

# **Our Ultimate Reality**

**Life, the Universe and  
Destiny of Mankind**

<http://www.ourultimatereality.com>

**Adrian P. Cooper**

**Ultimate Reality Publishing**  
**An imprint of Mind Power Corporation**

# What readers are saying about Our Ultimate Reality

It is rare indeed, when a book of this monumental importance comes along. For contained within its covers, are answers to all manner of questions spiritual seekers will certainly ask along the path. It appears that every possible topic has been covered in this book. Just a few examples include: healing, meditation, dreams, quantum physics, universal laws, descriptions of the non-physical realms and much more. Reading *Our Ultimate Reality* has left a profoundly deep impression on me, as I have been a seeker for most of my 56 years. The brilliance of this book is both that the author details all the subjects so clearly, and that these details all ring true for this reader. My advice to anyone interested learning what their ultimate destiny is, and the true nature of this multi-dimensional universe, would be to read this book.

**Nick Falcone, Santa Fe, New Mexico, USA.**  
**Retired criminal law attorney.**

I scanned through the various chapters and couldn't believe just how much detailed information there is, which is written in an intelligent, articulate and very easy to understand manner just as though you are speaking directly to the person who is reading this. You have covered everything. I am truly blown away with the sheer magnitude of this and I fully resonate with everything you have written about because much of what you talk about I have experienced myself. The subject matter is awesome and exhilarating.

**Margaret Hill, Paisley, Scotland.**

I could not stop reading your book. It is truly a masterpiece! Over the past 4 and one half years I have read many metaphysical books and experimented with various techniques. I am amazed at what you have done. I have come across aspects of some of your material, but it took a lot of reading to locate it and as I have said, several years. I can't wait to get into some of the exercises that I know are forthcoming. At this point I believe that I will be able to accomplish things that up until this time seemed like a fairy tale.

**Charles Humphrey, St. Louis, Missouri .**

# Information

Our Ultimate Reality, Life, the Universe and Destiny of Mankind is a 572 page, 115 chapter book in paperback format which, having already proved to be extremely popular in eBook format, has changed the lives of many readers. Our Ultimate Reality attracts numerous testimonials, with more being received every day.

The valuable knowledge contained within this book is of particular relevance and importance as we experience this transition of the ages, where it will become crucial for everyone wishing to progress and evolve to know and understand these greater truths.

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Thank you for reading this chapter. Whether or not you choose to read the full Our Ultimate Reality book, I would like to take this opportunity to wish you every possible success on your own path as together we experience this great transition of the ages.

Finally, please encourage everyone you love and care about to visit the Our Ultimate Reality home page, to watch the video presentation and to join my newsletter so they may stay informed.

In Peace, Light, Truth, Harmony and Love,

**Adrian P. Cooper**

Author, Our Ultimate Reality

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### **The Eternal Now**

What people perceive and experience as “time” is, like “space”, quite simply an illusion, albeit a very persistent illusion, a construct of mankind, contrived for convenience and in order to measure a perceived “past”, “present” and “future” as well as a point of reference. The illusion of “time” on Earth is maintained by the scientific measurement of the relative positions of the Earth and the Sun in order to observe the “seasons”, and the time for Earth to complete a full rotation relative to the Sun, thereby ultimately arriving at a calendrical system measured in days, weeks, months and years.

Beyond the perceptions of those living in the physical world, “time” simply does not exist. There is only the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth, the concepts of “past”, “present” and “future” simply do not exist.

Before I continue I would like to note that one of the possible outcomes of the transition of the ages that we are currently experiencing, and of which the date 21 December, 2012 is associated as a potentially pivotal date, is the dissipation of the illusions of “time” and “space”, leaving humanity in a state of “timelessness” and “spacelessness” in which everything is experienced in the present moment of Now. This has numerous implications for humanity, and the way life is experienced, not the least of which would be that there will no longer be a perceived delay between a thought and its corresponding Thought Form manifesting as an objective experiential reality. The transition of the ages and implications for humanity and all life on Earth is discussed in depth later in this book.

As discussed previously, the entire Universe is conscious, intelligent, Energy vibrating at a frequency relative to The Source,

The Source being the very centre of the entire Universe of Energy and the physical world being the outermost shell.

All Energy is influenced by the causation of thought before manifesting as a Thought Form under the influence of that thought, eventually manifesting as an observable effect in the plane at which the thought originated. Everything that happens, has ever happened and ever will happen in the entire Universe, including the physical world, first originates as a conscious thought and resultant Thought Form originating from the Mind of a Being capable of originating thought.

The ultimate act of creation by The First Cause of the entire Universe, in all its glorious spheres, planes and dimensions, originated in the very beginning as a thought in the Mind of God, The Source. It can truly be said that we as human beings as with everything in creation exists as “expressions”, “ideas” or “Thought Forms” within the infinite Mind of God, truly made in the Spiritual image of God.

The tendency of humans to force everything to happen in compliance with a notional concept of “time” has a very profound effect on the lives of people. When a person thinks in the future tense and says, “I will”, “I want”, “I could”, the Energy influenced by those thoughts will be influenced only in the Eternal Now, with the perceived “future” never actually arriving. So if someone thinks, says or behaves in a manner that implies “I want”, that person is placing themselves into a perpetual state of “wanting” but of never actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and vibration to receive what they really “want”.

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and Spiritual evolution. How we think has the most profound effect over what occurs in our lives. In fact, nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal Principles when it suits us, when we desire something or when there is a situation that demands it. It is absolutely necessary to live life completely in accordance with these immutable Universal Principles, in the knowledge that as aspects of God, we are also channels of experience and expressions of God, with the same God-given powers as God. Those who do live their lives, either consciously or Subconsciously according to these Universal Principles will always seem to others to live a “charmed”, “lucky”, “fortunate” existence. In fact, they are actually living a “magical life”, always in total control over their life, consciously shaping their own reality with the powers of their own Mind, as a channel of experience for The Source, Universal Mind, God, and always in a higher degree of harmony, with the Universe.

In order to begin the process of living the life of your dreams, with total control over your own destiny, you must first of all develop that level of awareness. Rather than thinking random thoughts, often reacting to what you see or hear, start to become fully aware of your thoughts and their corresponding effect on your reality, knowing that every thought is a cause that must result in a corresponding effect. This is where powers of concentration as practiced in the previous exercises within this book are so valuable. Presence of Mind, conscious awareness and concentration are very powerful in creating your own reality and living that truly magical life.

Always think as you wish things to Be, Now. Two of the most powerful words that you can possibly think or say are “I Am”. As you live your life, therefore, the first stage of awareness is to always stop your thoughts short of a statement that implies the future tense and to transmute them into the present tense. So “I will” becomes “I am”, “I want” becomes “I have”, and “I might” becomes “I do”. Also keep in Mind that there is absolutely no such concept as “try”. We either “do” something or we do nothing, we never, ever “try”. To “try” simply does not exist except as a concept of a person wishing to achieve something, but not having the knowledge or confidence in their own God-given abilities, or

the inner power to achieve it. Starting now, eliminate the word “try” from your vocabulary.

If you have a bill that needs paying, and you decide that you do not have the money to pay the bill, never think in terms of “I want the money to pay this bill”, always think in terms of “I have the money to pay this bill effortlessly”. Bringing this statement into the present tense, rather than as a future statement of lack will, supported by belief and faith in your own powers cause the means by which the bill can be paid to manifest into your reality, and the bill will duly be paid in full.

The Universe always delivers in absolute accordance with your thoughts. There are no exceptions to these Principles. Again, the statement or though “I might succeed at this objective” implies never “actually” succeeding. The “might” places success and experience of that wish into the indefinite and infinite range of possibilities and never as an actuality. So, “I might succeed with this objective” should become “I am enjoying complete success with this objective”, which will then become your Thought Form, stated in the Now, manifesting into your experiential reality where you can enjoy it.

Those who understand and consciously apply these immutable Universal Principles to their lives in the Now, will be never experience lack, always precisely experiencing that which is desired in accordance with their thoughts, faith and gratitude.

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