

Monograph Thirteen: ***The Anatomy of Consciousness***

Thought, consciousness and reality form a chain of connectivity with energy that is so profound each of these can almost be used interchangeably. In terms of the mechanics of how we Create, of what we Create, and even of why we Create, we need to know and understand more about energy and the way we interact with it. But there is also a link missing in this chain, one we need to know more about if we are to obviate our ignorance and understand what and who we are as Creators.

Please note, this monograph is a direct follow on from Monograph Twelve, like a part two, so you do need to read the previous monograph before reading this current one.

Plugged into the Unified Field of Pure Abstract Potential¹

Or, as the experts also refer to it, the vast ocean of Thought* forms of energy¹ that we are all inherently plugged into – the Metaphysical Essence* that is the very stuff, the very fabric of the Universe* – profoundly and powerfully affects and influences us through our inherent connection with it. But surely it's not hard to recognise that, being plugged into it as we are, *we* are able to affect *it*, and, also, through it, *each other*.

Our connection with it, in other words, is not uni-directional. On the contrary, the connection is very much bi-directional. It feeds into us, and we feed into it. Thought flows both ways. As does energy, for that matter. In the realm of metaphysicality, nothing is ever uni-directional.

To this end, and to begin to answer the questions I asked at the end of the last monograph (what becomes of us and what are we capable of when consciously plugged into this Metaphysical Essence), at this point, I'm going to provide a very-practical, very-personal example of how this connection works, not just in terms of our reality and how we can reconfigure it, but also with respect to the affect we have on each other.

My intention in giving you this example now is to take all of what I say about consciousness and reality out of the domain of theory, possibility and hypothesis and into the domain of the real world. You could think of it as turning the rabbit's hole inside out, or, more aptly, reaching in and bringing the inside of it out.

I have experienced many different versions of the example I'm going to give you, too many to name, and so many that they've merged into each other, becoming a whole kaleidoscope of experiences.

But the particular example I'm giving here stands out in stark and vivid clarity from most of the others because it was the first time I consciously experienced how powerfully and overtly, and even instantly, reality responds when we change the thoughts that are sourcing it.

Turning the Rabbit Hole Inside Out – a Very-Practical Example

To provide you with the background, in the very early stages of my Transitional Process*, I was clashing with my manager at work over a specific issue. She was obstinately refusing a request I was making as a solution to a problem, but she was also refusing to give me a different solution, because she didn't have one, so the conflict between us went on for weeks and escalated, and it was very stressful.

Until I pulled myself up, remembered what I was learning about Passive Conscious Creation* (which I will explain in a future monograph), dragged my focus off the physicality of the circumstance, took responsibility, and, with the help of a colleague, did the Work* I've been talking about.

My colleague was, admittedly, bewildered by what I was doing. She wanted me to go into the manager's office and shake that manager until her teeth rattled in her skull, because we both knew I was right in my request, and so we both knew I had the moral high ground.

Given the fact that the manager and the conflict she was generating were both making me very angry, it wasn't hard to get to the fear at the heart of the circumstance *that I was Creating**. Anger boils up directly out of fear, and there are *never* exceptions to this truth. Remember that the next time you get angry . . . or someone else gets angry with you. Anyone who gets angry is existing in their fear. They have become their fear.

In my case, my anger always points to a very specific fear – a fear of the harm done to me when I am being controlled (how's that for true confessions?). What I've found in all the instances I've Worked with this shadow, and others, is that knowing about the fear isn't enough. You need to get to the heart of the particular manifestation, or expression, of it.

An Octopus with Many Tentacles

You can think of each of your fears, especially the big ones, as an octopus with many tentacles – tentacles that reach into every aspect of your life – and to clear the fear as a whole, your Process will Work on every tentacle. In that sense, you clear the fear one tentacle at a time. So, with the help of my rather bewildered colleague, I did the Work to get to the heart of this particular tentacle of my fear.

The manager with whom I was in conflict was, to put it bluntly, incompetent. She had made some fraudulent claims on her curriculum vitae, and it just so happened that I was, at the time, expert in some of those things she was claiming. So she knew that I knew she hadn't been entirely honest about her knowledge and experience.

Interestingly, I could see her fear as well as my own in the situation (a skill most people will develop, I believe). Incompetence, or, more precisely, appearing incompetent *was* her fear. So is it any surprise that she was Creating that as her reality? I had watched her, over the previous months, make some very stupid (incompetent) decisions.

The shape, or shade, of my fear in this particular circumstance directly involved her incompetence, and, therefore, our conflict was a perfect synergy of our fears, as conflicts

invariably are. Specifically, I feared the harm of being controlled by her incompetence, or, rephrased, I was afraid that, courtesy of her incompetence, she would jeopardise, possibly damage, and even destroy, everything I'd worked so hard to achieve.

I have such a clear and vivid memory of finally getting to the heart of the fear. When you do, you have an 'a-ha' moment and you feel it deep within you. You really do know when you've nailed it, and you really do see it very clearly and gain a deeper insight into your own psychology. I sat back in my chair, breathed a big sigh of relief, and relished the feeling of satisfaction that accompanies the 'a-ha' moments.

Literally within a handful of minutes, before I had a chance to do anything else, the manager appeared at the door of my office and said two amazing words given the context: you win. Issue gone. Conflict resolved. Storm vanished. Reality changed.

I got my own way. But I sat still, in complete shock, for a long, long time after she left, not because I had won but because I knew I'd changed my reality *and* because of how quickly my reality responded.

Dancing With Shadow

Coincidence? Perhaps, if there was any such thing, which there isn't. I've experienced this too many times for it to be coincidence. I know, from vast experience now, that when these 'storms' appear in my reality (in reference to Peter walking on water), I can clear them simply by doing the Work – understanding how the storm is holding, reflecting and expressing a shadowed mindset and belief within me, looking it full in the face, resolving it, and releasing my reality.

I call this Work 'dancing with shadow'².

In dancing with your shadows, you can't trick or fool your reality or your deeper consciousness. You can't pretend to do the Work, and you can't do it half-heartedly. Nor can you only half do it, stopping when it gets too uncomfortable or painful, or giving up when the going gets rough. To see and experience the way your reality can respond, and to change the shadowed thought, you have to dance with your shadow fully and authentically.

Focusing Beyond Reality

In dancing with my fear-shadow in this example, there were two powerful dynamics underpinning the release and reconfiguration of my reality.

First, I genuinely disempowered this tentacle of my fear. In Creating the 'storm' of conflict in my reality, I was giving myself an opportunity to pull the shadowed thought up, out of my subconscious to look it full in the face. Then, by looking it full in the face, I dissolved it so that it was no longer a shadowed thought in my subconscious, no longer forming the filter through which my reality was being Created. And I know I did so because this experience occurred over sixteen years ago and I have never had to dance with this particular expression of the fear again.

Second, in dancing with the shadow authentically, I had stopped making my reality the

focal point. That is, reality itself, specifically, the circumstance in my reality, had ceased to be my focus. I stopped wanting from my reality, and, instead, looked beyond it.

Remember the 3-d pictures I referenced in the first series that look like a random pattern of shapes and colours until you allow your eyes to lose focus, looking beyond the pattern, and suddenly a different picture appears? This is what I did, and this is what we do with reality when we do the Work of dancing with our shadows.

In dancing with my shadow, I negated the Observer Effect*, setting my reality free to be what it is naturally in the process. That is, setting it free to move and flow like waves of energy. I released the lock I was placing on it in focusing on it as a physical thing, taking it at face value, rather than as a symbolic pattern holding a deeper metaphysical truth.

Shared Reality

There was another dynamic operating between me and the manager with whom I had become entangled, which is an apt way to describe it given the fact that the dynamic itself is entanglement.

The atoms in our shared reality, the manager's and mine, were not independent of each other. Everything is connected, yes, but we were connected and, therefore, entangled, more intensely than usual courtesy of the fact that we were both Creating the 'storm' circumstance in our realities – a circumstance that was a perfectly-synthesised expression of our fears.

When we humans encounter each other and interact, forming shared realities as we do, the dynamic of entanglement is powerful. But here's the really interesting aspect of this. You could argue that, simply by virtue of us all being here, incarnate, on this planet right now, we are Creating a globally- or collectively-shared reality, and so we are all entangled.

The Power of Focus

As if this isn't enough, this example also again highlights the power of focus. Shifting my focus beyond my reality, negating the Observer Effect, was only half the equation, too. In focusing on the deeper, symbolic meaning of the storm circumstance – focusing on the picture behind and beyond the pattern – I was powerful enough to dissolve the shadowed thought and Create a different reality.

The reason I reference the biblical story of Peter walking on water – apart from the fact that I love it – is because it illustrates a powerful principle of interaction with reality. Peter sank not because a storm was whipping up the water he was walking on but because *he did not maintain the purity of a metaphysical focus*.

He refocused on his reality because the storm grabbed his attention, aroused his fears and, therefore, dictated his thoughts. Or, put another way, he made reality the focal point, bringing it into sharper focus, locking it into place. What's the bet he started 'wanting' the storm to disappear, and what's the bet he was also thinking that if not for the storm he would be able to walk on the water. What's the bet walking on water had become, in his mind, impossible because of the storm.

I, too, was sinking with stress and distress in my example until I shifted my focus, realising, as I did, that the conflict between me and my manager was not, in and of itself, the point. It's what the conflict symbolically reflected that was the point.

So what, then, given the power of our focus, are we doing to each other when we focus on each other, the way the manager and I were focusing on each other, with our shadowed mindsets and our intense emotional responses? If we lock our realities in courtesy of our focus, what are we doing to each other?

Creating Shadow, Creating Light

As an incentive to try this Work, I can promise you these kinds of experiences are *just the beginning of what may be done, of what you may do, with your reality.*

But it gets a whole lot more interesting even than this.

To give you an idea of just how interesting it gets, allow me to ask you a question. What happens when we stop configuring our reality according to all the shadowed fears, corrupted mindsets and false beliefs in our deeper consciousness and start, instead, configuring our reality according to deep thoughts of powerful Light and Love?

Thoughts of Light can be conceptualised differently, too. We can think of them as dream-thoughts that hold our higher and highest potential – dream-thoughts of potentiality that we can draw up out of the Unified Field of Pure Abstract Potential, Creating them as solid forms in the landscape of our reality.

Then we really do start to Create an existence in heaven, or, more precisely, an existence that is heavenly, no longer hellish.

First, however, before we get to that, we have to do the Work to clear out those same shadows that are, currently, configuring our reality. Before you get to heaven, you have to go through hell . . . but only so that you can discover hell is an illusion that doesn't actually exist . . . only so that you can remove it as a thought, or a collection of thoughts, in your psyche.

Putting the Layers of Consciousness Back into Alignment

When we know about the rabbit hole, we cannot look at physical reality the same way, but when we go down and see what's inside the rabbit hole, we cannot interact with reality on the basis or upon the premise of illusion – the perspective we hold in the state of Perpetual Separation*. Once we've seen down the rabbit hole, we know there are aspects of reality, like time, for example, or like the laws of classical physics, that simply do not hold true.

With this in mind, now that I've shown you the rabbit hole exists and I've taken you down there for a glimpse, you know where I exist, and so I can no longer reference Separated physicality, the illusional reality, in writing these monographs. Think of it as a subtle alteration in the fabric, or the undertone, or even the ambience of them.

As such, there are some things I will discuss from now on that I cannot reference. How do I know about them? I know because I know. In other words, I know consciously because I have put the Separated, fragmented layers, or facets, of my consciousness back together, aligning my conscious thoughts with the deeper, powerful Thoughts of my higher consciousness.

It is my higher consciousness, with the full participation of my lower consciousness, that is writing these monographs. Like tea in hot water, my higher consciousness has infused my lower consciousness. In that sense, these monographs are the expression of what's possible when you heal the wound of Perpetual Separation within yourself.

Can I be trusted? It is of vital importance that you decide this for yourself, either way.

Reworking the Definition of Energy

Once we go down into the vast ocean of Thought forms of energy, we arrive at a fundamental Truth. Thought *is* energy, and energy *is* thought.

Given our definition of consciousness, it follows, then, that consciousness is energy. And, given the assertion that reality is an extension of consciousness, it also follows that reality is energetic in its inherent nature, which the quantum observer experiments have confirmed.

But in fully comprehending this, the definition and even the understanding of energy itself has to be reworked, not to mention greatly expanded. As with everything we've discussed, we have to think beyond the limited physical definitions and understanding of it. The energies we recognise of, say, electricity or sunlight, or, say, kinetic energy, or even the whole spectrum of electromagnetic radiation are just tiny tips of an indescribable, complex, and very massive iceberg.

We know there are energies operating outside our range of vision, so surely it's not a big stretch to recognise there are energies operating outside the range of our knowledge, understanding and ability to conceptualise them.

We accept the higher wavelength energies, like gamma rays, for example, exist outside of our sense of sight. We can, in fact, only see white light, which is merely one small fragment of the whole spectrum of electromagnetic energy . . . which is, in itself, a wonderful metaphor for the limitation of our physical sense of sight, don't you think?

But we don't just accept these higher wavelengths of energy exist, even though we can't see them, we work with them, because we can fit them into our knowledge of the physical world. We use gamma rays in the treatment of cancer and tumours, for example.

If it doesn't fit, it doesn't exist

As with everything we do in the human experience, we tend to think that nothing else exists if we don't see and understand it, or if we can't fit it into our understanding of the physical world, very much like my little blind fox terrier. He couldn't see the cars when we were crossing the road together, so to him, they didn't exist. If I hadn't been there to guide

him, the consequence of his blind ignorance would have been messy.

Some people believe in 'ghosts' because they've seen or had an experience with one. But many people don't believe because the whole idea of a ghost is *beyond the knowledge and experience of those people*. The problem is, ghosts *are* an aspect of human existence, albeit an anomalous one, that we need to know about in order to avoid the potential of becoming one ourselves.

Just because something doesn't fit our current knowledge and understanding of the physical world, does not mean it doesn't exist. It just means we're ignorant about it. Or, rephrased, it just means we're operating within the limits of our ignorance.

Back up the Rabbit Hole – where to next?

Once down in the Unified Field of Pure Abstract Potential¹, we are definitely in the realm of energy that is beyond the limitation of our knowledge of the physical world.

From there, if we come back up, through the subatomic realm, back into the atom, where does this pathway go next? It's a big step from the atom to someone changing their mindset as a function of an instantly-altered reality, as in the case of my personal example.

To complete our foray into the mechanics of consciousness and reality, how it all works and how it all links, we have to fill in this gap. And to fill in the gap, we need to sidestep for a moment into a more detailed exploration of consciousness as energy.

Why? Because there is a link missing in the chain of energy, thought, consciousness and reality – a link that also happens to be the next step up in our pathway from the atom. As with everything else we've discussed, we know about the physicality of this link, and so, as a consequence, our understanding and knowledge of it are vastly limited. To begin to address this, we need to arrive at it from the *metaphysical* direction.

Where is Consciousness in the Body?

If you stop and think about it, surely you will agree that we equate consciousness with the mind, and we think the mind is in the brain. We think the mind *is* the brain, and we think the brain *is* the mind.

Far be it for me to devalue or denigrate the brain because it is a remarkable part of our physical make up, but I am in agreement with the Ancient Egyptians. They placed such value on the brain that they extracted it from the body through the nose after death and discarded it, threw it away. And this despite their belief in the resurrection of the body.

They knew they no longer needed the brain after death. The heart, on the other hand, they treated with great care. It was given very special treatment, carefully and specifically placed back in the body with valuable, often expensive, protective amulets. Given their Knowledge*, which we know we would do well to respect, what does this say about consciousness and where it really resides in the body?

The Ancient Egyptians knew, and *I* know, consciousness does not reside in the brain.

The brain is not even our sole means of cognition – perceiving, evaluating and processing our physical environment – because we don't just interact with our reality, our environment and each other through our five physical senses, although we tend to forget this.

The Ancient Egyptians knew the effects on consciousness of a lifetime of choice and action were held not in the brain but in the heart. Weighed against cosmic order, truth and justice, an energetically-heavy heart spelt trouble for that heart's owner. That is, a heart made heavy by the shadowed burden of karmic debt and obligation, the lacerations that occur when we hurt and harm each other, empowered fear, and reinforced corrupted mindset and belief. Such an individual was definitely not destined for paradise . . .

The Mendacity of the Health Profession

If we know we look at the physical universe in a way that distorts and contorts it, seeing it through our vastly-limited sense of sight, seeing it through the filter of our chronically-ignorant perception, seeing the tip out of the context of the whole and thinking that's all there is, don't you think we also do this with our own bodies? Because so we do.

This is exactly why I am so unimpressed with the medical profession and all its various sub-components, to the extent that I don't trust it at all. To be blunt, I think the way we practice health in this, our modern society, is supremely ignorant and, therefore, foolish.

To begin with, the practice of health is based on locked-in paradigms of programmed mindset, and it suffers greatly from institutionalisation (see Monograph Nine). But it also divides us up into separate parts (separation again!!). The medical profession carves us up into different components, and then treats those components separately, when we are, in truth, a whole, or holistic (the parts of us are intimately interconnected and explicable only by reference to the whole³).

The greatest symptom of its mendacity, however, is that of paying no heed to the part of us that is underneath the waterline of our conscious awareness, beyond what we can perceive with our five physical senses.

We are body, yes, and we are psychology and emotion, yes, but we are also energy because thought is energy and so consciousness is energy. This we know, now, because we have seen what's down the rabbit hole.

Our Energy System

In fact, our energy system is the most vital system in our whole makeup because *it is who and what we are in this lifetime*. We are not our bodies, even though our bodies form part of what we are in our current lifetime. Our bodies are merely the vehicles we're using to navigate our lives, although our connection with them is profound. And this profound connection occurs directly with and through our energy system.

So much does our energy system affect and influence all the other systems in our bodies – cardio-vascular, lymph, immune, digestive, endocrine, nervous – that even just saying it affects them is a gross understatement. In truth, these systems *are* physical

manifestations of our energy system, and yet we know so little about it.

Swinging the Pendulum Back the Other Way

Allowing the pendulum to swing in the other direction for a moment, I'm going to reverse the dynamic we apply to everything physical. I'm going to peel away our physical bodies and focus exclusively on our metaphysical energy system, as if it's all we are.

Most people are either aware of, or have heard of, *chakras* ('wheel' or 'wheel of light' in Sanskrit), the seven energy centres in the human energy system. Other experts have done a far better job than I could of explaining the *chakras*^{4,5}, so I won't delve into them in any great detail. There is much written about them, so they're easy to research. And it is worth researching them for yourself, if you haven't already.

I have to be honest, too, and confess that while I have recognised the necessity of knowing about the *chakra* system, and also Working with it in my own Processes, which I do, beyond this, I haven't pursued it to any great extent or even depth. In and of themselves, the *chakras* are not my focus, but they still form a vital part of my Work, like a piece in a jigsaw puzzle. Every piece in the jigsaw is important, but some of the pieces, for me at least, require less attention than others.

In not focusing on them, though, in my own Work, I am not downplaying their importance. They are, in truth, so important that I believe any *true* healer, regardless of how the healing is practiced, or the form it takes, should have a thorough knowledge of the *chakra* system. And, this knowledge should form the premise of the theory, knowledge, training and experience of all healing practices, regardless of form.

The fact that health professionals generally ignore the *chakra* system in this, our modern society, is the reason why I think our medical profession is ignorant, and is also the reason I don't trust it. Healing the physical body only, without reference to the metaphysics of us, is no healing at all in my opinion.

The Chakra System

Have you ever watched a sink full of water go down a plug hole? *Chakras* are like that. They are spinning energy centres, which is why they're called *chakras*. But they don't just spin in one direction. As with the Unified Field of Pure Abstract Potential, our *chakras* are not uni-directional. They are bi-directional, which means they can pull energy into them and they can move it out, or release it⁴.

The *chakras* form the backbone, so to speak, of our energy system⁵, comprising seven primary and twelve sub-primary energy centres, a little like vertebrae, and also like an octave with its seven tones and twelve semi-tones.

As such, our energy system is effectively divided into seven primary and twelve sub-primary themes of consciousness, or states of perception, awareness, instinct and experience⁴, each of which hold and process a different interplay of metaphysical, physical, psychological and emotional elements⁵, like a subtly different mix of ingredients in different cocktails.

Starting with the base of our torso – the first *chakra* – moving up through the body and ending with the crown of our heads – the seventh *chakra* – the *chakras* move energy through our energy system, regulating the wondrous symphony of our physical systems and organs, and so much more, as they do.

So, for example, the third primary energy centre, or *chakra*, located just above our naval, regulates our self-perception and, with it, our self esteem⁵. Have you ever had a gut instinct about someone, knowing they're going to be bad for you? This is where that instinct resides because it's the third *chakra* that holds and processes our responses and reactions – physical, emotional and psychological – to each other and our environment based on our thoughts about ourselves.

The Heart Centre

The fourth primary energy centre in the *chakra* system, above the one I just referenced, is the heart centre. The heart *chakra* is the most powerful energy centre in the body, so powerful, in fact, that its energy can be measured a fair distance from the body⁴. The heart *chakra* is so powerful because *it binds the metaphysical and physical parts of us*.

In other words, *it is the heart centre through which the metaphysical energy of our deepest and highest Thoughts become manifest in our reality*. Thus it is far more accurate to say we Create with and through the heart, not the brain.

In a lifetime, we can either honour the heart or ignore it. And, as the Ancient Egyptians well knew, the consequences either way are far reaching, profound and powerful. In the state of illusion, or Perpetual Separation – the Separation of the metaphysical and physical parts of us – the heart centre is greatly affected. It shoulders a very great burden, and this burden is, indeed, a strain on it, one of the reasons why heart attacks are so prevalent.

Bi-directional Vortexes of Energy

When our *chakra* system is healthy and balanced, the *chakras* are open, humming (which, if you're sensitive enough, you can feel), drawing energy in and moving it out in a balanced way⁴. When our energy system is not healthy, out of balance, the *chakras* can be closed, blocking energy coming in or blocking energy going out, or both, and they can be under- or overactive⁴. Blocked energy, like blocked water, stagnates and eventually becomes putrid.

If we think of the *chakras* as powerful little bi-directional vortexes of energy, albeit highly sensitive ones, then the shadowed thoughts, corrupted mindsets, false beliefs, fears, and toxic emotions we hold and don't release become like bits of rubbish blocking the vortexes and, therefore, the flow of energy through our whole system.

And if we hold these for long enough, say, for a lifetime, eventually they become crystallised, like hardened energy, and they build up, like a build up of sewage, manifesting in our physical organs and systems as diseases and illnesses.

And yet, when it comes to curing cancer, we opt for poisonous chemotherapy over the changing, dissolving, and release of our thoughts. It's actually frighteningly moronic when

you confront the truth of it.

The Blockage of Shadowed Thoughts

Returning to the Work I talked about earlier of 'dancing with shadows', now you can conceptualise this, and, perhaps, the necessity of it, from a different perspective.

Over our lifetime, we Create multiple opportunities to dance with our shadowed thoughts so they can be pulled from our psyche. But, in our current ignorant state, we don't just constantly and consistently ignore these opportunities, we make choices that empower these shadowed thoughts. So, they clog up our energy system and become manifest in our bodies. What we're really doing is Creating them in our realities in a more intense form.

Furthermore, we become vampiric, stealing energy from each other when those same shadowed thoughts we've been holding cause our energy system to shut down in protection of itself. You've felt it, haven't you? You know when someone you've been interacting with has drained you. You *feel* drained because you've *been* drained. Don't ignore that.

We know we cannot live without blood. It takes a literal minute for us to exsanguinate, or bleed out, if we sever a main vein or artery, and when this happens, we die. Well, energy is as vital to us as blood or breath because we *are* energy. We cannot live without it, so if we are haemorrhaging energy through one or more of our energy centres, our energy system will respond, and that *chakra* will close, in one direction, sometimes both.

The Endocrine and Nervous Systems

All the systems in our bodies are manifestations of our energy system, inherently connected to it and governed, or regulated, by it, but it is the endocrine and nervous systems that most powerfully speak for it, or act for it, so to speak.

In fact, our nervous system is inter-dimensional, which means, as per our iceberg dynamic, that what we see of it in our physical bodies is only the tip.

In the endocrine system, the pituitary and pineal glands are tiny little glands that sit right in the middle of our brains. But don't let their size fool you. Separately, they are both powerful in the role and function they play in regulating our bodies according to our deepest thoughts. Together, they are simply incredible, like little genius maestros.

They are, in fact, two of the most powerful mechanisms of connection with the Metaphysical Essence of us, and they are physical manifestations of the sixth and seventh energy centres in our energy system. And yet, as I've said in previous monographs, we don't hesitate to artificially and harmfully interfere with their function and, in the case of the pineal, pollute it.

Hormones, to me, are like electricity, in more ways than one, but particularly with respect to our understanding of it, or lack thereof. We know enough about electricity to harness its power, but we don't completely know all there is to know about it, and sometimes we make foolish and fatal mistakes with it. Hormones accomplish far more in

the body than we know. They are the conduction, the means of regulation and governance.

The Missing Link

But there is another vital part of our energy system, a rather crucial one, because it is the convergence of many threads, many themes, many levels of existence – our physicality and our physical bodies, the blueprint of human existence, our energy system, *and* the metaphysical mechanical pathway.

DNA is the link between our energy system and our physical bodies, *and* it is the crucial link missing in the chain of energy, thought, consciousness and reality, *and* it is the next step up in the quantum mechanical process from the atom.

If the *chakras* are the backbone of our energy system, then DNA is each 'cell' that forms the flesh of the energy system.

Only 10 atoms wide⁶, DNA holds the code, very much like the code of a computer program, but so much more complex, that forms the premise of every life, not just human life, and it is coiled inside every cell in our bodies – an estimated 125 billion miles of submicroscopic strands⁶.

So much information – information that informs and underpins existence itself – encoded on a double-stranded helix so minute it is too small for the human eye to see. So minute is it that we can't even see it with a normal microscope. We need high-powered electron microscopes to see it.

And yet, so many people still insist on believing we are the result of a chance combination of chemicals that somehow evolved into the complexity of life on this planet. It's insulting, really, because a *lot* of Thought, powerful Thought, has gone into Creating this wonderful symphony of life. There is absolutely nothing random about any of it.

The Blueprint of Life

Have you ever watched birds . . . I mean, closely? Each species is different, and those differences are expressed in their nesting and mating habits, their song, the defence of their territories, where and what their territories are, their flight, the nurturing of their young, their appearance. Within each species, however, they are virtually identical, to the extent that if you get to know one in a species, you know the species as a whole. They *are* their genetic programming, and their genetic programming *is* their true nature.

We humans are, at the same time, similar and different to this. There is a programmed interface – a blueprint of human existence – primed and ready to go, that is and has been passed down from generation to generation across aeons of time . . . millions of years, actually, if we're to impose time constraints on it.

But each soul, our own higher consciousness, personalises this blueprint, populating the programmed interface with specific and tailored information, or thought energy, when it joins or merges with the body in the womb. As such, each soul energetically completes the blueprint, fleshes it out . . . fine tunes it to the individual soul needs.

If we were able to identify and understand the specifics of our own tailoring, the energetic information our own higher consciousness has utilised to flesh out our own blueprint, don't you think it would greatly aid us in our knowledge and understanding of ourselves? And I'm not talking here about the collective. I'm talking, very specifically, about each of us as individuals.

Well it just so happens we *can* do this. But not whilst ever we see DNA from the perspective of Separated physicality. Not whilst ever we don't understand the metaphysical nature of it.

Three Recurring and Common Themes

In looking more closely at DNA, we encounter, again, those three common and recurring themes of the bi-directional nature of connection in the metaphysical realm, the As Above, So Below principle of Hermeticism, and the distortion of Separated physicality and its 'tip of the iceberg' dynamic.

In other words, there is far more to DNA than meets the eye . . . a *lot* more, in fact.

A Bi-directional Electrical Socket

An electrical socket is the conduit for powerful energy, the energy of electricity, but the energy of electricity flows through it only in one direction, and the socket may be switched off thereby cutting off the flow of electricity.

DNA is very much like an electrical socket except that it can *never* be switched off, with the exception, of course, of the death experience when the higher-dimensional consciousness releases the body in entirety. DNA can, however, be altered, and it can be destroyed.

But nor is the flow of energy through DNA *ever* uni-directional. As with the Unified Field of Thought energy and the *chakras* in our energy system, DNA is bi-directional in terms of the flow of energy through it. Thus does thought affect DNA, and DNA affects thought.

Which is why the tampering with DNA, by those of the Light and those of the Darkness, has had such a powerful overall effect on the human experience.

This is also why our way of thinking about tumours and cancer, as examples, is erroneous, in a very real sense. We think something has gone wrong with our DNA when we develop tumours, but as shadowed thoughts manifest in the body, tumours are our DNA doing exactly what it's meant to – responding to our thoughts.

Two Layers – Merely the Tip of the DNA Iceberg

As with everything we speak about, when we look at DNA with our vastly-limited sense of sight and our greatly-distorted Perpetually Separated perspective, we think there are two layers of it, the two we can see when we look at it under a high-powered microscope. We think the double helix is all there is.

But we are wrong. There are twelve layers in our DNA, each of which corresponds to the twelve sub-primary centres in our energy system.

The erroneous belief in two layers of DNA can be likened to the removal of the capstone from the Great Pyramid at Giza. Removing the capstone has rendered it dormant, not completely, but certainly to a significant degree. Likewise, not acknowledging the other ten layers of DNA has rendered those layers dormant, not completely, but to a significant extent.

The 'As Above, So Below' Maxim of Hermeticism

Returning to that maxim of Hermeticism, As Above, So Below, the layers of our DNA are symbolically reflected in the heavens, specifically, in the constellations of the Zodiac that surround us. Each constellation is symbolically and energetically linked with a specific layer of our DNA. The Zodiacal constellations mirror us in the heavens . . . or is it us who mirrors them? Again, DNA is within us, and we are within it.

And, there is a high-vibration thirteenth layer weaved into the mix, just as there is a high-energy thirteenth constellation (Ophiuchus) that forms part of the wheel of the Zodiac, rather like an umbilical cord of connection with the Universal Consciousness.

DNA has physical form, obviously, but it is also pure and powerful energy, so much so, we can't see all of it with our physical eyes even when looking at it with the high-powered microscopes. It vibrates at a frequency beyond the detection capability of the physical sense of sight, just like gamma rays do.

The Language of DNA

While we have identified the approximate three percent of DNA that holds the genetic component – the part of it that determines our physical make up – many people still believe the other ninety-seven percent is junk. Again, it's insulting. We don't understand it so we think it's junk. It doesn't occur to us we simply don't possess the wherewithal – the knowledge and intelligence – to decipher and understand it.

Unsurprisingly, it obeys the laws of organised and coherent language⁶. Actually, the other ninety-seven percent of DNA is incredibly powerful as a language.

And, it is the other ninety-seven percent that is most powerfully populated by that same thought energy when, as a higher consciousness, we join the body in the womb. These thought energies are, themselves, specific, pre-developed and predefined so that we are able to choose a suite of them to Work with in any incarnation, rather like laying out a pack of Tarot cards and choosing the ones we want.

It was Carl Jung who, in the modern era at least, first identified these energies as archetypal and recognised their significance. Subsequent to his recognition of them, many people have progressed his work, developing and expanding our knowledge of them⁵.

It is upon these archetypal energies that the tailoring of the programmed code in our own DNA is based. Thus do the archetypal energies comprise an intrinsic part of the

language of our DNA.

Archetypal Energies

No one I've spoken to has ever expressed any interest in the archetypal energies, and I confess I find this bewildering, to say the least. Really, I find it incomprehensible. So vital are these archetypal energies that we refer to them as '*the building blocks of human existence*'⁷. And so they are.

Put simply, so vital are they that you cannot understand the mechanics of how we Work, nor can you understand the anatomy of your own consciousness and its link with reality, and leave the archetypal energies out. Which is precisely why I'm *not* leaving them out of this monograph.

Archetypal energies are, in fact, the great facilitators of the Processes that run through our lives like underground currents. So, it follows naturally that understanding the archetypes weaved into the twelve layers of your DNA will aid your understanding of your Processes.

The different combinations and interactions of them are like different threads weaved together to form the overall tapestry of human existence, *and* the tapestries of our own existences individually. Again, we're like energetic cocktails made with slightly different ingredients, each with our own unique taste, and the archetypal energies *are* the ingredients that determine the way each of us tastes.

Like the different costumes worn by each character in a stage play, these energies weave together to shape, inform and underpin our character, our appearance, our experiences, the landscape of our reality, our relationships, our emotional reactions, our destiny or life Purpose, our dreams, and our interrelationship with the collective⁵.

Dancing with Shadows to Turn Negative Expressions into Positive Ones

Whilst the energies themselves are neutral, neither good nor bad (even the Vampire), we can experience and express them negatively or positively⁵. And the negative and positive expressions of their innate characteristics can tend to be polar opposites.

It is, of course, our shadows that cause the energies to be experienced negatively.

Returning, once again, to the theme of 'dancing with shadows', there is, in my opinion, no greater, nor any more powerful tool, for clearing our shadows than archetypes, especially as we transform the negative experience and expression of them into a positive.

I started to compile a library of them, those I have identified and those others have identified, and to record the negative and positive expressions of them, to facilitate others Working with them, but the job is so big I've abandoned it. There are, quite literally, hundreds and hundreds of them.

As much as I love them, they, too, like the *chakra* system, are not my focus. It is my hope that as more people become aware of and interested in them, we can, together, build

the library.

Recognising and Identifying Archetypes

By now, it should come as no surprise that we Work with twelve primary archetypes⁵, each of which is weaved into a specific layer of our DNA – our own personal suite.

And the manifestation of them in our characters, our Processes, and in our realities can be quite different depending on which layer of DNA they are weaved into.

To understand them, and to begin to identify them, you have only to look at mythology, legends, or our art and movies, because these all abound with archetypes. Fairy tales, for example, are weaved out of them. And, they *are* the gods and goddesses of the ancient world.

Each archetype has its own unique characteristics, or energetic expressions, and these characteristics become our own when we take them on as energies in an incarnation. In my own personal suite, for example, I have the Seeker and the Rebel, so I *am* a Seeker and a Rebel. The two of these in combination powerfully facilitated the Process I went through to free myself from the religious cult I was brought up in.

Perhaps you can also see the Rebel at Work in the personal example I gave you at the beginning of this monograph, and its negative expression of rebelling against control. And, can you see the Seeker at Work in these monographs? I very much doubt I could have written them without the energy of the Seeker weaved into my DNA.

We often unwittingly identify them in each other, too, when we accuse each other of being a 'Drama Queen', or a 'Princess', or a 'Femme Fatale'. In learning to speak the language of archetypes, you have to look beyond the physicality of a person. A doctor, for example, does not necessarily and automatically have the Healer weaved into his or her DNA. Conversely, for many Healers, like me, the expression of the energy does not necessarily include overtly physical applications of healing.

I could easily devote a whole monograph to archetypal energies, not just because there is much to say about them, but also because I love them – their colourful, unique and obvious characteristics, the way they are so effective as tools to unravel one's own psychology, the power of them as facilitators of Process. I won't, however, because others have done a far better job than I could of explaining them⁵, and I have to be careful I don't allow my focus to become snagged.

Energy <-> Thought <-> Consciousness <-> DNA <-> Reality <-> DNA <-> Thought <-> Energy <-> Consciousness <-> Reality . . .

Surely it's far less problematic, now, to see how easy it is to manipulate the human experience, because it can be done from all directions and at all levels – consciousness, thought, DNA, reality, energy.

That is, we can be manipulated at the energetic level, at the level of the conscious awareness, at the levels of deeper and shallow thought, at the level of DNA, and at the level

of reality, because all of these are seamlessly interconnected, and all of them, therefore, seamlessly interact.

These concepts of energy, consciousness, thought, DNA and reality are not lined up in causative equations, either, with one leading to another that, then, leads to another. Nor are they equations of addition, with one added to another equalling the other. Rather, they are a circle and cycle of interrelated, constantly-interacting, and even interchangeable concepts.

If you try to identify which comes first, like the paradox of the chicken and the egg, you will send yourself into a tailspin. Even if you try to identify or conceptualise a point of entry, you'll fail miserably, because there is no point of entry, and nor is there a point of exit, such is the nature of the seamless connection.

So where is consciousness in the body?

Our consciousness is throughout our entire body. Consciousness is the energy system that animates our body, and our energy system is who we are, in this lifetime, yes, and beyond.

So our body is not *who* we are, it's *where* we are . . . for now.

Oh, and isn't it time we brought those other ten layers of our DNA out of dormancy? If we do the Work of dancing with our shadows, transforming our consciousness, putting the layers or facets of it back into alignment, this is exactly what we do.

Then, we will stop existing in and as this tiny fraction of our potential.

* 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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