work this way hinders the flow of it and, in some cases, obviates it. Physical reality is merely one tool among many our Processes are able to Work with, and when it takes its rightful place in the set, all the tools, both separately and together, Working in sync and in tandem, are powerful, certainly wonderful to Work with.

When we learn to decipher their true language, emotions are very handy tools we can Work with. And so, too, are our sleeping dreams. When we begin to clear the chaos of our emotions, intuition can take its place as a tool of Process, as can our deeper sense of things, which I call *being, in the moment*, slightly and subtly different from mindfulness (being in the moment, without the comma), and which I will explain in future monographs.

As we realign our consciousness so that our conscious awareness is connected with and aligned with our higher consciousness, our ability to have realisations, epiphanies, insights and revelations is extremely valuable. We start to know without necessarily knowing how we know.

For anyone able to Work with vision, the imagination and vision can be very handy for Creating scenes which you can Work with in exactly the same way you would Work with your reality. This can and often does save you the trouble of having to Create these scenarios in your reality, which, in turn, speeds up the flow of your Process. Process can, then, put its finger on a shadow quickly, easily, effectively, so you can dissolve it as quickly, easily and effectively in the privacy, and sanctity, of your own internal consciousness.

## **Choice**

Ah, yes, choice. If our Processes are mandatory, which they are, and if Process does not move on until a shadowed thought or fear is resolved, then do we really have the power of choice?

Obviously, choices made in the context of physicality and of physical processes are

genuine. That is, we genuinely have a choice about which dress or suit we'll get married in, for example. But choices in the context of metaphysical Processes are, ultimately, illusional.

The only choice we really have in the context of Process is to honour or ignore it, and, therefore, to make the most of or ignore each opportunity Created to Work with whatever it is our Process is Working on. But the opportunity will keep coming at us until we do see what's going on within ourselves, so there is no choice, really.

Choice is, then, a construct that allows, or facilitates, the conscious awareness aligning with Process. In that sense, *choice is a construct that either facilitates alignment or perpetuates misalignment within consciousness itself*. If that makes you stop and think about the choices you're making, then well and good.

### **Altered States of Consciousness**

Drugs, especially psychedelic hallucinogens, take us to the realm of the subconscious without the protection and interpretation of the imagination. So, yes, this can and does expand our conscious way of thinking and of being. But wandering around in the subconscious without protection can be a dangerous thing, especially if the subconscious is full of shadows and discordances, misguided mindsets and beliefs, and other wounds.

You will not cope with or handle this if you're not ready, if you haven't been trained and prepared and *repaired*, and, especially, if you are ignorant about what you're actually doing, which is why the altered states brought on courtesy of these drugs can trigger mental illness, particularly psychosis.

What you're effectively doing is trying to achieve an altered state of consciousness without reference to Process. Process will get you there, eventually, but it will do so in the most intelligent and compassionate way possible, especially if you give it permission to flow and you learn to Work with it consciously.

### **The Beautiful Synergy of Different Elements of Process**

Time is a construct of the physical world only, so, in truth, the effects of our Processes ripple out in all directions of time. As such, we can be experiencing the effects of a Process before it's technically begun. But then, the beauty of the way it Works is that, often, those same effects, experienced in our 'past' become inherent parts of the Process itself. In that sense, it can become impossible to tease out cause and effect.

For some individuals, they may only be able to see their Process when they look back at their lives as a whole after death. But when you start Working with it consciously, Process speeds up and becomes much more fluid and free flowing – a different viscosity, as I said earlier – such that it can be seen, identified, acknowledged, understood, and released, thereby perpetuating the flow of it in an even more empowered way.

### **Process as a Frame of Reference**

When you begin to Work consciously with Process, you realise that every thing, whether

tangible or not, whether animate or not, whether inside you or outside of you, is a part of your Process.

Then you see and you know that Process is about purifying *Thought*, healing and transforming and evolving *Thought*, rebalancing the karmic imbalances in *Thought*, and opening up and expanding *Thought* with experience and learning.

You experience the beautiful interplay of consciousness and reality. What's in your reality causes you to Work with your thoughts, and what's in your thoughts becomes manifest in your reality, and you experience how Working with your thoughts influences and shapes your reality.

In other words, the waterline separating the tip from the whole iceberg doesn't exist. The iceberg *is* whole, and it is *a* whole. Everything is metaphysical because you are Creating it from the core, the essence of you which is itself metaphysical. You are not so much walking through your reality, you are walking through yourself. If you can truly grasp this then I have just saved you a Process or two (you can thank me energetically).

This is my frame of reference now – consciousness itself and the very particular aspect of consciousness that is Process. Just as Neo could see the source code of the Matrix<sup>2</sup>, so, too, for me is Process the lens, or the filter, through which I perceive everything. It is the infrastructure within which and from which I operate. It is the core, to me, of every life – the reason and Purpose underpinning every life – and it flows through every life.

When Process becomes your frame of reference, you really do see how incredibly intelligent the Universe is. 'Tis an intelligence that is certainly beyond our very limited conscious human intellect.

\* Author's Note: I deliberately use capital letters to denote higher-dimensional concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

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