



# SPIRITUAL SCIENCE

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# **Spiritual Science**

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To Dan

## From Me to You

I seldom read introductions to books but I really hope you read this one. The main reason is because I wrote this book backwards. Of course that was not on purpose. As you may or may not know, you don't really write books, they actually happen to you. You think you are the one doing the writing when suddenly the book takes over and your role irremediably changes. You are not the writer any more. You become the transcriber of ideas to paper and your highest hope is that you will maintain the message as pure as possible.

This book started like all the others, with another book, an old book, one that impressed me, one that passed an entire plan straight into my head. The book was "The Holy Science" by Sri Yukteswar, Yogananda's guru, and the plan was to build a universe, from scratch, using only a pool of energy. Sri Yukteswar's book was based on Indian philosophy, specifically something called Samkhya, and it explained in an obscure way how the universe is set up. The Holy Science is pretty much a manual, a manual for how to build a universe, but only if you can decipher what the heck it is saying. The mission was actually fun: decode a book to build the universe. It did sound like the kind of puzzle worth spending time on.

So I started to build a universe, using only energy, which I obviously called source energy. I didn't have a title for my own book yet but that was actually normal; the title usually shows up half way through the book. I began by making the pool of source energy conscious since that is what Sri Yukteswar talks about first. Then I built time, space and matter. Then individuality, the mind and the senses. When the senses interact with matter, poof, you get the experience of life. Everything was explained using just source energy. Actually using waves created by source energy within source energy. At a certain point during the writing of this part, the title showed up: "Spiritual Science".

With a title and the first part close to finished, the next part arrived: use science to help spirituality and vice versa. I now had the overall theme plus the topic of the second part. First I would use a scientific approach, mostly logic I must confess, to create the universe using solely energy. Then I would derive the "spiritual" implications of living on a universe made entirely out of energy.

While I worked on the spiritual part I realized how much I was going to piss those people off; I was disagreeing with some pretty popular books. To make matters worse, the scientific part was so far out there that very probably it would be totally dismissed, so at this stage I had a crisis. What is the point of writing a book that nobody is going to read? It is neither science nor spirituality, it is not even in between. It is actually somewhere else and I doubted anyone would want to come with me there.

A couple days later I woke up with what I can only call a message. I don't know where it came from, I can only remember the feeling in the morning. This book could be the reconciliation of science and religion that so many people have talked about. That is when I really freaked out. You must realize that at this point I had totally lost control of the book and I just wrote down what came in. I had to decide whether to finish it or not. At best, the book would be completely ignored, and at worst, I would piss everyone

off. The thing is that I was just too curious not to see what would happen. Plus I was learning quite a bit so I didn't want to stop writing. I decided to bravely shove the problem under the rug and decide what to do with the whole thing later on.

Next step was to edit the book with my own personal crazy old editor, the perfect match for an unorthodox philosopher. The more we read the more I realized how tough the part talking about the universe was. It was something like a scientific paper written by someone on LSD. There is just no English for half the things I needed to explain. The universe is mostly waves, waves, and more waves everywhere, but then the waves are conscious. I was not sure who would want to endure thirty thousand words on such a topic.

At the same time, the more I wrote the spiritual part, the more meaningful I found it. At the end of the day, science and religion are nice but they are not important, only people matter. Building a universe with only energy is cute but what we really want to know is how to use that information in our daily lives. Luckily the message was clear. Everything is source energy, everything is one, we are all made of the same thing as everything else, and this is our universe to explore. We are explorers of our own universe! The entire first part could be condensed into this single thought. Once I realized that, I flipped the contents of the book. The spiritual message would come first and the hallucinogenic induced scientific paper would come second (not that I took any drugs myself; I am quite capable of leaving the planet on my own thank you very much).

This is not a book about science or religion. This book is not about the universe. This book is for you, who whether you remember or not, are an explorer of Life and this is your universe.

Fear not for you are loved.

Doubt not for you are indispensable.

Worry not for you cannot sin.

Welcome home, my dear explorers.



## Science and Spirituality

We know that the universe can be explained but we also know that we cannot explain it fully. Some centuries back we turned our eyes to the material world and this focus gave birth to modern science. We became so absorbed with the material world that we had to label things like consciousness, imagination, emotion, intuition or dreaming as physiological mechanisms. And that was an excellent decision at the time; the proof is how much we've progressed. The tools and knowledge we had could only explain the material world, so why not draw the line there and focus on the problem we could solve? Sooner or later, we must acknowledge that the line we drew on the sand is arbitrary.

While science was growing in maturity and sophistication, spirituality became more and more deranged. Although science gave us undeniable proof of how the material universe behaves, some of us decided to ignore reason and remained attached to aged religious explanations. Instead of reconciling these two views, we compartmentalized them so they grew further and further apart. As scientific findings forced us to reconsider how religion had been explaining the universe, we started to use the word faith as a synonym for insanity so we could keep our old views.

Those that decided to label themselves spiritual instead of religious behaved as religious zealots as well. Our spiritual discernment nowadays consists in trusting whoever is the most popular author of the moment and we blindly accept whichever version of the invisible universe gives us the most for the least. The craze with the 'Law of Attraction' from a couple years back is a great example. Someone decided to write a book saying that the universe will give us whatever we want by simply asking so we went for it. It's the ultimate free lunch and it's being served by the universe, so how can we say no to that? If those people would have remembered how 'e' equals 'mc squared', they would have realized that whatever they get must come from somewhere else and that the tale was only half of the story. While science has taken a conservative approach and has focused only on the material universe, spirituality has taken, for lack of a better word, a completely deranged turn. The time may have come for these two incomplete beings to stop bickering and help each other be whole.

### HELPING EACH OTHER OUT

A great opportunity is presented to us. With the help of spirituality, science can finally let go of the material boundary it had imposed on itself and attempt to explain the entire universe; from a cosmic logos to the indivisible atom, from our life mission to the nature of time. Spirituality is here to teach science that nothing should remain unexplained, no stone unturned. The individuation of the soul must follow mathematical processes or it could not occur. We may not be able to explain everything right away, but as with any other discipline, it will take some time and effort to mature.

At the same time, science must come to the rescue of spirituality and force it to get its feet back on the ground. The current level of mass derangement must come to an end. We may be discussing a spiritual

truth and, unfortunately, we may not have at this time a good mechanism to prove its veracity, but it has to at least make logical sense. That is where the Greeks started and we all know how far they got. By using the powerful tool of logic they theorized the existence of the atom, among other remarkable things. Today we certainly cannot yet express spiritual statements via a mathematical formula, but all spiritual statements must at least withstand the test of logic.

The biggest challenge that spirituality has today is that too many of us have been living in a reactive way. We have little control over the things that make life fulfilling, those things that could give us the opportunity to devote our time to spiritual contemplation. Remember that self-actualization is at the peak of Maslow's pyramid. On the bottom of the pyramid we have survival, then safety, then connection, then self-esteem and then spirituality right at the top. We may have all our material needs fulfilled, have loved ones in our lives, even have those things that make our lives feel like they have some meaning, but if we live in the fear of losing all these, in actuality we are really not much above mere survival. As long as we allow ourselves to live in the fear of losing what we have, it is going to be hard to devote any mental cycles to spiritual matters.

We have created a world that keeps us in fear and we have not been mature enough to realize that and do something about it. At least until now. Little by little we are understanding that our quality of life does not come from the things we have but from the internal peace of being ok with losing them. We can have one hundred million dollars in the bank, but if we are afraid to lose them our life is not going to be that good. We are finally understanding this and more and more people are doing something about it. We need to work on ourselves. We need to start taking control over our emotions, our minds and our egos. We must realize that our belief system colors everything we see. And we must realize that we only see what the brain feeds us, not reality. Above all, we must acknowledge that we are spiritual infants and that we have a lot to learn. But that's ok. At some point, we were scientific infants and look how far we have come.

The challenge that science is going to face is that it is heading for uncharted territory. Religion paints a picture of how the universe is set up that most of the time does not make any sense. We are here going to make an enormous assumption and we are going to work under the hypothesis that it is we who are not reading the message properly. For starters, we are going to stop taking religious statements literally. The matters they touch are abstract, so it does not make sense that they are enunciating actualities. When we read religious messages as metaphors, things start taking a different light. As metaphors, religious ideas are inspiring, thought provoking, and they invite us to contemplate subjects that we wouldn't otherwise. It is also logical that religious stories would be metaphors since the people that received the original message at the time would not have been able to understand any scientific talk. Metaphors invite multiple interpretations, some simpler, some more complex, and can talk to our subconscious. Even if our rudimentary conscious mind cannot grasp the implications of the religious story, we know today that the concept was at least registered unconsciously.

A STEP FORWARD

Today we are taking a step forward and we want to start talking about things like cosmic consciousness from a scientific point of view. Today, cosmic consciousness and science are implicitly understood as antonyms so we should not expect this process to be smooth. On the one hand we have scientists that are experts on the scientific method but have decided to set aside a meaningful view of the universe, while on the other hand we have spiritual people that have decided that the universe is all right brain and does not need to be explained. Our first attempt at making these two hemispheres communicate is not going to be pretty.

It should almost feel like we are starting from zero, but we are not. We already have a scientific process that has been refined for centuries. Fields like physics, although they study the material world, have unraveled truths that could be labeled nothing short of metaphysical. While physics and chemistry have been able to describe their disciplines via mathematical formulas, we, at this point in our early development, will not yet be able to do the same. As we develop our model of the universe, we must keep in mind that we have to abide by scientific discoveries and figure out ways to make them compatible with a spiritual view of the universe. Interestingly enough, the more sophisticated physics becomes, the easier it is for us to do our job.

Other fields like psychology or medicine can lend us their trial approach methodology. As we discuss scientific spirituality theories, we would like when possible to go one step further and theorize possible ways to corroborate or discard our statements. We obviously want to use the best practices followed today by scientific experiments, clinical trials or clinical psychoanalysis while working on our own theories. Even if mathematical formulas are out of our reach, who says that we cannot devise a statistically meaningful trial to prove the veracity of a spiritual statement?

While we want to use the best tools that science has to offer to discuss the deepest spiritual truths we can handle, we must remember that this book is neither for the scientist nor the spiritual guru. This book is for us, the normal people. This book is for those of us who are looking for more, who want to find the meaning of life, who want to live happier, who want to learn and explore, who want to be inspired and contemplate that maybe there is a reason behind all this that we see. Most importantly, we want to be legitimate spiritual explorers, not just a bunch of delusional wackos. If our theories can be disproved, we should abandon them and keep searching until we find a solution that works. In the most pure scientific spirit, we will not give up until we find our answer. That we already have in common with every scientist in the world. This new process is going to feel odd but that is just because it is the first time we try. We should get used to it in a couple of weeks. We humans are remarkable creatures.

## **PART I: Scientific Spirituality**

## The Life Of The Soul

Everything is energy. We shall call it source energy. We are not the first ones to say this and we will not be the last. In the second part of this book, we will discuss how source energy ingeniously creates a whole universe using only waves. That is what we perceive through our senses. Matter, space, time, the whole experience of Life is waves bouncing off of waves. Waves created by source energy within source energy. Everything is energy, a big pool of it.

The creation of the universe includes an individuation process specifically designed to generate separate entities, us. Unless the universe created all of us as separate beings, everything would be one and the experience of Life as we know it would not be possible. So many of us have been looking for the All when the challenge that the universe has actually faced is how to create individuals.

The big sea of energy vibrates generating waves and with those waves it creates everything, literally everything. The part of that everything that we can see we call the material universe, the part that we cannot see but we can measure via instruments we call science, and if we don't have an instrument yet we put it in the mystical or wacko bucket. The content of these three buckets changes with time but the buckets stay pretty much the same.

According to most spiritual traditions on Earth, humans have a body, a soul and a spirit; or in our words, we are linked to a physical vehicle (the body), we benefit from a universal individuation mechanism that allows us to feel like separate beings (the soul), and we are source energy (spirit). Source energy in its rawest form represents spirit; the waves created within source energy produce two things: 1) the individual point of view or soul, and 2) all matter including our own bodies. To some extent we are all these three, body, soul and spirit, but which one are we the most? Are we a body that has a soul and a spirit? Are we a soul that has a body and a spirit? Or are we spirit that has a body and a soul?

The physical body has a short lifespan and we get to take many bodies during the life of the soul, so probably we should not define ourselves as a physical body. Once we realize that everything is a sea of energy, the body becomes more of a traveling companion. The soul, although it gets to inhabit multiple bodies, also has a lifespan and eventually dies but it is the seat of our sense of individuality. The soul is created as a wave within source energy and it is literally our unique point of view on Life. It is what makes us unique. Once the soul merges back with source energy the individual disappears, so it is very tempting to think we are a soul. The question is, who is looking through the soul? Who is feeling through the soul? Who is acting through the soul? The answer is source energy, spirit, the Self. That is who we really are. We are the Self. We are spirit. The soul is basically a window, a mechanism for spirit to interact with the universe through an individuated point of view. We are spirit looking at a material world through a window we call the soul.

Above anything else, the real reason we are spirit is because there is nothing else. The whole of creation is spirit. The material universe, the visible and invisible, animated and inanimate, the body, the soul,

matter, energy and space, everything, is spirit. There is nothing else anything could be. There is only spirit so everything must be spirit. The question then becomes, how is it possible we don't know this?

## IGNORANCE

Maybe the real question is, who told us that we should remember any of this in the first place? At the same time, who says we don't remember anything? Every kid is different. Some are calm, some are trouble, some are wise, some are dumb, some are happy, some are tormented, some are fighters and some are chicken. Nobody made them that way. They popped out like that all by themselves. Is that not a way of remembering? Is this not what makes us most who we are?

There are dishonest bank managers and loyal drug dealers. Our jobs do not determine who we are; nothing we do or say is who we really are. Who we are is something internal. It is something that comes from inside, a vibe we have, and each one of us is born with. The kind of person we are dictates how we do things, how we say things and how we feel about ourselves. We are the how, not the what. Life experiences that change us, what we call spiritual experiences, change how we feel about ourselves and the world. They change how we act and how we treat others. That is why we do pilgrimages, visit sacred places, meet people, learn new skills, read books. We want to go through the experience and grow. We want to change how we understand ourselves.

Who we are is a question of feeling. It is something we are born with, it is something that changes during our lives, and it is the part of us that has most to do with spirit. We even have the expressions in our common language that support this concept. We say that people have strong spirits, broken spirits, high spirits, they are free spirits or tormented spirits. That is how they feel about themselves. It is all about how we feel about ourselves.

Not having memories when we are born does not impede already having an understanding of who we are. Our innate aspects are not learned. We are born with them and they can only change so much, ever so slowly, during our lifetimes. We can teach a soldier to obey, to shoot and to kill, but we cannot teach anybody to be brave. Bravery is something that must be gained on the battlefield, through experience, becoming a bit braver with every fight.

The amnesia we suffer when we are born is one of the most important aspects of our life. It is one of the biggest handicaps we face and at the same time is one of the best gifts we enjoy. On the one hand, is like trying to live without having a manual, which can be stressing at times, but on the other hand, our amnesia allows us to fall in love for the first time, dance for the first time, eat tacos for the first time, meet a friend for the first time. We get the opportunity of living life every time with a spirit of wonder. All this is granted to us because we cannot remember a thing when we are born.

Even spiritual masters start from zero and very often they need to go through a personal transformation in order to reach their full potential. While young, they are not aware of their purpose and although they are special, they don't yet understand who they are. Just like us, they have to struggle to find their

place in Life. Buddha had to fight against his father who wanted him to be a prince. He had to abandon the palace and retire to the forest to follow his path. As much as he accomplished, he probably did not know where he was headed. In his youth, he was just armed with the conviction that he was supposed to do something else. He probably felt as lost as we feel and had to search just as we do.

## NEW SOULS

A soul is like a wave in the sea. For a little while the wave is separate from the sea, and then it merges back, leaving nothing of it behind (another stolen quote from Buddha, although some scholars will be really pissed off that I am interpreting it this way). From the pool of source energy, a single point is separated from the rest, creating the individual, the sense of self, what we call a soul. That single point of view gets to live lifetime after lifetime until it gets bored and merges back with source energy.

At the beginning the soul is pristine, for lack of a better word. The soul has just started its trip through the universe as an individuated being and it is fresh off source energy. The first time a soul is isolated in a body must feel pretty awkward. The experience of being restricted to a physical body must create a sense of isolation and having to interact with the environment should require some training. Nothing works like it used to any more. This is a new world the soul has gotten itself into.

Since feeling gives us our sense of being and we mainly feel what the body feels, it is normal to initially think we are a body. The new soul has never been through this experience before and all the input comes from the body, so how could it not believe it is indeed a body? The only way to change its opinion would be through personal experiences. If this new soul meditates, it will soon see that the picture is more complicated than it thought. Sooner or later, the question of who the observer is will arise and the identification with the body will be challenged.

At the beginning of the soul's life, or at the beginning of each one of our physical lives, it is normal to think we are a body. The difference is that the new soul keeps thinking that it is a body until the day the body dies while the more experienced soul lets this belief go at some point. Although new souls easily remain identified with the physical body, their nature is truly beautiful. New souls are innocent, loving, enthusiastic, trusting, trustworthy, forgiving, committed, full of energy. It is quite reassuring to think that this is an exemplification of the nature of source energy. When we combine this affectionate nature with a connection to the whole, we get a truly loving and compassionate Mother-Father of the universe.

## HAWKINS' MAP OF CONSCIOUSNESS

As the new soul gains experience, it is able to understand itself and the world in different ways. Lifetime after lifetime, the soul gets to have first-hand experiences of what Life is about. The physical experiences change the vibratory signature – or frequency – of that soul, so the world is seen through different colored glasses. The soul, like everything else in this universe, is a wave. As any other wave, its

most defining characteristic is its frequency. The soul is going to interpret all the inputs received according to its vibratory state.

The range of vibration of the soul determines the way the soul feels about itself and everything else. This range goes from a gloomy sad state all the way to enlightenment. Dr. David R. Hawkins brilliantly explains the map of consciousness that the soul can go through in his classic books “Power vs. Force” and “Letting go” among others. Dr. Hawkins ranks the different emotional states we can experience starting with shame at the lower part of the frequency scale and ending with enlightenment at the top. Interestingly enough, Dr. Hawkins calls this a map of consciousness when in fact it describes emotional states. We feel, therefore we exist.

According to Dr. Hawkins we can go through shame, guilt, apathy, grief, fear, desire, anger and pride as destructive emotional states; and courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment as creative states. Each of these states represents a vibratory level that the soul can be at and this frequency colors everything we do. We will interpret the world according to our state of consciousness and our belief system will be a consequence of that as well.

Dr. Hawkins gives multiple examples in his books, but let me add one more from my personal experience to illustrate this point. Fridays are quiet days at the office. The floor is full of consultants that return home Thursday night so there are not too many people around on Friday morning. One of those Fridays I was walking around, ran into a co-worker and I commented: “there is nobody here today.” Her response was: “yes, I love it, I can get so much done.” We exchanged a few more words and we both continued with our day. A bit later I ran into another co-worker and I used the exact same opening line: “there is nobody here today.” Her response was quite different: “I am here” – she said, and looked offended that I had dismissed her presence. What felt like an amicable comment to one was an offense to the other. The first lived and looked at the world from a more creative vibration than the second. One saw opportunity where the other saw offense. The situation was exactly the same.

It would be erroneous in our part to jump to the conclusion that everyone feeling offended wants to change that. As strange as it may sound, we want to feel all these different feelings, whether they are labeled destructive or creative. We are explorers of the universe and what better way than to immerse ourselves in the experience? Ideally, we want to experience the entire spectrum presented by Dr. Hawkins, from shame all the way to enlightenment. Every one of us can. We are all source energy and this is our universe to explore. What we want to avoid is getting stuck in any of these feelings or states of consciousness.

## THE DEMONIC

The Bhagavad Gita, one of the most spiritual books humanity has, devotes chapter sixteen to what Krishna labels the demonic personality. The demonic personality is the combination of delusion and egotism. When we combine these we get ignorant selfish people that spend all their time in frivolous and useless pursuits. But this is not the worst part. The worst part, actually the only bad part, is that the



demonic gets more accentuated with time. People that get fixed in a demonic personality become dumber, nastier and more selfish with every incarnation. They are reborn among demonic people and they fall further and further away from the path to enlightenment. The demonic is a spiral down in which we can get stuck. This is the real danger.

These souls see the world the way they themselves are, so they are literally living in hell. While they are the problem, they project the fault outside, blaming everyone else for their suffering. To make matters worse, they are unable to come out of this situation without help. If they are left to their own devices, they are going to become more stupid and selfish as time passes since they keep being born among other people as stupid and as nasty as they are. They have literally been sent to hell for all eternity. They may be born into physical bodies and come out of them, but they always remain in hell because their soul's frequency makes them see everything as hellish. These souls could potentially remain stuck in this situation until the universe ceases to exist at the end of time.

Now we start seeing where all these religious teachings come from. The demonic become this way by giving too much importance to the material world, so religion tells us to invest on matters of the spirit. They mistake the material world for reality dismissing the spiritual, so religion urges us to pursue enlightenment. The demonic are selfish, so religious teachings advise us to be generous and forgiving. They are utterly ignorant, so religious messengers tell us to be introspective and know ourselves. So much of the religious message is based on preventing us from becoming demonic!

As we know, this demonic personality is not that uncommon. If we can fill a planet with so many of them, it would make sense that we have to deal with this situation at a universal level. While the soul explores the destructive frequencies of feeling, other beings in the universe must do their best to prevent the souls from getting stuck in those vibrations. These demonic people are brave explorers that have decided to literally go to hell in order to learn what is there. They have accepted to explore a place from which they may never come back. It is the job of source energy, our job, to devise plans to rescue these souls if they get stuck in hell. Religion has called those that get stuck in hell demons and those that try to rescue them angels. We thought they were so different when they are just one explorer trying to save another from the pit they fell into and we happen to all be on the same team.

Beyond rescuing these souls, it is necessary to devise plans to prevent new souls from staying in the negative side of the emotional spectrum forever. This is where religious experimentation comes to play. The universal question religion should answer is, how should we explain Life to a new soul to give it the best chances of returning from the dark side after visiting it? Some religions focus on practice while others focus on fear, some talk about reincarnation while others talk about a single life, some focus on spirits while others talk about deities. Religions may just be different manuals for explorers aimed at giving them the best chance of exploring the most while hurting themselves the least.

## CREATION

The physical experience, society, art, economy, war, love, religion, money, family, work, nature and everything else, is all part of the universe we want to explore. Combine this with our emotional state where we can enjoy everything from a point of view of guilt, anger, joy, reason or love and we get quite a few combinations we can try. We could be rich and famous but completely unfulfilled or living a truly humble life but feel satisfied, have a life of adventure while full of fear or fight the system fearlessly, explore the entire globe always searching for more or live our entire life in a single place never thinking about leaving.

We want to see, explore, try out, meet, befriend, avoid, participate, oppose, protect, love, be loved. We want to do and we want to feel. We want to feel good, bad, happy, sad, fulfilled, unfulfilled, betrayed, relieved, ashamed, enlightened. We want to do it all and feel it all, each one of us according to our decisions. That is what the universal game is about.

After innumerable lives, as the soul experiences and learns, the belief that holds its individuality in place becomes weaker and little by little starts connecting back to the All. The soul literally starts fading away. While the soul remains afraid of disappearing, its individuality will remain intact; but eventually, the soul will shed the need of feeling as a separate being and will let its individuation layers go. This is what we call the enlightenment or liberation process. The disappearance of the individuation layer allows us to connect back to the source since the soul is not isolated anymore. Actually, there is no soul anymore. The individual point of view is gone.

The continuous pursuit of enlightenment grants us the safety from falling into the demonic so we can keep exploring. This exercise is comparable to the hovering of a helicopter over land. We want to get close to the ground so we can see how the lowest point looks but we don't want to fall. We want the helicopter to come back up after seeing how the mysterious landscape looks. We want our soul to experience dark frequencies and explore that part of the universe while remembering that it is a game, so we can let those vibrations go and lift us up to safety whenever we choose. Only a helicopter with a powerful engine can lift up back into the air after it falls to the ground. The same way, only a soul with a strong will is able to abandon the demonic ways once it has been immersed in them.

## THE PHYSICAL EXPERIENCE

There are two levels of experience in this universe, one at the soul level and a second at the body's. The soul is the long term driver and uses the shorter lifespans of the physical bodies to experiment. Initially, the soul requires the physical experience to firm up its sense of individuality since it has never been isolated before. In the beginning, it does not really believe it is disconnected from the whole but with the help of the physical body, the soul develops its individual sense of self.

At this initial stage, the soul cannot stay unattached to a physical body for too long as it can only choose so much. As soon as a body dies, the new soul needs to take another body right away and keep working

on its individuation. Otherwise, the process of individuation may be thwarted and the soul may merge back with the all without having explored the universe. Fortunately for the young soul, everything is new, so almost any lifestyle choice will provide something interesting. These new souls love to try new things and always feel they are learning from everything they experience. When allowed to choose however, they sometimes make astonishing choices, which is the reason for some of those disastrous lives we see once in a while. More than once it is a new soul trying to do something crazy.

Once the sense of individuality is set, the soul has graduated. After that moment, the soul does not have to incarnate in a hurry and can travel on its own to different parts of the universe, trying out different physical bodies. The planet we inhabited while working on our individuality should be important for us throughout our soul's lifespan. This is where we are from, and to some extent we are imprinted by this experience. We may travel all the existing universes, but we all know the place where we came from. Those of us graduating on Earth will consider Earth our home planet and the human body our original race. We would be able to go to other planets and inhabit other bodies, but we would probably always remember we were human.

Another use for the physical experience is as a clinic for the demonic. If the soul is left disconnected from a physical body, it lives in some kind of invisible realm. We are not going to hypothesize how that world looks (we have made enough assumptions as it is and this would be pure speculation) but we can probably safely assume that it is less fixed than the material world since that world does not have matter as coarse as our material realm. The lower the frequency the more stable the reality so the material world should provide an escape to those tortured inside. While we are awake, we get to live a world where we can be surrounded by beauty and kinder people, in spite of how unkind we are to ourselves inside. Used this way, the material world becomes a healing place, a refuge, a distraction from the hell created inside of our heads.

The next way to use the material worlds is as a place for learning and growth. We can either study it, or overcome its rules. The rules that govern the physical world are intriguing and interesting and we can spend lives studying how it all works. This is the major exploratory use of the universe. We can explore from a perspective of physics or alchemy, medicine or shamanism, math or poetry, economy or dance. Every discipline we explore allows us to learn how the universe works, how our body works, how society works, how relationships work. Taking this exploratory use one step further gets us into the world of mysticism and yoga. Once the regular material world is understood, the mystic is able to explore the hidden nature of Life. We can learn to take control of our physical bodies, minds and energies. We can learn to perceive and communicate with the invisible energies and consciousness of the universe. We can identify, relate and learn from abstract concepts or archetypes in the universe.

The last, and probably most satisfying use for the material world is as a creative canvas. Actually every discipline when performed skillfully becomes an art and it is beautiful to watch any professional at the peak of their ability. Through our individuated participation, source energy can introduce new things into the universe and have people try them out. We can explore new belief systems, different economic and social structures, technological solutions, the arts and professions, or even try to live outside the system to see if we can make it on our own.

END OF PART I SAMPLE