

**SAVING  
HUMANITY  
– A HOW TO  
GUIDE**

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## **FOREWORD: Thank You**

“To save humanity, we must return home to the consciousness that we are...”

This short book that you are about to read is a mixture of spirituality, human psychology, philosophy and the universal gifts I have been given. It has been over 7 years of learning, understanding, blood, sweat, tears, joy, pleasure and pain in the making. It reveals in sometimes complex bite-size chunks, great understandings that are life-transformational and can save humanity from itself - if understood and applied. In fact, (now in hindsight) it is no surprise, that it was purely by divine intervention that this book has in fact, been possible at all.

To begin my gratitude, I firstly want to thank my amazing family.

**My beautiful Mum:** Who sadly passed away after a very short battle. My Mum was simply a warrior – like no other. She gave birth to me and raised me to become the strong willed, determine dedicated, integrity rich individual I am today. She raised me as a single parent after my Dad’s death aged just 16 months - despite me being born 20 weeks premature and weighing just over 1lb - with a severe neurological medical condition called Cerebral Palsy Spastic Quadriplegia (meaning that I could not walk, sit up, had difficulty with the most basic of motor skills and needed a lifetime of physical therapy to lead a life today). The amount of effort she gave me was astronomical and my Mum placed almost her entire life on hold to care for me. She did everything for me, literally and all without asking for nothing in return but the love I felt guilty to give her. The psychological reasoning for that will become clear to you as you read through this book.

We did get to share just one amazing touching moment that broke my heart wide open for her just before she passed on – a powerful hug, and 3 amazing words that were in no lack a week or so before she died which joined all of the missing dots and made me understand fully everything I write to you in this book.

Those 3 words? I love you.

**My Dad:** My Dad I didn’t know nor could remember at all since you died of a Brain Tumour, aged just 37 years old when I was just 16 months old.

I'm sorry Dad. I'm still going to thank you for creating me with Mum and for giving me this opportunity of life. A great offering to be grateful for. So many people do not get that luxury and you were one of them, at least in the sense of a long life.

**My Sister's Tracy and Val:** I am truly respectful of you both because of the traumatic events you both had to go through with losing Dad in your teenage years. Not only that, plus having a severely disabled brother to grow up with.

You both had enough grief and pain on your plates and then I came along. I did carry a lot of guilt because of how I perceived you saw me. That was my perception only.

I wanted to be able to do things for you and help you in your lives but obviously I couldn't – I felt responsible and added to your pain whether or not that was true or not. I wanted to be able to be real with you but couldn't because I was carrying too much weight.

**My Stepdad Mick:** Thank you for stepping up for Mum and raising me as your own. Not only did you show me that that was possible but you taught me that love is the eternal language because you were not of my roots. My own immediate family – but you became that. Thank you for filling somewhat the enormous void I carried within to a degree, the guilt that I was the burden that caused my Dad to leave this earth, a flawed perception which is explained throughout this book. I appreciate you so much and since Mum died, you also have let go of your own mask of ego. I am so proud of you for that.

**My Kids & Their Mum:** Charlie, Bailey, Ellemae, Thomas and Sonya. Without you Sonya I would never have enjoyed the greatest gift I have ever had. The ability to give all the trapped love I had inside to our kids – and because of you that was possible after the deaths of my 2 other kids prior. Kids, now not so small – you are all amazing, gifted, kind, caring and loving examples of human beings. I am proud of you all and all that you are. You have all the tools now in your kits, to go on and lead lives that make you happy – lives of being in alignment with the real you, and I want you all to go and do that because you have all listened, learned and earned it. I love you all.

**My Remaining Family:** I love you all for many different ways. Thank you all for being you.

And finally, as per all things in this vast universe, nothing is by accident – and my last thank you, but by no means my least – goes to a very special lady who came into my life at a very very challenging (yet perfect) time, who quite literally saved my life, and made this journey of coming home to who I truly am possible at all.

**Sue (Respecting her privacy)**

Sue, is a beautiful lady with a beautiful heart. She is courageous, brave, dedicated, sublimely wise but yet truly authentic in everything she does. She is a sought after subconscious mind re-trainer from Australia and is absolutely a major part of the teachings you are going to learn from in this book.

Sue, I salute you. For everything you have done for me and my family. For every hour of the hundreds of thousands of hours of connections we've had on Skype and Facebook Messenger – let alone the 3 times you have visited, trekking a full 10,000 miles each time from Australia, to the UK.

For all the support you gave me and my family when my life fell apart – and for the perseverance, patience and determination you had for me to succeed, to which – sadly, I didn't in the way I thought. Yet it is never over, just more to learn.

Thank you for understanding everything the way that you do. Thank you for understanding me the way you did. Thank you for being my rock, my safe place, my everything – in helping me grow into the real me, and now having the courage to allow who I was divinely destined to become... to flourish like the universe intended from the start.

As you told me from the get go:

*“When the student is ready – the teacher arrives...”*

It is only now, I understand too, why the teacher also disappears.

You succeeded in your mission – to help me remember who I am and to remember compassion within myself.

**“There is nothing more compassionate or empathetic, than giving up our dreams for the well-being of another...”**

**Graham Johnson**

I love you.

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# **CHAPTER 1: The Day You Were Born**

Let's start at the start then, it's a good place to begin.

None of us remember the day, yet it is the most fundamental day of all of our lives.

The very day, we graced this very Earth we call home. The journey we began to forget, then remember.

Earth is astonishing. To fully and accurately describe with words it's vastness – is to me, something quite non-describable. It is a huge playground of possibility, driven by energy and frequency unseen to the eye. A vibrational playground, if you will.

We knew nothing of it, were totally oblivious to it – but were just entering this school of life we would grow into realising would strip us of not only our innocence, our very identity, and create havoc with all that we truly came here to do. All as part of a divine plan for our lives.

When we were born, not only was a human being formed but an infinite, limitless soul and vast levels of unlimited consciousness, were also packed into our skeletal like vehicle.

Amazing when we consider it. The sheer vastness of just our very existence is beyond total comprehension yet by the end of this book – you shall have a vastly expanded understanding of your purpose. That shall be clear.

What also shall be clear is just why life has been the way it has been for you, and you shall leave with a hugely expanded understanding of every occurrence in your existence – if you join your own dots!

Spiritually, everything that was due to occur in our lives is said to have all been pre-ordained before we arrive and forgetting ourselves is part of that. Forgetting who we are is perhaps the most prominent and absolute reason for our being here.

So that we can remember ourselves again.

This is why this book is entitled all that it is, it is not by accident. It's the perfect title.

It explains and proves beyond doubt as you'll discover – who we are, why we are here, and exactly what humanity has been suffering from – plus all the solutions we as a species could ever need to be the catalysts of change not only in our own lives, but to align with all the universe intended for us.

For we are love. We are created of a loving act. The coming together of man and woman, and are in that moment of ecstatic creation; formed by the wonders of the universe, perfectly as nature wanted.

Life is a gift, literally. It translates to: *Gamete Intra-Fallopian Transfer* – the creation of you, the creation of us as a race of humans.

As a pre-requisite of being human – we have a body and mind, and the latter is what we are going to dive deep into as we continue onward reading.

It is this mind that we have acquired that can either be our best friend, or, our worst enemy...

– and for most it is the *latter* again, all playing it's role in the divine purpose for us.

Not necessarily suggesting that the mind is bad, because that is so far from the truth that could be considered insane to suggest (much more on that later) but it certainly is the reasoning for the path we take, at least initially. Prior, to the magic you will learn in this book, happening.

**So, without further ado, let's get to it.**

Immediately after we are born, the forgetting of ourselves begins. All that is and ever could be, unlimited, personified, starts gradually diminishing. We are not aware of it on both counts. We are not aware of our uniqueness, the gift of who we are. We are not aware of ourselves eroding, gradually.

We'll call this lack of awareness, unconsciousness.

We have to lose our awareness so that we eventually become aware of *what* awareness is.

The act of forgetting ourselves seems absolutely unintentional because we depend solely on another for survival. We depend on them for our every whim, our every need – which has to occur or we would not survive. The food we eat, the liquids we drink, the care we need. Everything.

It is this very initial act of becoming dependant out of necessity on another individual, that becomes the path for all of future learning.

Our future shaping, moulding, sculpting of who we believe ourselves to be.

We give our power away as a learned behaviour. The human mind, being the key to that.

You see, when we are very young, we are quite literally a human sponge. Our mind is so wide open, so vast in coming to terms with our new surroundings, our new environment that we begin to mimic the people that we see taking care of us, we mimic how they do what they do, and as time passes we become to develop patterns of behaviour, modelled *entirely* from all that our caregivers have given us.

We quite literally begin the steps of distancing ourselves *from* ourselves.

We begin the process of *becoming someone else*.

You see, there are 2 parts of our mind.

The *conscious* and the *unconscious* (or subconscious) whichever you prefer.

The conscious mind is the thinking mind, drawing it's thoughts from the library of the subconscious.

The mind being quite literally in it's infancy, records these repetitions within the subconscious mind and stores them away as a reference point to go back to later. A clue right there.

The subconscious mind (just after we are born) starts rapidly recording absolutely everything we see through our eyes, hear through our ears and stores it all away, in what can only be described as a monumental filing cabinet of life.

It is, and becomes the why we do, what we do.

Being born into this world starts the journey of separating us from what we are - to something entirely different.

**What we *believe* we are...** and it is here that all the fun begins...

Beliefs are powerful, very very powerful energetic imprints, and indeed are the sole reason for either making us, or breaking us. For living an amazing life, or a perceived mediocre life.

So beliefs then are the reason for a whole host of truths – or falsehoods... and in understanding how the human mind works, beliefs that we take on as our truth are massively important.

The most important thing of all.

So let's look briefly at how *beliefs*, happen.

The subconscious mind, relies solely on **repetition**.

Whatever is repeated over and over, is **seen consciously – but stored subconsciously**.

These unconscious beliefs then become the **auto-pilot** of what we do.

***Our normal – is born along with us.***

And moreover, as we grow up we pull everything that we think we can do from within our subconscious.

This is a huge advantage to understand, yet the disadvantage or problem is– the mind is naturally hardwired for survival and is biased towards fear. Biased towards scarcity. Biased towards the can't.

Coupled together with what we repeat we become, and a negative bias – this is really not the best match to have predicted to live an amazing life. Or is it?

You see, we cannot know one without the other – and this is a huge clue the universe wants you to take on and use in your life. The universe has quite literally pieced together your greatest life before you were birthed to earth – and given it to you through dreams, goals and feelings.

We just need to find the way to remove the autopilot mind. The negative, survival based perception from our subconscious, to prevent it manifesting and creating a life that is *not* in alignment with what the universe wants for us.

And this is where things get very, very interesting because every experience we have in life as we gradually grow older, forms a perception that we take on, that we believe in eventually via repetition.

We must remember that our parents, family and caregivers have all gone through the very same process as they have grown from infant to adult right, in being born into this world.

They are unaware that they learned this very same process from the people who cared for them in the very same way and because this repetition was their normal, caused unconscious habits that formed their auto-pilot mode.

So to be clear: The problem with repetition is, we have learned everything we know as normal, from someone else, and we form the very same habits that others have formed.

We become a clone like version of someone else and then interpret all that we experience with a negative bias (that is not really ours).

The *first 7 years* of our lives are the absolute most critical – what goes in, must come out, it's the law of the universe, but ask yourself this...

If we are absorbing flawed programming from others, with a negative bias as a child that becomes our normal, were surely going to have to undo all of this in later life. Aren't we?

You'd be right to think that too. If – we knew that it was not normal!

But we don't! We blissfully yet ignorantly do not know that our normal, really *is not* our normal, and we do not know that it needs to be undone for the same reason.

Remember everything in the universe is energy, frequency?

Well, this frequency becomes our point of attraction – and so we begin to receive as we grow up, precisely everything we are a match to.

Like attracts like... and if we have done nothing differently or made no changes, those experiences will be attracted to us from those flawed, faulty perceptions!

To make things very very simple, if we experience a happy childhood filled with love play, fun, friends and great bonds with those who cared for us – we'd expect to grow up into a happy, healthy, well rounded child. Right?

But... our *perception* of that happy childhood, could be irreversibly scarred if we were to see a relative who seemed unhappy. Maybe that relative was snappy, or of a low mood, or of a shouting type nature, bossy, rude, whatever the case may be.

Maybe we would blame ourselves and think they were unhappy because of something that we did wrong. Maybe we would hide away our true selves because of feelings of guilt that we were happy but our relative seemed, not so.

So if this was the case, and we thought those negative assumptions because we are negatively hardwired (despite our great childhood) – it is easy because this is our normal to become a different version of ourselves as a result.

In other words? To lose an even deeper connection to our true selves.

This world is like a hall of mirrors, where we get to see ourselves in all different forms as we work through peeling away those layers of flawed, faulty beliefs, that were not even true in the first place – that manifested a life that was far from comfortable.

## **CHAPTER 2: Forgetting Who We Are**

So now we understand that effectively, as a soul having a human experience - vastness experiencing limitedness... we already have began the process of forgetting who we are as pure consciousness. Pure source energy.

We'll call this forgetting who we are, a 'split'.

We have then been further split by the unlearning of our childlike, childhood essence – simply through the need to survive and be cared for by others.

Further split, by the way our mind is negatively bias and hardwired to fear survival. Something which we thought we'd had no control over.

Even further split by our perceptions of our experiences, our views of others and the way we personally interpreted life..

It goes on and on, and each split, takes us further 'from ourselves'.

We energetically lose ourselves.

All this is pretty traumatic. Do not underestimate it.

Trauma, is a powerful unconscious response mechanism to a highly uncomfortable, misaligned situation and it is this trauma that holds the keys to the kingdom, within us and the outer world.

It is a wonderful clue that reveals to us that we are not living according to how the universe wants us to live, or how the universe wants us to *interpret* it's lessons for the highest evolution of our consciousness.

Trauma is very painful and holds the real us hostage inside.

If we form an identity around trauma via repetition which is unavoidable, then it shall be this trauma that then replaces those other false normals, with a trauma based false existence.

It is trauma that shall becoming our underlying normal.

This in my view creates and gives entry to the phenomenon known as the ego.

The ego has many names and interpretations, but basically it merely is a protection mechanism, a protective layer of identity that we ultimately believe is who we are throughout all of our lives – but is not. It lives in fear of death and being exposed.

**It is scared of allowing the real us to shine through.**

However, because of all the learned previous false selves; we have forgotten who that is!

There are no files in the filing cabinet of the subconscious.

Because of all the splits that we have gone through up to this point in our lives, we are fragmented into many different pieces, and have believed (via repetition) in those pieces.

Our job before we leave this plain is simple.

To awaken and go back home to the wholeness – the singularity of who we really are.

All of the split's we go through in life are really awesome gifts.

We do not understand from the awareness of our human ego because we must first raise our consciousness in order to receive the lesson they are here to teach us.

We must become aware that our normal, our reality, isn't in absolute fact – reality.

That's the purpose for our being here.

That's the mission we all have in life whether we know of it or not.

Our reality isn't a solid nor fixed reality, it isn't rigid in any way. It just appears to be.

And do we call things that are not what they appear to be?

That's right.

*Illusions.*

A key word in the title of this book.

We must work through all of the things that we have learned and taken on on this journey of life and re-assess them all over again.

Work not for the feint hearted that is for sure!

We must do this to re-integrate all our experiences within ourselves. We must forgive each of our learnings that no longer work for us and let them go. We must work through them, feel them and find the understanding that works for us as to why we had learned all we'd learned.

Inauthentic work will breed inauthentic results.

The biggest hurdle humanity must overcome, is believing in perceived reality, as reality.

This is the affliction humanity is suffering from. More on that later.

Every occurrence we go through in our lives, as we now know is modelled on how we perceive it – and that alone. It is no-one else's responsibility to understand but ours. Everything that happens in our lives is happening for us so that we change what doesn't work for us.

It is this clue that the universe gives us so well providing we are not identifying with lies as our truth. Most of us are doing the latter though.

The splits in our consciousness that separate us from our real selves eventually create a feeling that gradually gets more noticeable within us as life goes on. This is what awakens us to the clues that something is amiss.

So feeling is massively important.

Feeling is the catalyst for us to identify what is good, or feels good and what is bad – and feels bad.

Makes sense doesn't it?

Problem is, because we as humans are here to forget ourselves and then remember again, we can end up with an inability to feel. The reason why is because we unconsciously are out of sync with who we are.

No matter how small to begin with, this is birth of elements of Narcissism within us all.

The birth of Narcissism itself.

Narcissism is simply put, the lack of ability to feel caused via pain or trauma.

Painful experiences whether we are consciously aware of them or even unconsciously that we didn't know how to deal with it or process.

The inability to process and feel, only exacerbates the false identity with our minds.

So let's look at some examples...

### **Sexual Abuse, Emotional Abuse and Physical Abuse.**

All terrifying prospects.

I personally have experience of some and so have billions of others – in some cases, all 3.

In each of these cases, we are being abused – but hold judgement for a second.

Abuse then, causes exaggerated pain, fear and disconnection inside.

If we are young when these acts occur for us – they may well be considered normal and we may in actual fact and completely without knowing, become the abuser itself.

All because this abuse was our lived, repeated experience.

It also creates a huge lack of self esteem through the shame of the experience as we grow older.

Similarly emotional and physical abuse create the same fear and pain, with in a nutshell – the same outcomes. Traumatized people. If this pain and fear get to such an extent, we completely disconnect from our inherent humanity, our inherent oneness with innocence.

Abuse in any form, may also cause people to become *dependant on abuse* to survive.

There still can be no blame though, because even those considered the abusers may not have known any different, only when they do can they choose to make the change.

So then in summary:

The identity with *any form* of trauma...

Whether it be just the act of growing up in a considered normal way, (learning from others as we grow up)

Or feeling the trauma of the gradual disconnection from self...

Or from the abuse route...

- it is this pain of this reality that creates a false reality that we live from.

Coupled with and an inability to feel.

It creates an ego identity that holds us in unconscious fear and we begin to live from our minds.

We then believe our minds are us, and we believe our minds are our reality.

All a little bit insane really in hindsight – but we cannot know what we do not know.

We must always remember that life is a school, a journey divinely given and planned for us via the universe and at all times – our highest good is being given.

Always. Which leads us on to the next chapter very shortly.

Something you'll see me write repeatedly in this book is 'nothing is wrong at all' – we just need to change our perception and this really is the key to everything.

I could have just written "change your perception" and that would have been enough to cover all bases and tick all boxes.

It would have made this book a much shorter read but obviously we need to cover and few more things to join those dots to help you come to the realisations required to transform your life.

In realising all we are realising within these pages, it could be possible for us to feel angry and frustrated, wanting to blame someone or something. Particularly if we have travelled a tough road – but let's remember there is no-one to blame.

All that is happening is to bring us to our highest level of consciousness, because we choose to see it this way.

So lets keep on doing just that.

Now though, let's look at in the nicest possible sense, why were all just a little bit mad. Why humanity as a whole has an element of madness within it so we can understand how we can change that for us as a collective.

Enjoy.

## **CHAPTER 3: The Insanity Within Humanity**

Sounds a little strong, yet if we really analyse how we as humans do things (analysis of human behaviour and understanding is something I am a little addicted to), it is pretty insane!

We are all doing the best we can, that is why nothing is wrong.

We have potentially hundreds of years worth of programming embedded within our D.N.A. to decipher through here. We should go easy on ourselves.

But, humans do have a fundamental flaw in their behaviour that is truly damning and downright detrimental at times.

You should perhaps have guessed it by now?

We are like lemmings.

Sheep like.

**We tend to follow what we are told, follow the one in front.**

We have a herd mentality, because if we recap from earlier – we have had to have it in order to survive from birth.

We followed the same patterns when learning from those who cared for us.

We've learned an entire language from being completely oblivious to what speaking even was!

We took on mannerisms and ways of being similar to those who taught us them.

Ever heard the saying:

“You're so like your Mum, or Dad...” (or whomever).

I certainly have and can almost see your head nodding with me.

To exist at all meant doing this.

There is nothing wrong at all.

But what is wrong in a sense is not *learning* from this. Not becoming aware.

If we remember, life is simply a school to remember who we are and what the soul that is who we really are, already knows.

The truest of all insanities though is ignoring that “voice” of our soul.

Both of these combined will become very apparent in the upcoming Chapter on “The System”.

For most it is simply a “nudge”.

Our souls’ voice is not even inaudible when we are a very young infant. For it IS us.

We lose that connection to our soul as we go through life because of the experiences we have and their repetition.

Because of the trauma of faulty perception we learn, as we follow others, believing in the outcome of repetition as our reality.

Have you ever watched a young infant? If you have children you will have...

...and if you can remember your own self as a young infant too, you’ll know where I am going with this.

Young infants are at the peak of their power as a human being on earth because they are absolutely and totally spontaneous.

They have ‘lost their minds’ so to speak!

They don’t tend to stop and think – they just do.

There are no faulty files in the mind to draw upon.

Take playing for example.

When we see young kids play, they are immersed in their ‘own world’ aren’t they?

They are almost oblivious it seems to anything else around them.

Completely unaware of people watching, completely free of the concept of an opinion or a judgement from another individual.

**They *are* free!**

**They live from their hearts as opposed to their heads.**

It is said that the greatest journey humans have to make is the 18” from the head to the heart, this I can categorically tell you is a truth.

Our journey is that journey.

The longer we follow another, the further distant we shall become from our heart.

Yet we need to follow another to exist in the first place.

This is what makes the requirement of remembering who we are and returning to the heart by losing the mind as our driver, so significant.

It is the aspect of growing up that transforms our childlike behaviour into a distant memory – and that identity as a playful soul that is who we are, an evaporation of all that could have been.

We get more and more distant from love – further away from the heart – and the connection to all that is and as a result is replaced with fear.

So following and fear equals our new repetitive behaviour.

Whether we are aware of it or not.

As a result, we manifest our reality. This is what we will experience.

This is universal law.

Moving from our head to our heart sounds so lovely and ‘fluffy’ doesn’t it?

Yet, doing this is reality isn’t easy because of the years of indoctrination and secondary learning that we have all endured.

The biggest saboteur to achieving to arrival at this destination is fear.

If we have always done what we have always done – then being told that there is another way is an uncertain experience.

It's flat out scary.

It is an experience that can create lots of cognitive dissonance within us.

Cognitive dissonance is basically 2 possibilities or beliefs that conflict with each other.

Cognitive dissonance, actually is the very prison door (that we ourselves are holding shut) preventing us from experiencing a brand new (yet who we already were) reality.

We are literally keeping all we want, from ourselves.

Often people can verbally attack people who bring about the possibility that life isn't the way we've been told that it is, or what we believe isn't essentially the rigid truth, or new ways to look at how the world works...

I've certainly and personally experienced it first hand which is what brought me to the realisation that we can 'tell' no-one nothing, they must experience it for themselves.

So, in summary – we take on the secondary beliefs of others as our truth which are not, and have 2 conflicting beliefs when we feel or are opened to the possibility that life isn't what we believe it to be.

This also makes us a doddle to control.

Bringing us perfectly, to the next segment...

## **CHAPTER 4: The System**

So now we know that we are born into this world, and all that we learn is perfect for it is a matter of our survival.

Without what we had learned, we wouldn't be here. It was all essential and important.

We have also learned how our mind works, to put it simply – we have learned that we have followed others, formed habits that we have had to repeat over and over to again, survive.

This repetition goes deep into our subconscious mind and creates a reference point for everything we will ever do, and everything that we believe we can ever do.

**Everything we do comes directly from our subconscious.**

It has been programmed with secondary knowledge, falsehoods and fear – unintentionally forever.

And all of those via repetition, have become what we consider “our normal”.

So with all that said, let's continue...

“The System” is a *massively* important chapter, and may be the longest one of them all as you will come to understand as you read. I am going to condense it as much as possible for understanding.

This is not about blame or shifting responsibility, or justifying why we cannot change.

Quite the opposite in fact.

It offers us a wonderful opportunity to shift our perception to make it work for us now, and offer huge compassion for our fellow human beings, the world itself and ourselves.

Many lightbulb moments should go off within you, and this is for the highest evolution of your consciousness.

This segment of the book is to hopefully help you to see that there is only one world that is real, and it is not the world we have learned, nor is the world that we are born into.

The system being exactly that.

**The outer world of so called Governance, that we have been born into.**

The system is nothing more than **1 GIGANTIC CORPORATION.**

It is the world that we have all gone through too, consisting of the journey from birth to pre-school, school, high school, college, university, employment all the way through to retirement and even death.

It is the world that we do not question for we are too busying 'living life' or so we think.

*And all of it, is an illusion too.*

For the system is nothing more than an artificial Governing construct, built via the mind of man.

It has been built with one rigid aim in mind.

To control us. Well, let me be clear.

Not us.

*Our minds.*

The clue is in the very name:

Govern = **Control**

Ment (Latin origin) = **Mind**

Why would that be so?

Well, for sheer numbers of people populating the earth (close to 8 billion as I type this) for one reason, but there is another reason that we will get into shortly,

The system we live under, we have all gone through in the very same way.

Every single one of us, from cradle to grave.

It's the perfect example of repetition becoming reality!

If we remember how the journey of life goes, we are born, forget who we are and ultimately exit this plane and go back home to the universe from which we came.

We take on everything we have ever learned via this repetition, and gradually lose sight of the real us, causing trauma that can either manifest internally where we hurt ourselves, or externally where we hurt others whether consciously or not.

Trauma causes pain, that we were only ever meant to have learned from... not identified with and became.

The human mind believes in what we experience, and creates it as reality because there are no other files that say differently within our subconscious minds.

The system that we live in, that has such a massive impact on our lives itself, is ran and controlled by people who have developed a far *greater* false identity.

This happened long before we graced the earth. That is not the important factor.

How this happened it would seem, they have identified with pain as normality.

They have simply learned or interpreted it from their upbringing.

They are just like us in reality though.

These people have been through lots of trauma or a significantly traumatic event which has disconnected them from their humanity almost completely – and completely in some cases.

They are extremely fragile and only feel good, happy and such like when they are in control – because they have such a gap between who they really are, and how they really feel inside (which is destroyed).

They have a great misunderstanding, that they can not and will never be able to satisfy.

A thirst for more.

This control system we call home, is the perfect satisfaction for all of their unfortunate needs because it gives them everything in one fall swoop.

Through division of us via race, religion, income, sexuality and beliefs - they dilute our power.

Giving the belief in their system of power.

It gives them authority as we are weakened.

It gives them control.

It gives them dominance.

It gives them an endless supply of more from the energy of the population.

All of these traits above are key factors in people who are heavily identified with their false selves, Narcissism and its tendencies, and it's getting worse by design.

It also mainly stems from people born into or having enormous riches or wealth, which is interesting since all of that is also fictitious.

If we look at the world today, there is an epidemic of Narcissism in every corner of the world too and this is done by design. The system breeds it.

We see young people looking up to celebrities.

We see young people constantly taking photos and videos of themselves.

We see people constantly needing to improve the way that they look (often artificially).

We even see them fishing for likes and hearts, for virality and stardom.

And this creates a huge bout of waves of depression.

Which too is on the rise.

So too is anxiety and suicide rates.

All by design.

All stemming from that one place.

A disconnection from ourselves.

A lack of believing that we are enough.

A lack of listening to ourselves from within.

A lack of wisdom that we have choice on all we want to feel and experience at any moment.

A lack of understanding that all that is happening for us is ultimately to learn and grow from and not to absorb as our truth.

**So let's look at how they've done it, so that we can see through the illusion that we thought was real including everything we have ever believed about ourselves.**

Why is this relevant?

Because if we *really* think about it just stop for a moment and do that – the adults who cared for us since childhood, had already been through this *exact* programming prison called the world, and unknowingly passed their reality, beliefs, understandings and teachings taken from it... down to us.

*As they did from their parents, and their parents and their parents and so on and so on it goes!*

We naturally took it on *without* any investigation, believed it as true and manifested it as reality.

The world we call home has a lot to answer for.

It is a prison for our minds, built deliberately over this free, beautiful world!

Yet, the reality is – no-one but us will be able to see this until we see it.

**No-one but us can realise this.**

No-one can tell us this, we must experience it for ourselves.

This is truly the power of this chapter of the book because it allows this seed to be planted.

Seeds have a funny tendency of sprouting at a later date, so I ask you not to believe anything written here and just to take a moments reflection after this section is done to really self-analyse it.

The people who run the world have an insatiable desire to never give this information up, for it never to be discovered – yet now more than ever, we are seeing that wish gradually slip away as millions (soon to be billions) will awaken to the truth that they are simply...

*Slaves.*

Slaves in *every* sense.

Slaves in their job.

Slaves to money.

Slaves to rules (not laws – laws are understood inherently by all of us)

Slaves now in ever increasing numbers to not being able to express our own thoughts.

Slaves to an eternity of being trapped in our heads as opposed to our hearts.

Slaves to anything other than our souls.

***Slaves of their own unconscious mind.***

The system is designed to take them, because the rulers of the system have had theirs, taken.

Again, a wonderful example of how repetition manifests reality.

And this is the greatest teaching of all is, we cannot ever live a life from *the reality of another*.

The universe knows this... which is why it needs to *give us* this experience.

When something as a whole is artificial (being the world itself) then all of the ingredients which make up that said world must also be artificial – it's universal law, and I am now going to prove it to you so that you may join the dots.

Firstly – we are born unique and immediately we get given a name, a sex, a race, an identity.

We are immediately logged in the system as a number.

This identity is fictitious.

That's right, the very identity we have all grown up believing with as who we are is nothing more than a work of complete fiction.

We can evidence this simply by looking on the system's own **Birth Certificate**.

This certificate It's not ours – it's "theirs"... this is why we get the certified copy.

They hold the original.

Why?

Because there are actually 2 copies – and they have 'ours'.

Now dependant on which country you live in (that may not be as simple as I make out here) but in the U.K. where I live – it clearly tells us on the bottom of the certificate we hold:

**“Warning: This certificate is NOT evidence of identity”.**

**Or: This name is REGISTERED to the custody of the REGISTRAR GENERAL.**

Go and have a look on your copy. It will be one or another.

The *system* owns the name that we have identified with our entire lives.

It is not ours, nor is it who we are.

The name they have taught us that we think we are, is nothing more than a created, written legal contract that **YOU** were **NOT** party to creating - because you were too young to do so at the time of your birth.

This is why we have been taught it repeatedly from cradle to grave in our schooling at the register every morning...

“Timothy Jones?” (**Title case plus surname**)

“YES Sir!” (**You thinking that this name – WAS you**)

It is the key to giving the alleged authorities their jurisdiction over “us”.

Their name has been our sorta' enemy all along.

**N-A- ME (en-e-my) see?**

They did try to tell us (they have to as part of their code) as they are breaching gods laws to run this system.

Anything with a title (e.g. Mr. Mrs. Miss. Ms. Master. Dr. Lord. Reverend P.M. H.R.H.) or a surname, or in all capital letters - is complete fiction, it is nothing more than a **LEGAL CREATION**.

It is not real. This goes for all companies and corporations too, plus all businesses, like being self employed aswell.

The all caps **CORP-ORATION** (translated to dead-speak) does not exist in reality because as shown it is quite literally dead - it cannot “do” anything – unless **WE** choose to represent it and we do indeed, have a **CHOICE**.

This is why in court we have a attorney or solicitor to represent us.

But ask yourself:

*Why would someone need to represent us if we were already standing right there?*

Because the system deems us dead as were using a **CORP-ORATION** as our name.

Looking a little deeper into the system, it has been set up as a ‘slight of hand’ military system that has:

- 1) Collateralised the people as corporations to a fictitious debt.
- 2) Defrauding us out of our own natural mineral and energy wealth.
- 3) Stealing our perceived freedom.

From the day we enter this plain, we are all assigned a monetary value of our share of the natural mineral and energy wealth of the lands, and as a result are all millionaires.

It might be tough to believe, but it’s true.

The alleged powers that be have simply ‘tricked’ us using a ‘trust’ system, turning us into debtors as opposed to creditors. They have took what is ours and make us work for all that we already possess!

A brilliant way of turning us into slaves effectively, vs. sovereign beings - which we are and always will be despite their efforts.

Furthermore, because they did not tell us this - their contract that assigns us to their jurisdiction (under contract law) is factually **NULL AND VOID**.

The system itself that we call home is governed not by laws of the land, and gods law – but by an admiralty law system which revolves around water.

This is why you have a **BIRTH CERTIFICATE** – as ‘birth’ is what ships have to do when they arrive at a port. They must birth at the dock with all their cargo and thus complete a certificate of registration.

This is why you go into the **DOCK** at court.

This is why your **BANK** holds your **CURRENCY** and shows you a list of **DEPOSITS** and **WITHDRAWALS**.

Are you seeing the water connection now?

The system runs much, much deeper than this - and I may well write another book solely on this topic one day, yet all that is important is to “see” the deception and this gives birth to the fact that “maybe things are not what I thought them to be”.

Now, hearing this you may be blown away.

I did say that everything in this chapter is for the highest evolution of your consciousness...

**To help you remember who you really are and to prove beyond doubt that this world we call home is completely artificial.**

To keep us cocooned in a fictitious world so that we never discover our true selves and our true power.

And this is all they need is our lack of awareness, purely because of how the human mind works.

The learned perception of another having authority over us, promotes fear within us.

Meaning we are easier to control, it keeps us small, limited, powerless and such.

It is only the ascension from my mind that has allowed me to pen this book for you.

But 99.9% of the population live in their minds because it is all they have ever known.

The system has created an “avatar” a “monopoly piece” of us and taught us via repetition (there’s that word again) that this is who we are.

The world is completely built to enable control of this “monopoly piece” for those allegedly in “charge”.

A prime example of this is the ever increasing Police State we are all sleepwalking into.

This also is a very important piece of understanding we all must gain.

**There are only 4 laws (actual real god given laws) that all men and women must abide by – and they are:**

- 1) Do not cause harm to another living man or woman
- 2) Do not cause loss to another living man or woman
- 3) Do not cause injury
- 4) Do not commit fraud within a lawful contract

The more perceived laws there are to follow, the more freedom can be take away, the more suppression can be given to us as a result.

This is why the alleged powers that be have *invented* hundreds of thousands of **rules (not laws)** also known as “Acts of Parliament” or “Codes Of Congress” in the U.S.

The number of these rules is increasing... yet guess what?

They are only applicable only to **THE LEGAL NAME** – also known as our “false avatar” - but as long as we do not know who we are, we will believe them as applicable to us and thus be *behaviourally effected* as a result.

e.g. without investigation – we will simply do as we have been conditioned to do forever – take orders from presumed “authority”.

Which leads me synchronically onto another prime example of this – being the school system.

School is nothing more than an indoctrination system – this is my conclusion after ascending my mind – for it takes children that are beautiful, individual expressions of what the divine intended, and turns them practically into diluted repeaters of information or, robots.

This is not a dig at schools. I loved school. Some of my best years were there.

I was considered one of the more geeky students (obviously!) but loved the bond I had with other kids, teachers and everything about it.

Schools teach children the basics of life first from reading, writing and counting (which all have their place).

If we were not taught these skills then none of us would be able to do them. This book wouldn't exist, communication wouldn't be possible and number problems wouldn't be able to be solved.

All valid and essential.

Other subjects too, valid to learn – but it is the act of teaching these children the very same things without allowing them their individuality and freedom which does considerable harm.

The teachers again are simply repeating information that they are told to teach.

Repeating what they are told.

Think about that.

Makes sense doesn't it?

We've all heard the famous Einstein quote:

**“Everybody is a genius. But if you judge a fish by it's ability to climb a tree, it will live it's whole life believing that it is stupid.”**

This sums of the school curriculum and testing methodology to a T.

No one learns or understands the same things in the same way.

This is our divine uniqueness.

Yet the system expects children to go through the exact same process of learning.

They are ingraining the root cause of humanities problem.

Repetition *without* investigation.

It also leaves it wide open to abuse, and manufacturing children's alleged intelligence.

Any system can be adapted, and the controllers of this artificial world have, and are tampering with the intellect of our children too.

They are doing this by making tests harder and grading them lower to manufacture an internal self belief that:

*“I am stupid”.*

Pause on that.

This is perfect social engineering.

Could we be simply guinea pigs to their plans?

All the evidence points that way. YES.

**So our name isn't really our name.**

**Our schools are nothing more than programming prisons to repeat an overwhelming majority of less than useful information, diluting inherent intellect, and we become even more ingrained at repeating all this – without investigating it as such.**

**Our rules of society (not laws) do not actually apply to us for only real laws do.**

Is there anything *else* that we haven't been told?

Well, actually there is.

The very language that is used within society that we exist within has been completely reinvented. We were not told this.

It consists of a language called legalese.

Legalese is used by the Law Societies of the world and again, you've guessed it is built solely for the purposes of control.

This language uses the same words that we have been taught within the school system, yet these words now have a completely different meaning to what we have come to understand.

We have spent our early school years, learning our language to mean what is normal conversation would be fine, great.

Yet in the realms of the system, these very words we have learned mean an entirely different meaning.

One example being the word **“suffer”**.

Suffer in their language is translated to “you allowed this to occur.”

Or “**register**”.

Meaning “to surrender to over to another party” completely.

Or “**apply**”.

Meaning “to beg, with full knowledge of what we are begging for”.

Or “**understand**”.

Meaning “you choose to give your power away to the individual that you understand”.

Or “**notice**”.

Meaning “an offer” - (we have a choice!).

There are entire dictionaries of these ‘new words’ that apply solely and only to our ‘avatar persona’ - the name we have always believed ourselves to be.

We couldn’t make it up.

But, wait a minute, they did!

Only solicitors, judges and barristers are trained in the new linguistics.

Why would this be required? Stop and ask yourself for a moment.

Are those lightbulbs going off yet?

You’re welcome!

Ever heard of a “Styles Manual?” No?

Well, there’s a reason for that too. This is a fundamental part in the language deception against us.

The vast majority of documents used by the alleged powers that be are NOT even written using English.

They are written in what is known as: **SIGN**.

We just “presume that” it is English and so unconsciously give the system the jurisdiction it must deceive from us, to hold any weight!

There are even less complex, more run of the mill devices (but still none the less in fact weapons) being used to suppress our individual consciousness’ like the Television.

There’s one of those in most homes, and most people believe in them implicitly.

The Television is a wonderful weapon for mass suppressing the people and controlling what they believe.

Stop and think about that for a moment.

We have the news media, every hour on the hour and in some cases 24/7 – bombarding us with “news” and telling us repeatedly what that said “news” is.

We have films, cartoons, soaps and such like which are used to predictive program our subconscious with what will happen in the future.

How can they possible know what can happen in the future if it is yet to happen?

Quite simply, because “the system” knows expertly how the mind of human being’s work but they use that knowledge against them for their gain, keeping us – small.

They know that is they repeat an event prior to it happening, it will create the “file” within the target populations unconscious mind – so that when this event DOES happen, we will be much more accepting of it.

So...

We’ve touched upon our alleged Identity.

We’ve touched upon the Police State.

We’ve touched upon the so called Laws.

We touched upon the School system.

We’ve touched upon the Languages being used to defraud our consciousness, yet there is still more.

The system also has a Healthcare element to it which is nothing more than a profit making racket.

It relies on keeping people in perpetual state of sickness, so that they “always need medical intervention”.

After numerous conversations with Doctors, I can conclude that they are trained to learn the body and then simply learn the drugs available that can treat these various aspects.

The drugs used also have side effects because they are poisoning and alien to our bodies, which they say require more manufactured drugs to treat!

The healthcare system also has a huge budget to pay out compensatory claims for the endless deaths the medical system causes every year. Go figure...

The final example of the system I want to touch upon is something that touches our daily lives in a profound way. It (in this reality) has a direct effect on the ability to live life from a sense of freedom to do. Freedom to experience the world.

Have you guessed it?

## **Money.**

Money is a necessity, it allows us at it's deepest level to eat, to drink, to wear clothes, to have shelter and housing, to experience life and the world. It is essential on this human journey.

We all are dependant on it, whether we are considered rich or not as rich and it is just as meaningless no matter how little or how much that we have.

We can not take it with us and all of our material possessions also can not go with us when we return 'home'.

Money isn't what we've been taught it is. You may have guessed that!

The roots and origins of money came to make bartering “easier”. It quickly became fractional reserve lending (you can look into that if you wish). The accumulation of interest upon a figure – meaning there will never be enough money in existence to recoup the so called debt :)

Genius if we think about it...

This means that is the perfect additional layer of the control system.

We are all at some level dependant on it.

If we look a little deeper, the world is actually in Chapter 11 Bankruptcy and has been since the early 19<sup>th</sup> Century. We the people are considered the collateral for that debt.

Every penny, cent, dollar, rupee, euro... in existence, is **DEBT**.

Yet debt doesn't actually exist.

You have no debt. There is no national debt. No student debt. No mortgage debt.

Nothing. Nada.

No debt.

Because the 'money' in existence is all there is.

There can never be enough in existence to pay back this 'debt'.

It is a total fiction.

Yet, we spend our entire lives working to earn enough to survive and to accumulate possessions, trinkets, a white picket fence, the American Dream - little more over that, to serve a fictional currency.

When there is a banking crash like back in 2008, we were seeing in an engineered, gigantic wealth transfer to the banks and bankers - of our real wealth.

Our homes secured upon mortgages, which when work dries up we cannot pay - thus we surrender our real home. Of real value. Our lands, our property.

The money itself, is worthless. The real wealth, handed over.

**Money has no wealth, it only has the value that we attribute to it.**

Because we are in Chapter 11 Bankruptcy too, everything has already been pre-paid!

So effectively, we are all millionaires that cannot access their wealth held in their trust fund.

This is how the entire system runs, not law, **purely on contracts and trusts**.

Very very complex and I am not going to dive in to that now, it's off topic of what this book is about.

This is why we must know the truth.

We are the wealth.

**This is why money exists, to make us believe in IT - as opposed to ourselves.**

We must remember that money though is still an energy and we are the master of it.

For we are the true currency.

**Because we are energy.**

Without us, there would be no world as we know it.

There would be no workers, no supply chains, no distribution networks and the world as we know it would grind to a halt – fast.

Keep this power in the back of your mind.

**It is who you are.**

So, as we understand then, as the system is set up:

Identity *destroys* freedom

Freedom *is* slavery

Banking *destroys* money

Schools *destroys* education

Doctors and Pharmaceuticals *destroy* health

Television *tells lies* to the subconscious

Money holds us in *involuntary servitude* and *divides* us

**The system is a complete inversion of the truth.**

**Of our truth, as consciousness. A huge universal clue!**

This is not why we came into the world, and the universe *knows* that.

**So, I hope you are somewhat seeing now that everything truly is artificial.**

Maybe for the first time in your life, and it may come as a shock.

I am sorry to be the bearer of this news – but soon you will understand why, and when you do – has the capacity to transform life forever.

Here's the why...

If we can fully appreciate the truth that the outer world (or the system) is *artificial*, then we can also appreciate **there is a reason why** the system tries so hard to keep us in line.

That reason?

**Because we are powerful beyond belief. Powerful beyond measure.**

And with great power comes great responsibility. Which we are learning within the realms of these pages.

Creating an entire world of complete fiction, and getting 8 billion people to believe in it – let's face it, is a stroke of genius. Seriously. It is a constant, 24/7 onslaught of hiding the truth, creating narratives, keeping fear porn pumping through T.V. sets worldwide, it is an entire world's work to pull it off.

This is the reason for the system.

To blind us from what our own eyes see. Read that again.

The people who made this their mission truly are some of the most intelligent, gifted individuals known to man. They have just used their pain (that was never meant for them to identify with and become) for let's say – evil purposes, instead of good purposes.

Their pain has caused deep separation from who they really are and they no longer realise their connectivity with everything and everybody on the planet.

So what do we do? What's the solution? How do we change this? Do we need to change this?

The answer being, we just have to awaken - from the illusion world.

The next segment will reveal exactly how to do just that, and guess what – there's nothing that we need to do.

Confused? Well buckle up, because things are going to get interesting.

As if they weren't already!

## **CHAPTER 5: How To Awaken From The Dream World**

This also may too be a longer section of the book, as I am going to delve into my personal story to explain the power of the universe.

Also, it maybe a somewhat controversial section of the book because in spiritual circles, many people still do not understand that they are indeed living in a secondary reality.

A fiction in the sense that their life simply isn't really of their own making.

Many of these people also often say that there is no "way" in which to awaken – and they would indeed be right to a point.

There is nothing we can specifically "do" in order to awaken to the true power of who we are.

This is what awakening means. Awakening does not mean that we "see the outside world as fiction" - or we "know" the alleged authorities of the world have "a plan" and such like.

Awakening means that we fully and actually realise, embody and act upon and with our own power.

We act from a space of authenticity of our ourselves. Our true divine nature.

Awakening also implies that we become aware that we have "a choice".

Awakening as if from a "lifelong sleep", which in reality we are.

We are awakening from the relentless yet unconscious control of the subconscious mind.

Everything we have ever consciously (been aware) of doing has come directly from a pre-installed program within us from repetitive teachings and experiences as we grew older.

So if there's no way we can "awaken" at will – then what is the point of this section of the book?

Good question.

And like all good questions, there is always a good answer waiting to be heard.

Here is that answer.

To awaken from the dream world that we believe to be real which is in summary our entire lives learning that has been passed to us from someone else, a third party...

**We must listen to ourselves.**

Earlier in the book, I mentioned that all of the answers we need in our lives have already been hard-coded into our life plan (the plan given to our soul before we graced the earth).

And in awakening, this is no different.

As we travel through life from childhood to adulthood, naturally we will feel various emotions.

I mean feeling for most is absolutely natural.

I feel things, you feel things. We all feel things.

We feel various emotions, we feel various pains, we feel various joys.

Awakening though of is a necessary requirement when we are not truly living in a way that we came to live.

Perhaps we are making choices that we know are wrong and do not know why or cannot fix that.

Perhaps we are for example in a job role that we absolutely despise, yet keep doing the same job because we feel we have no option or just to pay the alleged bills of life.

Perhaps we are with a badly matched partner, or in a relationship that is emotionally or even physically hurting us and do not, or can't leave.

Perhaps we are not living to our true selves because of pain or trauma we experienced and have low self esteem or confidence, masking that with a false persona.

Narcissism itself.

It is this feeling of misalignment that is a genius stroke from the universe because as per universal law “as above so below” we cannot know one without the other.

This misalignment with continually appear as a voice within us, or a feeling within us that is not going away.

On the contrary – this feeling or voice will grow louder and louder until our lives forces us to sit up and take notice.

A great example of this I want to share with you so that perhaps you can resonate and apply it into your own life is of my own personal story.

When I was a little younger – I was working job to job, in Banks, Administrative jobs, basically to put it bluntly, I was just over broke and doing whatever I could to pay the bills and survive.

This feeling of a gnawing pain just would not go away. Every morning it was there.

Nagging me, inside of me all day everyday at work.

I certainly felt it.

On the cold mornings when I wanted to roll over in my duvet again instead of getting up at 5am to drive to work it was even more prominent.

But I ignored it.

I ignored it for years.

Until eventually I could ignore it no more.

It made me ill.

My workplace were sending me to doctors appointments and tests and such.

Nothing got any better because the doctor found nothing.

One day at work for some reason, I just got up – took off my telephone headset and proceeded to go to each of my colleagues and shake their hand saying:

“I’m done – was great to know you, keep in touch!”.

I had no safety net and no job waiting for me in the wings.

I had no clue as to why I did it.

I just spontaneously acted upon the feeling I felt and said to myself.

“Enough is enough”.

The reason in hindsight that all this happened was because - it was my soul that was sick.

My soul was telling me, nudging me, screaming at me to listen to it’s guidance!

And the moment I acted upon my souls guidance I felt immediate relief.

Immediate satisfaction

Even though I didn’t have any security, job, etc.

It felt so freeing.

I felt free.

That freedom was short lived though.

Next, the mind did what the mind does best and started “chattering” begin the scenes.

*“What are you doing” ...*

*“You don’t have a job” ...*

*“How are you going to survive?” ...*

*“You’re going to lose your home!” ...*

Because little did I know, the universe was ready to play me her next card.

I had succumbed to the fear and the very next day was out looking for a job again and dropped my son off at school.

Just as I pulled out of the car park and drove to the roundabout, I stopped.

I was ready to go and drive to an agency to find employment all over again. Now I wasn’t totally sure if getting a job all over again was the right move, it wasn’t something I truly wanted.

It didn't feel exciting and I did have a niggling doubt about going – but I went against my gut and did it anyway.

Thinking, as I waited about what type of job I would enjoy, deciding on which ones to go for.

It was at that moment – it happened.

A lorry travelling at approximately 40mph crashed into the rear of my car – whilst I was stationary at the roundabout.

The pain was intense and burned right up my neck and in my back.

My car took a big hit, luckily it was a BMW (very well made) and the impact didn't do too much serious damage to the car.

The man driving the lorry was fine too fortunately – and came running to my car, now shunted into oncoming vehicles over the roundabout.

He helped me out of my seatbelt, stayed with me for a moment to check if I was OK, and apologised as “he sneezed” (which is what caused the reason for his inability to stop and control the lorry).

Little did I know that this was the universe at work, once more.

As I already was born with Spastic Quadriplegic Cerebral Palsy, this car crash made an already very challenging life physically – much more challenging as over the course of the coming days and weeks, I began getting spasms in my back which caused me to fall.

I even fell over and smashed my front tooth out as a result of one of these spasms.

A course of 10 weeks or so of further physiotherapy in addition to the 22 years I had previously was in order.

Little did I know again that this was all part of the universal plan for my life.

Teaching me to **LISTEN** to the nudges from within me from the universe directly.

The message this time was - “Graham, we had to stop you. Why are you choosing to repeat something that makes you unhappy? A job is not what you are here to do. You are here to work for yourself. You are here to do things differently.”

Then things changed as a result.

I took this message to do something different. I began researching whilst at home.

It was a scary time, I was in a lot of physical pain, my mobility was seriously affected.

I had 3 children to feed and all the usual things that we in this system – had to pay for.

I began selling my things to keep the alleged wolf from the door and thus stumbled online.

It was this guidance (that I didn't know I was receiving back then) then put me on the path to phase 2 of my life, the pathway that made my life truly fall apart so that I could be who I really am.

I made all the relevant phone calls and asked all the responsible questions, and began what I thought was my next calling.

Fast forward a few years, I was running a considerably successful Internet business.

I lived in beautiful homes with my amazing kids and partner, I was driving my dream cars, was able to have relative freedom to do whatever I wanted – whenever I wanted.

Life was wonderful.

I felt a real sense of alignment.

I felt a real sense of purpose.

I felt a real sense of I'd found myself.

Truly a wonderful feeling.

I became what I thought then successful thinking it meant having money, freedom and ability.

This was the final wake up call that the universe had been waiting to send me.

The teaching universally this time was to get so unbearable that it almost took my life.

I was a victim of Narcissistic abuse myself (which I had no clue what it was at the time as I came from a marketing background then).

The business that I had built was gone, people who I thought were friends had stabbed me in the back.

I couldn't go back to business, couldn't afford my bills and had mounting debts.

I had failed at life.

I had failed at providing.

I had failed at being a man, even though I didn't have a male role model as a child – I still felt I had failed.

For 13 years prior - I had raised another man's child as my own and he was at the time as suffering with Autism, took into care.

I'd lost my livelihood, my home, my stepson, my income, my sense of inward satisfaction, my self confidence and it was at this point, I felt totally hopeless.

I had thoughts coming back from my car accident, and thought about crashing my own car at high speed into a wall or to take pills to numb the pain – I also began drinking very very heavily.

I was placed on anti-depressants too and had the Police arrive at my home thinking that I had committed suicide.

It was at this moment the universe played it's final card, that truly would transform my life to "awaken me fully from the dream world" once and for all.

The greatest day of my life.

You see, to answer the title of this segment:

**"How To Awaken From The Dream World"** has actually already been answered.

We must live the life that has been given to us, so that we can finally live the life that has been waiting for us.

We must live life exactly as we choose to live it, fully trusting that the universe will give us the guidance we need to let us know whether or not we are on path with our highest divine plan.

In exact, precise divine timing.

This is why there is nothing wrong.

As my mentor used to say “Nothing is broken, nothing needs to be fixed”.

How right she was.

So to awaken, we need do nothing.

Nothing but **LISTEN** to your own inner feelings and guidance, and ultimately – you to will awaken from the dream world too.

As long as we listen to ourselves within, as long as we listen to our feelings of discomfort as messages to help us make different choices, we will awaken.

Awaken to the knowledge that has been hidden from us.

The knowledge that indeed we do have a choice.

Even in the most extreme of circumstances, they only appear in our lives to give us the option to have them no longer appear.

For us to choose what we really do want, as opposed to being pulled along by what we don't want.

It is the same in our inner world, as in the outer world of the system as discussed in the prior segment.

No-one, not even Governments or alleged authority has any power over us, unless we grant it to them or are deceived into consent – which ultimately renders all contract null and void in law.

Awakening, is a beautiful, universal process that is us honouring the divine within us.

It is a wonderful experience to finally liberate ourselves from our minds, our programming and all that we have been repeatedly taught.

There is no grander feeling than to hear the guidance of the universe coming to and through us and to know that if we trust in it, we are protected by universal energy.

This is why I personally have no fear any more. Justice and truth are at my core.

Anyone who knows me will tell you this, it's probably the same for you too. We are all one after all.

**Truth is, I personally used to exist solely from fear.**

Now, everything has transformed.

Awakening is not becoming more than what we were. It is becoming who and what we already are. This is the same for all of us. If we awaken, we are not better or worse than anyone else either.

It is not a badge of honour we must wear. It doesn't give us status or more authority over anyone or anything.

We have even greater responsibility than we did before because now we have awakened to our truth, our power and everything we used to believe has fallen away – we only now have the universe as our authority,

This is the highest accolade of them all.

This is the highest respect we can be granted.

Not from the alleged authority of a man in a suit!

The universe has given us the very plan for our life and always wants us to hear our instructions so that we remain aligned with their pre-determined path for the fulfilment of our souls destiny.

A great example of this I will share with you from my journey – without blame.

Everything I am going to share with you I have come to terms with and spent numerous hours in self healing and understanding so that I can come to these conclusions.

As part of my awakening process, I was universally offered \$7.5 million dollars to fulfilled my souls calling. To return home to my true self.

Before I awakened to the real me, I like everyone else – was living from behind the mask of ego, false persona, learned behaviours, no self direction and deliberate conscious awareness.

This offering of the \$7.5m - was totally synchronistic for me, as ever since a child I had been somewhat obsessed with being or becoming successful. An amazing feeling for me was to know and realise that the universe truly **was** in control as **it** was making my dreams come true.

I was almost sick with disbelief, excitement, the freedom and possibilities that this kind of wealth could bring.

It could open doors beyond my wildest dreams, it could take away (at least for me) the frustration of my disability at times – because it can be very frustrating. I want to be real with you.

Now, \$7.5m dollars seems so far out of the reality of most if we assess our current position. At the time I was offered this money, my family were being evicted and made homeless because the land owner of our property which we were renting – wished to sell their properties.

The universe played a master stroke in offering me this opportunity – and I want to share my awakening journey so that you can understand something very profound indeed.

In the moment I was offered this vast wealth – I immediately in hindsight, did something very important in terms of self analysis and growth.

I became disconnected from myself and “the money”.

What I mean by that is, I believed that I had to do something in order to obtain that wealth.

A pretty normal response to most people I’d guess?

We’ve all gone out and earned a living, which usually pays us pittance by design – so in terms of having huge wealth like the \$7.5m my mind **assumed** that I had to work extremely hard... which I did.

*That was my first massive learning experience.*

Then I understood in self analysis – that the want of this wealth, became a feeling within so intense. It was constantly gnawing at me every waking hour because I didn’t know when it was coming, I just had to believe that it was.

This feeling grew and grew because at the time, we had just ‘lost’ our beautiful home and were placed in a hotel – 2 in fact (which my mentor kindly supported my family financially).

So the teaching I am attempting to convey is – the universe will as we are awakening, show us ALL of the areas within us (inside of us in thoughts, feelings, beliefs) that are not serving us.

The goal of awakening is to be what we truly are. The goal of awakening is to disassociate from the perceived understanding that things need to be different, that we need to be elsewhere to where we currently are.

Awakening truly is wonderful healing divinely sent – that can feel like enormous pain as we grow through the process.

Everything we thought we knew of ourselves both inner and in the outer, fall away – and this has to happen for the birth of the real us to step onto the stage.

We went from perceived success, with all the trimmings – to absolute destitution, no income, losing my business, home and it was a stressful time for all concerned naturally.

Eventually after 3 months of living in a hotel in one room with 6 people sleeping, eating, bathing and such – we were given a house which was in total disrepair.

It had a severe damp and mould problem, a leaking roof, water leaking through the ceilings, no carpet anywhere, no furnishings.

It was crazy to see how what we once had – compared to this.

Grateful to have a home, yes – but the initial shock really hit home.

Half of me was in disbelief as just a few months before I had believed with my every fibre that I was going to be a multi-millionaire.

I had viewed the Million Pound house, I had test driven the Range Rovers.

So, for the next 6 years I was in a state of trying to understand by myself – WHY this offering from the universe had not materialised.

Over those 6 years I carried on giving my all, without WI-FI initially or the ability to afford WI-FI, or pretty much anything else for that matter.

I remained in “knowing”.

I was totally believing that this was going to happen.

From every fibre of my being.

Others thought I was mad, and it caused serious friction at times.

Yet, I had compassion for them, and stood strong in my self belief and the belief of the universe.

I had been learning VAST amounts of information and understanding that were all bringing me gradually ever closer to the real me.

Sculpting me to live my own dream life and be true to me – and how to help heal myself and others. I had learned how to heal myself and worked solidly in doing this.

I had worked hard in retraining my subconscious mind via repetition. I had learned psychology and a much bigger perspective of possibility compared to all I had learned.

I had helped countless people and professionals heal and grow and supported many suicidal people through their toughest times.

I had been trained in leadership and how to handle demonisation, narcissism and criticism (which was an immensely tough time). In fact, it got so tough that I even questioned that maybe I was being rewarded for that suffering I had put myself through.

Still though, this manifestation never came.

7 years after I was made aware that I would receive it – I had an epiphany.

I realised the realisation of them all.

**I was that manifestation.**

**Money was not my why. I was my why.**

And so I *left* my training. It was hurting the relationship I had - and also immediately stopped the sabotage that was creating the friction, preventing manifestation.

Integrity and truth is a huge thing for me personally, I feel there is no more of a way to show this by walking away from the possibility to be “wealthy and free”.

How can something else add to the fact that I am already rich and free?

That’s like asking for permission to breathe.

I am those things by simply BEING ME.

If in the future this materialises, I shall remain abundantly grateful.

Yet, I shall not be building another identity or persona around any achievements I achieve. This dilutes who we really are.

And this is the lesson I hope can help you and resonate a little.

Everything that you are, you are for a reason. Everything that you experience is to bring us ultimately to the deepest of realisation.

You just have to do the work to understand the real you – then remove all the barriers to that real you.

This is why I am grateful for these opportunities. Grateful for every experience, because the universe has made me realise that it is myself that is the prize. The goal.

It's the same for each of us. Really, it is.

Awakening is the recognition of the true self and the identity with our power coming from within, internally.

Nothing externally can bring you the power you are, but it can take that power away – I am living proof of that fact.

# **CHAPTER 6:**

## **Compassion: Humanities Silent Saviour**

The title would imply that humanity as a species needs saving, so let's ask the question then...

Does humanity need saving in the first place?

A very profound question indeed if we have read this far isn't it?

(If you haven't noticed, I'm all for stimulating critical thinking).

So, let's discover...

Does humanity really need saving – and if so, how?

By now, we are aware that the universe is in control of our souls plan for life – so if this is the case, nothing is wrong or broken. Nothing needs to be fixed.

Yet, if we are experiencing a life that is unwanted, feels out of sync with ourselves, or an outer world that we see adversity, struggle or suffering in – don't we have the right to make a change?

Don't we need to help humanity help itself?

The answer is YES – because we are humanity.

We are one with everything, including the planet.

Any change is welcome if it helps us feel good or better.

If we can feel a little better or help another to feel better... or to help them help themselves feel a little better, than this is vital work.

The opening few lines in the first chapter if you recall said that effectively, everything in this universe we call home consists of energy and vibration – frequency.

We are here on earth now to help raise the vibration of the planet.

In fact, I'll correct that.

The earth is raising its vibrational frequency regardless due to cycles based on (Schumann Resonance) and we have a duty to raise our own to coincide with it.

There are forces at work trying to lower the frequencies around us on mass a.k.a. Governments and their shadow forces driving their behaviours, but we cannot blame them.

We must step up now.

You see, the saviour of humanity is found within ourselves.

Everything is an inside job, remember?

The saviour of humanity is found within personal responsibility and also ascending to the highest possible levels of consciousness.

We can only take personal responsibility when we know that there is only us on the planet.

The highest levels of consciousness also, would say the following:

- 1) There is no outer world because the way in which we perceive it is coming from within us.
- 2) There is no-one else on the planet either, just us – and reflections of the way we perceive things coming from inside of us.
- 3) There is no blame, nothing to blame and no-one else to blame.

This is taking total responsibility, for everything. The highest level of consciousness.

When we realise that there is only us here and only our perceptions that are coming from inside of ourselves, then we can demonstrate compassion.

Compassion is the key.

Compassion is a powerful trait found within personal responsibility that can allow us to heal ourselves and thus, others and the world.

Compassion is forgiving ourselves and all others for knowing what we didn't know.

Compassion is placing ourselves first – with a difference.

That difference is also being there for others (not to do for others) – by empowering them to support themselves, to think for themselves, to choose for themselves.

Compassion is filling our own cup first to show others that the only way they can raise their own vibration in relation with earth, is to put themselves first with compassion for others.

We cannot fight the old to build the new.

We must only build the new, to build the new.

If we fight, this becomes our point of attraction and thus we manifest struggle, difficulty and unnecessary challenge.

Humanity does indeed need saving

The sad truth is, humanity needs to be saved from itself.

It needs saving from it's own learned behaviour.

It needs saving from repetition without investigation.

It needs saving from the herd mentality.

It needs saving from externalising and giving away it's own power.

It needs saving from bullying and manipulating others.

It needs saving from the false association with itself.

It needs saving from fear.

None of which are real.

In a nutshell, humanity only needs saving from *illusion*.

This is why compassion is the antidote because we are all suffering from it.

Compassion is something that is in-built, inherent and real, within each of us.

It requires no getting or learning from another.

Just the ability to become aware, that it is our *shared suffering* that has created all of the issues that we personally have experienced in our lives and thus, as a collective on earth.

Our suffering has come from another's reality.

Our shared suffering has manifested into the need to heal this suffering.

To heal suffering on a collective level, we must heal it only on an individual level.

So how do we do this healing then you may ask?

Well, on a personal level we can begin by forgiving ourselves for all that we did not know as all was for our highest good, then we can start making progress on the individual aspects of our lives and behaviours within our being that are keeping us separated.

We can realise that our experiences are gifts.

We can realise that we are the only entity on earth.

We can realise that any reactivity that comes from us when another does something, is ours to work with.

We can begin eradicating all forms of judgement from within us.

We can begin seeing the cognitive dissonance that is the blame of others.

## **CHAPTER 7: Depression, Anxiety And Stress: The Escape**

Depression, anxiety and stress are all formed within the same family and all share the same root origin.

That is, believing (there's that word again) in the character we have become on this journey called life – and not knowing it *is not* us.

It is our bodies natural trigger or warning to tell us to stop trying to play a character.

To escape this crippling, debilitating experience we must understand that good or bad – we are not our thoughts.

Our thoughts have all stemmed from the subconscious mind.

It is here that contains literally every experience we have ever known. It works by associating a thought with what is stored within our unconscious mind.

No thought that arises spontaneously – is to be believed in by us, unless we choose it.

So to first become anxious, depressed or stressed, we must choose to give that thought power.

We must actively and consciously choose to give those negative thoughts – life.

This is the key to our freedom. To know we do have choice.

At all times!

Whatever thought we fuel, we feel.

Yes, negativity will naturally come for all of us, since the mind is hardwired with a negative bias. This means that relentlessly through life; we will always experience negativity and periods of anxiousness and stress.

It is natural. A part of being human.

Depression, stress and anxiety *are not real* though.

Read that again.

They just feel real.

Like the world we live in they just appear real – again, part of the considerable illusion we call life.

Yet no-one seems to be taught these truths, not in school or not as we grow older.

I wonder why that is?

Again, it all goes back to the need for us to be controlled.

It is the mind that gives life to anything.

A piece of paper can do nothing without being written on.

A gun cannot fire without the mind instructing the human to pick it up and fire it.

Same thing with feelings of depression, anxiety and stress.

You are in control, and have always been.

By having the awareness you do now, and by knowing and realising that you have a choice.

I have been fortunate enough to be able to have supported many people with a ton of compassion for them, who have been in bouts of serious depression. manic episodes, or literally on the edge of suicide – and the method used to help them through these bouts is the very same sequence.

Not ridiculing them for being “low”, or telling them to get a grip and “man up”.

By allowing them to feel all they are feeling with unconditional love and simply sitting with them, being with them – and this being word will prove to be a massively important word in the coming segments, we can heal anything.

This is why we are not taught our own power.

We have been taught a system of dependency for the same reason.

*So that we do not look **within ourselves** for the answers we seek.*

As if we look hard enough, there is no “out there”.

There truly is no “outer world” or anything than can “cause our stress”.

It is all a pigment of the mind.

All being created from inside of ourselves.

Take a moment to absorb that.

It is life transformational.

What we choose to believe in gives us massive abilities.

## **CHAPTER 8: How To Control The Mind**

The mind is either our master or our obedient servant.

We have the power, we get to choose – remember?

To control the mind is to simply shift the belief in who has that control.

It, or us.

However, there are many tricks the mind tries to pull to convince us otherwise.

The mind can as stated above, be one of 2 commodities.

Master or servant.

And us being, (allowing, accepting in stillness) all that the mind has to offer us – is the key to becoming it's master.

The mind will spew out many different offerings, all of which we should allow.

Yes, even the hard, cold, uncomfortable negative servings that it has for us.

In allowing the mind to be as it is, we offer no resistance to it.

With no resistance there is no friction and here manifests the true authentic opportunity to become it's master.

If we are not allowing the mind to be as it is, then we are in a state of resistance, which hurts only us – by prolonging the illusion that we are not in control.

The mind from a place of resistance, can never heal as we are constantly trying to correct it.

How can we correct something that actually isn't wrong?

How can we correct something that is simply trying to do the best it can with the information that it has been installed with?

Ultimately this is what we are facing. This realisation.

We are simply a computer program on legs (or wheels if you are having my unique life experience!).

There are times in life that the mind can create intense joy – an example in my life of this joy was when my first born daughter was born, because my mind had manifested the belief that no woman will have my children since 2 of them were aborted because I am considered disabled.

Another example of joy is when I was offered \$7.5 Million from my mentor.

This in my mind gave great relief and feelings of freedom. Freedom is massive when we are born into a Quadriplegic body!

Nonetheless, knowing all I have ascended to now – money is not freedom. It can also cause separation. It births an identity, a way of life that is difficult to lose.

Money isn't real, and having it or not shouldn't create a difference at all within us as an individual.

If it does, we are still trapped in the illusion somewhere.

Why would we want to create situations that would cause mental agitation?

We must eradicate all forms of want from the human mind.

This comes from self acceptance that we are enough.

It includes gratitude for all that we have and are.

It includes seeing all of life's experiences as exactly that. Experiences, and the acceptance that all that has happened in our lives, to be understood as exactly all that needed to happen.

The bottom line?

If we eradicate the association with pain, we remove the possibility of trauma manifesting.

Eradicating the possibility of Narcissism flourishing.

This is an inside job. This is the key to the castle.

Alongside knowing that we are the masters of our mind.

We are the deciphers of our freedom.

We mustn't allow anything our anyone outside of us to control our mind.

The clue is in the name. It's ours.

This is not initially easy to do because of the years of faulty programming and perception we have learned, repeated and believed (and thus made real).

The years of belief in the system outside of us.

The eternity of authority we have been led to believe is outside of us.

The family dynamics that we all have grown up with and the way "we do things".

Not to mention the cognitive dissonance that is caused when we finally do decide to "go our own way" and take back our power.

The most painful parts of letting go of the illusion came from those closest to me.

The very people I love most, hurt the most as I shifted and projected onto me.

We may get ridiculed, we may get chastised, ostracised – and it hurts. If we believe in it.

It just shows though, how everyone is operating in their very own universe, so nothing no matter how seemingly real – is personal.

This is why I thank all those people for belittling me for finding my own freedom.

Because I found it.

Without their judgements, I wouldn't have spurred onward – even though I had a choice, I could have chosen to quit because it was too hard, I could have listened to the fear bursting from my heads voice. I could have stayed stuck in a life of unknown imprisonment within my false self.~

But I didn't, and nor do you have to.

Allow whatever the mind has to offer, with compassion.

To diffuse it's power over your life I want you to imagine this...

Imagine that the ego mind is a scared, naughty child (because that's effectively what it is) – and every time we are in control it we actually do the opposite.

Just let it have it's tantrum whilst we (as a separate entity) watch from the distance.

Because we *are* a separate entity!

Imagine the kid in the supermarket having the tantrum – as your mind.

Just smile as it thrashes around, demanding it's way.

Don't follow it or it will guide you. Control you.

Just observe, and breathe through it.

Then say well done to yourself.

You then are in a massively powerful position to make a choice.

The choice is “what is the opposite of this and what can I learn from it”.

You can empower yourself and grow massively just from working with yourself.

This trains you to be able to handle any situation.

Without becoming immersed and lost within it.

This goes both for negative and positive associations.

Negative and positive experiences.

We want to remain a balanced observer (in the middle as the witness) so that nothing can effect us.

Why?

Because if we associate with a negative situation it is easy to become more negative due to the natural negative bias within human minds.

If we also in the same way associate with a positive and follow it, it makes the negatives that will ultimately come afterwards as part of life – more challenging to break free of... the higher we go the greater the fall so to speak.

The mind is indeed therefore either our servant or we, it's master.

The greatest choice we have is to become the latter.

The steps above, are how we achieve that.

So why not analyse your own mind?

Just relax and breathe and see just what thoughts pop up from your very own Pandora's box.

Try the very same experiment.

Let them come, let them be. Breathe through them and let them go.

See where you would have followed any particular thought.

The mind you see is like an overcoat – you are not the overcoat unless you decide to put it on and wear it, then you are one with it. Only then it becomes part of you.

So get undressed so to speak, and learn how to lose your very own mind.

Do not fear the negative connotations of the definitions the world would have you believe about this.

Losing your mind is the very pathway to a life of total freedom.

The true essence of all we as human beings are searching and striving for.

A life free of attaching to pain.

A life free of going against your own grain.

A life that really is life vs. a life that is merely existence.

The only thing we have to lose, is the mind itself and when we do – we gain everything we have ever wanted.

Please re-read that and allow it to sink in. Feel it.

## **Chapter 9: Reprogramming The Subconscious**

This segment of the book is critically important.

Knowing what we know now, that our identity, paradigm or belief systems, behaviours and the like are all passed down to us from secondary learned information – we also can come to the conclusion that we are the only one who can take responsibility for beginning the process of changing what is stored within our subconscious mind.

We know that everything we do is run by a program that we have learned via repetition, has become our normal and is chosen by our conscious mind from the available files we have stored within our subconscious.

We must be totally clear on this before we can proceed.

When we are clear on this, we can then choose to understand that we really do indeed have the power (and have all along) to change our beliefs.

Our beliefs are **EVERYTHING**. There is nothing more powerful than a belief.

As the saying goes:

*“If we don’t control our own minds, someone else will...”*

This has been the affliction of humanity since the dawning of time.

This is why we are here.

To break this age old spell and awaken to the truth of who we really are.

Reprogramming our *own* subconscious is the key to that and thus:

**“Saving Humanity”.**

We know that the thoughts we currently think form the feelings that we feel, and those feelings in turn drive our behaviour, which is why if we have all been falsely programmed from birth for our highest good of course.

We live an existence that isn't our own.

Time to change all that.

So how do we begin the process of retraining own subconscious?

I'm going to walk you through my personal experience and reveal everything that I encountered so that you can 'be prepared' for all that could come up for you on your journey of reprogramming.

This is not a journey for the faint hearted, but is totally the solution.

To initiate the process of reprogramming we have choice.

We can choose to analyse certain thoughts we think and assess 'where could I have learned this'. Usually the answer to those questions can be found via our immediate circles of family and friends or learning taken on from 'education' etc.

Or, we can go direct into changing the hardwired files that drive all that we do.

Repetition is the key to implanting a new subconscious belief and experts suggest that it can take up to a minimum of 30 days to install or update a faulty belief with a new belief.

This reprogramming can be done in a few ways:

**1) Affirmation** – affirmations are basically consciously chosen statements that are directly opposed to the old belief. For example: I am fat could be a core belief that we have had installed and believed in for years. To change the belief we must firstly accept that this is what we believe. We must also allow it to come up and feel the effects of that belief on us internally and energetically – so that we can mark the changes we make via feeling. This is a way to measure our progress.

We would begin the affirmation process by writing down our newly chosen positive affirmation, for example: 'I am the perfect healthy weight'.

Why would we do this?

Well, simply because thoughts become things, and via repetition – we will over time begin to believe that indeed - 'I am the perfect healthy weight'.

Since everything manifests via energy and frequency, and since our entire bodily construct is of energy and frequency, if we can change the vibration we carry by changing the core belief – our body will change as a result.

An experiment was done (which you can research for yourself) in which 2 plants were placed in a room side by side. A group of students were asked daily to come into the room and talk to the plants.

The first group were asked to say loving, kind, caring nice things to let's call it: **'Plant A'**.

The second group were told to say awful, unkind, horrible things to **'Plant B'**. The results were conclusive.

Over a period of time, **'Plant A'** showed no damage, and continued to bloom beautifully.

**'Plant B'** however, showed *actual detrimental health!*

The plant was visibly wilting, dying, keeling over and the flowers also dying too.

What can we confirm from this?

**That energy and vibration really do have a profound effect on cellular structure of all living things.**

This is the very same thing that we have allowed without realising, to happen to us as humans and as a result have become **IDENTIFIED** with this lower energy vibration as our truth.

Nothing could be further from this truth!

So in consciously and positively affirming what we want – as opposed to unconsciously what we have incorrectly learned, we begin the process of subconscious mind retraining.

**2) Audible/Inaudible 432hz Frequencies** – Both audible and inaudible frequencies of this nature are tuned perfectly to be a vibrational match to the universes natural frequency – and we ourselves are like an antenna which completes that universal circuit. We are one with the universe.

If we absorb these raw frequencies, they automatically begin the process of raising our vibration to match our natural and true selves. This means that we become energetically more in harmony with all that we truly are.

These frequencies are not harmful in any way and can be used in a variety of scenarios.

Audible frequencies usually also contain affirmations which are being played over the top of the 432hz frequency for maximum benefit. They can be used as we go about our day in the normal way, maybe with headphones or simply playing through a computer or stereo, whichever is preferred.

The inaudible frequencies at 432hz, are also very beneficial and have an added bonus to boot. They can be played anywhere at anytime without being intrusive or taking up the power and space of the conscious mind, since they cannot be heard to the naked ear.

Great if for example we are at work, or out shopping or in any scenario where we want to carry out mind retraining where otherwise would be deemed not possible.

Both perfect for their individually designed purposes.

Again, the 30 day rule as a minimum is the benchmark for transforming our core beliefs.

**3) Emotional Freedom Technique** – EFT is it is widely known as is another profound way of taking absolute responsibility for our own subconscious mind reprogramming. EFT works by vocalising positive affirmations whilst tapping gently upon the 8 energy centres of the body.

This works on a scale of 1-10 with any particular old thought form or belief pattern than we are currently running under.

1 being virtually no effect on us and 10 having a profound effect on us in terms of what we believe to be true for us.

When we begin the process of reprogramming our own subconscious things can get challenging, because we have had years upon years (dependant on our age of course) of this flawed programming to ‘undo’.

The ego mind doesn't want to accept that:

a) We have work to do, it is just fine being where it is. After all – it is normal right?

Our normal remember, is our comfort zone, and comfort zones grow nothing. Worst still – that comfort zone is faulty. It's not our true reality.

The ego can cause difficulties in allowing us to accept that work has to be done.

This was definitely the case for me.

I used to perform the retraining and give up after a day or two.

Simply because I was listening to that ‘head voice’ full of old beliefs.

Also, I used to catch my ego voice saying: ‘Yeah, you know all this – you don’t need it Graham...’.

At some level, this *was* true, at a feeling level. At a divine level – all true.

However, it still *did* prevent me from doing the work I should have done at the time. It made me actually not do what was required.

I was also filled with not only old programming, but **fear**.

Yep. I was really scared of my own success!

Crazy when we think about it.

But true.

Why wouldn’t we want our own liberation?

Madness to think isn’t it?

The power of ingrained beliefs.

We can want so desperately – one thing, and get entirely another, and not know why.

**Because the unconscious drives us consciously.**

Another possibility that could occur as it did for me, was succumbing to the opinions of others. I was very good at this as throughout my life for many different reasons, I had become subservient to everyone else in my space. I had to as part of my journey so nothing is or was wrong. It was simply the truth.

I had stopped listening to my true self a long time prior, and so it was normal. I forgive myself for it.

I allowed others opinions to prevent me from carrying out my own subconscious reprogramming as I believed in their realities, in their opinions better than my own. I was scared of being the outcast (which funnily enough) is what I already felt!

People, humans, fear change.

Change is not easy. Even if we see the goal or light at the end of the tunnel – it doesn't matter how brightly it burns. Old programming is **INCREDIBLY** powerful.

I was blessed to have a very strong mind, purely because of the life I was chosen to live out and fulfil. My experience of so called severe disability has served many purposes and helped me to grow considerably strong minded. Fortunately this gave me the edge I needed to continue and reprogram my subconscious.

I am trying to be as open and honest as to what you can and/or are likely to experience when you embark on this self-transformational journey

I know that you can do it, because inside of you, inside of us all – is an inherent truth.

**To be that which we are.**

This is why also, all of these techniques we can offer you direct help and support with.

Finally then, I'd like to sum up the journey we have taken together.

We'll do that on the next and final segment...

# **IN CONCLUSION:**

**Saving humanity is simple. We must see through the illusion of the mind and the outer world – and change our perception.**

To sum up, in a nutshell – none of us were really taught anything about our minds, or our life's journey.

We were not taught either about the essence of who we are.

As a species, we have become confused with a false, learned identity.

This identity that has become ingrained within us - that we've believed was real.

This identity has been taught to us repetitively.

This identity has become us, yet it is not us.

Due to the nature of it's working; the mind is easily open to manipulation and as a result, can either our master or our obedient servant.

Ultimately, the most fundamental piece of learning that we can use now is to know, we are NOT our minds.

When we realise that we are purely the awareness behind them, we have the power to do 3 very powerful things:

1) We can then choose to learn, grow and not attach to any/all negatively perceived experiences we have in our lives (such as depression, anxiety, stress or even self-harm or suicidal tendencies). We can rise above them all, choosing now to look down from above on anything that would have previously controlled our behaviour and the way we felt, negatively.

2) We can truly embrace all positives and positively perceived experiences, truly embracing fully the goodness of all that has come for our pleasure in life.

We can even from a positive stance, know too that these feelings are part of the universal ebb and flow of life – and be grateful for them.

We can also be able to prepare for when the positives ultimately shift and not fall into powerlessness as they leave. We can now understand from this higher perspective that there are only learning opportunities in life.

3) Remain neutral (this is the key space we can vibrate in) – knowing that ALL experiences are sent to us for our highest good. To grow from. To learn from. To strengthen us. To equip us. Just as the universe intended. Being in a space of neutrality means we are perfectly OK as things are, precisely where we are, we eradicate the feeling of want, or desire, we are not enough, or other damaging self-fulfilling prophecies that humans create. We exist from a truly liberation space. To be liberated from the mind itself.

It is the mind that creates all perception, therefore it is the mind that creates everything.

The mind of mind/woman has created our very existence and everything in it.

The perceived good, the perceived not so good.

The position we find ourselves in right now in life has come exactly from each perception that we choose to feel in any given moment.

The secret is to be conscious, to be the director of our mind – because our mind creates our life.

This is also true for the outer world.

There is an outer world despite many in the spiritual community believing the outer ‘controlled’ world doesn’t exist. Those people are free to believe whatever they wish – but cannot dispute that if they are following orders of an external system, they cannot be fully free.

We must know that it exists and choose only what works for us within that. This is freedom.

The outer world also, has had a big grip on our mind and our perceptions of self.

The alleged controllers of the outer world know that our inner world creates their outer – if we are not active choosing to consciously create our world.

It is up to us now to take our power back and realise that this is profoundly true.

That we are responsible for what is happening within our minds.

We are responsible, maybe not for the programming we have received, but for changing the programming that is not bringing us the results we seek.

There is only us on the planet.

Everyone else is merely a mirror teaching us what we are given to heal inside of ourselves.

There is no blame.

We are solely responsible for the results we seek.

We are responsible by what we allow into our consciousness.

If we are attracting less than desirable feelings, circumstances, people or situations then we have to either look inwards within ourselves as to why this could be the case or simply change our perception of what we believe is occurring.

This is total responsibility.

When the universe sees that we know who we are, that we are grateful for everything in and on our journey - and that we have mastered our mind and become consciously aware of the programming we are now feeding it, well – this is when life begins to align perfectly for us.

We must start to understand the 2 parts of our mind, the conscious mind and the subconscious or unconscious mind. They are what manifest our programming, thus creating our feelings, as a result then our thoughts, which create our behaviours, which in turn cause our actions.

We must understand then of why it is of such critical importance to be the one *programming ourselves...*

We must be totally aware then everything we allow into our minds shall have some effect, whether consciously or unconsciously – so it is up to us to choose what we allow.

We do this by deliberately choosing each and every thought.

We do this by repeatedly taking charge of our mind and thus ourselves.

We do this by not allowing ourselves to drift off into the unconscious world too often.

Everything in the world is just a mirror for us to realise we must choose consciousness for conscious *is* life itself.

A good simple example of this is what is referred to from the systems' perspective...

e.g. if we are in hospital and deemed unconscious, then our minds imagine someone who is not aware, awake, nor able to live normally and deliberately – they are not in control.

This is precisely what unconsciousness is – and humans have identified with it...

**- they've just done it with the eyes open!**

Their lives have as a result become that of someone else's programming that we have taken on as our own and been totally, unconsciously unaware of it.

So the keys to help save humanity are simple and are as follows, below:

- 1) Know, without a doubt - we are not the mind.
- 2) Never believe anything it tells us – either-way. Train ourselves to be neutral.
- 3) Become aware of all that our mind tells us.
- 4) Assess all mental instructions we receive and ask “where did I learn that?”
- 5) Allow it up to come up. Don't “resist”.
- 6) Let go of attachment to anything perceived negative.
- 7) Begin choosing deliberately each thought we want to think.
- 8) Take charge of positively reprogramming the subconscious with repetition.
- 9) Repeat to raise our vibration and point of attraction (what's coming next).
- 10) Forgive ourselves for not knowing what we'd never been taught.
- 11) Remember the system does not exist. Only when we acquiesce to it's existence.
- 12) Remember we are all the same person, in different forms, colours and costumes.
- 13) Do not acquiesce to the mind, do not become it – utilise it.
- 14) Do not think about it, lose the fear and just *be* the real you.

If we bring together all of ourselves, into the *real us*..

Then we can bring together *all of us*.

Thus all playing our roles, in...

**SAVING HUMANITY** ...this has been your “*How-To Guide*”.

Thank you so much for reading.

**Graham Johnson (u/d)**

## **IN CLOSING:**

We are all guided by this same force, when we tune in to it's frequency – instead of the low vibrational frequency of the unkept mind and the outer world. Remember who you are.

All of the information contained within this book can be obtained via a combination of critical thought, diligence research, understanding of self and the wisdom of the divine sent through each and every one of us.

This book opens the door to the liberation of ourselves. We are free. We were born free. It is only our minds that have been held within an illusive prison of fictional identity, both internally and externally. We only have a responsibility to do unto others as we would to ourselves.

All statements in this book are from personal experience, and should be sought to be experienced before they become the truth of others. All research is vetted and within the public domain. The issue is most via conditioning and programming have not sought to discover it.

If there is anything in this book that you are unsure of, would like clarification of to come to your own conclusions then please feel free to reach out to me below.

We can have a full hour together on the phone or video call - to answer any questions you may have...

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