

Chapter One

In The Beginning

Let's talk first about what a soul Being is. It is Life Force energy and it is uniquely created based on Intention and Purpose. Once created, we add instinctual components. By instinct, the energy will become for example, a new element, a new plant, or a new stone perhaps that we might place in the physical world. People do not know how many things are being added to your world for you to find and discover. We create them, and we can make them look very old so that you don't think that something just materialized, because that might frighten you. This could happen because in the physical world you have emotions to deal with. In the non-physical place, we do not.

Every strand of energy that is created includes the idea for its creation. When the idea is fully formed, then a single identifier of emotion is imbibed into it. That singularity is love. Everything, everyone, every object, and every being - and they are different - that is now and forever will be of Creation is at the core of who it is, love.

We do not have negative emotion. Truly in the physical world you do not either, but you have the reductions which become what you experience, emotionally. A soul Being is a strand of energy that has within it an Intended desire to become a thinker and a doer. Some energy strands are doers only and others are thinkers and doers. Now, as the thinker/doer begins to do what it was created to do, it advances its understanding of what it is. Not who, because it is not a person. It is a wavelength of thought that will have the ability to create. But it will learn to think prior to being able to create. It is a branch of the unique identity of its creator - and we can create as many of those as we want.

That strand of energy that is a thinker and a doer, advances in its intelligence. As it does, it will at some point want to communicate with others like it. That's what we call a young one. They know almost nothing. That type of Being does not become a person at that moment in time. It does not have broad understanding. It is on a trajectory of learning and learning only. It will expand its awareness of nonphysical life, beginning with the I meaning itself and then to the identity that created it. That is the first time it learns there is, we. I then knows me, myself and I, and that it is a part of a specific entity Being.

That is the first AND. It is the first of many because from that point forward, it simply does one thing, it keeps adding more ANDs. At some point in time, its intelligence advances and it adds its first OR. It has a basis of understanding by way of adding thought to its core Being and then embarks upon understanding the thought it ADDED. When a certain accumulation has occurred, then that young soul Being begins to identify that it can, and should, perceive preference.

We never say we like something better than, we say oh, that's my preference. We have enthusiasm for both, but more for one. It's always positive thinking, positive emotion and then selection because the base layer of who we are, our DNA so to speak, is the identity that created that life strand and love. Love is the first addition, the first amplifier. We are whole and complete of the one who created us and love - and then anything else that we come upon. Those things that we have preference for, we do. Then the doing gets added in.

That young Being is on a learning trajectory by way of AND. Once it has been given enough ANDs it will identify choice. It will choose based on quantity of positive emotion that it has for each element of choice. It could have 100 for one and 101 for the other. the emotion is positivity but the more equals interest at that moment in time. That's where we are. In the physical world where you are, that same Aspect is identifying what it has preference for. Its preference is based on quantity of interest just as it is in the nonphysical place but interest is based on the various reductions of pure love. The reductions are your emotional equivalent to feelings. We do not have feelings; we have supreme love.

When a soul Being identifies that it has choices, it always goes with what it has in its memory. In its memory there are subjects and the quantity of experiences with each. Each experience regardless of the subject has one single positive emotion, love. That first Aspect is your base identity and other Aspects are added as you grow into your soul Being life. The Being is a strand of energy and its functional purpose is to think and do. That strand of energy does not have human life applied to it at that point in time. It is energy that was created to think and do, and so it does. It's a generator of thought.

That strand of energy advances its intelligence by way of intuition and it is helped along the way. It will always, from the very moment that life force energy sets its thinking and a doing in motion, desire to advance its intuition. Intuition is the most powerful attribute in the nonphysical place because it's how we connect with each other. Here in the physical world, your primary goal is to increase your intuition as well as your awareness of other Beings. You co-mingle and cohabitate in this physical environment. A young one has to advance its learning of what it is and what it has not yet learned. The learning landscape is unlimited.

When that Being identifies enough ANDs it adds OR and is given choice. It will then embark upon becoming adept at being able to identify preference. It's a thinking, quantity-based manipulator. When advanced enough with identifying preference, it is then given a teacher. We call that Being, Etyknow. Human beings call that Being a Guide. It is the creator of the energy strand, the Higher Being, that identifies who the teacher will be. That teacher will be its life coach. That coach sees within the life strand, what all of the ANDs have been up to that moment, what all of the ORs have been, and what the preferences have been. That information is used to line up experiences as well as introduction to other soul Beings that will extend that Being's awareness of more ANDs, but also to amplify the preferences that it has already made.

That teacher Being is a powerful entity Being who is learned in all the ways of coaching young ones to develop a skill set and overall preferences because those things are the foundation of growing up. When enough growth has occurred, that young one will be introduced to other soul Beings. That is the introduction of cooperative components. Cooperative components introduce preferences and choices that others who have had similar depth of learning have come upon. Hence all Beings created on the same day embark upon the same journey. They are all doing one thing, adding AND then OR then PREFERENCE. At some point in time, the life strand will begin to identify on their own their favorite out of any OR set and that is when the Etyknow Teacher comes into play.

When those very young ones come together and are introduced to their first cluster of similarly developed strands of energy, they identify who it is versus all others. It identifies the Self. This is the first introduction of group work. We align it to your elementary school education because it is an easy analogy. Children at home advance their own intellect by way of parental influence. At some point in time, they find themselves in kindergarten but ahead of that, they find themselves outdoors. They see other children, but they don't know them. The same goes for those energy strands as they are on that growth trajectory. They are introduced to others and become aware of them, but they do not know them. Once you do, it immediately falls in love with the idea of soul friends. They grow amongst each other as well as independently.

There is an exchange of ideas: "My Etyknow introduced me to this. Have you been introduced to it? No, I have not." A third says: "Well, yes I have. What was your preference? I haven't decided yet. What is this idea that you have been introduced to? I might want to know." That is the beginning of the continuous exchange of ideas. Each one will feel a certain level of interest, and if it is high enough, they will gain knowledge of it. If it's not, then that interest component will wait for another day. That's how exchange of ideas occurs. Intuition has to have had growth and depth to a certain amount in order for those young similarly developed energy strand Beings - we call Beings those that are thinkers and doers - to be able to communicate. Otherwise, they can only observe. And that's the way of it.

Fast forward. When that Life Force energy Being expands its learning to an amplified degree, it will come upon the need to be introduced to choices of how to expand intuition so that it can communicate with a larger group of Beings. This is when it's introduced to the idea of sentient and non-sentient life. Further down the road, when it has amplified its understanding of what it is, who it is aligned to, where it is from, the similarities it has with soul friends, and has made enough preferences, it will have a basis of intellectual resident knowledge. It will then be introduced to intuition building by way of the physical world.

In the nonphysical place, the young ones have everything created for them. Once it learns the art of creating, then it create everything for itself. We say nonphysical and physical dimensions because in the nonphysical place where we are speaking from you create everything that you are going to sit on in the moment just before your rump chooses to sit. But in the physical environment,

you already have the rock and the water and the clouds and the streams and the elementals. You already have it here because it was created for you. It is an environment that is done except for some additions and subtractions as we go.

As a human being when you are having your incarnation, you are doing so to improve your intuition. Many other things go into your physical Life Plan. Primarily, though it is to meet more sentient Beings so that you can connect with them in the nonphysical place. But of course, you have to increase your intuition to be able to do so. Everything in your world is already created. You do not wake up in the morning and create the bed that you are laying in. You purchase it. You also go outdoors and put your feet on the ground and you never create the ground that your feet are on. That is provided for you. There is manifesting and then there is a pre-created physical environment, and that's where physical and nonphysical terminology come in.

We always have the opportunity to advance our intuition, extend our network of people, advance some intricate maneuvering of the mind in the platforms. There are 14 and you choose which one based on the rules of the game. The platform that you and Carol are both enjoying, there are complicated rules. We want people, first of all, to not look at their life as less than, as inferior Beings to the ascended masters in some conscious, divine environment that you are not a part of until after your life is over. No, you came here with purpose and you are creating the entire time because you have acquired many Aspects. Although you are only a subset of them in the physical world. Every human being is an entity level Being once you are here. This is not an environment for a young Being.

We want people to adopt a little more strength of character and strength of knowing that you are not a peon to us. Some of you are equals, and some of you are not. It matters not, before you incarnate here you have full awareness of the depth of learning that happens in the physical environment. Specifically in this place you have many people and the numbers of the earth's population go up and down based on what your trend is. But you have sentient and non-sentient of almost every variety. You have your ground space, air space, upper air space, and your outer space and they all do different things for you. You also have one more thing, history of thought and it is not removed and so it is a challenging platform.

An old Being who steps into this physical environment for the first time can identify soul friends vibrationally. Those soul friends might have been here a thousand years ago or yesterday. An old soul incarnate will always identify memories they had in different lifetimes and soul friends and their memories. It is your nonphysical mind that is doing the living, and your physical body is the manifestation of what it has gained. In this environment, it is always a challenge to train the mind to align itself with the here and now identity and not fragments of memory from previous lifetimes and from untold number of soul friends and their previous lifetimes because we identify each other by soul signature and intuition. Old souls have strong intuition and many soul friends so identifying their vibration is quite easy.

The Etyknow Being, is your first teacher. They are tethered to you during every incarnation and they guide you the whole way. That Etyknow Teacher has a difficult job in this platform because communication is a touch and go activity with the nonphysical mind of people. The unconscious identity is exploring the world at large seeking and finding a vast amount of memories. Memories are a vibration. People know vibration as the sensation from a speaker; we mean the emotional component of thought in all its varieties, all its thicknesses, and all its subjects.

After an incarnation is complete you do one thing - you sync with everybody that you met during physical life once you are both in the nonphysical place. You do this using expanded intuition. There are seven and one half billion people on your planet today and every single one of them, when they finish their physical life, will have expanded their consciousness, their intuition. Therefore, each of you has the opportunity to connect with more Beings in the nonphysical place to share experiences, preferences, choices, and learning, and then the opportunity for shifting your gaze into one direction or another. It's another way of advancing what your choices are.

If you go into a library that only has one hundred books, that's far different than going into a library that has ten thousand. So, if you're in the library with ten books, you will read them all, and you will learn them all, and you will learn what they're all about. But you don't know what else there is to learn unless you go to another library where there is more. That's what this physical life is all about, to meet more people to communicate in the nonphysical place and expand your awareness of what nonphysical, conscious life is really about.

There is a movement called The Shift that is happening now. It is an infusion of nonphysical intelligence to cause global awakening of the Inner Mind of human beings so it will adopt and strengthen more intuition so you can do more things in the nonphysical place. That's what's happening right now. Once upon a time, before you came into this physical life, you raised your hand and you decided you wanted to participate in a unique way and to be a wayshower. This means you, John, not the general population. You're not the only one, but you are one. Because of this, you're driven to ask questions and to seek answers and to provide your questions and your answers to others. It would always be in a gentle fashion and when people began to harmonize then your intuition would exponentially increase.

That's what's happening this summer (2024) for you. In order to help your mind adopt the increase that is imminent for you, we have lovingly brought you and Carol together so that we could teach you one-on-one fashion to prepare your mind. You would not be, in this lifetime, a student of a specific, nonphysical team so we had to create the opportunity. Wayshowers never are. This apprenticeship goes as far as you are wanting to go, and for as long as you are wanting to do it, not just this summer but overall, because what you intend to do is be a humanitarian wayshower in the nonphysical place after you come back over here. That means that there is a specific type of community that you are wanting to belong to. In order to do that, you have to expand your network of human beings. You must come in contact with an enormous number of people in order to do the community function that you will be doing after this physical life is over.

Your popularity will increase and increase, worry not about it. Your intuitive abilities will be powerful once you get back over here. Every once in a while, we each example our future and create an opportunity to explore that pathway. We sometimes create an interesting physical life like you have done so that we can expand our network. You have a very strong purpose for that. So, you are in the right place in the right time and we thank you for this opportunity to do what your Guide is needing to, which is expand your understanding of how life exists simultaneously in this multi-dimensional reality - and anything else that your mind is interested in. Let's just start with that topic. Where does your mind go? What do you want to learn? How can we amplify this discussion, if at all?

JOHN: There's so much here. Can you explain more about our purpose for physical life. It's mind boggling. We're here and expanding into love and expanding into this place of origin of leaving the separation and coming back.

THE TEACHERS: Let's start there. As you were talking your Inner Mind identified a question. What is the separation? That's a difficult concept. In this platform, a requirement of participation is that everyone is a nonphysical, entity sized Being. You identify that you are coming to this platform first and then you create a plan, project its becoming, and then adjust your plan as many times as you need to until you're satisfied with your planning effort and then you jump into a body. All right, so what is the separation all about? Number one, is it real? It sure is, but it is not pure separation. It is extending your awareness into the physical world. You begin Life with no Aspects and then you add one, and then later down the road you add others, and you end up with a great many of them. Those are characteristics of what your energy strand is knowing about non-physical life. In this physical world you use three specific Aspects. The separation refers to the Aspects.

You take your Aspects and stretch the energy and hand them to that teacher of yours. They then move that stretched energy into the physical plane. The separation is hand selecting several Aspects from your Being. Think of Aspects as things that you have within your overall intelligence. Out of all the things that comprise your intelligence, you take three and you stretch the energy. It is your energy, so it has your soul essence on it, and you offer them to that nonphysical teacher, who then stretches the energy further all the way into the physical plane. There is distance between your Aspects and your Life Force Being. You don't cut the cord. They're not truly separated. They are connected to you but with distance between the whole of who you are and your physical life experience.

It's a little like bubble gum. If you take bubble gum and chew it for a while, and then you just pinch a corner of it and stretch it. It's a little like that. There is a thinning of the energy like that. At the end of the day, it's still bubblegum, which means it's still you. It's an intelligent capability that you have. What are those Aspects? There is the Aspect that expands its awareness and

adds all the ANDs all the ORs, that's Aspect one. There's another Aspect that is specifically designed for human physical, incarnated life. That one translates vibrational conversation into whatever your first dominant language is. It's only used in the physical world. The third Aspect is the one that does your creating. What people call the separation; we say a stretching of the Aspects. We don't take them from you and separate you from them, but they are separated in distance from the rest of your intelligent Aspect set. That's the separation.

Your nonphysical Being is still in the nonphysical place, but the Aspects that were stretched are shifted into an environment that technically is still in the nonphysical place, but that is pre-created for all of us to use. We don't recreate the earth every time. It is like stretching a piece of bubble gum and putting it in a box that has already been created. Everybody stretches a piece of their own bubblegum and stuffs it into a communal box. That's where you are, platform earth. The energies of your Aspects are here, but the energy is stretched all the way back to wherever you are in the nonphysical place, and then you co-mingle.

Everybody stretches the energies of Aspect one, two and three. You do that separation on purpose. It is Aspect one and three that help you to increase your intuition. Aspect Two is used because there was a need at one point in time for soul Beings incarnate to adopt language skills. Aspect Two became a need. Where do you want to go from there?

JOHN: Why does it matter in the whole scheme of things? Why is it so important to stretch our energies and incarnate? Do we go back to our point of origin?

THE TEACHERS: You will, yes. The energy is stretched but still connected. When your life is complete, you just come back into the whole of who you are. What is the purpose of physical incarnations? It's to, number one, increase your intuition so that you can communicate with more Life Force energy thinkers and doers at the same time. You might have a soul friend group as a young one of five, and as you grow, it might be five hundred. But you might want to communicate with five different groups of five hundred because there's five different subjects that interest you all the same. In order to do that kind of expansion, you have to be exquisite in the strength of sending your awareness in different directions and maintaining fluid connection, fluid conversation back and forth.

Physical life is not really what people think it is. You're here to adopt as your way of being and lean into nice and friendly which will help you find things that interest you. If those things interest you enough, you will like investigating them. That's conscious living. It is the same activity as nonphysical life. If you position nonphysical life right next to physical life it is identical. You are here to come upon more AND's and more OR's. Those are your choices, your OR sets. When you come upon more AND's and more OR's, identify what feels better and then lean into doing it.

In the nonphysical place we only have love, and so it's simply by quantity of experiences per subject. Here it's not the quantity of experiences on subjects, it's emotional accumulation plus

subjects. Nonphysical teachers are always teaching be happy and then, be happy and then because then it easier for you to lean into preference. Narrow your emotional experiences and you have less OR's in that category.

Aside from that, the more people you come in contact with by way of simple interaction, shaking hands or looking eye to eye, you will create inner knowing of the person's energy essence. Then, in the nonphysical place, you will be able to find them once you are both back here where we are speaking from. You will automatically connect by way of mind melding which is intuition. Physical incarnations are accomplished as a means of expanding your social nonphysical network. You do this because every soul Being has come upon different AND's and different OR's and different PREFERENCE sets. You increase the number of Beings you know and then exchange ideas forevermore because each of you continue to add AND's and OR's. We're not copycats of each other by any means.

We expand who we are, and one of the ways that we do it is being introduced to Beings and AND's from the Etyknow Teacher. Another way is to come upon similarly sized Beings and then communicate with them directly about their unique AND's, OR's, and PREFERENCES. You have a lot of people and choices while incarnating and that's why. Where does your thought process go from there?

JOHN: Why do I matter? Again, we're all doing physical life in different ways and it's all adding to this enormity that can't be measured.

THE TEACHERS: Think of it this way. Right now, there are seven and one half billion incarnations happening at the exact same time. The ultimate goal for each incarnation is to improve your intuition because intuition is how you connect with Beings in the nonphysical place. Every single nonphysical Being is supremely interested in what the learning trajectory or others has been because some of those pathways will identify new and interesting subjects to explore. We are expanding our social network in your earth platform. Isn't that interesting? You are here to meet more Beings. Your life matters because your nonphysical entity Being is unique and has unique existential experiences to share. Your life matters greatly, as everyone's does.

Everything that your nonphysical Being has come upon is different than everybody else. It's not like elementary school and everybody goes from kindergarten to twelfth grade learning the same curriculum, the same general core subjects and outliers. It's not like that at all. Nonphysical Beings advance based on innate knowing and then the choices that your Etyknow Teacher has given you. You add soul friends and find out what they've been given. That's where the first eagerness comes in. You want more friends because their learning offers you more choices. The more friends, the more choices and so on.

In your physical world, you have seven and one half million potential new soul friends to communicate with and investigate what all their preferences have been and what choices they

have been offered. It is bountiful enthusiasm for eternal potential learning. That's what you're here for. We are loving this conversation and where your mind is going.

Making It Your Own

JOHN: I like your analogy of the library and that we honor and revere in a certain way all other libraries but what about the libraries that include famine, war, tragedy, and suffering? Why do they exist? I am trying to understand how all experiences come from a superior source yet we have these. Are we shifting away from these experiences?

THE TEACHERS: Let's start with the library. The library is your existential library, your nonphysical library. It's all of your nonphysical experiences. Human incarnation is an experience but in a plane of - it is a practice arena to isolate parts of your intelligence. That's why we say you're a nonphysical Being, having a physical life experience.

Your physical life experience includes a great many things and this is not the only platform that you have physical experience, but this is the one that you are having right here, right now. What you believe this experience to be is not what it is. You are here in a physical form that you have manifested. You draw energy to you and then you create with it. But "you" don't. Let's say "you" with a lowercase y is your physical incarnation. The "You" with an uppercase y is your nonphysical essence and some of your nonphysical intelligent capabilities.

That you, with a capital Y is drawing energy of thought. Thought is emotion first, subject second. If you wanted to manifest a Mercedes-Benz, you have to manifest powerful joy in the experience of buying it and then you might. But no matter what, you'll have more joy. Depending on how much thought you put on the subject, well, then you might manifest a joyful experience with a Mercedes in your vicinity. Later, you might manifest a beautiful experience buying a Mercedes. But let's say that you do some intention-based moments and you conjure happy, and you try to add happy on the different elements such as this:

"I like happy. I like being happy. I like knowing that happy exists in the world. I like using happy. I like seeing evidence of other people using happy. I like money. I like that money is available as something that I get to play with in physical life. I like money. I like using it and I like having it and using it. I like the idea of buying a Mercedes with money, and I like the experience to be with a lot of friendly and a lot of time to enjoy the friendly. I want to feel extra happy about the specific Mercedes that I pick out. I want to have fun writing that check in full, making that payment in full. I want to shake hands and look the salesperson in the eye and know that I made a friend, not just a transaction. I like happy and everything like it."

Do you see how you can sink into that? Let's say you do that once a week. You will manifest some of it as an absolute. You might shake hands with somebody and feel a powerful connection with that person. Or you might find the perfect make and model of Mercedes, it is the one for you because something has to manifest first. When you find the one - and the one could be that you find the dealership or the dealer or the car, or the best day of the week to go look at cars because something must manifest first.

Let's say you find your preference for the car. Now you will go into need mode. That's what people do. You go into need mode and you start getting impatient. "But that's the one I want. I hope somebody else doesn't look at it. Maybe I need to go there tomorrow and get it. I have money in the bank. I could just write a check or maybe I should get a loan. Man, I hope somebody doesn't buy it. They're having a sale next month. Shoot, what if somebody buys it before then?"

Do you see how now your beautiful rendition of what we call free flow has just received an overlay of tremendous worry and doubt. It is worry and doubt on your experience of buying a Mercedes in full, and so now you will have some of both positive and negative in your experience. When you go to buy the Mercedes, it might be raining or you might have an opportunity to shake the salesperson's hand.

That's how it works, isn't it? You buy from one person and you sit down with the finance team, and then and then you're given the keys, and then the salesperson is nowhere to be found. But that doesn't have to be the case. A salesperson can look for you and not let you leave without shaking your hand. "Thank you so much for the sale, I appreciate it. It's how I put food on the table. My family appreciates you. I want you to know that I love what I do and I am really glad that we connected." Shaking hands can turn into a conversation which was part of your free flow, hopefully.

When you do free flow like that, the Inner Mind starts to draw energy to amplify the experience. What you think about matters, but the emotion that you infuse matters the most. When you look at how much you think about that purchase and how often you use positive versus negative, if you really want to manifest well, pull back on the negative emotion. You must tone it down. You have to ask for help to clean it up. You have to ask for guidance, but you have to not be impatient.

Your nonphysical Being has an intelligence capability that is powerfully vast. Your nonphysical Being is not in the physical plane with you but some of its intelligent capabilities are. You hand selected some of your intelligent aspects and put them into a structure that we call your nonphysical mind. Your nonphysical mind connects magnetically to your physical form the moment that you're born. So, let's define what the physical environment includes. This is simple, everything that is pre-created for you such as the rocks and waterfalls, they're already here for you to explore. At the same time, you're using nonphysical intelligence to create your experiences. Your environment is here, but your experiences are created by You and then experienced by you.

You have an intelligence factor that draws energy to you. We call that your Aspect One. It looks at emotions and draws them to you as well as all topics entwined to it. Let's say that you go through that Mercedes lot and you're really happy that day. Aspect One does a sweep of energy and draws in all human thought in that vicinity as an absolute for the last 48 hours and potentially maybe more. The "maybe more" could be a thousand years ago from that patch of dirt. The decision of what is included in the draw is based on the mind at that point in time. It has free will to do draw what it wants but it will, as an absolute, draw in all thought for the last two days.

Here's the thing, this is where "happy and then" as a rule starts to make sense. You're powerfully happy just wandering the lot, and at the same time your nonphysical mind is doing a sweep of energy for at least the last two days. Maybe somebody else was walking through that lot during that time and they were frustrated. They were there to sell their Mercedes quickly because they needed the money. They were divorcing and wanted to get rid of it before their spouse asked for it. Mean tempered and going through a traumatic, critical point in life. If that was within the last 48 hours, that sweep goes into your mind as well. Thought structures are in the air with a date stamp. So, your beautiful free flow just got contaminated but not by you.

That is what this platform offers you. History of thought by way of emotion first, subject second. In this scenario, you drew in frustration because somebody else left it behind, and now your thought about the Mercedes specifically gets contaminated but frustration gets applied to your manifesting in general as well. Once your thought is contaminated so is your manifesting. You leave the car lot and head to Whole Foods with an emotional self that has more frustration than it had before you walked on that car lot. Now you could manifest an experience there that has frustration because you have more of it.

Every square inch of your planet has human thought except for where your oceans are. Because of this, your manifesting gets altered minute by minute because that's how long it takes to sweep and draw information into your nonphysical mind that we call The Grid. If you could see The Grid, it would look like a Lincoln Log like structure, stacked but hollow tubes that hold nonphysical wavelength of thought. These wavelengths of thought are what you examine when you get back to the "other side." It is your nonphysical mind that holds all of your memories. Your memories are contained in your nonphysical mind, but are based on emotion first, subject second. The Grid is your true memory and it is altered minute by minute.

Law of Attraction is always at play because your draw is based on emotional wavelengths. If you are powerfully happy you will likely soak a small amount of available doubt. But if you already experiencing doubt then you will soak in more because it is what is dominant. That additional doubt might be just enough to cause you to become worried - worried is amplified doubt. In other words, it might be just enough to up the ante on your negative emotion on your current thought subject or overall. That's why for a generation and a half now, there's been a movement, a nonphysical push for people to understand that emotions guide you. Keeping a happy mindset is critical because if you're happy, then when your nonphysical mind does that minute-by-minute

sweep, it will, based on the law of manifesting, make positive emotions primary. It will look at the full sweep of emotions and although the negative is present, it will acknowledge it, but place it in The Grid as insignificant.

Negative emotion will always be available as part of your experience, but you don't have to use it as a dominant component for manifesting. What does non-dominant look like from a manifesting standpoint? You might get a hangnail because that's what doubt does. You might shave imperfectly and need to go over one section twice because that too is what doubt can do. Worry would do something slightly more significant. If you're powerfully happy, negative emotions are labeled so to speak as insignificant. They will still accumulate, but at a slower rate. We want you to manifest on purpose. We want you to live forward, live fully, and on purpose. That means do that powerful, savoring, positive, emotion infused free flow once a week for five minutes. Then on your subject of choice, you will in time manifest a near perfect scenario. But the goal is to maintain happy as dominant during all of the other minutes of your day.

How do you do that? Stay away from violence, stay away from sarcasm, stay away from social media that's unfriendly, shield your eyes from car accidents, and find a tree to look at if a firetruck is whizzing by. When you are focused on leaves on a tree when a fire truck is going by, that means your line of sight is on the tree not the fire truck and so the car accident and fire truck become secondary or even tertiary experiences. They become less significant. This is a way of teaching the Inner Mind using action to ignore negative experiences and the emotional contamination that comes with them. In essence, you are telling your Inner Mind in a non-verbal way that you do not want the negative experience to be used as significant. This is how you maintain your own positive flow of manifesting. The world hasn't adopted this lesson strong enough, nor for long enough.

You have been using words in this physical platform for as far back as you believe your history to go. You believe that words that you know about are the only words that you have. But there are languages in this platform that are of a different kind, but you don't tune in to those languages anymore. They are resident in this platform, but your emotions are the same. So, you lean into emotions and manifest with them. Everybody is doing that minute-by-minute sweep, but not everybody is looking at a tree when a firetruck goes by, or when you're driving past an accident. When you drive past an accident, we want you to look at a tree or anything pleasing, not the scene and no more rubbernecking. That's not what the human population does though.

When you are looking at that car accident and have line of sight on it, you're seeing the ambulance, you're seeing the crushed fender, you might be seeing the stretcher, you might be seeing the helicopter, you might be seeing a fire truck, you might be seeing two people arguing. Or if you've got a dominant positive emotion but that accidental line of sight, you might see two people shaking hands, or a hand on a shoulder in a gesture of reassurance. We don't want anyone to feel guilt. We don't want you to do it on purpose, but if on occasion you do find that you have already given line of sight to a car accident, ask yourself what you noticed. If you noticed a gentle

movement and a crushed fender then remind yourself later that you witnessed gentle movement and no words about the accident.

Even though there's line of sight on both, you have the ability for after the fact influence of your own Inner Mind, which is law of attraction, to cause the witnessing of gentle movement to be highlighted as the significant component. But the world population doesn't do this either. When people make line of sight on something like that, the whole scenario is labeled as significant. This means that person could, at some point, experience their own fender crushed or see another accident or simply have a day that doesn't go as planned. One versus the other is how much energy you have on the accident that leans into the negative.

Essentially, a car accident is the equivalent to a delay. It's not getting where you want to go. Not getting where you want to go might mean that you don't get the loan on the apartment complex that you want to buy and develop. You might not get the loan because you've seen too many car accidents. When you have line of sight on car accidents you've received "I don't get what I want, life is full of delay, fear and anger are something I can experience, oh my goodness, or what happened here." Those are emotions and emotional phrases that are coupled with each car accident scene that you have ever witnessed. You manifest based on what you have in your nonphysical memory, emotions first, subject second.

How do you correct this? A five-minute free flow once a week is helpful but depending on who you are it may or may not be enough. Your daytime life must also include conscious awareness of your emotions and what topics you're paying attention to. Stop and pause in the morning, afternoon, and early evening. Just three moments in your day to reflect on both and adjust if necessary, can alter what you have in your nonphysical mind as significant which will change your life. Again, the world doesn't do these things regularly - and hasn't historically and so you are left with the raw (original) emotion. What the world is experiencing are people manifesting based on raw emotion. This unaltered emotion comes not only from your personal experiences and the experiences of others in the world today, but also consider your world history lessons and what they contain. Those emotions and experiences are also absorbed by the here and now population as well.

This is a good time to mention global education systems as well. Students don't learn about nice history; they learn about history. It includes of course subjects such as the aeronautical revolution, agricultural modernization, social sciences, and transportation trends of the world. But also, geography and war. You learn the dates, the names of generals, the location to include cities and towns of battles, the numbers of victims and survivors, and an over-indulgence on the graphic details of the blood and gore experienced. Centuries later the graphic detail is not only remembered but studied. That adds fear to the minds of young people who will, at least in part, grow up to manifest with it. You haven't learned as a race of human beings to look forward.

We want you to push back and choose for yourself what to believe in, what you want to see but is difficult to do that when as a youngster you have learned that history is important. Think

a minute about driving past a car accident. What emotion do you think will rise to the surface? Sorrow, worry, anger, pity or maybe a full thought such as "gosh darn it! Now I'm in a traffic jam." Some in a moment like that might feel the need to pull over and be a good Samaritan or assist with first responder actions. This would be the desire to be friendly. We don't want people to pull back from helping other people - if someone is choking, we don't want you to run away if you are aware of how to accomplish the life-saving techniques. But, if you do not, we want you to move along and not create line of sight of the experience. If you do engage, reflect on your involvement with pride and confidence. If you did not engage, know you did the right thing and feel pride for doing so.

Line of sight equals addition of fear. You drew the situation to you because of having learned about history and, of course, other things. There is always constant, simultaneous individual and global law of attraction happening. Law of attraction is person by person, but you have history of thought here, not just history. Your history is not just an accounting of past experiences. The emotional and thought history from the moment the event occurred are also in the earth Platform. It is why it is a challenging place for physical lives. Because of this duality of law of attraction, you "do unto yourself" but also you "do unto your global environment." There is mass contribution to your personal manifesting in other words.

Let's just shift a little bit to the worldwide web, your Internet. People now have awareness of an earthquake on the other side of the globe. It has nothing to do with someone who lives in another country but there is global awareness which equals individual and global worry. The introduction of worry to the personal law of attraction manifesting capability is occurring at a rate that you are unaware of. You become educated on the events, but you become contaminated in The Grid emotionally. But you also know in a deeper, more here and now way that hurricanes, earthquakes, tornadoes, famine, mass shootings, and kidnappings are active in the world. If you didn't have all of that global awareness, tens of thousands if not more would not know about the event which means worry is also not introduced because of it.

Does that mean that you're turning a blind eye? Yes, and we want more people to do that. We want you to have federal funds and a personal desire to contribute money to that fund. Allow this to sink in a bit. If you have a fund that you contribute to regularly then you are doing something with pride. However, what the current situation is, you contribute as a fundraiser with full awareness of where the funds are going and why. Send humanitarian aid monetarily always but shield the mass population about the details. An emotional chain reaction and amplified introduction into individual and global law of attraction is always the result.

Now, to get to your question directly. How did your earthquakes manifest? Did nonphysical Beings design them into your physical experience? Did nonphysical Beings create tornadoes and famine as part of what you needed to experience? No. Human thought over time manifested hate, that hate accumulated and you experience it as leaves on your trees turning brown, cattle in the field dying from starvation, or children suffering from emotional abuse. The hate accumulated and

mutated your physical environment badly. It is shifting to a friendlier vibration but would faster if people adopted a daily regimen of positive free flow, or maybe even some meditation, or understood that during a game of basketball, the dribbling was movement of nonphysical energy through human Chakras. The push and the pull of that energy is what the nonphysical Beings use to heal emotional problematic areas.

This is a fun example that does not require a spiritual background. It is the introduction of the existential reality within your physical Platform. This game of basketball, you think you're bouncing a basketball, but in reality, you're taking nonphysical soul energy that emanates from the nonphysical airspace over each palm and stretching it with the motion of the dribbling. Your hand goes up and down and each time you do a line of nonphysical energy is formed in the location of your legs where your Root Chakra is. That soul essence energy is now being used by your entire nonphysical team on you and anybody else that's in the vicinity of you. So, while you're playing basketball, we are healing the emotional Self.

This ought to be essential in your education systems early learning especially. You can't use that which you are not aware of. The Inner Mind cannot pay attention to the emotional healing if it has no experience of knowing that it is happening. That is why we are teaching The Essential Material. Once more minds of people have this education, the more Inner Minds will as well. This is how you play and heal. This is how you experientially live your life daily yet without significant accumulation of negative emotions.

The Essential Material is curriculum for the Inner Mind. You go to school for the external you but the Inner Mind gets left behind. We like "no child left behind" but we would like your population to adopt it with reference to educating the nonphysical minds.

History of thought and the emotional component over time levels up. You start with a feeling of raw emotion. It levels up facial expressions and body language. That levels up to a full thought with emotional conveyance. It then levels up to a pattern of behavior. Health and physical ailments are the next level up. Each one of these also has depth or advancement of the experience. Emotions increase which is, in itself, a type of leveling up. As an example, picture a deflated balloon. As you inflate the balloon it gets larger. But this magical balloon is not filled with air, it is filled with emotions. At some point the emotional balloon itself levels up to a larger balloon so it can hold more raw emotion. This is when emotions amplify. Doubt amplified is worry; worry amplified is concern; concern amplified is frustration; frustration amplified is aggravation; aggravation amplified equals lack of confidence and if amplified one more time, it leans into the first onset of worry plus "I don't think I can." This is the introduction of lack of confidence.

On it goes until your emotional register includes hate, rage and fury. These three we combine because if you could see the wavelengths of them, they would look identical. The world right now has too much hate, rage and fury combination floating around in your modern-day airspace, which is where your minds are drawing energy from. This airspace has an absolute of

the previous forty-eight hours. Now think about what's on your Internet - anything and everything, and the emotional component as well.

Let's take this moment with you as an example. You and Carol are both where you individually are. The thoughts created in this conversation will forevermore be in both places permanently. It will be in your memory and in the airspace of thought. Two hundred years from now both patches of dirt might house a farm, a different home, or a coffee shop. Nevertheless, this conversation will still be available. The two of you won't be but the airspace of thought will not alter. Because of this, someone's mind, no matter how far into the future, could tune into it. Now, you won't be here in two hundred years but the thoughts and the emotions from this conversation will be. People long into the future can and will be able to tune into it by being in the right mood or if their mind chose to manifest tuning into it by way of guidance.

Intuition is nonverbal guidance. Essentially, positive emotion or nonphysical guidance could cause someone to tune into this conversation and it would be healing for them because of the nature of it. But the same happens with war. It happens with all thought. It is always available and always emotionally drawn. You have historic thought and you also have guidance. We can see the historic thoughts, you cannot. We can guide you to positive and away from negative if the mind will listen to us. We'll take it to something that's healthy if it will listen. When that happens, it is always good for you but the nonphysical mind, your personal law of attraction, is not adopting nonphysical guidance which means intuition. The minds of people are ignoring intuition as a better means of manifesting, and instead you have become a global community with amplified negative emotion.

Let's take this a little further. In addition to this conversation being created in Carol's office and where you are, it's also over zoom using the Internet. This means it is "in" the Internet. You call the Internet a superhighway and it is, that is perfect term for it. It's a superhighway for content and all emotion of the producers and the viewers alike. All introduction, and all responses to the content. This superhighway is a conduit that houses the vibration of all content, all emotional infusion into the creation of the content, and all of the responses by viewers to it. You do not know how to clear the emotional component of the content within the superhighway and so all of it is constantly vibrating outward.

We do not do nothing with your technology to help you and what you're not understanding about it. But the mind also knows what you added to the Internet. For example, take someone who writes and posts a blog that is damning to someone's business, if we erased that blog to clean your technology the Inner Mind of that author would know about it. It would become confused and afraid because what you create, it has created first. It does not have the capacity of understanding that we clear your emotional discontent to help you. It would become frantic trying to locate the missing blog and then you would suffer emotionally from it.

The mind would add more anger in general to the Internet in such a case because it is searching the Internet for the post that person placed there. It will also infuse into the Internet

anger at nonphysical Beings because the mind it will see the energy marker that its creation was removed. It never loses anything. Understand this. If it creates something and it is taken away from it by us as a method of cleaning your Internet, it will become afraid that something is wrong with your nonphysical capability to create.

When it becomes angry at nonphysical intrusion it will mean that it will repel existential help and help from people. This focus would cause it to lean into even less intuition for that person. We do no harm Beings on purpose. And so, even though we want to we cannot simply erase your badness. Your Internet has not been around for all that long, but it's a powerful amount of information that is pushing through the Internet. If you are using the Internet to access an application such as we are doing today on Zoom, you are in a sub-component of the Internet but the Internet at large is still affected.

At this moment, emotional garbage is being amplified into the room that Carol's in and the room that you're in because your Internet is on. How do you get rid of that? You can't. You have to believe that nonphysical Beings are helping you with it and then we can. We can clear thoughts and negative emotion from the room but it is still similar to the Internet. If you put the thought there, the Inner Mind created the thought and it is aware of each and every vibration that it creates. How many people never turn their phone off and simply recharge it? The emotional garbage is constantly pumping into the room that the device is in. We don't say this to scare people, but it that does have to become a topic at some point.

If we take something without its permission, it will begin to ignore vibrational assistance as a means of shutting us out. We are not wanting that. We need the Inner Mind to trust us and sneaky removal will create the opposite always. When the mind resists existential help, it means suffering for that person. So, this is yet another reason to stay happy so in that minute-by-minute sweep, you absorb in a dominant way the wavelength of happy.

We describe it this way to define the problem that the human population has manifested, but also to offer you some explanation and guidance. We ask always if we can be of assistance. When a person says yes, I would like some help then now we can because your mind will be aware of the future experience of it. If someone asks for nonphysical help, after understanding what we teach about how we go about it, then the mind leans into it.

Your soul energy emanates in the nonphysical space around your body. If you understand that you might ask yourself, if it works when you are bouncing a basketball, will it work when doing Tai chi or yoga or stirring a pot of spaghetti sauce. That is interesting isn't it? You want to do existential activity but you do not know how to go about it. You do forms and positions and lengthy classes with others believing that the poses are somehow meaningful. Someone a very long time ago learned from us that movement equals partnering with your nonphysical team to heal your emotional Self and they taught it to others and now you have yoga classes with no memory of the why behind the movement.

Yoga is not healing. It is movement but movement without knowledge is motion-activated living only. When you understand the existential nature of movement and that it reduces causation of unwellness then stirring a pot of spaghetti sauce becomes fun. Your hand is moving nonphysical energy in a circle gathering strength. So, when you finished stirring that pot of spaghetti sauce, sweep the palm of your hand towards you and place it on your neck because that's where your throat chakra is. Now you created an opportunity for your nonphysical team to heal something powerful for you. When that idea becomes fun to you, you just might do a lot of it and then you find emotional balance by living life as a mainstream individual doing mainstream things. This can be applied to any movement, gentle stretching, walking, running, lifting weights at the gym, a child jumping rope or doing a cartwheel.

How do you reduce negative emotion and the suffering and famine it causes worldwide? Understand how movement aids the infusion of healing. How about that? It couldn't get any simpler. If everyone made a conscious effort to just bend over and touch their knees or toes it would help. If they can lay their body flat against their legs, that's even better. This isn't to add guilt about being flexible versus non-flexible. It has everything to do with nonphysical energy emanating in the nonphysical space around your physical body and that it heals chakras.

You have beautiful soul energy in the Crown area and when a person does a position where the upper body is folded on top of your lower body the beautiful soul energy in the crown is then headed towards the where your oldest limitations are. If you know that then it's in your pantry and your mind will use it the next time that you're stretching. Simple stretching was all that you ever needed to do. There has never been a need to become a yoga instructor or yoga guru. It is movement and so, in a very real way, playing basketball can provide "inner peace" not just yoga or Tai Chi. Tai Chi will cause you to have a nice, healthy body but not because it is Tai Chi, but because the movements flow through every area of every Chakra. Over time, that consistent flow of movement, flow of soul energy, heals emotional residue that alters the condition of the Chakras. Where would the world be if it had been remembered? It doesn't matter, that is why we are teaching it again, to provide it again to the newest population.

JOHN: This is all fascinating and it's making so much sense to me. It is lighting awarenesses in me and it's stimulating. So, we have this cause and effect of our thoughts and what we have the opportunity to choose our focus in every experience. How can we best show up and engage in doing that personal shifting? For example, often we are in relational dynamics, a personal, business, or familial relationship where there's a pervasiveness of the doubt from one person. Even though we have an intention to carry positivity forward, we encounter negativity. Are those situations meant to help us individually refine? Is this what a karmic relationship is and are we supposed to engage and learn something from it or is it better to remove ourselves because maybe it is an indication or regurgitation of a fear carried forward and it is mirrored back to us.

Are we supposed to engage and shift from this mirror image of ourselves? Or, is it better to invite a new being, new experiences to us instead?

I guess what I am asking is, in a relational dynamic, how influential is doubt or fear that's coming from the partnership, from the other person when we are trying to push our focus on non-doubt, non-fear?

THE TEACHERS: It is as influential as you choose it to be, and we are speaking that to the nonphysical mind of you. It is as influential as the Inner Mind chooses it to be. When you have interaction with another person, you have simultaneous existential interaction, and you have physical interaction. That's something to remember. The existential interaction is that sweep of energy that absorbs thought as an absolute within the last two days, and further back if your mind wanted to. Your physical interaction is what you are consciously aware of in your here and now moment. You, the physical exterior you, has the ability to influence the inner you on what you want as most significant.

For example, you engage with a disheveled person who had a profound thought. Do you focus on the perceived poverty and his shabby clothing, or do you listen to his words and view him as a wise man yet impoverished?

We could take this in so many different directions. From a generic standpoint, we want you to appreciate the conversation and human interaction. We want you to appreciate it and then do a free flow about it so that you bring more of it to you. But if an interaction was not good, you can't find anything healthy within it, then we want you to look up and to the right and say, "I need help on releasing the emotions that I may have taken in from that experience." We want you to say it in whatever way you choose, but we want you to do it in the moment or close to it because those memories are filing into your nonphysical mind and it is easiest to take care of the most recent ones. Once they get buried underneath there is now a trail of thoughts to sort through to get to the one you asked for help on. That's how emotional healing works, last in first out.

Just think about that for a moment. Your last emotion in will be your next emotion out if left unchecked. Every once in a while, as you're engaging with someone think about what your last thought and emotion was. What did you use in other words? You're emitting everything that you have experienced emotionally always, but what are you using in the moment? Are you interested in the person and what they have to say, are you feeling confident in the moment, are you feeling impatient? If there's impatience, don't beat yourself up and add guilt, simply acknowledge it and shift. "I am feeling impatient yet in this moment, my preference is to step aside and breathe in what I've been experiencing. Maybe I really don't need to form my thought right now and perhaps it is okay to listen closer." And then make a decision to do so. Your human thought process is by way of your nonphysical thought process. It does its job first, and then manifests thought to you way of your personal law of attraction. You can influence what you want the nonphysical mind to make significant.

Take for instance the conference you are attending this week. We appreciate that you have taken time away from it to have this conversation with us by the way. Let's say you were not enjoying the conference much at all, as it turned out it was not a good fit for you at all. How do you create a new "last in" when you know that your on the surface emotions are less than satisfied? You might try something like this: "The conference experience that I am having isn't what I thought it would be and I am finding boredom. I don't like how this feels to me however, I do like that I was invited, I like the cost, the accommodations are comfortable, I prepared well for my speech, and I felt comfortable in what I wore that day."

It doesn't matter how insignificant your positive aspects seem compared to the overall experience nor to your expectations. What does matter is finding something to appreciate, and anything will do. You get to choose what you put into your manifesting pantry. Don't allow law of attraction to decide what to put there for you. It does not pick and choose, it puts the entirety of the event in the pantry. Identify something that was meaningful and leave all the rest behind. That's how you experientially choose, on purpose, what you want more of. As it manifests experiences for you, you influence it in return. The problem is the human population does not realize that every reaction is influence. If you did, you might adopt an "on purpose" attitude.

The nonphysical mind is influenced by one thing, quantity. It's a percentages game. You influence it with your responses and it gains more quantity to hold onto and use for you. It is possible to live your life with constant, on purpose, positive influence back toward your Inner Mind. We want you to do this. It is like speaking to your nonverbal manifesting counterpart. Another influencer is your belief in nonphysical help. An automatic technique is to look up and to the right and ask that nonphysical team that tends to you to shift your emotions and maybe release a little bit of today's negativity while you sleep. You get to choose what you want to ask for, but when you do the nonphysical mind of you releases its hold on it and allows healing to take place. It will acknowledge your request. That is backward influencing.

Emotional healing helps you to be a good backward influencer. The nonphysical mind needs the kind of emotional attention that only your nonphysical team can do. Human beings aren't the healer of emotions, you can supplement, you can alter your emotional direction, but you cannot heal that which has been manifested by you. While in the physical body, the creator within you constantly creates. Its manifestations are permanent within your memory as well as in your physical reality. They are permanent fixed objects of thought. Think of it this way, it is creating at a constant rate on your behalf by way of what it learned as a young soul Being - to magnetically attract many ANDs but it is not strong enough to also know that the OR and PREFERENCE are also available for it to draw to you. It brings ANDs but does not carefully select them by seeing them as potential ORs from which to choose PREFERENCE. Nor does it in the physical body have the ability to deselect or "demanifest" anything from its memory or your physical experience. This is your psychic nature working at partial strength and is what you now call law of attraction.

You manifest emotions such as happy, and when you do you may manifest a series of them which is quantity. Once quantity is achieved individually, a happy moment is experienced by the physical you until then it is only experienced by the nonphysical you. This is good when the emotions are positive but when they are negative, the pattern of progression is the same because the Inner Mind does not have the capability to identify the OR sets and carefully select from them. It will only manifest to you based on total quantity.

How do you heal emotionally if emotions are never removed? You cannot. While in the physical state you are not at full strength. You do not have all of your nonphysical intelligence with you. There is a reason for this but the essence of what we are saying is your human thoughts are objects that remain in your physical reality. Because of this, you damage your ability to create properly - and proper is by way of positive emotion only. There is no value in negative emotion. Your nonphysical mind requires help. This help is available to you in ways that people are no longer aware of.

This is, by the way, is why we have chosen to teach The Essential Material to the world at this time. We all teach the same curriculum, nonphysical Teachers we mean, but we decided to title it differently and cause it to become curriculum-like rather than interest topics. This way, the minds of people will lean into it as significant. You do this because you learned by way of education systems that learning equals intelligence. We want the Inner Mind to remember your education experiences and adopt the same mindset - learn Inner Mind of people that which you already know within, The Essential Material. It will guide you to healthy manifesting. Until then, allow your nonphysical team to heal that which you cannot, reduce and then heal that which you cannot because one does precede the other. Allow us to heal the chakras and The Grid and then positive experiences will amount to something substantial.

JOHN: Relationships align when our positivity increases, I'm assuming.

THE TEACHERS: Aligned relationships will manifest certainly, but you may need to look for it. Someone could be an awfully grouchy person, and you may perceive them correctly but at the same time if you have done the emotional and thought work to manifest good and healthy conversation time and time again, then that grouchy person must be less grouchy to you than they would have been to someone else. You draw to you who you are emotionally. Again, it is a percentages game. Who are you emotionally? Your total accumulation of emotional experiences. Cause positivity to be your focus and then you most certainly will cause a person to bend to your desire. Your desire is not your thought on what you want, it is the dominant wavelength of emotions that you already have.