

# Our Ultimate Reality Newsletter

## 10 January 2010

Well here we are again - another "week" has "flown" by.

But what is a "week".

A "week", like the concept of "time" itself is but a human creation. "Time" is not objective, it is entirely subjective even though humans chose to create a science out of something where that "thing" actually has no basis in fact.

In a future newsletter we will take a closer look at "non-time" which is closely related to "non-space", that we may be liberated from the duality of "time" and "space".

It has been a while since I welcomed new members to this newsletter.

Since my brief hiatus while moving home there have been many thousands of new members joining us from all over the world, from every conceivable culture and life situation. I do hope you enjoy your newsletter which is published every Sunday.

I am often asked about further reading. There are two books in particular I suggest.

My own book, **Our Ultimate Reality, Life, the Universe and Destiny of Mankind**, available from Amazon:

<http://www.amazon.com/dp/0979910609?tag=apc-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=0979910609&adid=0RHDXKN8RN1GYZVFFYEG&>

For readers in the UK:

<http://www.amazon.co.uk/dp/0979910609?tag=ourultireal-21&camp=1406&creative=6394&linkCode=as1&creativeASIN=0979910609&adid=07F1DAPYQTFZMJTHS64A&>

Also, **Science of Being**, By The Baron Eugene Fersen, available from Amazon:

<http://www.amazon.com/dp/0979910617?tag=apc-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=0979910617&adid=0D9WCBYQBN5BPPGHGB4X&>

For readers in the UK:

<http://www.amazon.co.uk/dp/0979910617?tag=ourultireal-21&camp=1406&creative=6394&linkCode=as1&creativeASIN=0979910617&adid=0TPRZRHPGK80X47P395K&>

# The Principle of Non-Doing

There is a very apt phrase indeed that everyone should strive to heed:

## **We are Human Beings, not Human Doings**

As humans on Earth, we are here to Be, not to "do".

So what then is the difference?

**Being is of Source Mind**, of Which we are All Divine Expressions, while "doing" is of the Conscious, Ego, Luciferian Mind which relentlessly urges people to think about and "do" things, for example "work", in order to achieve their perceived wishes, needs and desires, which often originate from the same aspect of Mind.

This even applies to "recreation" which after all is pursued for pleasure.

No recreational pursuit that is "done" can even begin to compare to the absolute Joy and Bliss of "non-recreation" and just Being.

Sport can be a different matter, in that sport is often in the pursuit of excellence and perfection using the physical body as a tool. Even so, the physical body can achieve nothing without the close relationship of Mind.

There are no top athletes who have achieved their status without Mind at some level.

Any pursuit that Engages Mind is a worthy pursuit, even though it is still "doing".

So for the purposes of this newsletter, we will restrict ourselves to what most regard as their "everyday life".

Now before we look at this further, we should review how this situation has come to pass over the last couple of thousand years.

When the Individuality of our Higher Self incarnates a new Personality - your Present Awareness - into the physical world it is in full knowledge of who our parents will be, what challenges we will be faced with, what, if any special missions and objectives we have, and the inherent determination and means through which to realise these.

It is crucial to know that no person arrives in this physical vibration into an environment over which they cannot prevail, and/or with a mission or objective over which they cannot prevail. Our Present Experience is Perfectly Suited to our Present Level of Spiritual Evolution at all levels.

When hopelessness sets in it is because a person has "sabotaged" their own Divine Powers of Expression and Being through the demands of Conscious, Ego Mind.

We are all Expressions of Source, Supreme Intelligence , God if you will, expressed in all Spheres of Reality with Unconditional Love and the Natural, Instinctive, Intuitive desire to Evolve - ultimately back to Source as a Perfected Expression of Source.

This is indeed the absolute true meaning of All Life - "Sentient" or otherwise - ultimately all Expressions of Source Are Sentient and may be recognised as such..

We are All, each and every one, Eternal, Immortal, Spiritual, Divine Beings joyfully travelling the path back to Source Who first "gave" us the Precious Gift of Life.

Over the years however mankind has steadily, and increasingly turned its back on Our Divine Source, our Creator, God, towards an alternative existence involving gross materialism, dogma and indoctrination, including contrived deities, thereby becoming the slave of mammon, at the mercy of those who seek power and control.

People are influenced by such erroneous factors such as what is expected by those around them, the pressure to conform to socio-economic demands in accordance with sets of human created rules and expectations, and the overwhelming desire to satisfy the demands of vanity and the Ego before family, friends and peers.

It is only when an individual realises these truths and has the courage, strength and determination, all of which will be fully supported by Source Energy, and to confront them, can that individual embark on the Path of True Freedom and the way to fulfil his or her destiny with True Joy, Meaning and Purpose, supported by the power to Express Anything and everything that they can possibly desire into their Experience.

In order to achieve this state of awareness it is necessary to consciously become an Open Channel through which the Universe, The Source, God Expresses.

This includes Always Being Totally Open to the Universe and acting accordingly in the same direction without the demands of the Conscious, Ego prevailing.

Many people today unfortunately do exactly the opposite, always endeavouring to conform and live up to the expectations of others, the pursuit of material gain, and forcing themselves in a perceived direction through physical means.

Instead of Being an Open Channel, an Expression of Source and of Higher-Self, they simply "think" about everything with a desire to physically "do" things in an attempt to force things the way they want or think they need them to go, which very often is totally contrary to the Knowledge of Higher Self and Flow of Source Energy.

Quite simply such people have failed to "Let Go and Let God", the only outcome of which is suffering, and failure to achieve Full Joyous Potential and Evolution, thereby ensuring that Higher Self will send another Personality to Earth or other Planet, in order to return once again and fulfil that which was not fulfilled in the previous life. In your case Such a Personality would still be Experienced as You - and another Life.

The vast majority of people incarnate on Earth today are stuck within this cycle of birth, physical life and transition back to the Astral worlds before the onward journey of return to Higher Self in order to review what has or has not been achieved.

In the 21<sup>st</sup> century, "society" is still operating a system of power, control and oppression that has been in operation for many centuries, trapping people from a very young age in to an insidious cycle that precludes Joy, Freedom and Evolution.

From the first day a child is born into what should be a Glorious, Joyful and Fulfilling sojourn on Earth, they are immediately indoctrinated into the trappings of the material world and a dark system that recognises only power and control.

A child is taught from birth to focus on the five physical senses - and provided with the tactile "toys" to facilitate this - and to behave in a certain way that precludes maintaining their still strong connections with Higher Self and Source. Later children are taught to treasure material things, again through the toys and more recently video games that symbolise this, representing what their parents hope they will materially become, often hoping their children may achieve that which they never could or did, but while still indoctrinating them as they were once indoctrinated.

There is a gender differentiation whereby boys are given "macho" toys and video games and that represent war - GI Joe in the US, "Action Man" in the UK, whereas girls receive the symbols of domestication - dolls, dolls houses, toy kitchens etc.

This is all part of the programming.

Later children are told by parents, relatives and teachers that they must "go to school" in order to get the "qualifications" required in order to get a "job" so that they may "work" for food and shelter for the next 50 years, with a couple of days off per week to recover, before "retiring" on a "pension", but only after the physical body, Mind and Spirit has often been traumatised to such a degree, that the best they can hope for is to live out the remainder of their lives, surviving in a non-caring world, often with just enough to eat and stay warm - sometimes even this is not the case.

From the moment of birth the malleable Mind of most children is shaped by parents based upon their own perception of what life "is all about", the religion of the parents that goes back many generations, usually based upon their own circumstances in terms of type of "job", type of neighbourhood to live in and many other factors, all based upon the situation and aspirations of parents, relatives, peers and others.

Many children are taught that it is wrong to aspire to a situation that is outside of their "station in life" and that they should instead focus on the lifestyle and religion that their parents have always accepted as "true".

The Mind of a child at both conscious and subconscious levels is highly impressionable. It does not take many years of having the ideals of parents repeated to the subconscious of the child, for the child to accept it as reality. From that point onwards it will become the reality of the child just as it was for the parents.

Finally, often sooner rather than later, old-age and failing health finally takes its toll and the welcome release back to the non-physical worlds once again takes place.

Once the transition to the Astral worlds has taken place during the process known erroneously as "death", the Soul Personality will have every opportunity to reflect on

what might have been for that most recent Earth life, realising what was not accomplished and why, but at least learning those valuable lessons to contribute to Higher Self that they may not be repeated by another Higher Self Personality.

Alright - I know this conveys a dark impression of humanity, but before the True Path may be Realised, it is necessary to acknowledge the current illusion with the resolve to change, or, as the much misunderstood expression goes - "be born again".

Most importantly - all new parents have the opportunity - as I did - to guide their children towards the True Path and Source of Inner guidance. My own three sons - now all in their late teens - enjoy Absolute Freedom - and for that I Thank Source.

Equally importantly every single person can change everything - Now.

**There is only the Eternal, Present Moment of Now - nothing else matters.**

Whatever your current circumstances, you can commence the Change - Now.

The beauty of this process is that it is so Divinely, Joyfully simple - Effortless.

If you endeavour to realise the object of a desire through "effort", in other words by "thinking" then "doing" something, then you are more likely to block that desire.

It is only possible to Realise genuine desires Through "Being".

Again - we are Human Beings - not Human Doings.

This applies at every level of Experience - even Enlightenment.

Those who strive for Enlightenment can never achieve Enlightenment.

Enlightenment is a state of Being, not a state of striving.

A few weeks ago I mentioned Zen, and that Zen is not always Buddhism.

Zen is the practice of Zazen - of simply Being - whereas Buddhism is a culture built on rules, philosophy and practice based upon "doing" and "thinking" to rules.

Around 2500 years ago, Prince Siddhārtha achieved Enlightenment, not through the philosophical practice that became "Buddhism", but through dedicated Zazen.

Prince Siddhārtha shunned the trappings of his royal birth in the realisation that only by sitting and Being can anything True and Worthwhile be Experienced - including Enlightenment - again Which is a Path, not a definable State of Being.

So again, it is crucial to note that Prince Siddhārtha, in the practice of Zazen, was not "trying" to become Enlightened - that is impossible - he was simply practicing Zazen which is, in and of itself, a Path of Enlightenment - not "to" Enlightenment. During Zazen the Buddha State of Being is Experienced. Buddha is just a Symbol for the Experience of Being. Enlightenment is that Journey - not Enlightenment itself.

"To" implies a start and finish, a beginning and an end - these are erroneous ideas.

In Being, All Is One and Now. There are no "paths, only the journey.

Those seeking Enlightenment are driven by Ego and Karma. Enlightenment is a process of Becoming in the Only Moment - Now. It is only possible Experience Enlightenment by Being - not by seeking or doing.

Zazen is not a "practice". To "practice" is to "do" rather than to Be.

Now I mention Zazen only because it is pure, and a phrase that anyone may research for themselves. Ultimately even giving "Zazen" a name is erroneous, born out of a need to identify with something that can never be identified with.

To identify with Zazen is a paradox that can never be realised.

Just as we All inherently Encompass and Express "God Nature", we also Encompass and Express "Buddha Nature" - indeed they are one and the same. We also inherently Encompass and Express "Christ Nature".

So how then may we proceed?

To answer this question we must once again review the Ultimate Divine Truth.

**Each of us Is an Aspect and Divine Expression of Source.**

**We are Already Whole. We lack nothing - We Have All That Is.**

Our Experience therefore - that which people call Life - is that Aspect of the Whole that we have Allowed to Express in to our Consciousness - Experience.

Now the more we Allow Source to Express Through us, the more we Experience and the more Perfect is that Experience, because Source is Inherently Perfect.

The main barrier to this process is the Conscious, Ego Mind which always thinks it "knows better" and will make your life a misery unless you obey its demands.

The Truth is this.

Our Higher Self - Aspect of Source - Already Knows Everything each of us could possibly need to Experience Absolute Joy, Fulfilment and to gain the necessary Experience for further Evolution on the Divine Path shared by All Life.

Source Expresses Through Us that we may Experience them at this physical level of Vibration.

Keep in Mind our discussions of last week:

*I can of mine own self do nothing -- John 5:30*

*Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works -- John 14:10*

*All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him -- Luke 10:22*

The "Father" can only "Doeth the Works" if we Allow.

The Conscious, Ego Mind will block Source due to the fact Source has blessed us with Freewill, the tool of the Conscious Mind, which over-rides all else.

So if we choose to exert our Will at a physical level to "do" something, then Source cannot and will not Express an alternative scenario through us, even though it would always be Perfect.

As we discussed last week, it is Faith that provided Power to that Expression to the extent of that Faith.

So how then do we proceed?

By sidelining the Conscious Mind, we not only Realise and Experience Truth of Our Reality, our Needs, and Being, but Allow Expression of these to the extent of Faith.

It is all about Allowing Source and dis-allowing the demands of the Ego Mind.

**We Are Expressions of Perfection, therefore when we Allow Source to Express through us, our Experience can only be Perfect - nothing else is possible.**

Remember again the words of the Master: **Which of you by taking thought can add one cubit unto his stature?** -- Matthew 6:27

How True this Is. "Thought" is of the Conscious, Ego, Luciferian Mind.

When we cease "thinking" and start Allowing - Allowing Higher Self to Bring to Us the Realisations of our True Needs, and then Allow Source to Express those True Needs Through us supported by True Faith, our Life must be Perfect - it can be no other.

I realise for most, this is not an over-night process, but the sooner you transcend your Conscious Mind thought processes, to simply Feel, Know and Allow using your Emotional Guidance supported by Faith, the sooner your Experience will be Perfect.

And so it Is.

**Brought to You In Divine Love and Light,**

**Adrian.**