

# Samadhi

## *Evolution of Soul*

Frances Stephens

# Samadhi

*I hope you will find this book  
filled with love and truth  
with help from all who have helped me,  
and the entire Earth.*

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First edition

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## SAMADHI

Samadhi is the name given to the ultimate experience of being “One With God”, or “All That Is”.

Samadhi is the final aim of advanced Yoga practice.

Here in this little book is a description of the experience of Samadhi written in clear, simple language so that all people may have insight into the great mysteries of the universe. For many centuries the higher esoteric truths have been reserved for those dedicated to the search for truth. In recent times an attempt is being made to reach all of the people of the world to reveal the underlying reality upon which our material world rides, like a gull upon a storm.

The pursuit of the Samadhi experience has been traditionally a frustrating one as the experience has no specific steps along the way other than a dedicated cleansing of the personality in order for “The Truth” to shine through.

This process must necessarily take a very long time, often several “apparent” lifetimes and in my own personal experience this cleansing, refining and learning does not stop after the revelations of Samadhi but continues unabated, in fact most probably accelerated.

The contents of this slim volume are the pared down thoughts and meditations that result from my personal experience of Samadhi. A period of more than twenty seven years had elapsed between the revelations of Samadhi and waking up one morning with the understanding that I had to write down not only the facts relating to the experience but all of my subsequent thoughts and understandings and conclusions.

What has emerged, as the overall theme, is a format for living in such a way as to benefit our souls, to help ourselves evolve, in consciousness, into the spiritual beings that we, in fact, already are.

I will not say that an easy way has been found but that a clear call to change ourselves has been made and a clear path to enable ourselves to enact that change laid out for all to see.

The conclusions made, at the end of the booklet, about who and what we humans are and what our purpose may be, will no doubt prove controversial

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but I am encouraged that there are more people, searchers for truth, that are reaching the same conclusions independently of each other and without the benefit of a first hand Samadhi experience.

I hope that *Samadhi* will invite comment and provoke experimentation in the lives of all that are called to read it.

MAY PEACE BE OURS

Frances

## SAMADHI

*In Samadhi the last veils are dissolved that separate the  
consciousness encased in the limited Body and  
Mind of Man and the Consciousness that underlies  
the Whole Universe.<sup>1</sup>*

I contend that all Humans have a “memory” of “The Light”, but not one that they can recognise, it is only revisited as a deep longing for rest and peace for “Being Home” that never seems to be satisfied.

I, having experienced “The Light”, within this Lifetime, know consciously what it is that I long for when this need arises in myself. Therefore, knowing Answer before Question, I have dedicated this Life to preparing myself to be able to “Hear” the Answers to any Questions that I might have. This has meant Purifying Body and Mind of desires and substances that are too polluting for the “Answers” (which are of a High and Fine Vibration) to be heard.

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<sup>1</sup> *Yoga*, by Hari Prasad Shastri

## INTRODUCTION

This little booklet is written with the aim of exploring a modern day experience of Samadhi, my own, along with the subsequent thoughts, deliberations and conclusions that I have so far reached.

The state of Samadhi has been reported and sought after for thousands of years, many peoples recognising the experience to be the ultimate one to be had in any lifetime. An experience that reveals all knowledge. Though many techniques have been developed by various Buddhist factions, designed to achieve the state of Samadhi, only a very few people throughout the ages have had experience of it.

To this day it lies beyond the scope of even our most modern film techniques to portray let alone words, either spoken or written. Samadhi is a total experience involving every cell of the body and stretching the mind well beyond the normal boundaries of consciousness.

Many of the techniques developed to achieve the state of Samadhi recognise the many benefits gained by disciples following a path to enlightenment. This has led to the belief that nobody can attain Enlightenment without previously treading this path. I tend towards the belief that this is true but that the path may be trod over many more than one lifetime before attaining, like a gift from the universe, the wondrous experience of Samadhi.

## STARS IN THE NIGHT

Imagine that you were the only person you knew that could perceive the stars in the night sky! Everybody else you had ever met could only “see” darkness when the sun went down. You had tried to explain to people the existence of these brilliant white lights in the night sky and to speculate on the meaning of them but no one else could even begin to comprehend you and most people thought you more than a little strange. Then, one day you meet someone who can also see the wonder of the stars and speculate on their meaning, someone who has shared your loneliness, isolation and doubts. At last you know that your perception is real even though others have not perceived it yet. You are, however, left to speculate on its meaning.

I actually had a brief meeting with a man who had had a Samadhi experience (we “Saw” it in each other) and the reassurance that this magical encounter brought to us both is one of the main reasons that I have found the courage to commit my experience and thoughts to paper.

## SAMADHI

An intelligent consciousness bathed in an ocean of light, brighter and whiter in scope and scale than the imagination can begin to cope with. My independent conscious awareness is bathed in total bliss with the all pervading knowledge that: I AM ALL THAT IS; I AM A PART OF ALL THAT IS; ALL THAT IS IS A PART OF ME.

In more traditional words this is normally stated as: GOD IS ALL; ALL IS GOD; GOD IS LOVE; LOVE IS GOD. Or again as: GOD IS OMNIPOTENT. Which put more simply states that nothing exists which is not God.

*These simple statements are complete truths for those who can understand them; whilst for most of the human race they are, at best, mysterious riddles to unravel.*



## WORD PICTURE

This is my attempt to capture the Samadhi experience in words.

Imagine as fully as you can, lying in an ocean that fully supports your weight so that you are completely unaware of the presence of your body, only your intellect remains fully alert and operational.

The ocean is awash with tiny wavelets all of which are flashing brilliant bright white light as they reflect the blinding sunlight. You are supremely aware that your “intelligence” is one of these sparkling bright wavelets while at the same time being of the entire Ocean. Apart from the Brilliance of the “visual” experience the only and all engulfing sensation is of total Bliss – the power of a Billion Orgasms flowing on continually and the amazing comfort of being finally “HOME”.

The “Ocean” of Samadhi is Brilliant White Light, my intellect a wave of that light whilst at the same time a seamless part of the Lights entirety.

## JOURNEY OUT AND BACK AGAIN

I lay in my bed, after a truly hard days physical labour, fully expecting to fall directly into the arms of sleep. Instead I was suddenly in the grip of a frightening but compelling downward sucking sensation, as if my soul was careering at immense speed down a vast dark tunnel. A "voice" said, "IF YOU WANT TO CONTINUE (with this experience) YOU MUST BE PREPARED TO DIE"!

Within what must have been a split second I decided that I just had to know what would happen next, and was then instantly "shot upwards", at seemingly unbelievable velocity, into the Brilliant White Light and total Bliss of Samadhi.

My reluctant return into my body awareness was accompanied by strong feelings of separation and sadness, which continue to this day, along with the awareness that I was now a completely changed person.

The knowledge that I returned with was, at one and the same time, both a complete knowledge and a total mystery to be unravelled.

I know, with no room for any doubts at all, that NOTHING CAN EXIST SEPARATE FROM THIS GREAT ENERGY, which I will henceforward name as LOVE.

Therefore all that we experience in our day-to-day existence is in fact occurring within this WHITE LIGHT LOVE ENERGY.

How this can be and what it all can mean remain the mystery, which I have spent at least some part of every day, since this experience, thinking, puzzling and meditating over.

The experience of Samadhi is fact. The hypothesis that follows is exactly that – an hypothesis. The results of twenty-eight years of thought. Some things may possibly be proved wrong but I have done my best to unravel the meaning of life. I am not alone in recognising this as a presumptuous aim but am given only the choice of tackling the subject or completely ignoring the responsibility inferred in the gift of Samadhi.

## BLESSED BE GOD WHO LIVES AND MOVES IN ALL THINGS FOREVER

Over the years we have been bombarded by words of wisdom almost all of which bounce off of us unheeded. The “Truth” is so simple and at the same time so immense, that it tends to go unnoticed. The above statement is an example of “Truth” written in simplicity. The fact that it tells us that; GOD IS EVERYTHING – EVERYTHING IS GOD – therefore – WE ARE ALL GOD – THERE IS NOTHING WHICH IS NOT GOD, remains a message too large for most people to take on board the awesome responsibility it contains.

Returning from the Samadhi state into my more normal reality base, of a mind within a body, despite what all my senses may tell me about the apparent solidity of the world and the events therein, I “know” there is no room in our universe for anything other than this great energy of Love and Light. Therefore I and all other sentient beings on our planet, indeed our entire universe, exist within this Light.

Many scientists are engaged in the search for a unified theory of the universe. Science and Esoterics move ever closer together in the realisation that it is an internal knowledge rather than an external one. Samadhi is the experience of the unified field of “ALL THAT IS”.

## ORIGINS

In the beginning there was a Humungous Hydrogen Cloud, what was or was not before this hydrogen cloud must be left to another dissertation.

Scientists agree that part of this “Cloud” became concentrated into dense areas, which became the first Stars! These first hydrogen stars burnt hard and hot before exploding and reforming into Helium Stars. These new Helium Stars burnt hard and hot and then exploded thereby forming heavier elements i.e. Carbon, in the process.

In fact all of the elements that now exist in our known universe had their origins in this original Hydrogen Cloud.

Our own Sun, Sol, is at least a second generation Star and possibly a third generation one, having helped in the formation of these elements.

## ALL OF CREATION IS OF STAR ESSENCE

The process of change and evolution went on and on until, eventually, by design? Or accident? A sentient creature was created, formed of a combination of Star material, which was capable of asking such questions as; Who am I? What am I? What are my origins? Why do I exist? What is life? Along with many other questions relating to our experience of reality.

**WE CAN QUESTION OUR OWN REALITY AND FUTURE!**

It is only a small step from understanding that our bodies are formed from the fabric of the Stars to the realisation that our intellect or “intelligence” is also a part of our Star inheritance. As our bodies are so tiny in relation to the immensity of the smallest Star whilst being of the same essence, maybe our intellects are tiny in relation to the Blazing Intellectual Energy of a Star, whilst remaining of the same essence.

## INTELLIGENCE AT WORK AND PLAY

Stretch your imagination for a while.

Our Original Humungous Hydrogen Cloud was a formless Intelligent Energy Field that decided to work towards Form and Diversity. To this end it began the formation and explosions of Stars to create all that now can be experienced.

As matter became more and more diversified and distant from its Origins it became less and less conscious. Loss of consciousness being a more or less direct pay off for an ever-increasing diversity of form.

At some point the loss of consciousness, balanced against form and diversity, took a change and consciousness took on more and more importance (consider the great leaps in awareness that have occurred in the last hundred years alone!) until in our recent “Age” Man and possibly Whales and Dolphins, have reattained enough conscious ability to question our Origins and begin to feel and understand our connection with the whole of creation instead of being solely interested in our own sphere.

## THE GREATEST QUESTION ON EARTH

All of this endless hypothesising still leads us to the timeless question – WHY? WHY should a Formless Intelligent Energy Field, bathing in endless Bliss, have any desires at all? Let alone one of Diversity of Matter, resulting in numerous individual creations that are capable of realising our connection to a Formless Intelligent Energy Field!

KEEP YOUR CREDULITY ELASTIC.

In Samadhi we reconnect our awareness with the totality of our essence with no intervening levels or planes of existence.

We are – ALL THAT IS. PURE STAR ENERGY.

I feel sure, in myself, that the experience of Samadhi is the experience of totality in union. What remains is the ever-present question of why we are who we are, and why we do what we do on a tiny planet orbiting a smallish Star.

As with all “Grand Plans” there must surely be more than one motivating factor, or reason, for all that we see and experience. Producing one “Grand Reason” may please our need for neat solutions but, perhaps, only temporarily.

## REASON OF REASONS

Just suppose! Seemingly individual sparks of Star essence are slowly learning each and every experience it is possible to have in a material body. We are slowly learning to have compassion for all creatures, whether animal, plant or mineral, as we recognise that we are in fact all one. We are slowly learning to be what we are – Complete Star essence – Compassionate Loving Beings!

This begs the question, if we are already Compassionate Loving Beings why do we have to learn that we are?

I suggest that it is perhaps fairly easy to be a Compassionate Loving being whilst bathing in the Bliss of Samadhi on a permanent basis but a little more difficult when dealing with the everyday problems and frustrations of a physical reality.

We are learning to bring the knowledge of who and what we are into the magical world of Matter, deep in the grip of a Gravity Well, and it appears to be taking us a long time.

Along the way a few people have stood out, like lighthouses, to remind us of our direction. It appears that at this time, though there is much darkness, great numbers of us are beginning to get the idea. Vast aeons of “Time” have seemingly been used up in the pursuit of producing creatures capable of being fully conscious of their Origins. Could this in fact be the purpose of “Time”? I believe so.



## TIME

If you have ever spent long periods of time in isolation, either enforced, by choice or by accident, you will probably be aware of the inner restlessness that can ensue. If the isolation is long enough, and the person of strong character, then often a clear sense of ourselves, and our given place in the universe results.

The restlessness that is first experienced in an isolated condition is an outward expression of our need for CHANGE! Perhaps “Change” is one of the fundamental Laws of our universe and begun with the original Hydrogen Cloud.

Change can not really be satisfactorily affected without the dimension of time.

I propose that “CHANGE” and “TIME” began for the same purpose.

The purpose of “TIME” being to provide a theatre for learning – “CHANGE” being both a tool of, as well as a result of, that learning.

We tend to learn in a linear fashion i.e. X is the result when we do Y, A happens when we do B etc. We do not always reach the right conclusions and often have to live the same lessons, in a slightly different format, over and over again until we hit on the right answer and change ourselves, and our behaviour, accordingly.

We could not learn without the medium of “Time”.

Of course this idea of a dimension of time only fits a picture of a universe that has a purpose, and points us towards what that purpose might be!

## THE PURPOSE OF TIME

My own adventures of learning through time, along with my “Out of Time” Samadhi experience, have led to my belief that Time as we know it is an invention that enables us to become conscious that we are a part of a supreme Energy and to become Responsible, Conscious, Active parts of this Supreme Energy. In fact we are slowly learning to connect with our “GOD” or “STAR” nature allowing it to imbue every facet of the material plane.

TIME IS A VERITABLE LOOP WITHIN THE UNIFIED FIELD –  
DESIGNED FOR MATTER TO BECOME CONSCIOUS OF ITS  
EXISTENCE AS A FACTOR OF THIS SELFSAME UNIFIED FIELD.

We must, therefore, accept that We – when a more unified consciousness than we are now – decided to create “Time” in order to bring ourselves back to the knowledge of UNITY whilst functioning as conscious, seemingly separate units of total awareness.

What could be the purpose of Fully Enlightened, Separate Conscious Units of Awareness within our Unified Energy Field? Perhaps to give birth to our own circle of Life, a massive reproduction scheme! Reproduction of Universes!

To even begin to be responsible for such an enterprise every one of us must embark on a very arduous training programme, with Free Will being at its core. We must teach ourselves to be Forgiving, Selfless and tireless totally by our own efforts, with only minimal Guidance to help us on our way.

## SCHOOL'S OUT

As an exercise, imagine that you have completed your learning and are now a Fully Enlightened, Individualised Unit of Awareness fully Compassionate and God like in your Tolerance and Understanding.

What will your Universe look like?

Unfortunately if all the new “Star-Sparks” are to be given free will for as long as it takes them to work out that they are Star-Sparks your planet will probably look a lot like this one, with Dogma, Wars, Hatred, Selfishness, Greed and Anger being the agonisingly slow medium of growth. Maybe we can collectively find a way to overcome these problems.

Adam and Eve taking the apple is the myth of what happened at the beginning of our learning process. We were given the choice of following the Higher Guidance that has always been available to us, or simply deciding not to. Eve decided to make her own decisions, using her free will in opposition to Divine Will, and we have been lost in the wilderness outside the safety of the garden ever since.

## GUIDANCE

With the acknowledgement that we are all one, we must recognise that all Guidance comes from ourself. It can come at all times, in all forms, with the sole (soul) purpose of making the most dense, unconscious aspects of our Unity become conscious, aware and responsible.

Learning to follow our Guidance seems to be more about acceptance of doing nothing most of the time but being ready to take up action at the “right” time.

Our collective inability to accept that we are in a waiting period of non-action drives us to think up dreams and schemes of our own, of what we think we would like to happen. We try to push the River-of-Life along. Quite often we do this in the mistaken believe that we are following Guidance. As we all persist in “Pushing the River” we spin faster and faster and the etheric spaghetti of all of our convoluted paths makes it all but impossible for our Higher Consciousness to redirect us onto a profitable learning path. Though of course we should be able to learn from our mistakes, I suggest that there is another far less painful and more enjoyable path to tread.

Guidance in the form of our Higher Consciousness can hover over the “Maze” of our lives and endeavour to steer us with the benefit of an over view of any situation we may find ourselves in, with of course the proviso that the guided direction will lead us to deeper knowledge of ourselves. Therefore it may not be the most comfortable one for us to take. In such a situation most of us will operate our free will and avoid what may have been a difficult but beneficial experience.

## READING THE DAY

Guidance actually puts events, people, suggestions, and answers right in our path. If we learn to have patience during times of non-action then we earn the right to ask for Guidance because we have learnt to “Stop” for long enough to receive it through one medium or another.

Amer-Indians recognise the ability of the world to deliver Guidance, reading bird flight, animal behaviour and readily access Ancestors and Spirit Guides. Many people of the world recognise that some dreams can be of significance in their lives. It remains for us to realise that when we begin to interpret the whole of our DAILY LIFE our learning and understanding can greatly accelerate.

Only the dreamer can truly interpret the symbols in his or her dream, though some people have the knowledge to help unlock the mystery. Likewise only the “Liver” can interpret their own Life. Slowly we begin to have people about who have gained enough wisdom to try and help us to unlock the Mystery of our Lives.

Once an individual Tunes In to the fact that we are always at School then Guidance can be received almost anytime we stop long enough to think about our surroundings and situation and relate what we are experiencing in the seeming outer world, to the evolutionary state we stand in in our inner reality.

One can interpret The Day in exactly the same way that we are able to interpret our dreams, by breaking the day down into a series of symbols i.e. we walk out onto a bridge and watch the sunset one evening, both the bridge and the sunset are powerful symbols.

After a while interpreting the day can get to be second nature and we can become very talented in deciphering the messages contained in our daily experiences but if you should wish to try it, and don't quite know how to begin, then I suggest the services of a good dream interpretation book as the symbols in daily life are mostly the same as in our dream lives.

Guidance, of course, is at its most useful when an individual has a clear idea of their own objectives, physically, emotionally, mentally and spiritually. Hopefully if we can keep at least a little bit interested in our growth and spiritual unfoldment we should be able to detect an increasing tendency towards Responsibility!

## RESPONSIBILITY

Unfolding Consciousness involves the process of becoming more and more Responsible. If we are to take on the Ultimate Responsibility, of the health of our Holographic Universe, we obviously cannot shirk the smaller lessons in responsibility that lie along the way.

The actions of all creatures affect the health of our material universe. Fortunately most creatures are pretty much integrated with their environment or ecosystem and all is finely balanced and managed in most precise beauty and economy of energy. Humans, however, throw a large spanner in the works with our freedom of choice and our total ignorance of the consequences of the choices we make.

Karma, the Law of Action and Reaction, is the main tool with which we learn (slowly) to act more responsibly. The workings of Karma are quite easy to comprehend, once we have fully grasped the concept of the Universal Energy Field.

As it becomes obvious that if we harm something we are harming ourself. Likewise if we spread goodness about us we are doing good to our self. In this way the most selfless of charitable work is in fact a selfish act but one that we all need to indulge in!

Karma is not easy to see in action until the individual is quite well on along the road of taking Responsibility for their thoughts and actions, at which time Instant Karma begins to operate as a fairly constant Life-Companion and Guide keeping the recipient on a pretty straight and fast learning path as long as it is heeded.

Instant Karma teaches us to take care of the “Moment” we are in, for apart from being the only moment that has ever been, is our only moment of power. All choices can be made in a “Moment” however long a “Time” may be taken to reach that moment of decision. Once we have managed the horrendous task, of reaching a decision, the power of the Universe steps in behind us and pushes our decision through into the realm of physical life.

So how can we learn to take our decisions in a less time consuming manner? The benchmark I have learnt to use is Pain!

## PAIN

How much Pain has whatever I'm about to do caused or will cause in our world?

This is a simple and effective tool for improving our awareness of our Power and Responsibility.

Take any one factor of your life and dissect it to see what kind of impression it makes on the fabric of the world. For instance the food you eat. Let me suppose that you are about to eat a steak! Follow the history of that steak back to its conception on our planet, be aware of the confusion, loss, fear and pain that culminates in becoming a part of you. FEEL the RESPONSIBILITY for all that negative experience. Though in this instance it is a shared Responsibility, you must decide if you really want to have any part of that kind of Responsibility.

Obviously one follows the above procedure to look at as many factors of our lives as we can think of. It is a very revealing process and only the strongest and most determined amongst us will be able to change our lives in such a way as to become only Responsible for Beauty, Harmony and Peace on our planet.

To become Responsible for the thoughts we think is the next subtle level. The benchmark of Pain serves us equally well. Though often a little more difficult to ascertain the damage done by thought, remember that at some level people always know when others think strongly about them.

If we could all try a little harder, not only to curb our negative thoughts and think more positively about each other but also to think through our future actions to see what kind of a world our thoughts will bring into reality, we could soon build ourselves a beautiful civilisation instead of the Tormented Spaghetti Reality of Today.

Pain is passed on from one being to another. We all have the Power to Stop the ongoing chain of Pain by deciding that we are big enough to absorb any Pain that comes our way, transforming it through forgiveness and understanding. When we no longer pass Pain along it simply disappears from the material plane. We can, literally, begin to eat up the huge amounts of Pain that we have generated here on Planet Earth over thousands of years.

Remember We are all One, Atonement (At one ment) is the recognition of this fact. Where Pain goes to any one creature we all suffer! Cease to create Pain, Absorb and Transform any Pain that comes your way. In this way we can begin to rejoice in the Pains we experience as they give us the opportunity to render a service to our suffering Planet by taking a share of the Pain and absolving it.



## IGNORANCE AND EVIL

It is obviously easier to remain in ignorance of our Responsibilities. If we remain ignorant of the outcome of our actions we are only guilty of ignorance (and perhaps laziness), if we become aware of the outcome of our thoughts and actions and decide to ignore our Responsibilities then we move into the arena of Evil.

ALL IS LOVE, SO EVIL MUST ALSO BE A FACTOR OF LOVE, IF WE RECOGNISE ITS REALITY AT ALL!

When a conscious Responsibility is ignored, for whatever reason, then we begin to work for Evil – or to actively drag against the Positive current of Good that has been activated by the act of becoming consciously aware of a Responsibility.

Therefore it could be said that Evil is the desire to ignore our impulses towards becoming more fully conscious of our Responsibilities, to Ignore our impulses to move towards the Light.

So we allow Evil into our Lives every day when we buy, use, do or think anything that we consciously know has caused is causing or will cause Pain within our learning loop of Time.

The longer we allow the presence of Evil in our Lives, through ignorance of our Higher Consciousness, the more we allow our Lives to sink into stagnation, discontent and possibly illness as our bodies and minds try to turn us back onto the Souls steep path of learning through Responsibility.

Thus Evil has the very strong purpose of making us so uncomfortable that we eventually have to take the “right” path and head once more towards the Light with ever increasing acceptance of Responsibility and an ever-deepening Respect for all aspects of the Natural Universe.

## RESPECT

Quite simply Respect is the basis for all and every improvement we will make to our Planet and ourselves.

Where there is Respect no real harm or pain can be engendered. Some Amer-Indians knew this to be a Universal Law. When they needed to use a tree, plant or animal, before the time of its natural death, they knew that if true Respect and Regard are held the Energy level in the etheric and beyond remains healthy and unharmed. The tree, plant or animal releases its Life-Force for a Higher Communal Good.

Currently (the year 2000) the level of disrespect on Planet Earth is so high as not only to appear “Normal” but also to be expected. Any deviation from this accepted “norm” is not only questionable but the person offering Respect, in any quarter, may be considered as naïve and possibly mentally retarded!

With the knowledge, THAT ALL IS ONE ENERGY, DISRESPECT IS AN ACT OF GROSS SELF-DESTRUCTION. We are all so busy denigrating and injuring our feet and fingers simply because we cannot see that they are a part of us.

Respect does not mean that we have to admire, emulate or even like the things, people or events that are a part of our lives it is only the simple recognition that although all parts of The Whole are in different stages of consciousness we are all on the same journey and should be honoured as such.

Hopefully with Respect we can help those of a low consciousness upwards into a higher awareness as similarly we can allow our own lowly conscious state to expand and lighten.

Respect seems to fall naturally into two camps; Respect for the Natural World and Respect for Humankind, in all of our likeable or despicable modes.

It would at first glance seem that Respect for the Natural World would be both easier and a completely different issue from our ability (or lack of it) to Respect Humankind in our diversity. On closer inspection our Gross Disrespect for the Plant and Animal kingdoms is directly related to our Disrespect of each other and is to be finally brought Home to Disrespect of Ourselves.

Disrespect of our Self, Soul, Emotion, Mind and Body, it is here in learning to Respect Ourselves truly, that we can begin the salvation of the Earth.

To become someone that we truly have Respect for, in every facet of our lives, we will all have to work very hard and unrelentingly. As a brief example – it is very hard in our times to find someone to put our trust in (lawyers make a pretty fair living from this fact alone), but just how many of us can stand up to a searching self-scrutiny of our own honesty and trustworthiness?

It is often fairly simple to see how “other” people could improve their Body, Emotion, Mind and Soul whilst turning a blind eye to our own neglect of our instrument on Earth.

The lot of all the Plants, Creatures and People held in bondage by our collective Disrespect, Warped desires and Fear will never improve until we are a lot further along our journey to becoming Human and learning to Respect Ourselves for it.

## FEAR

Fear is something that all people know, the experience ranging from Immediate Life Threatening Fear, for example, being trapped at the top of a burning building, to everyday nagging worries about our future, for instance you may be worrying that you may miss your bus in the morning!

Fear obviously has its place in the Human range of emotions, possibly without the adrenalin rush that it provides one would not be able to climb out onto the roof of the burning building or take the terrifying leap into the safety of the fire-peoples' blanket.

On the other hand Adrenalin in the system produced by Non-Immediate Fears does us no good at all. People who worry a lot often develop ulcers, facial ticks and other uncontrollable mannerisms.

From the esoteric viewpoint doubts and worries prevent us from receiving the full benefit of the moment we are experiencing, by allowing fears of not being able to cope with future moments to drain our energy and concentration.

Imagine that each individual is connected to Cosmic Energy by a thick multi-stranded cable. When this cable is active much energy can pass along it. Frets, fears and worries break and fray the strands of the cable and more and more strands are disabled from carrying Cosmic Energy. Therefore the individual receives less Energy from the Cosmos and is less able to "Be" in the "Moment" and is more likely to fret and break more strands by their insecurity and fears of the future. Our nervous system operates in this way. The path back to a sound, fully functioning, fearless, nervous system includes the care of our diet, habits, relationships, responsibilities and thought patterns.

The practice, of banishing unnecessary fear from our lives, results not only in a healthier Body and Mind but also in an ability to be more receptive to the Guidance all around us. In order for us to receive the full benefit of the power and signals arriving through our "Cables" it is also necessary to ensure that our receiving apparatus is in as good clean working order as possible otherwise we will only receive static or unclear, confused signals.

We have a very clear responsibility to ensure that our bodies and minds are in as good a working order as we can possibly make them. Our reward being the ability to receive clearer and clearer Direct Guidance, until eventually we are

able to not only receive information directly into our minds but also open an active two-way dialogue with our Higher Consciousness.

This is a process that feels like talking to God and one has to hold in mind at all times that we are one with God, especially when one is tempted to argue any points that arise. It must be remembered that we are aligning our little rebellious will to that of our more Conscious and Knowing Will.

## FEARLESSNESS

To become fearless is not an easy task. Setting out with this aim one could be excused for thinking that it may take a few months to achieve but fear is a relentless companion and often we operate under its influence without even recognising it is directing us. Humans spend so much time running from our fears that we have little time or energy for anything else. Even when we love, we could very soon find ourselves thinking and doing things out of the fear of losing this love.

The same applies for when we have money, fame or even health although health is probably the surest way out of the cycle of fear. We create what we spend the greatest amount of “Time” and energy thinking about. So we really ought to take charge of our thought processes with a firm and clear mind.

The process of relinquishing fear is synonymous with giving up control. One must begin to feel more and more secure with ones place in an unfolding Universe and more receptive to the idea that our main task is to become responsible co-creators. All that we become involved with in the course of our lives is to this end. All that seemingly happens to us is the result of our Higher Conscious Cosmic self involved in the task in teaching our individual conscious self that we are in fact responsible Co-Creators of the Universe.

*Before one can be a good swimmer  
One must learn to release all fear,  
Give up control, relinquish struggle.  
Trust and float on the waters of life.*

## LIFE WITHOUT FEAR

So if we aim to be free of fear how will we feel when we have success? Secure, secure not because we have a large house or income etc. but because we acknowledge our place in the universe and trust in the unfolding nature of learning through “Time”.

Always what is happening in our lives must be the right thing, delivering the lesson that we need for our progress. The more open we become to the learning process the lighter; easier and more enjoyable become the lessons. “We” do not want to be hard on Ourselves. “We” would prefer to be kind, considerate and gentle teachers to ourselves. Unfortunately time is probably not the infinite resource we have taken it to be but has limiting factors and may in fact run out, dissolve back into the unified field. Experiment over.

“We” want the experience of becoming separate conscious individualised Star-Sparks to succeed as we voluntarily align our free will with the DIVINE WILL because we recognise it as being our own WILL originally. Therefore the lessons to ourselves get harder and harder and more direct in an attempt to hurry us along. Unfortunately this often seems to have the opposite effect leaving many of us bemused, depressed and feeling completely powerless.

Waking up to the truth that it is “We” who are teaching ourselves can change all that is viewed as negative in our lives.

## JOY

Joy, appreciation of beauty, laughter, happiness and all such expressions of Love are essential for us to feel every day. Not only do they enhance our feelings of Physical, Emotional, Mental and Spiritual well being but as they are expressions operating on a higher range of frequency they actually “feed” through to our Higher Consciousness or “Star-Self”.

In Meditation we draw closer together, intentionally, with our Higher Conscious Self. Throughout our days and nights all of our higher aspirations, truths, and joys also bring us closer. It is possible to bring more and more of our Higher Consciousness into our “everyday” consciousness. The less lapses or gaps we have from knowing that we are One Being with One Aim the higher is our consciousness, the clearer and stronger our Aura and the more Healing and Beneficial our Love.

It is essential that every day, if at all possible, we should dedicate some time to thoughts and actions that bring us the most Joy.

My personal greatest Joy, that I spend as much time as possible pursuing, is to walk with my animal companions across the open spaces of Alentejo in Portugal, where I live, and swim out into the lake, becoming weightless and free (the closest way I know to the Samadhi experience on the physical plane).



## TRUTH AND LIES

Truth spreads a golden path before our feet, creating trust and sympathy between people.

In places where trust is the expected currency a simple straightforward existence can be had and we can evolve at a steady fruitful pace.

Where lies are endemic learning and evolution are diverted through channels of suspicion, fear and manipulation, true forward evolution of Body, Mind and Spirit is stunted and deformed as we try to make sense out of the etheric spaghetti created by a tissue of lies.

Any people wishing to evolve their Higher Aspects towards becoming a wiser, more compassionate person must determine to leave lies behind them.

As Truth becomes a habit in ourselves the company of those who like to lie and cheat will slowly but surely drop away and disappear.

All of our vices need “mirrors” to show us what our problems are, when we no longer have the “problem” we no longer need the “mirrors”. Therefore the people or events that were helping us to locate our problem are no longer needed and will move away from centre stage of our lives to be replaced by the next “mirrors” needed for our evolution.

## PRISMS OF OUR SOUL

As matter takes the long road back to consciousness of itself as being Pure Light Energy we have to wade through the difficulties that Heavy Matter itself has given us.

To understand the distorting ability of Matter I have looked at the properties of Light in our natural world.

When we look around us our eyes are able to perceive dozens of wonderful colours, most of us think no more about it unless struck suddenly by extreme beauty.

Usually Springtime has the power to move us to stop and look around at the colours blossoming out of the bleak cold winter. We, with our developing consciousness, know that the colours we see are those rejected or thrown off by any particular object, whilst all the other colours or light frequencies have been absorbed or accepted by the object. For example, the wonderful smiling faces of Primroses that greet us on a Spring Woodland Walk, are happy to absorb all light frequencies except the frequencies that humans perceive as yellow. Therefore the unabsorbed “Yellow” frequency is the one that we associate with Primrose even though it could be argued that the true Primrose contains all light apart from “Primrose Yellow”.

The Prism has been in use for many years as a tool that enables us to see different light rays neatly separated out of White Light. White Light enters – a Rainbow of Light Energy exits – a daily miracle.

I believe that we humans work in a similar way for other properties of “The Light”.

There is only “One Self” – “White Light” shining through the Prisms of personality.

As each Prism cleanses itself it will eventually allow the Bright White Light to shine through it, undisturbed by the vagaries of character.

In matters long journey, back to the knowledge that we are all One Unified Light Energy Field, we have to clear away the distortions caused by matter.

## HUMAN PRISMS

There is only One Self, White Light shining through various prisms of Personality.

As each Prism cleanses itself only the White Light of One Self remains, as always.

The White Orgasmic Light experienced in Samadhi is the Energy of Pure Love therefore all that we experience on Earth is a result of Pure Love being split into a Rainbow of emotions after passing through the various Earthly prisms (Human Beings!). Therefore what we experience as Anger, Hate, Jealousy, Selfishness, Greed, Pride etc. are in fact different distortions of Love as it is passed through our human prisms.

A person who has consciously decided to Become a better person and dedicates much time, possibly several lifetimes, to this end is in essence cleaning up their Prism to enable White Love energy to enter and exit from themselves in the same Unified State.

Most of us, by this stage of the Human Condition, have learnt many lessons but each of us learns different lessons at different times. A person who has dealt with Anger, Hate, Pride and Greed in their persona may still be struggling under the difficult emotion of Jealousy. Jealousy cannot be fully understood or absorbed by this person therefore the “world” at large sees a Jealous Person. The fact that they are not Angry, Hateful, Greedy or full of Pride will not be obvious, as these emotions have been fully integrated into the individual. In our Human Primrose only Jealousy is outside for the World to see.

The daily life of this individual will revolve around issues of Jealousy until it is balanced and integrated.

Obviously it is not a simple thing and most of us, even if consciously trying to “Clean our prisms” have varying degrees of all emotions to deal with.

## THE EVOLVING PRISM

As one cannot look into the heart of the Sun, as the brightness of the sun prevents this, knowing that we are One With God suffers the same magnitude of difficulty in perception.

It is easy to see the struggle going on within individuals, by looking at nations or parts of Nations where all people of the area share the struggle, to clear particular emotions.

Slowly but surely more and more people are reaching a compassionate state of being which is only a small step away from Unconditional Love.

Women are the leading edge of this happening and more and more women are seen to be shining with the Power of Pure White Love Light.

As individuals work on the cleansing of our Emotional Prisms people emerge who are able to use all of the emotions in a balanced way, none of them are thrown back into the world unconsciously. These people radiate Pure Love Light Energy – Clear Human Prisms.

Most of us, if we allow ourselves a few moments of honest reflection, are aware of which emotions we are working on during this lifetime and can trace the damage caused to ourselves and to others as we have tried to work these emotions out unconsciously.

When we eventually realise that the repetition in our lives, of the same emotional drama, is in fact trying to teach us something we can begin to evolve ourselves more rapidly.

## CHAKRAS

Many people today are aware that our bodies have energy receiving points or Chakras. Some of us are lucky enough to actually be able to see these wonders of Energy weaving. So beautiful a sight that it is almost impossible to portray in words – “Woven Cones of Scintillating Light Colours” is about as close as I can get without becoming long-winded.

You can read any number of treatises, on Chakras if you have an interest, so I will limit myself to a small explanation to suit my purposes.

Our Chakras not only receive Energy from the Universe but also operate as a censor on our perception of reality. Within our Universe we live amongst, what appears to be a “Multiverse” of energies. When one is operating on a certain frequency one can only perceive other beings, and thoughts, that are also on that frequency. Switch into a Higher frequency and one can perceive Beings, Thoughts etc. operating on that Higher frequency.

Humans have “Veils” or “Shields” over our Chakras, as we evolve in consciousness the veils tear then disintegrate one by one, and we are able to perceive more and more of the “Multiverse” within our Universe.

As we begin to play an active role in evolving ourselves we take on more and more Responsibility to try and extend ourselves into Higher frequencies by; The food and drink we consume; The thoughts we allow ourselves to think; The air we breath; the time we spend in meditation; Our communion with nature; Our experience of beauty; Communicating with our fellow travellers (Human, Animal, Plant, Mineral and Spirit) with Love and Laughter.

It must be realised that each Chakra has a number of veils or censors that, as they open up, allow us greater and greater understanding of the Universe that we are a part of, which in turn bestows upon us greater and greater Responsibility for ourselves and all aspects of the Universe.

## EVOLUTION OF SOUL

Another way to look at these Chakras is as the evolution of Soul. When we have achieved the opening of all Veils in all the Chakras we will be as evolved as we can be whilst inhabiting a Human body. For what happens next I guess we will just have to wait and see – I think we have enough work cut out for us as it is!

Wherever we may find ourselves in the Evolution of Humankind we can be sure that by the use of more vigilance, diligence and discipline we can take a more conscious role in accelerating our progress.

We have the choice and ability to purify our bodies and minds, which has the effect of “Tuning us up” so that we can be conscious on Higher frequencies.

The simplest rule is to follow the “Doctrine of Pain” and to choose everything that you eat, drink, do or think by its relationship to Life or Death.

If the food, drink, action or thought has a beneficial life-giving positive force – then eat, drink, do or think it.

On the contrary if it has toxic, stagnating, overrefined (which is a wonderful misnomer!), negative properties – then don’t.

Slowly your body and mind will become purified and as it does so you will find Higher concepts easier to grasp and will begin to reap the benefits of your initial efforts to turn towards the Knowledge of Unity.

## TUNING UP

It is easy to keep asking questions of “God” or our Higher Self, but until we prepare our “Listening” apparatus, tune ourselves to the correct frequency by purification of Body and Mind, we will not be able to “Receive” the Answers.

Many times we mentally decide to “Give up” something that we know is detrimental to our energy system and to the world. Unfortunately our Bodily appetites seem stronger and we cannot keep our mental resolve.

I say this to us all – we must not collapse in on ourselves thinking that we are not strong enough – Persist. “Give up that thing” again and again and again if necessary, and one day our Bodies will join in on our side and feel physically revolted by the meat, tobacco, alcohol, dairy produce, pornography or whatever it was that we had been trying to eradicate from our lives.

This will be because in trying so hard we actually manage to elevate our frequency range. When our frequency range is heightened we physically do not desire any substance that will make our frequency drop again.

If we “obey” our feelings of revulsion and do not partake of the unwanted substance or thought pattern then we can sustain our new found “Higher Frequency”, and head towards the next “Veil” or Censor that separates us from an even Higher Frequency.

## SPIRITUAL EVOLUTION

It has been suggested that a dedicated human under Guidance, from a Fully Evolved Teacher, could attain breakthrough of all of the veils of their Chakra System to become Fully Awakened in six months! In actuality it is more likely to occur over several lifetimes. This lifetime, we are now in, is one of very necessary acceleration so we can, if we apply ourselves, drive our way through several of our veils within it.

If we could all realise the reasons why it is so necessary that we begin to take conscious control of our Spiritual Evolution, and a mass movement towards Self-Awakening begin, the meat industry, closely followed by the dairy industry, tobacco and alcohol industries would all collapse. Pornography of all kinds that abuse or denigrate any of Earths citizens would disappear leaving our Planet a much cleaner and saner place and ourselves much more able to fully enjoy it.

From our Earth-Bound vantage point we are not easily able to see the results of any action we may take, now or in the future, but by trusting to True Guidance and always examining our own motives thoroughly, we can move forward and help our own Soul Star Essence to expand and grow whilst furthering the cause of “All That Is” to know itself in full consciousness and with Free Will to choose to take the path already chosen as the path of evolution.



## CONCLUSIONS

*We are Stars – Our Higher Consciousness resides  
within a Star and can connect with us if and when we make  
the necessary efforts.*

We not only originate from Star Material and Star Intelligence but continue to be eternally connected – indeed we are all One and it is possible to experience our Oneness in the gift of Samadhi, where all barriers between levels of reality or dimensions of experience collapse and we experience Ourselves as “All That Is” Brilliant, White, Light bathed in the Orgasmic Bliss of the Universe’s Being.

Each and every one of us is of Star Essence and can, through Meditation and acceptance reach the knowledge of this, as of course we already know it.

Each Soul can and has been growing their Star Spark Essence at different rates. Now some Humans have Bright Star Cores and are becoming Conscious not only of who we are but what we are here to do.

Those people who have been Meditating on the Symbol of the Star will find it easier to see the reality of the Star behind the Symbol, as I’m sure many of you already do.

Our Star or Eternal Self is forever bathed in The Love, Light, Energy of Samadhi with various representatives of itself operating on all the frequencies of the various planes of existence.

When a Human is able to operate, in full consciousness, on all of these planes of existence, Physical, Astral, Mental, Higher Mental and Samadhic then we are truly Cosmic Humans, born finally into our true destiny:

CONSCIOUS CO-CREATORS OF THE “ONE GOD”  
INDIVIDUALISED

## DIALOGUE WITH “GOD”

As we Purify and “Tune” ourselves, more and more of the Universe is revealed to us, until comes a time when we continue our lessons Psychically. We experience our “Star-Self” or Higher Consciousness firstly as Something outside of us, that in the past people have assumed to be “God”, talking to them, which in a sense it is, and then to have the experience of this Higher Self descending through our Crown Chakras and linking directly with our minds.

This amazing connection can only be held for the amount of time that our minds can remain clear, calm and free from babble, as our Higher Mind recoils from mind chatter in the same manner as a person of fine sensibilities recoils from the senseless noise of a cheap drinking place.

To keep my mind in preparation for receiving Direct Guidance from my Higher Mind I have had to abolish all caffeine based substances from my diet as they increase the chatter in my mind to a degree where it is intolerable for me, let alone for the Higher sensibilities of my Over-Soul.

Try to realise that the benefits of living our lives in closer connection to our “Star-Self” is not purely for our little self’s benefit, during the process of deeper connection more of our “Star-Self” can be here on the Material Plane of the Planet actually enjoying the Physical reality which has an astonishing depth of feelings and experiences, the feeling of the Sun on your skin, the water rippling over your body, the wind whispering through your hair and on and on and on. Our “Star-Self” loves to experience these things through our material bodies but can only do so when we have heightened our Awareness and stilled our minds enough to let more of “Ourself” incarnate.

PLANET EARTH SHOULD AND WILL BE A PLAYGROUND  
PARADISE FOR THE STARS.

## SAMADHI

In Samadhi the limitations of the individual consciousness fall away – we are no longer a body, a mind, limited by Time and Space, Cause and Effect, we stretch out into the Infinite Now with all thoughts of separation and desire left behind in the illusion of Space-time.

I only wish to state, as simply as I can, that I believe what I have tried to communicate to be the Truth. I may of made mistakes and suffered from misunderstandings in any of the details but the Bright Truth that we are all One and that we can experience this Oneness is fact.

Also fact is that each and every one of us holds the Responsibility to stretch out towards this Awareness as by doing so the Pain and Suffering throughout our Planet will be not only brought to an end but also Illuminated by the Power of Love, which is after all, what we all are.

PEACE BE OURS

Frances

11/10/2000