

THE
EYE
OF THE
I

FROM
WHICH
NOTHING
IS HIDDEN

by
David R. Hawkins, M.D., Ph.D.

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P R E F A C E

The scope of this work is immense. It includes not only a detailed, subjective report of very advanced states of spiritual consciousness traditionally called enlightenment, but, for the first time, it correlates and recontextualizes spiritual information in such a manner as to make it comprehensible to reason and the intellect.

This correlation between science and spirituality represents a cohesive integration between the linear and the nonlinear dimensions. By “transcending the opposites,” the author resolves the ages-old, seemingly irresolvable conflict and impasse between science and religion, between materiality and spirituality, and between ego and spirit. This resolution then clarifies unresolved mysteries and dilemmas that have been with mankind throughout history. With the expansion of consciousness afforded by this work, questions answer themselves and truth becomes self-evident.

The style of presentation takes the reader back and forth from the linear to the nonlinear domains until, to one’s surprise, the incomprehensible becomes not only comprehensible but also actually obvious.

The calibrated level of consciousness of those who have been exposed to this material has been experimentally documented and has shown considerable elevation and advancement. Power accomplishes without effort what force cannot do for it goes where force cannot follow.

This book is written for both the self and the Self of the reader. Although the traditional great obstacle to enlightenment called “transcending the opposites of

duality and nonduality” may sound obscure, by the time one has finished the book, this critical awareness is self-resolving.

The material is presented in four main sections:

- I. Description of the Subjective States of Spiritual Awareness
- II. The Spiritual Pathway
- III. The Pathway to Enlightenment Through Understanding the Nature of Consciousness.
- IV. Lectures, dialogues, interviews, and group discussions with a great variety of spiritual students and groups in various countries.

Because of the multiplicity of groups and presentations, at first glance some of the material in the book seems repetitious. However, it is re-presented deliberately because each time it is presented in a different context and in a different sequence of questions and answers. Each re-presentation reveals additional subtleties.

Whereas, in 1985, eighty-five percent of the world’s population calibrated below the level of Integrity (200), that has now dropped significantly to seventy-eight percent. Research indicates that this is due to an overall advance in spiritual awareness.

The reported material is unique in that the author is neither an ecclesiastic, nor a religionist, nor a theologian

but instead has been a clinician with extensive experience in education and science, medicine, psychiatry, psychoanalysis, and research, as well as clinical and scientific writing. He is described as having been accomplished, successful, and talented in many fields. At the time of the advent of his sudden enlightenment, he had the largest psychiatric clinical practice in New York City.

Also unique were the intense spiritual experiences that began in early childhood, recurred in adolescence, and burst forth overwhelmingly during middle life. This caused his retreat to seclusion for a period of years and the final research into the nature of consciousness, which led to *Power versus Force* and this treatise.

Another seeming curiosity is that despite the overwhelming nature of his spiritual experience, he never mentioned it for over thirty years, until the publication of *Power versus Force*. When asked why this was so, he merely commented that “there was nothing you could say about it.”

This more advanced work succeeds with the mighty task of making the incomprehensible comprehensible. With adequate description and explanation, the obscure becomes clear and obvious. It was this gift for communication and writing that occasioned Mother Teresa’s comments.

The actual author of the book is Consciousness itself.

—The Editor

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CAVEAT

The traditional religionist or the spiritually timid is forewarned that the material herein presented may be disturbing and therefore better bypassed.

The teachings are presented for the seriously committed spiritual student who is seeking God as Enlightenment.

The pathway to Enlightenment via radical truth is demanding and requires surrender of belief systems. Only then does the ultimate reality reveal itself as the sought-after 'I' of the Supreme.

The material presented therefore is from the perspective of the Eye of the I.

INTRODUCTION

Throughout history, descriptions of enlightened states of consciousness have been of great interest to many people, and the reporting of these states has had an impact on individuals and society. The statistical rarity of the occurrence stimulates curiosity and underscores the value of such information.

Although there is already spiritual literature in all languages that describes such states, many of these reports are sketchy and incomplete. Some include errors in translation, and there are many errors in transmission over generations until they finally acquired written form. Some scriptures have therefore included errors that have brought down the level of truth from the original as stated by the enlightened teacher.

An articulate restatement of the evolution of consciousness to advanced states in current language is therefore of value. In addition, many spiritual treatises lack explanation and the reporting of subtle details that are of considerable importance to the advanced seeker. The purpose of *The Eye of the I* is to convey information that can be verified and whose level of truth can be calibrated in order to provide, for the first time, a body of useful information which can withstand the tests of certainty. Until now, spiritual students relied on faith, belief, or hearsay, as well as the reputation and standing of the spiritual teacher.

The complaint of the doubter was that verification of the truth was the very ingredient they were lacking. The great 'doubt block' had to be overcome. As in *Power versus Force*, the truth of every page, paragraph, sentence, and statement in this book has been calibrated and is verifiable. To doubt is to become edu-

cated, and the purpose of writing this present book is to share totally that which has been experienced.

Power versus Force ended with “Gloria in Excelsis Deo!” This book begins with that statement by referring to what is the ultimate, final spiritual experience. It is, of course, not an experience at all but instead an eternal state. The condition is its own authority. It speaks for itself; it presents itself as an actuality. There is no speaker. Truth is self-revealing. It stands on its own and is complete, total, profoundly obvious, and overwhelming by virtue of its innate magnificence.

Section One

The Presence of God

An account of Enlightenment in recent times:
Its sudden onset, the replacement of ordinary
consciousness by an Infinite Awareness,
and the transformation of the self to the Self
by the Grace of the Divine Presence.

The Presence

Prologue

Years of inner struggle, suffering, and seemingly futile spiritual striving had eventually culminated in a state of black despair. Even a retreat into atheism had not brought relief from the ceaseless quest. Reason and intellect were too frail for the formidable task of finding the ultimate truth. The mind itself had been led to a final, agonizing, crushing defeat. Even the will had been stilled. Then an inner voice cried out, "If there is a God, I ask Him for help."

Then all ceased and disappeared into oblivion. The mind and all sense of a personal self disappeared. In a stunning moment, it had been replaced by an infinite, all-encompassing awareness that was radiant, complete, total, silent, and still as the promised essence of All That Is. The exquisite splendor, beauty, and peace of Divinity shone forth. It was autonomous, final, timeless, perfect, the Self of the manifest and the unmanifest, the Supreme Godhead, and thus was set forth . . .

The Presence

A hushed silence pervades the surroundings, and motion itself slows and becomes still. All things radiate forth an intense aliveness. Each is aware of every other. The luminous quality of the radiance is overwhelmingly Divine in nature. It completely includes everything in its total Oneness so that all things are interconnected and in communication and harmony by means of awareness and by sharing the basic quality of the essence of existence itself.

The Presence is a continuum that completely occupies what had appeared previously to ordinary perception as vacant, empty space. That inner Awareness is not different from the Self; it pervades the essence of everything. Awareness is aware of its own awareness and omnipresence. Existence and its expression as both form and formlessness is God and prevail equally in all objects, persons, plants, and animals. Everything is united by the Divinity of existence.

The pervasive Essence includes everything without exception. The furnishings in the room are equal to rocks or plants in their importance or significance. Nothing is excluded from the Allness, which is all encompassing, total, complete, and lacking in nothing. All is of equal value because the only real value is the Divinity of existence.

That which is the Self is total and complete. It is equally present everywhere. There are no needs, desires, or lack. Neither imperfection nor discord is possible, and every object stands forth like a work of art, a piece of sculpture in perfect beauty and harmony. The Holiness of all Creation is the reverence held by everything for everything else. All is imbued with a great splendor, and everything is silenced in awe and reverence. The Revelation instills an infinite Peace and stillness.

A glance at the body reveals it to be the same as everything else—unowned, unpossessed by an individual, equal to the furniture or other objects, and merely part of All That Is. There is nothing personal about the body, and there is no identification with it. It moves about spontaneously, correctly executes its bodily functions, and effortlessly walks and breathes. It is self-

propelled, and its actions are determined and activated by the Presence. The body is merely an 'it', equal to any other 'thing' in the room.

When addressed by other persons, the body's voice responds appropriately, but what is heard in the discussion resonates at a higher level of meaning. The deeper and more profound meaning is revealed in every sentence. All communication is now understood at a deeper level, almost as though each simple-sounding question is actually an existential question and statement about mankind itself. On the surface, the wording sounds superficial, but on the deeper level, there are profound spiritual implications.

Appropriate responses are given by the body, which everyone assumes is a 'me' that they are talking to. This in itself is strange because there is no actual 'me' associated with this body at all. The real Self is invisible and has no locality. The body speaks and answers questions simultaneously in parallel ways, on two levels at the same time.

Stilled by the Silence of the Presence, the mind is silent and wordless. No images, concepts, or thoughts occur. There is no one to think them. With no person present, there is neither thinker nor doer. All is happening of itself as an aspect of the Presence.

In ordinary states of consciousness, sound prevails over a background of silence and replaces it. In contrast, in the Presence, the opposite occurs. Although sound is perceptible, it is in the background. The Silence prevails so that the silence is actually not interrupted or displaced by the sound. Nothing disturbs the stillness or interferes with its peace. Although movement occurs, it does not disturb the motionless stillness that is beyond, yet

inclusive of, motion. Everything appears to move as though in slow motion because time is absent. There is only a continuous state of Now. There are neither events nor happenings because all starts and stops, all beginnings and endings, occur only in the dualistic consciousness of an observer. In their absence, there is no succession of events to be described or explained.

Instead of thinkingness, there is a self-revealing knowingness that imparts complete understanding and is self-explanatory by its self-effulgent essence. It is as though everything speaks silently and presents itself in its entirety in the absolute beauty of its perfection. In so doing, it manifests its glory and reveals its intrinsic Divinity.

The suffusion of the Presence throughout the totality and essence of all that exists is exquisite in its gentleness, and its touch is like a meltingness. The inner Self is its very core. In the ordinary world, only the surfaces of things can be touched, but in the Presence, it is the innermost essence of everything that is interspersed with every other thing. This touch, which is the Hand of God in its soft gentleness, is at the same time an expression and the abode of infinite power. In its contact with the inner essence of everything, one is aware that the Presence is being felt by every other thing, object, or person.

The power of this gentleness is unlimited, and because it is total and all present, no opposition is possible. It pervades All That Is, and out of its power arises existence itself, which is both created by the power and, at the same time, held together by it. That power is an intrinsic quality of the Presence, and its presence is the essence of existence itself. It is equally present in

all objects. There is no emptiness anywhere as the Presence fills all of space and the objects in it. Every leaf shares in the joy of the Divine Presence.

All things are in a state of silent rejoicing that their consciousness is an experience of Divinity. Unique to all things is a still, ever-present gratitude that it has been granted the gift of experiencing the presence of God. This gratitude is the form in which worship is expressed. All that is created and has existence shares in reflecting the glory of God.

Human appearance has taken on a whole new aura. The One Self shines forth through everyone's eyes. A radiance shines forth from everyone's face; everyone is equally beautiful.

Most difficult to describe is the interaction among people that moves onto a different level of communication. There is obvious love among everyone. Their speech, however, has changed so that all conversation has become loving and peaceful. The meaning of the words that are heard is not the same as others hear. It is as though there are two different levels of consciousness going on, coming out of the same scenario of form and movement; two different scripts are being spoken via the same words. The meanings of words themselves have been transformed onto a different plane by the higher selves of the people involved with each other, and the communication of understanding is on a higher plane. At the same time, it is clear that the lower selves of the people are unaware of the communication simultaneously going on with their higher selves. People are as though hypnotized into believing the reality of the ordinary selves, which is merely the unwitting acting out of scenarios or roles, as in a movie.

By ignoring the lesser selves, the higher selves address each other directly, and the persons' ordinary selves appear to be unaware of this ongoing higher level of conversation. At the same time, people are sensing intuitively that something different from the ordinary is happening. The conscious presence of the Self creates an energy field that people find extremely pleasurable. It is this energy field that performs the miraculous and brings occurrences into harmony, along with a sense of peace to all who experience it.

Visitors who had traveled many miles to ask questions suddenly knew in the presence of that aura the answers that came about through an inner understanding that made the original question irrelevant. This occurred because the Presence recontextualized the illusion of a 'problem' and thus caused it to disappear.

The body continued in its operation and reflected the intentions transmitted through consciousness. The continuance of the body was not of any great interest, and it was clear that the body is actually the property of the universe. The bodies and objects in the world reflect endless variation and are without imperfection. Nothing is better or worse than anything else, nor is it of different value or significance. The quality of perfect self-identity defines the intrinsic worth of all that exists as equal expressions of innate Divinity. Inasmuch as 'relationship' is a concept of dualistic mental observation, in Reality there are no relationships. Everything merely 'is' and exhibits the beingness of existence.

Similarly, without the interposition of a functioning observer with its innate categorization of thought, there is neither change nor movement to be explained or described. Each 'thing' is merely evolving as an

expression of its divine essence. Evolution therefore takes place as a manifestation of consciousness, and it takes expression from higher-energy abstract levels to lesser but more specific forms, and finally into physical materiality. Thus, creation manifests from the abstract formless through progressive form into a final energy pattern, and then into concrete materiality. The power to become manifest is the expression of divine omnipotence as continuous creation.

Creation is the Present and the Now. This Now is continuous so that neither beginnings nor endings are possible. Visibility, or materiality itself, is merely a sensory phenomenon and not a necessary condition for existence, which is in itself formless yet intrinsic to all form.

Because everything is always in the process of creation, it means that everything is an expression of Divinity, or it would not have the capacity to exist at all. The realization that everything which exists reflects the Divinity of Creation is why it is worthy of respect and reverence. This accounts for the reverence for the spirit within all living beings and nature, which is characteristic of many cultures.

All sentient beings are equal. Only material manifestation is subject to cessation, and essence is unaffected and retains the potentiality of reappearing in material form. Essence is affected only by the forces of evolution itself. The emergence of material form from essence is influenced by the presence of that which is already in form. The content of material manifestation may therefore facilitate essence manifesting as form, or it may not be favorable, depending on conditions. One might say that Creation fulfills its own inner divine

instructions or tendencies. Traditionally this tendency has been called destiny, which is the unfolding of the potentiality and the reflection of preexisting conditions (the classical Sanskrit 'gunas' of *rajas*, *sattva*, and *tamas*, or action, awareness, and resistance). Thus, man can influence conditions in order to potentiate the manifestation of desired eventualities. Through choices human consciousness can influence outcomes, but the power of creation is the province of God.

The nature of creation, which is beyond time, space, and causality, is self-revealing and presents itself to the consciousness of Awareness as a gift of the Presence. All things are intrinsically holy in the divinity of their creation. When the criticalness and discrimination of dualistic perception are set aside, the absolute perfection and beauty of everything stands revealed.

Art seeks to abstract this awareness when it takes one moment in time and freezes it in photographic art or sculpture. Each stop frame depicts the perfection that can be appreciated only when a single view is isolated from the distortion of the superimposed story. The drama of every moment of existence lends itself to preservation when art saves it from the extinction of transformation of material form called history. The innocence intrinsic to any given moment is apparent when that moment is taken out of the context projected onto a sequence of selected moments that then become a 'story'. Once converted into a story by the dualistic mind, the terms 'good' or 'bad' are then applied. One can readily see that even the terms 'good' or 'bad' refer in their origination to what is really merely human desire. If something is desired, it becomes a 'good', and if undesired, it becomes a 'bad'. If human

judgmentalism is removed from observation, all that can be seen is that form is in constant evolution as 'change', which is neither intrinsically desirable nor undesirable.

Everything is manifesting its inherent potentiality as determined by its essence and prevailing conditions. The splendor of all things is that by their very existence, they manifest the glory of God's creation as existence itself. By virtue of merely 'being', each and every sentient and insentient thing that exists is fulfilling the will of God. It is because of divine intention that the unmanifest becomes manifest; creation is the name of the process that we witness.

Because the nature of Creation is not apparent to ordinary consciousness, the mind manufactures conundrums that have no answers, e.g., how can a 'good' God allow so much that is 'bad'? Beyond dualistic perception and arbitrary categories of manifestation, there is neither good nor bad to be explained, and it can be seen that the universe itself is harmless. The human mind constructs its scenarios of goals and desires, and events are either concordant with them or not. Both tragedy and victory occur only within the limitations of the dualistic mind and have no independent reality. Everything in this world seems to arise and then dissolve within the limitations of perception. Inasmuch as Reality is beyond time, space, and form, it is immaterial whether a 'thing' or a 'person' exists for a split second or for a thousand years. Thus the struggle to live a few more years or even a few more moments appears to be an empty illusion because existence is not experienced within time at all. This moment is the only reality that is being experienced; all else is an abstraction and a

mental construct. Therefore, one cannot actually live seventy years at all; only this exact, fleeting moment is possible.

In the reality of nonduality, everything is complete, and desire is replaced by appreciation. As life evolves, each living thing is the total expression of its potentiality at any given moment. Motivation as such disappears, and action takes place as a phase in the process of potentiality actualizing. There is, therefore, no actor behind the action. There is, instead, a sense of completeness and total fulfillment in every moment. Enjoyment of physical needs is the product of action itself. The appetite for eating, for example, arises out of the act of eating, with no prior desire for the next bite. If eating is stopped by an interruption, there is no feeling of loss. The joy of life originates out of one's existence at any given moment, and the awareness of continuous completion is an aspect of the joy of existence. The totality of the Oneness of the All cannot be 'experienced'. Instead, it is known by virtue of being it. The 'I' of the Self is the Eye of God witnessing the unfolding of Creation as Now. Sequence is an illusion created by the perception of the 'I' of the ego, which is the point of observation of the processing of the nonlocal to the local, of the nonlinear to the linear, of Allness to 'this-ness'. Perception is the eye of the ego that, as it translates the inexperienceable Infinite to the experienceable finite, produces the perception of time, place, duration, dimension, position, form, limitation, and singularity.

The Resumption of Earthly Life

The perceptual world had been replaced. Identity had shifted from being a limited subject (a personal 'I') to unlimited context. Everything was transformed and revealed beauty, perfection, love, and innocence. Everyone's face shone forth with the glow of inner beauty. Every plant revealed itself as an art form. Each object was a perfect sculpture.

All exists effortlessly in its own place, and everything is sequenced in synchronicity. The miraculous is continuous. The details of life mysteriously accommodate themselves spontaneously. The energy of the Presence effortlessly accomplishes the seemingly impossible and brings about phenomena that the ordinary world would consider miraculous.

There was a period of several years during which what are ordinarily called psychic phenomena (the classical *siddhis*) occurred spontaneously with regularity. Such phenomena as clairvoyance, distant viewing (the ability to see what is ahead), telepathy, and psychometry were common. There was an automatic knowing of what people were thinking and feeling before they spoke. Divine love prevailed as the organizing power and was the all-present stage upon which all phenomena occurred.

The Physical Body

An extremely powerful energy ran up the spine and the back and into the brain where it would center, depending on where attention was focused. The energy then passed down over the face and into the region of the heart. This energy was exquisite and would some-

times flow out into the world where there was human distress.

One time, while driving down a remote highway, the energy began to pour out from the heart and go down the highway and around the next bend. From there the energy poured into the site of an automobile accident that had just occurred. The energy had a healing effect on everyone that it enveloped. After a short while, the energy seemed to have accomplished its purpose, and suddenly, it came to a stop. A few miles farther down the same highway, the same phenomenon began to recur. Again, a delicious, exquisite energy poured forth from the heart region and again went down the road about a mile and around another bend. There, another accident had just occurred. In fact, the wheels of the car were still spinning. The energy was pouring into the passengers. It was as if a channel for some angelic energy was transmitting to the people in distress who were praying.

Another time, the healing presence occurred during a walk down a street in Chicago. This time, the energy poured into a group of young men who were about to get into a fight. As the energy enveloped them, they slowly fell back and started to relax and laugh. They began to disband, at which point the energy flow stopped.

The energy aura that emanated from the Presence had infinite capacity. People wanted to sit near it because in that energy field, they automatically went into a state of bliss or a higher state of consciousness and experienced that feeling of divine love, joy, and healing. In it, disturbed people became calm and self-healed.

The body, which I had previously considered as

'mine', now healed itself of a variety of illnesses. Astonishingly, sight occurred without wearing glasses. The impaired vision had required trifocal glasses since the age of twelve. The capacity to be able to see without glasses, even at a distance, came on suddenly without warning and was a pleasant surprise. When it occurred, there was a realization that sensory faculties were a function of consciousness itself and not the body. Then the memory came back of an experience of being 'out of the body' during which the capacity to see and hear went with the 'etheric' body and was not connected at all with the physical body, which was some distance away in a different location.

It appeared that physical illness was really the result of negative belief systems and that the body could actually literally change as a result of the shift of a belief pattern. One is really subject only to what is held in mind. (It is a common observation that many people have recovered from almost every illness known to mankind by following spiritual pathways.)

The seemingly miraculous properties and capacity of the divine energy and the phenomena it brought about were intrinsic to that energy field and were in no way personal. They occurred spontaneously and seemed to be occasioned by some need somewhere in the world.

It was also interesting that many of the ordinary people who witnessed these phenomena handled it by going into denial and actually blanking out what they had just witnessed as it seemed to be completely outside the ego's perceptual systems and belief of what was possible. If asked about the phenomena, the people quickly manufactured some rationalization,

similar to patients who have been hypnotized and fabricate a plausible answer when asked to explain a post-hypnotic behavior. In contrast, people who were quite spiritually evolved accepted the occurrence of miraculous phenomena without comment as though it was a natural part of life.

After the major transformation of consciousness, the Presence determines all actions and events. A permanent alteration of consciousness establishes itself and is constantly present in its stillness and silence, even though the body talks and functions in the world. Over the years, with effort, there develops the capacity to focus on various levels as is required at the time to be able to function within the world. If allowed to, the silent Peace takes over completely and brings on a state of quiet, infinite joy. By withdrawing interest from the external world and the ordinary functions of perception, the infinite bliss state prevails and can only be curtailed by intense focus on the ordinary world. The Self is beyond time and form, and within it, the ordinary consciousness is potentially able to simultaneously function in a worldly manner.

There was a difficulty in considering the world of ordinary perception to be real and taking it seriously. This led to a sort of permanent capacity to see the world from a humorous viewpoint. Ordinary life seemed to be an endless comedy so that even seriousness itself was humorous. It became necessary to quell expressions of the sense of humor that some people were unable to accept because they were so deeply involved in the perceptual world of negativity.

Most people seem to have a vested interest in the negativity of their perceptual world and resist leaving

it for awarenences on a higher level. People seem to derive sufficient satisfaction from their endless anger, resentment, remorse, and self-pity to actively resist moving on to such levels as understanding, forgiveness, or compassion. There seems to be sufficient gain in negativity so as to perpetuate ways of thinking that are obviously illogical and self-serving, much as politicians distort the truth in order to gain votes, or criminal prosecutors suppress evidence of the innocence of the accused in order to obtain a conviction.

When these negative 'gains' are relinquished, the world becomes an endless presence of intense beauty and perfection, and love dominates all of life. Everything is self-luminous, and the joy of its divine essence shines forth, radiating through its all-present formlessness, which is expressed in the perceptual world as form. There is no further need to 'know' anything because there is no further need to know when one is actually all that exists. The mind in its ordinary state merely knows 'about'. That is no longer necessary when one is everything that can be. The Identity, which replaced the former sense of 'I', has no parts or divisions. Nothing is excluded from its totality and its Allness. The Self has become the Essence, not different from the essence of everything. In nonduality, there is neither a knower nor that which is known because they have become one and the same. Nothing is incomplete. Omniscience is self-completion. There is no desire for the next second of experiencing that propels the ordinary mind, which, from moment to moment, always feels incomplete.

The sense of completeness prevails with the physical senses. Desire and anticipation disappear, and pleasure

arises out of the activity itself. Because the experience of time has stopped, there is no experience of a succession of events to be anticipated or regretted. Each moment is total and complete within itself. The condition of beingness replaces all sense of past, present, or future so that there is nothing to anticipate or try to control. This is part and parcel of the profound state of peace and stillness. All needs and wants stop with the cessation of any sense of time. The Presence, with its infinite stillness, has displaced all mental and emotional activity. The body becomes self-propagating and merely another property of nature that functions by responding to the flow of conditions. Nothing moves or acts independently of the entire universe. In absolute concordance, all lives, moves, and has its existence in the absolute perfection, beauty, and harmony of All That Is.

Motivation as the basis for action disappeared. The phenomena of life were now of a different dimension and were observed as though one were in a different realm. Everything occurs of its own in the state of inner stillness and silence, activated by the love that expresses itself as the universe and everything in it. The beauty of life shines forth as infinite joy and happiness, infinitely peaceful and beyond emotion. The peace of God is so complete and total that there is nothing left to desire or want. Even 'experiencing' has ceased. In duality, there is an experiencer and, separately, that which is experienced. In nonduality, this is replaced by having become All That Is so there is no separation in time, space, or subjective experience between the experiencer and that which is experienced.

In the nonduality of awareness, even sequence no longer occurs, and awareness replaces experiencing.

There is no longer the experience of 'moments', as there is only a continuous Now. Movement appears as slow motion, as though suspended outside of time. Nothing is imperfect. Nothing actually moves or changes; no events actually take place. Instead of sequence, there is the observation that everything is in a stage of unfolding, and that all form is only a transitional epiphenomenon created by perception and the observational habits of mentation. In reality, all comes into being as an expression of the infinite potentiality of the universe. Evolving states are the consequences of conditions but are not caused by them. Conditions account for appearances, and the phenomena as change are really the result of an arbitrary point of observation.

From the viewpoint of singularity, there appears to be multiplicity, but from the omnipresence of simultaneous multiplicity, there is only the singularity of oneness. Omnipresence obliterates any perceptual artifact of either singularity or multiplicity. In reality, neither condition exists. There is neither 'here' nor 'there'; there is neither 'now' nor 'then'; there is neither 'past' nor 'future'; there is neither 'complete' nor 'incomplete', nor is there 'becoming' in that which is already and totally self-existent. Time itself is an arbitrary point of observation as is the speed of light. Our customary attempts to describe the universe can be seen not as a description of the universe but instead as a description of arbitrary points of observation and really as a map of how the ordinary mind works.

What is actually being described is not an objective, self-existent universe but merely the categories of mentation of the mind and the structures and forms of

its sequential processing. The limitation of science, then, is preordained by the limitations imposed by the perceptual world of duality. Perception itself is self-limiting in that it can only know 'about' rather than know. Science is not expected to reach beyond the limits of perception nor should it be faulted for failing to do so. It can only take us to the threshold of awareness, which does not depend on perception at all. In actuality, science progresses by scientific intuition, with the logic and the proof coming afterwards. We customarily call these intuitive leaps creativity, which supersede logic and energize progress. Thus, discovery is the real mainspring of the evolution of society.

In the state of Awareness, the mind has become silent. Logical or sequential thought has stopped, and instead, there is silence and stillness, and a continuous, effortless unfolding and presentation as revelation. Knowingness unfolds of itself and the divinity of All That Is silently shines forth as self-evident and self-effulgent. All stands forth in complete and continuous revelation. There is no need to seek or get for everything already is in its totality and completeness. All seeming action takes place on its own.

There is no doer behind action in that the mythical entity that one had always assumed was the wellspring of experience had disappeared and dissolved into the absolute oneness of the universe. The Self, in its totality and completeness, is beyond and before all worlds, universes, or time, dependent on nothing and caused by nothing. The Self is beyond existence, neither subject to existence nor nonexistence, beginning nor ending, time nor space. It cannot even be included in the concepts of 'is' or 'is not'. The Self is neither mani-

fest nor unmanifest and is beyond any dimensions implied by such categorization of concepts.

The capacity to operate cogently in the world of ordinary experience required some major adjustments. There is a continuity and oneness between the 'realms' of duality and nonduality, and nonduality pervades all duality. The limitation within duality is really one of awareness. This limitation of awareness appears to be the consequence of focus.

Human beings are seen to be innocent due to their extreme unawareness and unconsciousness of their reality. In this state, they are run by programming and illusory belief systems. At the same time, the purity of spirit shines forth as their intrinsic beauty.

It might be said in modern terms that people are run by their 'software programs' of which they are unconscious. Each person is in the process of the evolution of consciousness, with some more evolved than others. Each one represents the unfolding of consciousness under different conditions and therefore has different levels of appearance. It is as though each person is caught in a certain level and cannot proceed to another level without the consent, decision, and agreement of the will. The intrinsic innocence is because, comparably, the person is like the hardware, and their actions and beliefs are like the software. The hardware is unaffected by the software programs that they are following blindly without awareness of significance or consequence of these actions. Classically, the unconscious software programs are called 'karma'.

The state in which ordinary people operate does not imply any moral fault or defect but merely represents the possibilities of the fields of consciousness as they

express themselves through each living entity. Although, in reality, there is neither 'good' nor 'bad', it is obvious that all actions have consequences. Behind the apparent differences, there is actually only the reality of the one Self shining forth as the source of life in all that lives; each entity lives in the stop frame of this instant, which is all there actually is beyond their awareness.

In nonduality, in no one instant can any such thing as a 'problem', 'conflict', or 'suffering' occur. These all arise in anticipation of the next instant or recall of the past. The ego appears to be the product of fear, and its purpose is to control the next instant of experience and ensure its survival. It seems to vacillate between fear of the future and regret over the past, and the desire and sense of time that repel action stems from the illusion of lack. With a sense of completion, desire ceases. That which believes it is finite fears for its survival for it is subject to time and the illusions of causality.

When the usual motivations of life disappeared, it became effortless. What had been the personality was now only a vague propensity that seemed to know how to mimic ordinary behavior from a recollection of those patterns, but its ongoingness stemmed from a different source. What had previously been considered to be personal was now obviously impersonal. For one thing, the real Self could not really explain itself to others. What to this Self was reality, rocklike, and substantial, when expressed in words, it sounded abstract or philosophical to ordinary people who were run by concepts and sequential thought patterns; what seemed mystical to the average person was merely concrete, subjective reality. It took effort to reenergize ordinary thought patterns in order to facilitate verbal

communication. The real 'I' is beyond consciousness itself but can radiate down as the capacity to move out of bliss into worldly activity. Love becomes the sole motivator of the continuance of physical existence.

During the transition, the body felt a considerable strain as though the nervous system was having to handle more energy than it was originally designed to do. The body's nerves often felt as though they were high-tension wires burning with high-voltage energy and current. This eventually required moving away from the big city and the life that went with it to a small town in the West that had, over the years, attracted people who were dedicated to a nonmaterialistic, spiritually oriented life. Now meditation could take the place of activity and the bliss state would return, resulting in what appeared to be an ascetic lifestyle only because there were neither needs nor wants. There was a time of even forgetting to eat, as though the body were very peripheral or perhaps not even in existence. One could pass a mirror and be surprised that there was even a body image there. There was no interest in the events of the world, a condition that lasted for some ten years of withdrawal from ordinary functioning in order to become adjusted to the spiritual state that had replaced the former consciousness.

One aspect of this state of awareness was the capacity to discern greater significances within phenomena than were ordinarily observed. Thus, the interesting clinical technique of muscle testing revealed the missing link and bridge between the mind and the body, and between the manifest and the unmanifest. That which is invisible could now easily be made visible. This clinical phenomenon transcended

the autonomic nervous system or the acupuncture system as an explanation of the link between psyche and soma. It was obvious that the muscle-test response originated from the nonlocality of consciousness, and that its former limitation to the investigation of local phenomena was an expression of the limitation of perception of the clinicians or experimenters.

Although it is only because of nonduality that duality can be said to exist, muscle testing was the easiest and most practical phenomenon by which to take advantage of that reality. It became obvious that one could actually calibrate the different energy fields within consciousness and arrange them in a hierarchical scale, and when calibrated numerically, literally demonstrate the classical levels of consciousness as described since the beginning of time.

The most astonishing aspect of the phenomenon was its capacity to instantly register the difference between truth and falsehood. This quality was beyond time and space and bypassed the human psyche and the minds of the individuals involved. It was a universal quality of consciousness, just as protoplasm has the universal qualities of reactivity to stimuli. Protoplasm reacts involuntarily to noxious or beneficial stimuli and differentiates between the two. It withdraws from that which is antithetical to life and is attracted to that which supports it. With lightning-like speed, the muscles of the body go instantly weak in the absence of truth; they go strong in the presence of truth or that which supports life.

Everything in the world, including thoughts, concepts, substances, and images, calls forth a response that can be demonstrated as positive or negative. The

response is not limited by time, space, distance, or personal opinion.

With this simple tool, the exact nature of everything in the universe, anywhere in time, could be explained and documented. All that ever is or was, without exception, radiates forth a frequency and a vibration as a permanent imprint in the impersonal field of consciousness and can be retrieved by this test through consciousness itself.

The universe stood revealed; secrets were no longer possible. It was apparent that “every hair on one’s head” could indeed and in fact be counted and that no sparrow could fall unnoticed. That “all will be revealed” had become a fact.

Power Versus Force

A testing procedure was tried on literally thousands of test subjects, both individually and in groups. The results were universally concordant, irrespective of the age or mental state of the test subjects. The applications of the discovery were obvious in the fields of clinical activity, research, and spiritual teaching.

The discoveries that ensued were recorded in the book, *Power versus Force*, as well as in a Ph.D. dissertation published as “Qualitative and Quantitative Analysis and Calibration of the Levels of Human Consciousness.” The purpose of the latter endeavor was to give additional credibility and scientific validation to the discoveries that were not explicable by ordinary human logic or the restrictions of Newtonian causality.

Although the numerical scale of consciousness is logarithmic and numerically presented, the fields of consciousness that are referenced are nonlinear and

beyond the Newtonian paradigm of reality. The scale provides a link between the known and the unknown, between the manifest and the unmanifest, between duality and nonduality. The value of such a tool was so immense that many people went into paradigm shock when they first discovered this work. That anyone anywhere can instantly tell the truth about anyone, anything, or everything anywhere in time or space is a giant leap and can be disturbing at first to one's sense of reality. Everyone thinks they are completely separate and that their thoughts are private.

One value of the research tool was that it could be used to check the truth and validity of its own research and experimental work. Thus, in *Power versus Force*, as in this book, every chapter was calibrated. The book as a whole was also calibrated and found to be in the 800s, so the inference was that the energy of the book itself would accomplish its own spread and communication. And, as such, it did, all by itself, with no advertising or promotion. It spread to other countries and continents and into other translations. It eventuated into widespread interest and distribution and is used by study groups in colleges, universities, and research departments.

On the Map of the Scale of Consciousness (see Appendix B), the level 600 indicates the crossing over from the perceptual world of duality to the nonperceptual world of nonduality. Interestingly enough, the muscle test and response itself calibrate at 600. This means that its true nature cannot really be comprehended by most people, although everyone can learn to use it in a practical manner.

Interest in the book, *Power versus Force*, came

primarily from spiritually interested people and groups as well as from healers and those interested in studying consciousness itself. Although the book defines very profound benefits from applying the technique to many areas of ordinary human life, thus far there has been very little interest from those areas of society that could benefit instantly and to a great degree by the use of the technique. Society has yet to discover its profound benefits.

Section Two

The Spiritual Process

The Nature of the Quest

Nonlinear learning takes place more as a result of familiarity than by logically sequenced, processed intellection. Consciousness tends to advance as an automatic consequence of having acquired new information. On review, then, it is capable of integrating information that may have been missed or not understood. Each exposure advances integration and therefore new insights.

It was discovered that a clinically useful diagnostic muscle test had a much higher potentiality than had been previously suspected. Much as the telescope is found to be capable of revealing the planets of the universe and not just the goings-on in the woods or the neighbors' back yards, the muscle test was found to be based on a nonlocal, universal quality of consciousness that was impersonal and that transcended the personality or the particulars of the test subject.

It was found that the response of the body's muscles to a test stimulus was determined by an essential quality of consciousness itself that is able to instantly react to the presence of truth by going strong, thereby giving a 'yes' or positive response. The absence of truth is indicated by weakness, a 'no' response. Investigation of this reproducible phenomenon was conducted with thousands of test subjects from all walks of life over a twenty-year period and confirmed by teams of investigators.

By clinical trial and error, research established that the muscle-test response differentiated between that which was beneficial and that which was destructive. It had diagnostic value for discerning physical disease

and identifying beneficial treatments. These events occurred in the 1970s, leading to the development of the whole clinical body of information, and clinicians established colleges of kinesiology and applied kinesiology. These primarily attracted general physicians and holistic health practitioners. It also attracted the interest of a psychiatrist, Dr. John Diamond, who took the research to a new level and began to use the muscle response to investigate attitudes, emotions, belief systems, music, sounds, and symbols. This heralded the advent of Behavioral Kinesiology, which had much broader implications.

The next step was the use of the muscle-test response to categorize and eventually numerically calibrate the levels of consciousness. These had been classically stratified in philosophical and spiritual traditions, as the well-recognized levels of spiritual advancement accepted in all cultures. It was found that these stratified levels could be calibrated (logarithmically). A useful scale of consciousness emerged that correlated and, in fact, illustrated man's entire history. It was found that on an arbitrary scale of 1 to 1,000, anything that calibrated below the level of 200 was negative, anti-life, false, and universally experienced as destructive. Consciousness, then, could differentiate truth from falsehood, which was a major discovery.

The next leap in awareness was the discovery that the level 200 differentiated between power and force, which enabled an investigation into the different qualities of these two contrasting realms. Force is temporary, consumes energy, and moves from one location to another. Power, in contrast, is self-sustaining, permanent, stationary, and invincible. The result of

these investigations led to the emergence of the Calibrated Scale of Consciousness and the publication of *Power versus Force*. The different levels were correlated with social phenomena and also with the prevailing levels of consciousness that were found to dominate human consciousness.

Although the calibrations of these levels can be denoted numerically for easy recognition and understanding, it was discovered that they actually refer to realms beyond the reach of traditional science. This had, in the interim, become termed “chaos theory” or “nonlinear dynamics.” The realm of nonduality is not describable in terms of traditional mathematics, such as differential calculus. The realm of nondualistic, nonlinear reality turned out to be the realm traditionally described as spiritual. The power behind human affairs stemmed from these indefinable, indescribable, and immeasurable realities that constituted human motivation, significance, and meaning.

Life itself had been beyond scientific investigation because life is nonlinear and dynamic. Thus, the descriptive terminology and conceptualization of linear Newtonian physics and its paradigm of reality had to be transcended.

The measurable, observable, physical world turned out to be a world of effects, with no intrinsic power. Real power resides in the infinitely powerful domains of the unseen and the nonlinear. Reality was not describable in terms of time, dimension, location, or measurement but existed independently in the infinite potentiality beyond space and time, traditionally called ‘Reality’. These are the infinite ‘domains’ that had never been described except by exceptionally gifted individuals

deemed to be enlightened.

Investigation of the higher calibrated levels of consciousness correlated exactly with the degree of enlightenment of the great spiritual teachers of human history. It was found that no human had ever lived who calibrated at a consciousness level beyond 1,000, and those who did calibrate in such high numbers had been accorded the status of great teacher, Christ, Buddha, Krishna, Avatar, Savior, the teachers of Divinity, or the windows of God. For thousands of years their teachings had shaped mankind's context of reality and contextualized the total human experience.

Of exceptional value is the discovery that inasmuch as everything in the universe, even the smallest thought, gives off a calibratable energy or vibratory track, these vibratory events were recorded permanently in the energy field of consciousness, which was beyond time and space.

Outside time or space, there is no 'then' or 'now', no 'here' or 'there'. All that ever transpired had laid down a permanent record that was calibratable and retraceable. 'All that ever was' in the universe still is and is identifiable, discernible, and trackable by anyone anywhere, at any time.

All supposedly 'unrecorded history' had, in fact, been precisely recorded forever with identifying details. With this realization, scripture now actually became verifiable. The capacity to discern, discriminate, and differentiate between truth and falsehood revealed itself for the first time in human history. This led to a massive amount of research. The accuracy of the ensuing observations was subjected to academic standards of research and published as the dissertation,

“Qualitative and Quantitative Analysis and Calibration of the Levels of Human Consciousness.”

The necessary preconditions, background, and basis for the evolution of this progressive understanding of human consciousness had been the emergence of a transformative, enlightening state of consciousness in 1965. The brilliance, peace, love, and profound compassion and understanding of the Divine Presence revealed the infinite nature of reality as the awareness/Self and source of all existence beyond all time, form, conditions, or description.

Innate to the Presence is an Infinite, Timeless Knowingness that illuminates all possibility, beyond all opposites or causality. Revelation presents itself as self-explanatory and obvious, the essence of all truth. The totality and completeness of the knowingness prevails beyond time and is therefore always present. One reflection of its presence is the capacity to comprehend the incomprehensible by its self-revelation of its essence. Therefore, all stands revealed. The unmanifest and the manifest are one and the same.

The essence of truth is subjectivity, which transcends duality and yet provides a bridge between. It took years to perfect the bridge so that communication of the ineffable to the world of form was made possible. The book, *Power versus Force*, was the result.

The discoveries thus far described had profound implications and evolved into years of research by peers and then teams of co-investigators by whom hundreds of thousands of calibrations were made of every aspect of human life, events, and personages of history. These included spiritual teachings, literature, and teachers.

Out of all this emerged lengthy calibrations of human attitudes, ideas, concepts, and belief systems. The sheer mass of data took years to correlate and abstract the essentials in order to be able to provide a comprehensive presentation of the information. The data had obvious potential value to mankind as a research technique for obtaining heretofore inaccessible knowledge.

The leap from the Newtonian paradigm of linear causality, perception, and duality to the nonlinear reality that transcends perception is not easily made in our society. However, it is of value to those who work towards spiritual evolution or the progression of science to understanding the nature of life itself.

The discovery of the distribution of the levels of consciousness throughout society was also quite significant and explained much of human behavior in history. How millions of people, whole generations and whole cultures, even whole continents, could be so easily manipulated to their own destruction was explained by the discovery that seventy-eight percent of the world's population calibrates below the level of Integrity at 200. In addition to this limitation, the consciousness level of mankind as a whole remained at only 190 and was unchanged for centuries until, suddenly, in 1986, it jumped across the critical line from falsehood to Integrity and Truth at 200, and on to its current level at 207, which indicates progressive integrity and truth. The calibrated Scale of Consciousness, together with the capacity of the muscle test, thus provided a reliable map and compass for anyone desiring to evolve spiritually or advance their level of consciousness.

The heavy programming of man's consciousness by negativity has meant that not only is seventy-eight percent of the population below the level of Integrity at 200, but only four percent of the world's population ever reaches the level of Love at 500, and only 0.4 percent reaches the level of 540, or Unconditional Love. The consciousness level of Enlightenment at 600, which is the crossover from duality to nonduality, is reached by approximately one in ten million persons (0.000001 percent). Also of importance is the realization of the enormously different levels of power between the calibrated levels. Because they are logarithmic, even a few points are very significant. If the muscle-testing method and the Scale of Consciousness are used to elucidate the underpinnings of the great barrier of duality that arises from perception, which, in turn, arises from positionality, the veil that hides the light of truth falls away. Divinity is present everywhere but obscured by identification with the mind and the body.

The Eye of the I is the Self of Divinity expressed as Awareness. The unmanifest, transcendental divinity of Allah/God/Brahman/Krishna becomes manifest as the Self/Atman—the immanent divinity.

Spiritual evolution occurs as the result of removing obstacles and not actually acquiring anything new. Devotion enables surrender of the mind's vanities and cherished illusions so that it progressively becomes freer and more open to the light of Truth.

Illumination refers to those spiritual states where sufficient barriers have been dropped, either deliberately or unconsciously, so that a greater context suddenly presents itself, and in so doing, illuminates, clari-

fies, and reveals an expanded field of consciousness actually experienced as inner light. This is the light of awareness, the radiance of the Self that emanates as a profound lovingness. Although, for many people, the experience may not last (as in near-death experiences), the residual effect is permanent and transformative. In due time, the light is likely to return again for periods of infinite bliss, peace, and silence, followed by a profound gratitude for the gift.

The unforgettable event tends to set up a yearning to return to that state, which may result in the willingness to give up everything in this world to do so. Curiosity is replaced by dedication, surrender, and devotion. Spiritual inspiration strengthens and becomes the guiding light of one's life. All human desires fade away in comparison to what is now realized as the ultimately possible state. One then has become truly a devotee and a servant of God for whom one is willing to surrender all that this life has to offer.

The next obstacle that is likely to arise is impatience, which sometimes reaches the level of desperation. Having once experienced Shangri-la, the explorer will risk life itself and make any sacrifice in order to return. The search and the journey can become a powerful, driving obsession. There is, therefore, sometimes the awful grief at the disappearance of that illumined state, or the guilt that perhaps one has done something to deserve being separated from it. One beseeches God in heaven for assistance.

Despair can set in, as well as periods of despondency and self-blame. These are followed, however, by even more powerful rededication and commitment to the

journey. The soul is unwilling and now perhaps even unable to settle for anything less than the presence of God. Surrender occurs at greater and greater depths until there is finally the willingness to let even one's very self as 'I' disappear. That 'self' goes deeper and is stronger than one had suspected. Its hold seems tenacious and fierce.

Then, by the greatest surrender, which is accomplished not by one's own will but by the grace of God, the agony of the death of the ego/self occurs and seems almost unbearable. It then disappears into eternity, and into the vacancy swells the All-encompassing Presence in stunning glory and radiance. That one ever experienced oneself as separate or not identical with that Presence is unthinkable and incomprehensible. There is no explanation.

There then arose the potentiality for the one to know and experience itself as One. It is simultaneously both and yet neither. That is the present state or condition—all potentiality, all possibility, all states—all of them, yet none of them. It is not verbally explicable.

Preliminaries

One difficulty with spiritual writings is that they often do not present a context of familiarity so that a seeker can approach the subject with comfort. For instance, it is often stated that the personal life of the writer or speaker is of no consequence, which, although true in an absolute sense, ignores the level of consciousness of most of humanity that has a natural curiosity and expectation about the style in which information needs to be presented. To say that one's personal life is of no significance has no meaning to

most people.

There is a natural tendency to be curious about what kind of person experiences unusual spiritual revelations. There is curiosity about the personality traits or lifestyle. There is also the intuitive awareness that to understand it is to discover that perhaps those traits or characteristics tend to eventuate in spiritual awareness. Perhaps there are certain personality styles or characteristics that are common to those who become dedicated to spiritual discovery or who realize certain states of consciousness.

The spiritual pathway is facilitated by certain characteristics that become reinforced and more powerful with practice, experience, and success. These include the capacity to focus unswervingly on a goal and to concentrate fixedly on a technique or spiritual exercise with commitment and dedication. Thus, there is a resolution of purpose and a willingness to let go of everything or anything based upon one's profound belief and faith in a spiritual teaching or truth. In general, there is a willingness to forgive and love rather than to hate and condemn. There is a willingness to forsake the lesser for the greater and a desire to understand rather than to judge. The reason people with spiritual interests seem to congregate is because they have a preference for peace and tranquility over stimulation and excitement. Perhaps the most useful tool is the capacity for humility and the realization of the limitations of ordinary consciousness and their consequences. To ensure the validity of one's direction of endeavor, it is crucial to calibrate the level of truth of every teaching, teacher, guru, or spiritual group.

Historically, it can be seen that mankind stumbles

on blindly, much like ships did in the unmarked oceans, without a compass or maps. Literally hundreds of millions of people throughout time have been destroyed for lack of a simple technique to overcome the mind's incapacity to tell a sheep from a wolf in sheep's clothing. Whole nations have gone down; whole civilizations have died from following propaganda, slogans, and belief systems that, when muscle tested, make one go weak. Although the muscle-testing technique may sound simple and crude, so was the discovery of the lodestone for use as a compass.

Most people on the planet today owe their survival to things that were once thought unscientific and crude, such as the dirty-looking growth of mold on a petri dish that was observed to be able to kill bacteria. This little discovery led to antibiotics and thereby increased mankind's quality of health and expected longevity.

The naïve seeker is fair game for any and all would-be captors via various ideologies through the sheer influence of numbers, persuasion, and charisma. Peer pressure for the gullible is also prevalent so that finding one's way through the thickets of profuse religious and purportedly spiritual teachings becomes hazardous and problematic. It requires some inner conviction and means of guidance to not follow the throngs of worshippers because the herd instinct is strong. Surely, one's mind says to itself, "All those millions of people could not be wrong or be misled by error." To find the answer to this paradox, we merely need to examine the makeup of those throngs of often-zealous believers. That human error is not only possible but also certain and probable becomes evident from the

fact that seventy-eight percent of the world's population calibrates below the level of 200, the level of Truth and Integrity.

The muscle-testing response is determined solely by the response of universal consciousness to either truth or falseness. On an arbitrary scale (see Appendix B), that which makes one go strong is calibrated at the level of 200. That which is false or destructive calibrates below 200. (From zero to 200, one discovers the levels of Shame, Guilt, Remorse, Fear, Hate, Greed, Pride, Avarice, Anger, etc.)

At the level of Truth and Integrity, the body goes strong, and these levels go up through Courage, Neutrality, Willingness, Capability, Lovingness, Joy, and Peace. The positive levels are then calibrated from 200 up to a possible 1,000. Love is at 500, the Intellect is in the 400s, and Capability and Willingness are in the 300s. That seventy-eight percent of mankind calibrates below the level of 200 means that most of society assumes that falsehood is truth. Only twenty-two percent of the world's population is even capable of understanding what truth is, and of that, only four percent of the world's population calibrates at 500 or over, which is the level of Love. Farther up the scale, the number of people at the top of this pyramid of humanity dwindles rapidly. Enlightenment calibrates at 600, where duality dissolves into nonduality. The 700s are the realm of the great spiritual teachers, gurus, and saints. Few can be identified in the 800s or 900s. The energy field at 1,000 is the maximum that can be tolerated by the human body and nervous system, and it is the rare level of the great avatars of history. No human has ever existed who calibrated beyond 1,000.

The value of all these realizations is merely to describe a means of discernment because human consciousness lacks the innate capacity to tell truth from falsehood. It is therefore imperative to know the calibrated level of truth of any teaching or teacher.

With this awareness, we begin to understand the great myths of mankind, which are always about the vicissitudes of the seeker who, in the classic story, becomes besieged by challenges, seductions, snares, traps, beguilements, and savage beasts. There are always dragons, fires, swamps, bodies of water, and other hazards to be overcome. In the legends, success depends on knowing a single secret or a mystical bit of information, which becomes the key to progress. Without help from on high or 'high helpers', the hero or heroine becomes lost and is finally saved by divine goodness in some disguised form, such as a bird that signals or shows the way. Muscle testing then is such a bird and prevents the painful stumbling into a morass from which it is often difficult or impossible to escape.

The spiritual quest is classically likened to a pathway, a journey, or a venture. Unfortunately, the naïve seeker often goes unprepared on a difficult journey without the necessary tools. In the ordinary world, we depend on many safety measures. We wear seatbelts, get inoculated against epidemic diseases, and accept that there are hazards to be guarded against and overcome. Thus, caution comes from wisdom, not from fear. Prudence requires awareness of the pitfalls to be avoided. If enlightenment were easy to come by, it would be a common phenomenon. However, statistically, the chances are less than one in ten million.

There is also the common thought held by seekers

that there are only two alternatives, either enlightenment or painful entrapment by the ego. Actually, each step forward brings new joys and a jump in consciousness that calibrates at even only a few points higher on the Scale of Consciousness. Because it is a logarithmic jump, however, it can bring about much greater happiness and accord. As one progresses, confidence replaces fear, emotional comfort replaces distress, and the ease and quality of life improves.

The Desire for Enlightenment

Unless one has fallen unbidden and without previous effort into an enlightened state of consciousness, as happened to such saints as Ramana Maharshi during adolescence, the more common route is to begin to desire to reach an enlightened state. The Buddha said that those who hear and learn of enlightenment will never be satisfied with anything else and, therefore, the end is certain.

Sometimes the seeker puts forth great effort and patience, and discouragement follows. At this stage, the ego assumes there is an 'I' that is seeking an 'it' (the state of enlightenment), and it therefore seeks to redouble its efforts.

Traditionally, the pathways to God have been through the heart (love, devotion, selfless service, surrender, worship, and adoration) or through the mind (advaita, or the pathway of nonduality). Each way may seem more comfortable at one stage or another, or they may alternate in emphasis. Either way, it is a hindrance to consider that there is a personal self, or an 'I', or an ego that is doing the striving or seeking or that will become enlightened. It is much easier to realize

there is no such thing as the ego or an 'I' identity that is doing any seeking, but instead, it is an impersonal aspect of consciousness that is doing the exploring and seeking.

A useful approach is to let the love for God replace the willfulness that is driving the seeking. One can release all desire to seek and realize that the thought that there is anything else but God is a baseless vanity. This is the same vanity that claims authorship for one's experiences, thoughts, and actions. With reflection, it can be seen that both the body and the mind are the result of the innumerable conditions of the universe, and that one is at best the witness of this concordance. Out of an unrestricted love for God arises the willingness to surrender all motives except to serve God completely. To be the servant of God becomes one's goal rather than enlightenment. To be a perfect channel for God's love is to surrender completely and to eliminate the goal seeking of the spiritual ego. Joy itself becomes the initiator of further spiritual work.

From joy and humility, the rest of the process is certain. One becomes aware that the whole spiritual-seeking process is being activated by the attraction of the ultimate destiny to realize the Self rather than being propelled by the limited ego. It could be said in ordinary language that one is being pulled along by the future rather than being propelled by the past. It is obvious that unless one was destined for enlightenment, one would not even be interested in the subject. To even aspire to such a state is actually quite rare. In an entire lifetime, the average person does not meet even one other person who is primarily interested in reaching enlightenment. The path can be arduous

and demanding.

In the Western world, there is really no accepted or traditional role for the spiritual seeker. It is not expected that one will finish up one's worldly business and then, at retirement, spend the rest of life spiritually seeking the truth to the exclusion of all else. In some countries such as India, there is such a cultural path traditionally accepted as a normal development. In the West, a serious spiritual student most often joins dedicated, like-minded persons who are often viewed somewhat suspiciously as dropouts from society unless they enter a monastery or theological seminary.

The Teacher

Spiritual groups are often organizations with their own agendas. Here again is a pitfall for the unwary, for the spiritual world, as well as the ordinary world, contains charlatans whose purpose is to capture the naïve initiate for purposes of control, domination, power, money, or prestige, such as having 'lots of followers'.

The true teachers can be seen to have no interest in fame or in having followers, prestige, or trappings. If we calibrate them, they usually calibrate from the high 500s on up or, more rarely, to the 700s. The teachings and not the teacher are what are important. Inasmuch as the teachings do not come from the personage of the teacher at all, it does not make sense to idolize or worship that personage. The information is transmitted as a gift because it was received as such. There is, therefore, nothing to sell, to enforce, to control, or to charge for inasmuch as the information was free and a gift from God. A valid spiritual organization may make nominal charges to cover ordinary expenses in that every-

one contributes for the common good.

The spiritual teacher transmits a benefit due not just to the words themselves but to the high energy of consciousness that accompanies the words. The teacher's level of consciousness creates what might be likened to a carrier wave that accompanies and empowers the words.

As was cited in the research done in *Power versus Force*, one single avatar at a consciousness level of 1,000 totally counterbalances the collective negativity of all mankind. An individual at level 700 counterbalances the negativity of 70 million individuals below the level of 200. One individual at 600 counterbalances ten million people below 200; one at 500 counterbalances 750,000 below 200. One individual at consciousness level 300 counterbalances the negativity of 90,000 individuals below 200.

There are currently approximately twenty-two sages on the planet who calibrate at 700 or above. Of these, there are twenty at 800 or more, of whom there are ten at or over 900, and one sage is over 990. These figures have changed since 1995 when *Power versus Force* was published. (Only ten were over 700.) The negativity of the entire human population would self-destruct were it not for the counteracting effect of these higher energy fields.

It would seem then that there is some truth to the saying that the infinite power of God transmits itself down to beings on earth as though through a series of step-down transformers. Although the actual number of persons on the planet who calibrate negatively far exceeds those who calibrate positively, their actual individual power is very small by comparison so that at

the present time, the calibrated energy of mankind as a whole since the 1980s is on the positive side. As previously mentioned, for many centuries prior to 1986, the consciousness level of mankind stood at 190, and then, rather suddenly, it jumped to the level of 207.

The power of the teachings of the original avatars then influences and contextualizes the significance of the life of mankind through centuries and even thousands of years. It is very informative, however, to calibrate the level of consciousness of a great teacher and then calibrate the level of institutionalized teachings that are then brought down through the centuries. Some teachings have survived almost totally unscathed while others have seriously deteriorated. Some have even fallen to such low levels that they calibrate below the critical level of Truth altogether, resulting in negative cults and becoming sources of conflict and negativity in the world. It is well to remember that popularity is not a sign of truth. It is not surprising then that the great majority of the population of mankind falls below the level of 200, and that multimillions are following 'religions' that are basically negative.

What Is Spiritual?

It is common for people to confuse 'spiritual' with 'religious,' and even with the supernatural, or 'astral' domains. They are, in fact, quite different, and this confusion often results in social strife and uncertainty.

In the United States Declaration of Independence, for instance, it was stated with great clarity by the originators that the rights of man stem from the divinity of their creation, and thus was established the principle of spirituality. However, they differentiated this from

religion by saying that citizens are to be free from the establishment of any religion. The founders were aware that religion divides and is based on secular power, whereas, spirituality unites and has no worldly organization. The Declaration of Independence (which calibrates at 705) spells out that this is a nation whose government derives its authority from the spiritual principles of the Creator, and that it is to be guided by spiritual principles that see everyone as equal, with justice and freedom for all. This obvious position has great power and needs no defense.

Religion, on the other hand, can be sectarian and divide people into conflicting groups, often with dire consequences to civilization and to life itself, as history reveals. The sole power of truly spiritual groups originates only from the truth of their teachings, and they have no significant earthly power, edifices, wealth, or reigning officers. Generally in spirituality, the central ideas that hold the group together are commonly those of love, forgiveness, peace, gratitude, thankfulness, kindness, nonmateriality, and nonjudgmentalism. Usually, religion, in essence, originally has a core of spirituality that, however, becomes submerged and often lost from sight. Otherwise, war, for example, would have little chance to even occur. Spiritual truth, then, is universally true and without variation through time or place. It always brings peace, harmony, accord, love, compassion, and mercy. Truth can be identified by these qualities. All else is the invention of the ego.

The Basics

Religion As A Source of Spiritual Error

There are two sources of error stemming from traditional 'true' religions. The first is simply misunderstanding or misinterpretation of the specific teachings of the original great teacher. Because the original listeners, or followers, were not themselves enlightened, the original teachings were contaminated by their egos. This then became magnified by subsequent translators and scribes down through the generations. The warp often is due to the fact that the ego has a tendency to be literal in its hearing of the word rather than the spirit or essence of a teaching. Any translation that teaches anything other than peace or love is in error. This is a basic rule and easy to spot.

The second and more prevalent gross distortions are spiritual teachings that arise from what is usually referred to as 'church doctrine.' These regulations, often in the form of guilt-provoking prohibitions, were actually totally made up by church officials and supposed authorities who, in reality, had no claim to authority at all but instead had acquired political power in the structure of the institutions at the time.

There is no authentic or plausible reason to modify the precise teaching of an original great teacher for some ostensible gain. As obvious as it may seem, it has not been clear through the centuries that to be a Christian, for example, means simply to exactly follow Christ's teachings.

All the great teachers teach nonviolence, noncondemnation, and unconditional love. It is hard to see

how any alleged ecclesiastical authority could violate these basic truisms supposedly for 'the good of the faith', or 'the good of the church', or the 'elimination of infidelities,' or 'just' wars.

There are many subjects not addressed in original spiritual teachings, thus creating the opportunity for fallacious religious elaborations. All kinds of 'sins' have been invented over the centuries, with elaborate explanations and rationalizations that can only be described clinically as rather sick manipulations of natural human affairs. The harm that resulted was not only spiritual error but also psychological cruelty and the blanket guilt of humanity. This focus on guilt and sin further condemns human consciousness by reinforcing the dilemma of the opposites and the duality of perception. This latter destructive effect on human consciousness takes man farther away from God and creates a barrier that is transcended only by the very few who have to be almost spiritual geniuses in order to succeed in escaping the coercive trap of elaborate fallacies.

A further destructive effect of the promulgations of some religious doctrine is that it creates the very basis for terrible wars and persecutions. These are always based on religious differences that are exaggerated in importance in order to justify religiously sanctioned mayhem. These misinterpretations and deviations are especially notable in the murky religious meddlings with sexuality, procreation, child rearing, diet, details of daily living, customs, dress, and political power.

Wearing different kinds of clothing, hats, or facial hair is enough to fuel religious persecution or war. Circumcision, not eating meat on Fridays, saying grace before meals, and dates and details of religious holidays

all become ammunition. Whether the Sabbath is Saturday or Sunday becomes more important than the truth. Whether wearing a hat or no hat shows respect for God becomes a hoary issue.

By exploiting trivialities at the cost of ignoring the main thrust of spiritual truth, religions contribute to their own downfall and that of all humanity. Much that is revered as church doctrine is really the product of the ego. If it is true, as Jesus said, that evil is in the eye of the beholder, then those who see sin and evil everywhere are themselves the problem. In Victorian times, even the leg of a table was considered to be a temptation and had to be discretely covered with a drape.

Much of what has traditionally been described as sin is really the guilt-ridden exaggerations held in the mind of some emotionally disturbed church authority. Adherence to the admonition, "Let he who is without sin cast the first stone," would silence all these misappropriations of spiritual truth.

Collectively, these distortions of spiritual truth have paradoxically condemned both God and human nature in the name of 'Divinity'. To usurp that authority and make pronouncements in the name of God seems rather grandiose and delusional. No one who had ever experienced the absolute reality of the presence of God could ever make such distorted statements.

The Emancipation of Humanity

Before a new direction is sought, it is necessary to discern the error of the old and awaken a desire to transcend that error. This requires courage and fearless honesty. The recovery from many serious and incurable, potentially fatal disorders is based on the willing-

ness and capacity to face the truth and choose a different pathway. To break down denial and admit the truth takes one above the critical line of Integrity (at 200).

The phoenix of spiritual awakening is birthed out of the ashes of human despair. As Mother Teresa said, the beautiful flower, the lotus, arises from its roots in the slime and mud at the bottom of the pond.

Early in this writer's life, there occurred the revelation of the totality of the suffering of all mankind. It was staggering and overwhelming in its sheer immensity. As stated elsewhere, this led, unfortunately, to the mistake of blaming all that suffering of humanity on the god of religion who had 'allowed all that to take place'. However, it did reinforce the drive and desire to relieve human suffering.

Many years later, the resultant atheist, without warning and at the depth of despair, surrendered to God and had a profound spiritual awakening that transformed all understanding of God, Truth, and Reality. Yet, some years later came the vision and comprehension of the profound ignorance and limitation of human consciousness that revealed itself as the very foundation and source of all human suffering. The realization of the immensity of the hold of ignorance on and its terrible price to humanity was profound and resulted in a shifting of endeavor from relieving physical and mental sickness and suffering to the spiritual error that accounted for all of it.

The collective human ego as expressed by society is blind to the basic problem that underlies its own suffering. Typical of the ego is its belief that the problems to be addressed are 'out there', and therefore all the social programs, including wars, are devoted to

fixing 'them' or fixing 'out there'.

The basic problem with humanity is that the human mind is incapable of discerning truth from falsehood. It cannot tell 'good' from 'evil'. With no means of self-protection, humans are at the mercy of falsehood in all its beguiling disguises that parade as patriotism, religion, the social good, harmless entertainment, etc.

With a simple, at-home test of true/false, all the dictators, emperors, and demagogues of history would have fallen. If one simply places a picture of Hitler in a manila envelope and has a child hold it over their solar plexus, the child's arm goes weak. The same telltale weakness reveals the true nature of Stalin, Lenin, the Arab zealot leaders, communism and the lethal leaders of Cambodia and African countries, and dictators who hide behind the name of Allah.

All the slaughters of mankind down through the centuries have been the result of force, to which the only antidote is Power. Force is based on falsehood; power is based solely on truth. 'Evil' loses its hold when it is revealed; that is, its vulnerable weak side, its Achilles' heal, which is exposed to everyone.

Falsity collapses when it is exposed for what it is. It does not take the U.S. government, the CIA, the FBI, spy satellites, or computers to discern the obvious—the arm of an innocent, five-year-old child has the only real might on Earth—the power of truth itself is invincible and requires no sacrifice.

The Arm of The Child

It is the arm of innocence that the dark legions of the world fear most of all for it unmask the disguises

by which they hold sway over *seventy-eight percent* of the world's population.

If one drops denial, one will see that falsehood, manipulation, and distortion of truth cater prevalently to man's lowest propensities and pervade all society. The popular computer games are neither innocent nor harmless; they are calculated killing training machines to deaden the spiritual sensitivity by conditioning the mind to thoughtless maiming and killing. The deliberate killing of prairie dogs is not 'sport' but callous mayhem. Drugs are not 'cool', but enslaving. Heavy-metal rock and rap music are neither liberating nor amusing; they are a deliberate mode by which to entrain the consciousness of youth. The media pretend innocence as they rake in the huge profits that stem from catering to man's lowest weaknesses and vulnerabilities.

The innocent child's arm is frightening to the vast establishments that draw their attraction from ignorance. The fallacious 'war on drugs' is revealed to be the very cause of the problem and the bulwark of the whole drug trade that it created, empowered, and enriched. Communism was not defeated by war but by the nonviolence of Gorbachev.

The rebirth of Christ—the great, heralded Second Coming—from a spiritual viewpoint, means the displacement of falsehood by truth, of darkness by light, of ignorance by awareness.

The significance of Krishna, Buddha, Christ, and Allah was not their personal presence on the planet but the truths they revealed and espoused, and the calibratable high energy that accompanied the teachings. All enlightened beings tell the populace to ignore their personality or personhood, but, instead, to focus on

the teachings. Typical of the misunderstandings and distortions that prevail in religion, mankind does just the opposite and worships the personages, the dates, the times, and the places they visited and ignores the teachings.

The prevalence of the teachings of the Christ/Buddha/Krishna/Avatar seems to have been signaled recently by the transition of the consciousness level of mankind from the negative realm at 190 to cross over the line of Truth and Integrity of 200 to its present level of 207. The significance of this major event, which has happened for the first time in the history of mankind, cannot be understated. By analogy, we know that just on the physical level, a change of only a few degrees in the prevailing global temperature has profound effects on the entire planet and all life on it. In contrast, the shift in man's consciousness from 190 to 207 is far more significant and profound in its total and eventual effects than any change in the temperature of the planet.

If the Second Coming of Christ is to be revealed by a sign, then that sign has already, and only very recently, appeared. Unmistakable in its implication and promise for all mankind is that profound shift from falsehoods distorting the consciousness of mankind to that of truth.

It could be that the arm of the child can reveal to us the first light of a new dawn for civilization. It was said that it will be by the innocence of the child that man is led to God and to heaven. It is actually only by the innocence of the child within that the door to truth can be opened.

The innocence of the child remains undisturbed

and unsullied within the consciousness of everyone. It is the very basic 'structure' of consciousness itself. The analogy to current life is that the hardware is unsullied by the software which is processed through the computer, just as the camera is unaffected by the images transmitted through its lens.

Rediscovery of The Pristine State

While we speculate about the limitations of the consciousness of mankind, it is actually the individual who transforms society in a manner that is invisible and unsuspected. Force is vulnerable to an infinite number of oppositions, but power has no possible opposite or enemy. Like space itself, power is immune to attack and forever invulnerable. People think they are ruled by their unruly minds and that they are the victims of circumstances. All this sums up how a person feels from moment to moment. Thus, people see themselves as victims of their stream of consciousness or feeling states and transitory circumstances. The prevailing view is that there are no options to one's current state of mind and feeling tone or emotions.

This succumbing to 'it' (the mind) and 'out there' (the world) is accepted as natural and normal. Few people suspect that there is actually any other option. By self-examination and inward focus, one can discover that all states of consciousness are the result of the execution of an option. They are not unchangeable certainties determined by uncontrollable factors at all. This can be discovered by examining how the mind works.

One is not really ruled by the mind at all. What the mind reveals is an endless stream of options, all

disguised as memories, fantasies, fears, concepts, etc. To get free of domination by the mind, it is only necessary to realize that its parade of subjects is merely an arbitrary cafeteria of selections wending their way across the screen of the mind.

One is not 'forced' to feel resentment by a negative memory, nor does one have to buy into a fearful thought about the future. These are only options. The mind is like a television set running its various channels for selection, and one does not have to follow any particular temptation of thought. One can fall into the temptation of feeling sorry for oneself, or angry, or worried. The secret attraction of all these options is that they offer an inner payoff or a secret satisfaction, which is the source of the attraction of the mind's thoughts.

If these payoffs are refused, it will be discovered that, at all times, behind the thought screen, there is a silent, invisible, thought-free space of joy. This is an option that is always available, but to be experienced, it has to be chosen above all other tempting options. The source of joy is always present, always available, and not dependent on circumstances. There are only two obstacles: (1) the ignorance that it is always available and present, and (2) valuing something other than peace and joy above that peace and joy because of the secret pleasure of the payoff.

The experience of the presence of God is available and within at all times, but awaits choice. That choice is made only by surrendering everything other than peace and love to God. In return, the divinity of the Self reveals Itself as ever present but not experienced because it has been ignored or forgotten, or one has

chosen otherwise.

When Is The Future?

To choose to experience the presence of God occurs outside time. It is therefore nowhere in the future; it is available only in the present. No other condition is necessary or even possible because the present moment is permanent; it never changes; it never disappears into yesterday or tomorrow. In fact, it is inescapable. Everyone is actually safe in the exact moment of now.

By observation, it will become apparent that the only thing that seems to change is appearance. The now stands still; the screen is permanent. Although a movie script changes and a story unfolds, even then it can do so only within the precise instant of now.

‘Now-ness’ is the primordial, overreaching, all-powerful, unchangeable, and absolute requirement to experiencing. It is the essence of awareness of being and existence. It is impossible to exist anywhere at all except in the drastic, radical reality of now. This instant is all there is. One’s own consciousness as Self is the only Eye by which anything can be experienced or known. The inner sense of reality is bestowed by the Self on the ‘outer’ surroundings, which is what makes them seem real. The sense of realness is therefore a projection of consciousness by the self, originating from the Self. One is therefore not the witness of a ‘real’ world; one is actually the source of its seeming reality. The world is actually entertainment. Like amusement, it is meant to be worn lightly. Heaven is within and is revealed by awareness. The world is merely an appearance. Its melodrama is an artifice of the distorted sense

of perception. It leads one to think that the world is large, powerful, and permanent and that the Self is small, weak, and transitory; exactly the opposite is true.

Without belief in its appearance as defined by perception, the world we thought was real disappears. When one chooses to be at one with the inner, ever-present potentiality of joy and peace, the world transforms into a humorous amusement park, and all the drama is seen to be just drama.

The option for truth, peace, and joy is always available, although seemingly buried behind an ignorance and nonawareness that results from having chosen other options as a habit of thought. The inner truth reveals itself when all other options are refused by surrender to God.

The Human Condition As An ‘Altered State of Consciousness’

A fact or truth is not established by the fact of commonality, as history demonstrates profoundly. Falsehood is most commonly the pervasive human experience. One of the most significant discoveries in consciousness research is that what is commonly understood and accepted as ‘normal human experience’ in thought, behavior, and feeling is technically merely an altered state of consciousness that prevails in a limited stratum of society for a limited duration. It is actually not man’s real state.

Man is so used to worry, fear, anxiety, remorse, guilt, conflict, and distress that they are accepted as normal life, with negative emotions, attitudes, and feelings. Mankind (the patient) is advised to seek a therapist to ‘get in touch with their feelings’. Rather than ‘getting in

touch' with these fermentations of illusion, it would be more beneficial to liquidate them by uncovering their source as perception itself.

A truly 'normal' state of consciousness is one that is free of all negativity and instead filled with joy and love. Anything else is based on illusion and perceptual distortions. Because disease prevails in a society does not mean that disease is a normal condition. Throughout history, such things have prevailed in society and, in fact, have killed off large portions of the population, but that does not mean they are a natural condition. Even the Black Plague eventually disappeared.

By simple means, it can be discovered that seventy-eight percent of the world's population is actually disturbed. That means that only twenty-two percent of the population is out of the extreme danger zone of the calibrated levels of consciousness below 200.

We tend to think of an altered state of consciousness as an artificially produced paranormal state, or something similar to a hypnotic state or trance, or as being programmed or brainwashed. From a study of the pervasive influences that act by the repetitive entrainment of man's levels of consciousness, it becomes obvious that the mind of mankind meets the criteria of having been controlled, influenced, and brainwashed in a systematic and continuous manner that is in accord with the definition of such processes in scientific research.

A child is born with the innocence of an unprogrammed consciousness, but then, like the hardware of a computer, it is systematically programmed with software, which is society's input. This system has one glaring and all-important defect, however. There is no

program in place or available to ascertain the truth or falsehood of the new software programs! (It is much like a computer virus.) The child will innocently believe anything it is told. The unprotected consciousness of the child then becomes prey to the collective ignorance, misinformation, and fallacious belief systems that have blighted man's capacity for happiness for the last millennia.

The programming that ensues is actually uncorrectable as there has been no mechanism available to test the authenticity of the material with which the child's mind is programmed. On the surface, it would seem that up to seventy-eight percent of the data will not only be fallacious but destructive and damaging. This is superimposed on a human brain that is already genetically defective to begin with. Over one-third of the population has a brain that does not even supply enough of the neurotransmitter serotonin to keep the individual from being depressed, overeating, addictive, or being out of behavioral control. The capacity for reason itself can be completely destroyed in an instant by uncontrollable bursts of emotion.

Rationality is further undermined by the biological fact that the old reptile and animal brain is still anatomically and functionally present, and its atavistic activity continues to exert a pervasive animal instinct that strengthens predatory tendencies and aggression. All the instincts of the animal persist and influence or even dominate much of the behavioral and feeling states. The emotions of the animal are ever present and close to the surface. These tendencies are themselves vulnerable to training and manipulation by social programming and propaganda.

Man, therefore, starts out with a biologically defective brain with instincts of the animal, and his intelligence and information are then systematically downgraded and programmed with data that is inaccurate, fallacious, destructive, negative, and damaging at least seventy-eight percent of the time. That is just a statistical probability for mankind as a whole, but within society, there are vast populations where the percentage of fallacious material comes close to one hundred percent, e.g., criminal street-gang subcultures, etc. Often, what is most damaging is that the error in programming pertains to very critical behavioral elements. The total productivity of whole nations and cultures can be subverted to destructive ends. The whole economy of entire nations, such as Germany and Japan during World War II, was subverted to mass destruction, not only of innocent victims but also of their very own culture. Whole countries can be reduced to rubble by propaganda that is so ignorant and fallacious that one wonders in retrospect how anyone could have been gullible enough to buy it, much less sacrifice their lives for it.

The simple muscle test instantly reveals the truth. Dictators make everyone go weak, e.g., Hirohito is revealed as not divine, Caesar is not God, etc.

Society has no safeguard other than teaching the population a simple test of truth that anyone can do anywhere in a moment. If this simple test were widely known, it would have a total, uplifting effect on mankind. The very simplicity of the test, along with its wide benefit and availability, puts it in the same class as the inventions of the wheel, the level, electricity, or the computer chip. At a cost of zero, mankind can reap

unlimited benefits. Perhaps the realization that the test can also be used to reap great profitability would elicit notice and interest.

Applied to business, research, manufacturing, and industry, the potential benefits do actually guarantee the savings of literally trillions of dollars. On the other hand, large segments of society have a vested interest in maintaining the status quo. As astonishing as it may seem, we live in a society where prosecutors knowingly withhold evidence that would prove the accused innocent in order to get a conviction, even if it means execution. Such incidents are merely symptoms that indicate the degree of severity of the illness of mankind's consciousness.

Like the DNA test, the muscle test instantly reveals the guilt or innocence of any accused. It instantly determines the truth or falsehood of any witness or testimony. It instantly reveals the presence or identities of traitors, defectors, foreign agents, informers, cheats, liars, and all forms of renegades.

The test reveals, in a matter of seconds or minutes, the identities of industrial or political spies, dishonest employees, drug dealers, dangerous persons, and the location of criminals. It does not take hundreds or thousands of hours of criminal investigation to identify a serial killer or their whereabouts. All crimes are easily solvable. Every detail of a crime or past crimes and events is accurately trackable, including, time, date, motive, whereabouts of evidence, identity of perpetrators, etc. The answers to questions, such as where is the body, where is the weapon, and what was the motive, are answerable.

Similarly, as the compass enables navigation, the

telescope enables astronomy, and the microscope enables bacteriology, muscle testing enables one to discover any fact about any subject anywhere in space or history within seconds. Muscle testing is a highly versatile tool whose true value is as yet undiscovered.

Historical Perspective

Throughout history there has been a plentitude of spiritual teachings and established pathways to God. These are the 'yogas' or ways that have been traditionally described. Each has developed its own schools, religions, spiritual literature, scriptures, saints, teachers, and historic figures. Historically, these have also absorbed various degrees of ethnicity and remnants of the culture in which they originated. Most of the world's great spiritual traditions have thus become identified with ethnic influences and customs that can be and often are deterrents to or distractions from the inner purity of the teachings themselves.

This has led to divisiveness among the world's great religions and has even been the basis for terrible religious wars. Perhaps a renewed study of spiritual truth would transcend these superficial differences and cull the critical essence of all spiritual teachings of merit, no matter what their origin or label.

What Is A Pure Spiritual Pathway?

Actually, until the present time, there was no way to ascertain the truth or falsehood of any spiritual teaching or teacher; thus, a spiritual student relied on faith in the spiritual integrity of a teacher as revealed by reputation. The only reliable guideline was that by one's inner grace and karma, one hopefully became

involved with an integrous and valid spiritual endeavor.

The limitations of the great pathways that originated thousands of years of ago were the dearth of the original teachings and caused the progressive loss of what was written through word of mouth. There was also a loss of accuracy in translation from one language to another and misinterpretation by the listeners who themselves were unenlightened.

If we use the muscle test to calibrate the level of truth of the world's great religions, we see, as was detailed in the book, *Power versus Force*, that over time there was a general decline in the level of truth of some of those religions. The decline in Buddhism was perhaps the least and relatively small, but in other religions, the loss was very considerable. One can easily do a very informative study by researching and calibrating the level of consciousness of each religion, century by century, as well as that of its various interpreters of the times. It is possible by doing so to even pinpoint during which year and by whose dictates the declines occurred. These can often be identified with specific events in which religious decisions were made by ecclesiastical authorities, resulting in dire consequences. The exact nature of the error can also be clearly defined and understood by elucidation of the cultural and political forces of the particular times. Compromises were made that probably seemed justified at the time and were considered to be temporary for the sake of survival but which had very unfortunate long-term consequences as they were never later corrected.

The most grievous and serious example of this was the great decline in the level of truth of Christianity

that occurred at the time of the Council of Nicaea. Christianity, which had been in the 900s, dropped over 400 points due to the inclusion of the Old Testament with the New Testament as 'the Bible', plus the inclusion of the Book of Revelation (which is of astral origin). This was a very devastating error inasmuch as all the books of the Old Testament, with the exception of Genesis, Psalms, and Proverbs, make one go weak with muscle testing, thus indicating that their level of truth is below 200 and therefore untrue. This negativity is due to the anthropomorphic depictions of God as fallible and subject to negative human emotions, such as revenge, hatred, partiality, bargaining, vulnerability, wrath, destruction, pride, and vanity. This angry god of revenge had to be appeased, flattered, assuaged, and bargained with so as not to go on a destructive rampage and cast down storms, floods, fire, and pestilence. This was the exact opposite of the God of truth, mercy, and forgiveness that Christ represented. Christ said the god of revenge was to be replaced by the God of mercy and forgiveness. Enemies were to be prayed for and forgiven for their ignorance. This teaching was repudiated by the ancient Hebraic tradition of the God of Righteousness, Vengeance, and Favoritism. (See Note at end of this chapter.)

The ancient gods of primitive cultures stem from 'astral' levels of consciousness and are the origin of the Scandinavian, German, Greek, Hebraic, Roman, Egyptian, Babylonian, Incan, and Mayan 'gods', with their telltale limitations of human passions, motives, positionalities, hatreds, and demands for sacrifice and jealous, angry destruction. That which is truly God has infinite power and has no need to employ the weak

manipulation of force. That which is truly divine has no vulnerabilities, needs, or vested interests. Emotionality, selectivity, and the limitations they reveal are not attributes of God whose Presence is innately revealed by Love and Peace. Negativity originates from the mind of man who manufactures the endless array of false gods, all of whom demand worship and sacrifice. The God of Reality has no 'needs' and is not subject to being pleased or displeased, much less appeased.

The severity of the loss of understanding can be appreciated by realizing that the numerical calibrated values are logarithmic. A loss of one hundred points represents a vast loss of truth and power. In some religions, these errors were so severe that the fundamentalist branches of those religions fell below the critical level of 200, and the resultant falsehoods being misrepresented as truth had serious consequences in massive suffering and destruction by mankind. The levels below 200 represent suffering in all its forms.

One of the main levers that tilted the world in a negative direction was the self-defeating conceptual weapon called 'righteousness', which calibrates as Pride at 190. It has been the primary destructive force and Achilles' heel for the last several thousand years of man's history. It was the great, highest excuse for every form of imaginable savagery and barbarism.

The truly great historical pathways originated from the avatars, or great teachers, whom we have identified as those who calibrate at the level of 1,000, which is the maximum possibility in the earthly domain. Best known in the Western world are the names of Christ, Buddha, Krishna, and Zoroaster. The level of 1,000 is concerned with the salvation of all mankind. Thus, a

spiritual teacher who is addressing all mankind is speaking from the level of the avatar.

The great avatars lived before the printed word was available, and thus there is a paucity of reliable data as to exactly what was taught and how it was interpreted. Because there are few explanations of what was originally meant, misinterpretations readily occurred as the original teaching was handed down. We can readily ascertain that error did creep in and distort the original purity. Many of these deviations are quite blatant and readily apparent to anyone with any spiritual intuition or even a basic sense of ethics. The distortions seem to have occurred with the establishment of religions and when authoritative institutions took the name of their ostensible founders in order to give themselves authority and power to attract followers and worldly assets, and to gain control over others.

Spirituality as such has no argument with anyone, and the misinterpretations that split off as dogmatic, ecclesiastical bodies did so to empower themselves and exploit the misinterpretations as spiritual truth in order to gain worldly advantage. By doing so, they forsook power for force and undermined the truth as set forth by the founders who, historically, then became founders in name only.

The status and prestige of the original avatar, the great name, was then stolen and merchandised in order to build great empires. With this short historical perspective, one can see that the original truth remains unsullied to this very day and can be rediscovered.

The word 'spiritual', like 'religion' and 'God', has become so overdescribed as to be misleading. A more comprehensive term, which avoids historical distortions

and encompasses all available and possible information about man and God, is 'consciousness'. Spirituality properly refers to those aspects of consciousness that pertain to the awareness of truth and divinity and includes all references to the Absolute and all-present Reality, which is the Source and infinite domain of all that exists as Existence itself.

In that definition, consciousness includes all possibilities and realities in their totality, and it is the very space and matrix in which awareness progresses to its ultimate potentiality. We can safely and accurately validate this pathway, at least up to the calibrated consciousness level of 1,000, at which point the illusion of a separate seeker will have already dissolved.

The teachings of every great spiritual teacher who ever lived are now available for inspection and even detailed calibration and verification. The consciousness level of 600 denotes the level at which duality disappears into nonduality. It is at this point that a bridge between the seen and the unseen, the known and the unknown, the ordinary and the possible, can be approached. At the level of 600, spirit and man meet. The visible and the invisible diffuse into each other. It is a reference point to serve as a guide. It is the level of enlightenment.

Curiously enough, the muscle test of Truth itself calibrates at the level of 600 and therefore is the physical expression of the meeting of the realms of duality and nonduality. The study of the nature of consciousness is perhaps the most powerful and pure of all spiritual pathways because it becomes self-correcting and self-propelling.

The literature about consciousness and spirituality

easily leads to error, and thus, today's serious seeker of enlightenment excludes all teachings whose truth cannot be verified objectively. Consciousness levels from 500 up to 1,000 really denote what could be described as different realms or dimensions.

The spiritual teachers in the high 500s are the ones who have the most contact with significant numbers of people. By the time their spiritually evolved consciousness reaches 700, they become less available and more legendary, and their legacy consists of their recorded teachings.

We could typify human life as various fields and levels of human consciousness talking to each other and seeing people as impersonal spokespersons for these various levels. Thus, the disparaging of religion or spirituality by the hardcore materialistic scientist is not really a personal view but merely an expression of the energy field of the 400s, with their inherent limitations as well as capabilities. In the lower 400s, particularly, there is often an egotism about the intellect, reason, and intellectualization. In the 400s, therefore, God is replaced by science as the font of all knowledge and the hope for the future.

In the 300s, politics becomes the hope for man's salvation, and wars are fought over political ideologies, labels, and slogans, with their degradation of the value of individual human life. 'Bad' people are eliminated by the guillotine and the electric chair or put in prisons. At this level, there is the dualistic preoccupation with the limited realm of 'right' versus 'wrong', with its innate blindness to the positionality that creates such a dichotomy.

The lower levels live in a chaotic world because

definitions of right or wrong vary from moment to moment, from culture to culture, and within the culture itself, depending on education, IQ, social mores, or geography. This level is very vulnerable to the news media, which exploits it to the maximum and milks the public with sentimentality and maudlin emotionality.

This propensity to either/or-ness persists in the 400s as 'scientific' versus 'nonscientific'. Thus science itself is the home of a mechanistic reductionism and determinism that is held with the prevailing dogma which rivals that of the Church in the Middle Ages.

By the consciousness level of the 500s, the tendency to get caught in the innate limitations and ignorance of the opposites diminishes and such fallacies lessen their grip on the mind. In the 500s, spirit in the form of love begins to dissolve these hardened extremes, and humanism and situational ethics that take context into account emerge to bring about greater balance and a sense of ethics to counteract extremism.

The level of the heart (500) becomes the bridge from secularism, hardcore righteousness, and vindictive moralism and opens the door for consideration of alternate views, benevolence, mercy, and forgiveness through understanding and nonjudgment. The great power of the 500s is in the use of the faculty of understanding, and it is understanding that allows for the progression to 540, the level of Unconditional Love.

In these levels there is the capacity to differentiate the act from the actor. Thus, the mother visits her convicted son in prison and continues to love him despite his having committed a horrible crime. In the 500s, also, there is the capacity to realize man's limitations and inability to rise above them. The capacity and the

willingness to forgive them “for they know not what they do” becomes a realizable goal as benevolence replaces the desire for retribution, revenge, and counter-aggression. Forgiveness thus becomes the keystone.

In the 500s, the limitations of the capacity of choice become obvious. The child within everyone comes into view, and its innermost primordial innocence becomes more visible and tends to preclude the use of retaliation, which, in our society, often takes the same form or worse than that of the crime which is being punished.

In the 500s, there is also the capacity to see all actions as the result of a multitude of contributing factors so that responsibility is now seen as being present or possible only to varying degrees, depending on context and conditions. Behavior takes on shades of meaning, and knee-jerk oversimplifications are no longer acceptable. Snap judgments cease and the various paradoxes are weighed and considered. It becomes comprehensible that things do not happen against a person’s will but only by concurrence of one’s own current or prior spiritual positions with the choices one has made. Life in all its expressions is seeing this as opportunity for spiritual growth and appropriate for the participants.

Human life, as ordinarily experienced, is an epic and dramatization of all the possibilities below the level of 600, at which point the context changes dramatically and a whole different set of seeming obstacles now presents itself as principles and challenges to awareness. At 600, perception is replaced by vision. What might have been seen as a misfortune in the world of perception might now be seen as a gift by the more advanced awareness of vision.

Also at 600, identification with the physical body ceases and thus, that great fear above all fears, death itself, disappears as a possible 'reality'. Like a caterpillar emerging from its cocoon, the newly liberated spirit rejoices in its non-physicality since the Self is totally invisible.

The levels over 600 can most accurately be described or referred to as a state or condition that is all prevailing and self-evident as there is neither subject nor object. The knower and the known are self-identical and self-evident as one and the same, without division. There is no inner or outer, no individual versus God, no part outside the whole, and no independent entity to account for. All the dualities have been transcended. The awareness is self-existent so that there remains no individual to whom it has occurred.

For a brief moment, as the self disappears into the Self, there is a transitory amazement and awe of profound proportion and depth. The death of the self is experienced, and then all is stillness and peace. That the body was ever considered to be 'me' seems absurd and must have been due to a passing lapse and forgetfulness. It is as though one had mysteriously forgotten who one really was, and now, with joy, remembered. All the fears and vicissitudes of life disappear, and now, free of even death itself, there is the remembrance that one always has been and always will be, and that survival was never a problem at all. One's innate safety had been guaranteed all along by the reality of the Self, which is all-present and beyond time and space. No beginnings or endings are even possible, and one's reality existed before all worlds or universes. There are neither questions nor answers because no dichotomy

exists within identity.

One is neither the one nor the many but instead beyond all positionalities and mentations. It would be more accurate to say that one's Self is the reality out of which 'the one and the many' arise. All is self-complete, autonomous, and not in need of anything outside itself since 'outside itself' is an impossibility. Thus, 'Self' is context whereas 'self' is content.

There is no division between creator and that which is created. All is self-creating as the manifestation of the mind of God. This great awareness characterizes the consciousness level of the 700s where Self is All That Is. Because the universe is self-evolving and self-fulfilling, no intervention is necessary. All is in perfect balance and harmony.

The consciousness levels of the 800s and the 900s represent the highest levels of the potential consciousness of humanity. A sage may occasionally return to the world but the world has now been transformed. It is no longer a world with individuals who need 'saving' but an energy field to lift and reinforce. Each consciousness in the world that calibrates above the level of Integrity serves to counterbalance the negativity of the seventy-eight percent of the population which reflects negativity below the level of 200.

The power of the consciousness level of 1,000 counterbalances the total negativity of all mankind and creates not only the potentiality but also the certainty of the salvation of all humanity. Although this eventuality seems to unfold slowly in the world of time, it already exists in the reality of the absoluteness beyond time.

Spiritual progress is based on acceptance as a

matter of free will and choice, and thus everyone experiences only the world of their own choosing. The universe is totally free of victims, and all eventualities are the unfolding of inner choice and decision.

What accounts for the apparent delay in this inevitable destiny? It appears to be the attraction of the energy fields that we have delineated as 'force', or illusion and falsehood. Central to this attraction is the identification of self as the body and the survival fears that ensue. Death is then feared as the end of life and is perceived as a self-existent, possible reality that has a fearsome, imaginary existence.

To the higher self, human life is composed of games and charades because, unconsciously, everyone knows that death is not an actual possibility. Why else would anybody risk their 'life' for political gain or money? Even at a brief glimpse, the history of mangled bodies convinces any would-be hero that the glory of war is a total absurdity. After a war where seventy million people 'die', the country's borders remain the same, business returns to usual, and the whole charade is a sad joke. Former enemies now shake hands, observe each other's Memorial Days, and visit each other's war memorials.

In a game of chess or checkers, the pieces are not destroyed but merely moved off the board for another day. The ego engages in performances that are utterly convincing to the players and onlookers. On a certain level, each player is providing a spiritual service to others by acting out the lessons that need to be learned for the benefit of all. Acts of courage awaken the soul to its own innate power, which it will need to reach the ultimate awareness.

Beyond the 600s, there is no personal self to make choices. Progression is an expression of the nature of consciousness itself. The commitment to a specific spiritual task does therefore keep the body running on in the material world until the project is completed. There is, in reality, only one lifetime that has the appearance of successive chapters.

Note on the Christian Holy Bible (King James Version)

The Old Testament calibrates at 190. However, Genesis is at 660, Psalms is 650 and Proverbs is 350. If these are excluded, then the remaining books collectively calibrate at only 125.

The New Testament calibrates at 640. However, if Revelation were removed (it calibrates at only 70), then the New Testament would calibrate at 790.

The current Bible calibrates at 475. To make it authentically 'holy' as its title implies, it would have to exclude all the books of the Old Testament (except Genesis, Psalms and Proverbs) and Revelation. If that were done, then the Bible would be truly holy and calibrate at 740.

Importantly, the Lamsa version of the Bible (translated from the Aramaic Peshitta) is more accurate than the King James version (translated from the Greek). It calibrates 20 points higher. The King James version has serious errors, for example, on the cross Jesus is misquoted as saying, "My God, why hast Thou forsaken me?" In the Aramaic translation, the quote is, "My God, for this I was spared." Jesus spoke Aramaic, not Greek (see Introduction, Lamsa Bible, p. xi).

If the Lamsa Bible excluded the Old Testament