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Life after Death

(A Study in non-material Logic)

This essay is longer than normal: 17 pages. The extra length is to accommodate an experiential process that is not in any of the books or essays. This inclusion demonstrates that you have a non-material spirit-energy heritage unaware of its existence until embedded within consciousness. That initial 'temporary' combination *contains the potential* to transform into a permanent 'materialized' spirit-energy melded with, and as, consciousness, which is your Identity passport to a life beyond this earthy existence. The additional material will help you to appreciate this inner transformation by understanding how your spirit-energy 'awakens' to realize its true existence, which is the 'authorization stamp' on your newly issued passport allowing you to transverse material borders.

There are those that have a firm belief in a life after death of the human body. Others believe life after death is just wishful thinking. Whilst many others have no opinion as they believe the unknown is unknowable. All those positions are a belief. As such one position is not necessarily more correct than any of the others as beliefs are generally formed upon knowledge gleaned, accepted, accumulated, or created, by oneself or another. In contrast, subjective knowledge is singularly a personal experience. The results of that internal experience can be explained but the experience itself is not transferable. The gulf between those two forms of knowledge – experientially derived insight and a non-experientially established viewpoint– can sometimes be difficult, if not impossible, to bridge. Both may have an identical outward stance, but the internal vision of what each is formed upon can be poles apart. Hence, there is potentially an insurmountable gulf between an experiential and a non-experiential position, as the foundation for each is constructed from a different 'substance'.

An example of that separation can be seen in a statement made by Jesus, taken from the Christian gospels. From John 14:6 *'I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my father as well'*. This is one powerful statement revealing the great wisdom of his teaching as it, along with all the other teaching stories and parables, can be understood or interpreted experientially or non-experientially and both interpretations are valid. Meaning, his words can form a devotional belief in Jesus as *'no one comes to the Father except through me'*. That statement has been interpreted to mean believing in Jesus is the ship that ferries believers across the river of death to the other shore where a new life is initiated. That devotional belief generally sets the conditions for ritualistic practices focused upon the life of Jesus. The rituals remind and support those

devotional followers to physically maintain a life similar to how Jesus would have lived it. However, what can be conveniently overlooked is the belief subliminally carries with it the responsibility to also *think and act* in a similar manner to *how* Jesus lived his life, which is the experiential aspect of '*the way and the truth and the life*' part of his statement. That experiential element is what initiates or stimulates an internal need for an investigative connection rather than a devotional passion.

Being aware of the difference between an experiential (investigative) and a non-experiential (devotional) interpretation of various spiritual teachers is important. Both positions have their strengths and weakness. A devotional connection is prone to entanglement in constructs and ritual that normally develop within the various religious creeds and theology. In Christianity they are built upon the teaching stories and parables of Jesus. That entanglement potentially makes constructs and ritual more powerful than the teachings or dogma used to create them. That does not make a devotional position wrong, just open to being misled or manipulated by eloquent oratory founded upon restrictive constructs; potentially forging various forms of extremism. The upside of a devotional connection, if applied with open-hearted and open-handed 'honesty' founded upon a compassionate vision, is that it can generate a powerful faith and that faith can move mountains.

On the other hand, the problem associated with an experiential derived connection is that it requires constant thought evaluation or investigation and most simply do not want to do that form of work as the task can appear overwhelming. As well, a believer upon a devotional pathway would find that form of investigation unnecessary. However, for those requiring an experiential connection, rather than a pure devotional one, the strength to maintain that form of commitment slowly arises from within the investigation itself, as the internal exploration takes the explorer closer and closer to the Living-Heart of creation. Meaning, a belief may initiate the internal exploratory process but is gradually replaced with an actual internal connection by experiencing what the belief is formed upon. Thus, experiential investigation processes used with persistence and determination will ultimately unveil and connect to the Living-Heart of those teaching stories, as well as 'seeing' into the depth of the various religious creeds. That internal process unveils the subliminal embedded experiential meaning of those stories and parables of Jesus, as it reveals the '*way*' by unveiling the '*truth*' of how to live your '*life*'. Suggesting, the '*way*' Jesus lived his '*life*' is the '*truth*' of personal existence, which is achievable through an 'honest' devotion or a comprehensive 'honest' investigation, as the 'honesty' makes both experiential. That form of experiential connection, or 'honesty', is what establishes a rock solid knowing faith as it is founded upon an unconditionally guided compassionate equanimity. And that connection cannot in any manner be manipulated or corrupted, which is its experiential strength.

Thus, it is important to remember both devotional and experiential methods are valid as individuals are either inclined to favor a restrictive or nonrestrictive approach when some form of spiritual evaluation is necessary. If an individual has a restrictive mindset he or she is generally attracted to a

devotional pathway. The constraining borders restriction creates provide instant security within its walls, without any requirement to understand how those 'walls' came to be existent. However, if an individual cannot abide restrictive 'walls' – even though those 'walls' provide protection and security – he or she will generally have a non-restrictive mindset. In this circumstance that individual will discover it is necessary to delve into the very 'substance' those 'walls' are created from, and that journey can take a lifetime.

Thus, a non-experiential belief and experiential 'knowing' are the two sides of the same coin. Or, they are the spiritual 'coin' of the realm. A monetary coin is obviously minted from a physical substance but a spiritual 'coin' is minted from a non-material 'substance'. And that non-material 'substance' is what subliminally binds both experiential and non-experiential methods into one. Thus, melding a non-experiential belief with experiential investigation processes is the ideal, but rarely is that ideal actualized. However, that form of melding is the 'way' as the 'life' it reveals is the 'truth' of your existence, and that is the experiential meaning of that statement of Jesus of Nazareth.

What the foregoing means is that belief in life after death, without any further investigation into the belief, is non-experientially held as true. And that belief can be endlessly manipulated by unscrupulous individuals to enhance a controlling position. Conversely, an experiential 'knowing' of life after death is subjectively established by discovering what is impersonally embedded within consciousness. This is intimate knowledge of the 'substance' of consciousness, with the intimacy forming a personal connection or bond, referred to as knowing. How one arrives at that form of experiential knowing is a journey into the essence-of-life. Within that internal journey you will discover consciousness never moves, nor can it be altered in any fashion nor manipulated to conform to the machinations of another. It remains eternally *constant and silently still*: meaning, it only has the ability to internally 'see' and 'know' as your internal witnessing awareness to the endless movement and alterations of the biologically created mind's accumulated information. That movement along with biological stimulants may appear to alter consciousness but consciousness only has the ability to 'see' and 'know' those changes making it appear to alter: but it does not as it remains unalterably stable. Suggesting, if anything has a permanent nature, or be of non-material origin, it must be consciousness as it cannot be altered by anything created from a material or biological substance.

Therefore, to search or confirm life after death is a reality, the investigation must focus upon consciousness and not on the mind as the biological brain, and the mind it created, both perish upon the demise of the human body. Suggesting, you must refine your search to the 'substance' of consciousness by learning to *bypass* mind created beliefs and constructs that establish controlling patterns that control you without you being aware of that control. Accordingly, for an internal adventurer to attain a certainty of life after death he or she must learn to bypass the mind and everything it holds. For some that may appear as an impossible task as they consider the mind to be the center of their life and bypassing what it holds is to bypass or forgo what they

take as who and what they think they are: hence, few even try. But for those that do try the effort is paid in a currency not obtainable in the material world.

Part of that payment is revealed when the internal investigator experientially realizes aspects of the mind that resonate with the 'substance' of consciousness remain 'attached' to consciousness and so pass the veil of physical death. Meaning, not everything the mind created perishes when the brain dies and that attachment is eventually recognized as the *element* that awakens consciousness in a new environment. Hence, the importance of experiencing what those attachments are. If you do not what you may have been led to believe very well could only look like those attachments. The result of that potentially flawed vision is paid in counterfeit currency and that form of currency is easily recognizable and rejected when it comes time to pay the piper.

Thus, for those few brave individuals who undertake this internal adventure learning to bypass the endlessly moving mind, to discover what the silence within holds, is entering new territory that eternally remains untarnished by the material world. This is the world of pure consciousness with no mind interference to disturb the quiescence of that purity. When you eventually learn to *listen* to that silence you will discover or unveil the Living-Essence of existence embedded within consciousness, revealing consciousness as indestructible as that Essence is indestructible. When that connection is a personal reality, and not just intellectually accepted, the internal adventurer has realized an experiential knowing certainty that no longer requires reliance upon a belief or construct. This does not make a belief wrong, just non-experientially established. However, as experiential knowing is individually subjective, and so not transferrable, the knowing can only be expressed by actions as words cannot reach, satisfactory explain, or correctly define the experience. And, how that knowing is applied reveals its depth, which explains the various methods used by spiritual teachers.

It is generally accepted when a subjective experiential realization, establishing a connective bond to the Living-Essence of existence, is a reality that is the end of the line. But the depth of understanding within the realization can vary enormously. That occurs as the witnessing consciousness is now in a position to explore the infinite depth within the Substance of that Living-Essence. Thus, depending upon individual propensities each will dip into their consciousness 'substance' at various depths resulting in diverse interpretations upon an identical experience. Each vision is correct but the deeper one goes more is *seen* and so *known*. Within that vision, regardless of the depth of that vision, there is uncovered a subliminally embedded direction silently existing within the 'substance' of consciousness. Meaning, that direction is not forced upon anyone, thereby allowing each to discover it when they are life-prepared for that event. This allows an internal adventure to reveal his or her depth of understanding encompassed within how they interpret the subliminal direction of that 'substance'. In this manner the resultant actions or words of that individual will be supportive to individuals who require, at the moment, that particular depth of understanding. The understanding depth of one is not superior or inferior to another's understanding depth as they are of the same

'substance'. Meaning, there is no one way but an infinite number of ways to *touch* what cannot be physically touched. In this manner the full range of human endeavor can be accommodated.

All problems within a civilization stem from this lack of personal connection to the Living-Essence of life. If everyone on this planet had the opportunity and encouragement to experientially discover that Essence the world would evolve with a compassionate equanimity vision at its heart, having social justice at the forefront of its agenda, making for a safe, secure, and supportive environment for its populace. That is the ultimate end for an evolutionary civilization which earth will one day achieve: one day at a time.

Life after death is then a non-experiential held belief or realized as an experiential reality felt as a knowing-certainty. Consequently, as a subjective experiential realization bypasses the mind the resultant knowing-certainty will forever remain unalterable, requiring no mental energy to maintain that certainty as it is *known*, and not held as a belief. Conversely, a belief is mind created or accepted and endlessly alterable as everything the mind contains is in continual change or flux. Therefore, reliance upon a belief requires the expenditure of mental energy to 'hold' it, and that form of 'holding' can be used to fight to the death with another 'holding' a different belief. Humans then become cannon fodder of a 'holding' mental energy that has no reality beyond what each participant gives it. Thus, the real problem is not necessarily a belief but how individual 'holding' self-created and self-maintaining energy is used. This is not an unusual problem, but a normal one, created by the mind. The problem arises as the 'holding' energy is a fiction as it is built upon the misuse of the self-referencing nature of consciousness by referencing beliefs and constructs as what that individual is, which is the great deception. And that deception is what makes humans cannon fodder. Note: the corollary to that deceptive 'holding', besides being used destructively, can also be used beneficially. When dealing with self-created or accepted mind 'objects', such as beliefs and constructs, it is important to remember their potential positive/negative duality. That duality establishes an intense learning environment as it creates the need to forge directionally positive mental attitudes to overcome negativity or dangerous restrictive thought forms. It also separates the wheat from the chaff.

On the other hand, a subjective experiential realization *bypasses* the mind. Meaning, held mind 'objects' no longer have a hold on your life. When that form of bypassing is a personal reality you have entered the purity of your self-referencing consciousness, which is your internal witness or internal 'observer-knower', revealing a new way of life or living. This is how that internal revelation appears, unveiling an entirely new vision of consciousness.

The internal 'observer' of consciousness sees, allowing your internal 'knower' of consciousness to know what is seen (your self-referencing observer-knower), referred to as consciousness awareness. And what is seen and known is normally information supplied by the mind. However, during your awareness training sessions, when your 'knower' is only aware of what the 'observer' is seeing, which is your internal dark 'substance', you are *singly-situated* within the self-referential core of

consciousness and the mind is *bypassed*. The moment the 'knower' becomes *unaware* of that 'observer' seeing, you are in your *natural-state-of-being*. Or, the 'knower' has singly focused its attention upon itself. In that moment you have the opportunity to witness, and so experience the two aspects of consciousness (internal observer and knower), as actually being only the 'knower' with two attributes. Thus, it is the 'knower' that both knows and sees, and those actions cannot be divided where one works without the other being engaged. However, when you focus upon internal observing or knowing, it appears as if only one or the other is functioning.

Also and this is vital to understand your existence, in that revelatory internally witnessing moment, besides recognizing it is the 'knower' that both sees and know, you will experience the focusing or attention agent as being *behind* the 'knower'. That reveals the core-of-your-existence, for the focusing or attention agent is neither the 'knower' nor its other attribute the 'observer'. This is the absolute crux of human existence for that internal focusing or attention 'agent' is pure spirit-energy or spirit-essence that uses consciousness as its internal witness. Or, as that 'agent' is non-material spirit-energy, it requires the observer-knower of consciousness to interface within the material world through the biologically created material mind. Understanding this last sentence is critical as it reveals the non-material essence of your existence. You are originally pure spirit-energy that has no knowledge of itself until drawn into and embedded within the consciousness of a physical body. Only then is that spirit-energy equipped to begin its journey of self-discovery in a material world.

This pure spirit-energy (you), through the use of consciousness, accesses and uses the mind to provide information for the 'knower' to both see and know that information. But, the 'knower', using that information, generally becomes trapped by the mind, creating real or imaginary mental or physical protective patterns: the deception/deceit pattern in action. The way out of entrapment is when the 'knower' learns about, accesses, and uses the impersonally embedded nature within your original spirit-energy. This is possible because the nature of The-Good is an impersonally embedded attribute of your spirit-energy (explained later) and so equally impersonally embedded within consciousness, allowing the 'knower' direct access. That nature being silently invisible and impersonal is important as it *provides you with the opportunity* to become a recognized and so accepted 'knower' *personality* beyond your temporary physical borders by personalizing that nature in the material world. Or, by personalizing that nature, consciousness is then *permanently attached* to that spirit-entity. Meaning, the 'knower' of consciousness, as your original spirit-energy, is now a non-material *personal being* or *personality* that is recognizable within a nonphysical environment.

That action is what forms your eternal Identity, for the pure spirit-entity (you) is now permanently 'materialized' as consciousness. In other words, you earn the right to make consciousness a permanent reality. If that event does not occur, then upon the demise of your physical body the spirit-energy simply returns to where it originated, once again unaware of

its existence. So, yes it is important that you access and use the nature of The-Good as that use is what maintains your life after the physical body dies.

If you are diligent in your awareness training exercises, you can check the validity of the preceding few paragraphs for you will infrequently become aware of that pure spirit-energy shifting about *behind* the 'knower' or 'observer'. The first time this occurs it can be very disconcerting. Eventually you look forward to those internal moments as you are witnessing yourself as you really are: your pure spirit-energy. Those moments do *feel* good, for the embedded nature of The-Good within that spirit-energy is being given its freedom. Recognizing your original spirit-energy heritage and its impersonally embedded nature is a personal experience that confirms life after death is a natural event, if that nature is 'awake' and used.

In the books, as it was proposed that your state of sleep is when your observer-knower 'unwinds', which can be misleading. What that really means is that sleep occurs when your 'knower' no longer references the 'observer' for information normally supplied by the mind. Thus, the 'knower' knowing nothing and its attention (your activated spirit-energy now in its non-activated state as being non-attentive) reverts to its unaware or original 'sleep' position. This is why dreams are difficult to recall as they are normally mind-initiated and so only activate consciousness, whereas your spirit-energy 'sleeps' on in its unaware state.

The preceding paragraph provides a clue as to how during your awareness training, and when you are in a consciousness *natural-state-of-being*, you can allow the 'knower' to settle into pure *attention* only. If that *attention* is non-forcibly held (totally relaxed and so not aware of the holding) then your spirit-energy is illuminating itself. You are now *between* its attentive (aware) and its non-attentive (unaware) or 'sleep' states of being. It is here where the potential exists for internal doors to open allowing *Light* to enter and illuminate that spirit-energy as who you really are. This recognition of your spirit-energy, now 'materialized' as the 'knower' of consciousness and felt as your centerless-center, is the absolute quiescent heart of pure-awareness, the spirit-energy living-core of your existence. At that precise moment, if all internal *elements* are aligned, what has been referred to as insightful enlightenment occurs. That can take many forms (varying alignment intensity varies the results) but generally includes an internal illumination that connects directly to the inner *Presence* of the Source-of-Existence: that is, light connects to and is illuminated by Light both actually and metaphorically. It is powerful connective moment and the effects can remain with you for days, or even weeks.

Many attempt to recreate that moment but generally fail, for it is a once-off experience confirming your 'awakened' and 'materialized' consciousness as permanently yours: pure spirit-energy is now *fused* to and as the 'knower' of consciousness. Consequently, that moment does not need to be repeated. Or, once your internal awareness 'knower' *eye* (spirit-

energy) is open to actually see that inner Light, and so experience its subliminal nature, any repeat is unnecessary for now you can 'see' into the depth of existence rather than simply existing upon its surface. What eventuates because of that new form of 'knower' *seeing* is determined by how you use the mind to reveal the essence of that seeing. Meaning, how you reveal the nature of The-Good. Hence the importance of your non-moving primary 'I am' reality, for once that seeing is brought into the light of daily living, it becomes the foundation for your moving secondary 'I am this or that' mind-created reality. The primary and secondary realities now work in absolute and perfect harmony. This is the meaning of the phrase, 'I am that, I am'.

It is also worth noting, depending upon the intensity of your practice, that if all the necessary *elements* are in alignment, that connective moment can occur at any time. If you read various Zen Buddhist stories you will see how and when their individual connective moment occurs.

Along with experience of the self-referencing core of your being, the connective illumination *indirectly* reveals the invisible and silent directional purity subliminally embedded within consciousness (originally an integral part of your spirit-energy heritage) by *feeling* it: or the connective moment illuminates it by *feeling* it. That nature, when truly experienced, is what the newly enlightened 'knower' uses to guide or direct the mind rather than having the self-created patterns within the mind control thoughts and actions. It is the beginning of an entire new life within the old. Thus, do not be concerned about bypassing the mind process, as you do not lose or forgo the mind; you simply learn how to direct it rather than submitting to the control of its developed patterns. When using the *silent* directional purity embedded within consciousness (nature of The-Good) you will discover how self-protective patterns of the mind fed destructive thoughts and actions by their subliminal control. Or, the 'knower' of consciousness was being controlled by various self-maintaining patterns rather than the 'knower' using its spirit-energy's innate subliminal but directional purity as a guide.

It is important to be aware that the connective experience is just for you, and not to be displayed for others to admire. It is given in connective-silence and so held in silence. The result of that form of connection is demonstrated by what you do with your newly freed mind. In some fashion you will discover that the nature of The-Good will permeate whatever pathway you choose, as the non-materiality of the First-Manifest is made visible in the material world. That action defines the purpose of your existence, confirming your newly 'awakened' personality.

All information in the books and essays by this author is designed to help you to enter into that connective experience. That experience will provide a solid foundation in which to develop your true everyday character, founded upon a compassionate honesty that is steeped in absolute equanimity. Then the books and essays can be left behind as they are no longer required. And that is the way it should be, for the new foundation you are creating forms your developing character (personality),

which in turn establishes your new Identity. That newly formed Identity metaphorically ‘now stands on its own feet’ and is recognizable beyond our temporary physical borders of existence. It is also what makes you an active participant in the evolution of our civilization, and that is sorely needed.

If the connective experience to the *Presence* of the First-Manifest within an individual consciousness is ignored or overridden by various mind-created patterns, then a reversal occurs. This reversal or shift from the ‘knower’ knowingly using the embedded purity within your spirit-energy-consciousness connection to being controlled by various mind patterns is what initiates the downfall of any potentially evolutionary civilization. The result of that shift is often seen by various religions as instigated by the devil. That imaginary devil, however, is just the activity of self-protective patterns (individual or institutional) taking extreme measures to protect the data that created them. Acceptance of that belief, or any similar belief, has individuals unwittingly relinquishing their free will to controlling self-created patterns that effectively override it. With the loss of that innate freedom, life can become difficult as debilitating emotional states or extremist views and actions instigated by those patterns can drain one’s vitality or put one in precarious situations.

The inability of individuals to overcome the controlling patterns they created was in all likelihood the motivation for the idea a devil controlling human behavior. That occurs as the ‘holding’ energy of those patterns appears to be outside of one’s control, as free will has been negated, which is another aspect of the great deception. Thus, the insidious reversal from ‘knower’ direction to the ‘knower’ being controlled by its own creations destroys in the guise of protecting. Until education is established to teach how to undo that control by evolving methods for individuals to experience the absolute directional purity impersonally embedded within consciousness, both internal and external destruction will continue. That deceptive reversal makes humans cannon fodder, instigated by various self-created patterns of the mind, which history easily confirms over and over, seemingly endlessly. This is an absolute preventable waste, not only of humans and resources but also deprives future generations of an experiential foundation to discover their non-material spirit-energy origins. Thus, the need for non-material logic, founded upon experientially provable processes, to be accessible in various educational institutions. This would provide future inhabitants of this planet with methods to personally connect to the Source-of-Creation. That connection would establish positive directional support for future generations that would in turn positively affect further generations: and so on, rather than each generation perpetuating a multitude of internal and external destructive processes.

In addition to the loss of free will, the misuse of the self-referential nature of consciousness (referencing self-created patterns rather than its spirit-energy embedded nature) initiates and maintains a debilitating internal world and a potentially destructive external environment. Hence, it is imperative to learn how and why the misuse exists by understanding how the self-referential nature of consciousness functions. When that intellectual form of learning is

ultimately experienced it opens internal doors that would have remained permanently closed without the effort. Thus, if you really want to know if there is life after death, and not settle upon a belief or construct, delve into the 'substance' of consciousness as therein lies your answer.

That 'substance', the impersonally-embedded nature within your spirit-energy heritage, is not hiding. But to experientially know it you must first appreciate that the First-Manifest (God) is a non-material and *personal* Knower of its own Substance. Meaning, the Living-Essence of that Being is, and always will be, non-materially invisible, including its innate nature, referred to as The-Good. A very personal aspect of that Substance is when the Observer-Knower of Absolute Consciousness (the First-Manifest) is 'reflected' as an observer-knower of individual consciousness. That 'reflection' (consciousness) is brought to life by your spirit-energy heritage. This makes both your original spirit-energy and its consciousness channel impersonally embedded with the nature of The-Good as both are a reflection of the First-Manifest. A reflection cannot contain the original, only an impersonal reflection. Thus, your spirit-energy, consciousness, and the nature of The-Good are equally invisible. Hence, your only purpose in this life is to make the 'knower' of consciousness (your original spirit-energy) experience its own 'substance' (nature of The-Good) and so personalize it, making that reflection an active reflection of the First-Manifest. By doing so you materialize what is non-material, which is what 'materializes' the original non-materiality of consciousness into a non-material *personality* that can now move beyond materiality, referred to as passing through the veil death.

That intellectual understanding reveals an experiential pathway to discover insights that affect your existence. The first of those insights is appreciating that the First-Manifest and its nature can never actually be 'seen'. They are 'seen' by experientially *feeling* their *Presence*. The second insight is recognizing you are 'loaned' consciousness. To make it eternally yours you must personalize the nature of The-Good impersonally embedded within its guiding spirit-energy. You have absolute freedom to use or ignore that invisibly embedded nature. Using it personalizes it, and in so doing confirms or 'materializes' consciousness as eternally yours. Whereas ignoring that nature is thoughtlessly relinquishing the opportunity to make your spirit-energy-consciousness connection permanent. Hence the need for non-material logic education.

The problem most appear to have with the First-Manifest and its nature is its silent invisibility, as it provides nothing to hang onto and claim 'this or that' about that Being or its nature. As individual consciousness is a 'reflection' of the First-Manifests Absolute Consciousness its impersonally embedded nature is equally silently borderless, preventing a belief or construct from constraining its unrestricted nature into a 'this or that'. Thus, that nature's innate freedom is forever unrestrictedly open to everyone. And any action that 'touches' its subliminal direction will be 'attached' or assimilated into individual consciousness as it adds substance to the 'substance' of consciousness, confirming consciousness as permanently yours as the nature of The-Good has

in some manner been ‘awakened’ and used. That ‘awaking’ is experientially *felt*: as explained above, the invisibility of the First-Manifest becomes visible by *feeling* its *Presence*. That internal action can be described as your *spirit-energy presence* acknowledging the *Presence* of the First-Manifest; simultaneously, that *connective-feeling* with the First-Manifest is a personal acknowledgment of your now ‘materialized’ or *personalized* consciousness. Or, it can be stated as reciprocal connective-acknowledgement between your spirit-energy essence, now as ‘awakened’ consciousness awareness, and the Spirit-Energy ‘Father’ of all non-material essences, or First-Manifest. It is like a child recognizing its father and the father at the same time acknowledging the child as its progeny. This connective-moment is experienced as spiritual rather than mind-created emotion. Those two forms of emotion are totally different, the former arising from the non-material spirit-essence within consciousness and the latter being self-created within the material mind. Do not confuse them, as mixing those two forms of emotion can damage the potential of that hard-earned *connective-feeling*.

Therefore, if you truly want to know if there is life after physical death and not rely upon a belief of construct, look to the ‘substance’ of your spirit-energy consciousness, as it contains the impersonally embedded, invisible, and silent nature of The-Good. That is where your inner journey begins and ends for ‘touching’ that nature is ‘touching’ the *Presence* of the First-Manifest through its reflection, which begins the process of your spirit-energy being ‘materialized’ as consciousness. That nature is freely available to everyone regardless of religious persuasion, and requires no secret formula or special procedure to access and use. Nor do you have to search around the world to discover it, for you already have it silently waiting within your consciousness. The door is always wide open; you simply have to walk through it to discover its confirming *connective-feeling* by ‘touching’ its *Presence* through its ever-present subliminal nature.

That last paragraph implies that it is not necessary to go through all the work outlined in the author’s books to ‘touch’ the *Presence* within and so make a *connective-feeling*. The subliminal nature of The-Good can be accessed and used by anyone at any time without any form of religious instruction or spiritual knowledge. If a religious-inspired belief results in a *connective-feeling*, and used with compassionate equanimity, then the results are identical to the experiential connection attained using non-material logic. Any method that forms a *connective-feeling* that exposes the nature of The-Good will have identical results. It is simply that some require non-material logic to get there, whilst others may only require an honest belief-formed faith. Also, some have no real belief system but acknowledge social justice and equality as essential to the life of everyone and so act accordingly. Those individual who do good actions as a natural part of their daily living simply because it *feels* the right thing to do are also unknowingly going through their spirit-energy heritage to access the nature of The-Good. For all three paths the results are the same, for in their own way, each has ‘materialized’ consciousness by knowingly or unknowingly accessing and using the nature of The-Good.

The belief-faith option is what Jesus employed to meet the needs of that era. That faith, if honestly held, is formed by ONLY relying upon the Gospel of Jesus, and not upon old or newly-created attitudes, constructs or interpretations of the Gospel. “*New wine is not poured into old wineskins. If they do, the skins will burst, the wine run out and the wineskins will be ruined*” (Matthew 9:17). Thus, the pure simplicity of a faith-based belief in the words of Jesus (and not upon constructs or beliefs formed upon them) replaces the use of cumbersome practices and rituals. That approach is as valid today as it was in that era, for in his teaching stories and parables, Jesus revealed the nature of The-Good. And any experience that reveals the nature of The-Good brings you into the subliminal *Presence* within your spirit-energy-consciousness. Or, the Spirit-Energy *Presence* of the First-Manifest is within you as your spirit-energy is now ‘materialized’ as consciousness. Jesus stated this as “*The kingdom of God is within you*” (Luke 17:21), revealing your spirit-energy heritage ‘holds’ the embedded nature of The-Good. Truly believe it or experience it as a fact; either way, the result will be the same.

Your entire future existence is determined by how the ‘knower’ of consciousness gradually melds itself into your spirit-energy heritage, as well as what that heritage contains. Suggesting that your *knowingly activated* spirit-energy is your future self, which is the ‘knower’ of consciousness using the biological mind to access that spirit-energies impersonally embedded nature to become what it is.

A second aspect of that statement ‘*The kingdom of God is within you*’ can be more difficult to appreciate or understand. In the books by this author, one aspect of your original spirit-energy has been described as *That-Sense-of-Presence*, for that is how it is *felt* or experienced, which is a ‘reflection’ of the First-Manifest. Indicating your original spirit-energy is also accompanied or supported by a hemi-personal aspect of the First-Manifest that subliminally but non-invasively ‘guides’ your spirit-energy to ‘see’ various aspects of the nature of The-Good when particular situations arise in your life. That non-invasive or silently suggestive input only provides the ‘knower’ of consciousness with a subliminal or subconscious direction to choose or ignore. This hemi-personal, guiding aspect can be *felt* at various times in your life, for instance, when an insight appears to arise out of nowhere (beyond or outside your normal thought processes) as a clarification of what you are thinking about, or speaking to someone else about. It normally arises as a *feeling* insight that in some manner enlightens or reveals a new way of seeing by illuminating a new direction. The choice to use that form of input, of course, is always yours to use or reject. Both experiencing the nature of The-Good and feeling its supportive and guiding action make up what is referred in the books as *That-Sense-of-Presence*.

Thus the silent *Presence* of *That-Sense-of-Presence* is what supports or ‘guides’ your original spirit-energy to use the ‘knower’ of consciousness to focus its attention upon whatever subliminal non-invasive stimuli it internally illuminates. If ‘knower’ attention allows the mind to follow that subliminal stimuli it gradually unveils your original spirit-energy by using its impersonally embedded nature, which directly connects you to, and as *That-Sense-of-*

Presence. In this manner the ‘knower’ gradually becomes what that spirit-entity is, which is a ‘reflection’ of the First-Manifest being made visible. That action defines the purpose of your existence. Meaning, you have regained your free will and that internal freedom allows you to *feel*, and so use, the subliminal nature of The-good impersonally embedded within consciousness. By that action you become a positive influence within your community and a valued citizen of our present civilization. That value is non-materially recognized as you have ‘materialized’ or *personalized* consciousness and so are also a citizen of worlds to come.

In today’s world a growing number of people hold any form of belief-faith as being founded upon non-scientific superstition, and so generally ignored or even denigrated. Therefore, it is important that those who cannot be accommodated by a belief-faith process have another option: the option of using a non-material logic approach to understand their existence by experientially *feeling* the nature of The-Good impersonally embedded within consciousness, referred to as a knowing-faith. Both a belief-faith and a knowing-faith reach the same destination, but arrive on parallel tracks, rarely touching until they merge at the end of their journey. It simply is a matter a personal preference, as both processes work identically. Besides working with your chosen preference, it is important to remember to enjoy the process for laughter and mirthful humor opens doors to experience the nature of The-Good active within those activities. Those joyful moments add lightheartedness to daily living by releasing a *connective-feeling* that may not be attributed to the nature of The-Good, but it is.

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- Additional notes on your spirit-energy heritage –

The connections between your spirit-energy heritage, consciousness, and the mind can be difficult to appreciate until you actually experience their connective-difference. Each stands alone but requires the other to exist. Your spirit-energy heritage, although initially unaware of its existence, provides the *personal* within the ‘knower’ of consciousness, allowing its ‘observer’ to see what the mind creates and the ‘knower’ to know what the mind/body is experiencing. All three are initially dependent upon the other to function in the material world. That dependency is what physical creation is all about: having individual spirit-energies arrive in a proving-ground (in this case earth) to discover and knowingly use the impersonally embedded nature of The-Good within their spirit-energy, which will fuse that spirit-energy to and as the ‘knower’ of consciousness. Then the *personal* within the ‘knower’ becomes a personality: not the personality normally associated in the material world but a personality recognizable in a non-material world as a knowable Identity. This very short physical existence is what separates the wheat from the chaff; the wheat is kept and the chaff discarded. The material world is a true proving

ground. The more difficult it is, the greater the challenge and so greater the reward. If your 'knower' can see through all the smoke and mirrors of daily living to recognize what is of true value and what is not, you have created an opportunity for yourself that you may only fully appreciate when you no longer are of this world. Life on this planet is your *personal* (spirit-energy heritage) journey to accept that opportunity or reject it. Whatever you choose, that choice will be acknowledged and honored, which is separating the wheat from the chaff.

There are a variety of ways to verify the existence of your spirit-energy heritage. The following is just one of those ways that you can use to support your inner journey of discovery.

One method to demonstrate the existence of your spirit-energy heritage existing *within* the 'knower' of consciousness begins with this simple little exercise. Wherever you are now located, look at any object. Your biological eyes see that object and the biological mind informs or relays its stored information about that object to consciousness. The 'observer' of consciousness enables the 'knower' to internally 'see' the information stored in the mind and so know it, which is your internal witnessing awareness. That ability exists because both the internal seeing and knowing are attributes of the 'knower'. This is the normal mind/consciousness interaction that occurs every second of your life, without you being aware it. The process is automatic.

Now, the moment you become aware that you, as the observer-knower of consciousness, are observing that object you become aware of your own witnessing awareness. The 'knower' of consciousness (awareness) is now aware of mind-created information, yet *feels* free from its content because it knows that it knows (awareness of awareness), which lessens the impact (control) of that information upon the 'knower'. In this circumstance the attention or focusing attribute of your spirit-energy is still confined *within* the 'knower' because it is only aware of itself as a witnessing consciousness of mind-information, or as knowing that information. However, during your awareness-training sessions, all mind information is intentionally curbed and the 'knower' is simply aware of itself, free of mind interference. This is your normal awareness-training position. It is a neutral inner position that is peaceful as there are no mind-created distractions. This is the 'knower' of consciousness witnessing its own awareness, but not yet aware of what that witnessing agent is: experienced as being locked *within* that inner awareness. As the following will explain, this is your spirit-energy attention being held or focused *within* and as the observer-knower of consciousness. As such, the 'knower' has yet to experience what that spirit-energy is.

However, when the attention attribute of your spirit-energy is intentionally focused upon itself as the 'knower' of consciousness, and then becomes *aware of its own presence* as being *behind* the 'knower,' that inner focus releases an entirely new illuminating experience. Note: the attention of your spirit-energy shifts its focus 'making it appear as if it

moves' from being held *within* the 'knower' of consciousness to be experienced as being *behind* it. It is recognition of that 'move' that initiates the new vision of existence for it connects to the very Source of it. In that self-illuminating moment your spirit-energy can recognize and so experience its own *personal nature* separate from consciousness. In this revealing moment you experience yourself as having a non-material heritage, and that heritage is personal. This is why the 'knower' feels personal, even though itself is not personal, as initially it 'borrows' that personal feeling from your spirit-energy in order to function in a material world.

Within that self-illuminating moment a variety of connections occur. Firstly, it opens a connection to the Source of the personal as you *feel* the *Presence* of a greater Personal within that connective-awareness. Simultaneously it is illuminating the *personal* nature of your spirit-energy. That internal illumination is the attention attribute within your spirit-energy becoming aware of its own 'personal-ness'. And it can only become aware of that personal nature by using the 'knower' of consciousness for the knowing, which is what initiates the binding or melding of your spirit-energy to, and as, the 'knower' of consciousness.

Thus, there are three forms of inner awareness. One is by consciousness awareness upon mind-created information. The second is awareness of itself as knowing that information, which experience remains *within* the framework of consciousness. The third is your spirit-energy heritage using the 'knower' of consciousness to *feel* its own *personal* presence, now experienced as being *behind* the 'knower' and observing everything the 'knower' is doing. This third form of inner connection is 'awakening' to a reality that you really do have a non-material spirit-energy heritage. It also has the effect of making your spirit-energy heritage and consciousness one and the same. Furthermore, every time you instigate that form of inner awareness you also become aware of your spirit-energy connection to a greater *Presence* within yourself. And that *feeling* is what immediately creates an inner peace that many have described as blissful. Or more accurately, an inner warmth that spreads to consume your whole being and simply *feels* good, which is the nature of The-Good being *felt*.

Therefore reiterating, as it is important to grasp that there are three inner positions your spirit-energy can exist within. The one that most are in without realizing it is where spirit-energy is trapped within the 'knower' of consciousness that is in turn trapped within one of the many mind-created patterns that control without you being aware of it. In this position your spirit-energy is buried deep under the weight of self-maintaining and self-protective patterns and is therefore difficult to 'surface' and reveal its non-material existence and direction. The second position usually becomes active during one of your awareness training sessions where you are free of mind patterns and experience the 'knower' as being firmly lodged *within* and as consciousness. This position is felt as your identity separate from the biological mind. It is a quiet center that is both relaxing and

refreshing as mind patterns are held at bay. This position does connect to the nature of The-Good, and so can reveal a new direction in life, but has yet to experience itself as being personally-connected to a greater Source beyond itself. The third position is where your spirit-energy discovers itself as being *behind* the ‘knower’ of consciousness, which is illuminating itself, revealing its personal nature. And that *personal* connective *feeling* illuminates what was missed in the second position: an actual *personal connection to the First-Manifest* through its nature of The-Good.

Each of those three positions is your spirit-energy using the ‘knower’ of consciousness to interface in the world (mind-connected) to know its own consciousness (awareness of awareness), and to ultimately experience and know itself as a personal non-material spirit-energy intimately connected to the Source-of-Creation. So no matter where you are in your life or what you are doing with it, you are never far from the very Source-of-your-Existence. It takes very little to actually connect to that Source. So it is distressing to observe that so few even try as the world and its material ‘toys’ constantly renew creating a sticky web that ensnares, binding and blinding the seduced into the superficiality of endless forms of new, better, and best. All those toys ultimately disappear, but the Source-of-Creation does not. How you live your life is a choice. And that choice always has consequences.

As you pass through the various stages of your life you will always have a feeling sense of your personal existence. That is your spirit-energy heritage using its attention attribute to focus upon itself, creating an inner sense of personal-ness. Suggesting you do not have to go through all the processes outlined in the books or essays to achieve a personal connection to your spirit-energy heritage, as you already have it, and use it daily. But that heritage is a temporary loan for the life of your physical body. Making it permanently yours after this life and beyond is a matter of having your *personal-‘knower’* make personal any aspect of the nature of The-Good impersonally embedded within consciousness. You do not require someone to tell you when your actions ‘touch’ that inner nature, as you will know when it does. And that is the beginning of you taking ‘ownership’ of the personal nature of your spirit-energy heritage, which gradually fuses to, and as the ‘knower’ of consciousness. Those actions ultimately attain the same objective as those who use awareness training. Some, however, want to prove to themselves experientially that their spirit-energy heritage is really from a non-material Source. It is for them that the awareness training process was designed. Others may be content with a belief, a faith, or just being compassionately aware and acting upon that vision. They all reach the same destination but use different methods that resonate with their individual propensities.

Another way to test the non-material validity of your spirit-energy heritage is simply to become aware of the personal-ness within consciousness. No matter if you are 10 years old or 110 years old you will be always experience your *personal-presence* identically. It never alters. That action reveals its agelessness indicating it is of a non-material infinite *substance*, which is your

personal spirit-energy heritage temporary lodged within the ‘knower’ of consciousness. In contrast, everything of a physical nature constantly alters and so has a short life span. The difference points directly as what has survival value and what does not.

In conclusion, you have it all from the very beginning of your physical existence. You simply have to allow your spirit-energy heritage ‘room’ to make itself known. If you are inclined towards using the awareness training exercise, it will support you in that endeavor. When ‘room’ is finally provided, light can get through to the ‘knower’ of consciousness illuminating your spirit-energy heritage. That internal illumination gradually alters the patterns lodged within the mind. As a consequence you will notice yourself becoming more compassionately aware, with social justice taking a prominent position in your life. This is the result of your spirit-energy heritage and consciousness gradually being fused as one.

Thus, for those that practice awareness training the following will be supportive. During that practice, the moment you allow your spirit-energy heritage to drop its focused attention, experienced as the knower of consciousness defocusing (has no focused or confining borders), the absolute purity of your spirit-energy heritage attention is *focus free* and only aware of itself. That *pure-attention-only* moment encompasses the entirety of your spirit-energy heritage, releasing an illuminated connective *personal-ness* to a greater *Personal*. This confirming moment is your spirit-energy identity transforming into your permanent Identity, and experienced as such because of your accumulated use of its impersonally embedded nature of The-Good, which is personalizing it. That personalization is what makes the personal nature of your spirit-energy heritage an eternal presence within, and as consciousness, in an ever expanding universe. Hence, life on earth is an opportunity to transform an untested material being into a tested true, not found wanting, non-material reality. That transformation is what allows your spirit-energy non-confining borders to resonate and exist in a new material body, within a new material environment, after the death of the human body. Therefore, earth is a testing ground: meaning, you earn the right to move on.

For those that do not use awareness training, that personalization can be accomplished by anyone at any time simply by having the ‘knower’ of consciousness being solely focused on personalizing the impersonally embedded nature of The-Good within your spirit-energy heritage. That personalization is what forges your consciousness into an absolute reflection of the First-Manifest, which is infinite; making your spirit-energy-consciousness *reflection* equally infinite. As infinity obviously has an eternal existence, your new spirit-energy-consciousness Identity cannot be destroyed as infinity cannot be destroyed. Therefore, you as an active *reflection* of the First-Manifest are now an architect within an evolving universe, for how you design your existence demonstrates to others how to construct theirs. This is life after death.

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