

A photograph of a large, ornate, multi-tiered chandelier hanging in a grand hall. The chandelier is illuminated, casting a warm glow. In the foreground, the backs of several people's heads are visible, suggesting they are looking at the chandelier. The background features a large, arched doorway with intricate carvings and a red interior. The overall atmosphere is one of grandeur and elegance.

Levels of Energy

**An Introduction to
Spectral Consciousness**

Frederick E. Dodson

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Acknowledgements

This book is about Levels-of-Energy. I would like to thank all who have described such levels before me. These include:

The ancient *Tamas-Rajas-Sattva-Moksha* Model of Hinduism.

The *Emotional Tone Scale* of various New-Age cults.

The *Planes of Existence* of Theosophy

The *Hierarchy of Human Needs* by Abraham Maslow

The *Bovis-Scale* by Andre Bovis.

The *Emotional-Guidance-Scale* by Abraham-Hicks

The *Levels of Emotions* by Lester Levenson

The *Spiral Dynamics* Chart by Don Beck

The *Map of Consciousness* by David Hawkins

This book includes information learned from these previous works, adding the authors own explorations and discoveries.

Declaration of Intent

God is both the Source of Infinity and Infinity itself, both the Most High and Supreme Creator and the entirety of Creation. I revere the Most High and dedicate this book to the wellbeing of humanity. It is my Intention that this book uplifts and strengthens all who read it.

Disclaimer

The information presented is truth as I understand it. It is not a substitute for your own sense of truth, your own research and your own unique viewpoint. As a human being, the author is prone to error. Therefore, take this book as a *tool* for deeper discovery, not for the discovery itself. As you embark on this journey be calm and kind to yourself and others to the best of your ability.

Your Relationship to Infinity

Infinity is Everything, therefore it is my only point of reference. My relationship to it is immersed in everything I am and do in everyday life. Infinity is Absolute. It is the only thing not subject to relativity. There is no worldly authority. I am answerable and accountable to the most High only. The Supreme Creator of Universes is both the Source of Infinity and *is* everything "within" it.

This is not some attitude learned in books or from teachers but one cultivated through Meditation, Contemplation and unbending, eternally focussed dedication and devotion to the highest truth no matter whether that highest truth agrees with my or any others opinion or not.

You can arrive at the highest truth of truths by combining the power of your own Intention with Devotion to the Divine as you understand it. This can but does not have to be related to any religious or spiritual path. *You* have this inherent ability.

Infinity is. Period. Anything after the "is" is not Infinity but an aspect of it. One such aspect is that endless expanse of multiple Universes and Dimensions. In such an awesome context up-down, left-right, small-big, me-other, important-unimportant, past-future is hilariously artificial and relative concepts. What is "big"? How "big" is Planet Earth compared to the Human Body? How "big" is Planet Earth compared to the Galaxy? What is true depends on Context. The only absolute is Existence itself. Gods project is so huge that it's easy to "get lost" in it – which is why

one fixed point of reference, one-absolute and unmoving, eternally reliable point of orientation and guidance remains. I sometimes symbolize this Absolute as a light shining eternally.

The prime aspect of the Most High is radiant Love. This Love is an energy so profound and intense that it has the power to create all of these worlds and souls.

To some all of this may sound mystical but it's actually quite practical. When a "problem" appears in daily life, I contrast it with Infinity. What is my "problem" compared to Infinity? In moments I recognize the true depth and height of life as compared to my "problem" I can't help but break out in laughter. Put into proper perspective my "personal issues" are nothing but a tiny dot of insignificance and I move on with relief.

In the presence of this *Force* that creates Universes, no "problem" can persist. In light of the outrageous abundance, prosperity and beauty of Infinity all earthly importances, gains and pains pale.

Infinity is all that was, is and ever will be. It is one, undivided. Some say Infinity is "everything and nothing". Some describe it as a vast nothingness. But that is actually already one split too many. Since "nothing" is also something, namely a bunch of "nothingness", one can only say that Infinity is Everything. Period. The oneness of all, along with the exclamation "*Period!*" supports the mind in not getting lost in all kinds of abstractions and secondary considerations.

The same goes for anything else. Many speak of "Light" and "Darkness" but as there is only one, there is only radiant *Light*. "Darkness" as a thing does not

exist. One cannot "shine darkness into a room" or turn on a "darkness-switch". "Darkness" is merely a lower gradient of light on a scale, but it is still Light, even if to your eyes it sometimes appears as if there is none.

All "within" Infinity always changes. Infinity itself is the only thing that never changes, it just *is*. The more you refer to that which is unchanging, the more you refer to *absolute truth*, as opposed to changing truth and relative truth. In this sense the ocean is "more real" than its single waves.

Infinity is the absolute of mathematics, physics, philosophy, religion, psychology and spirituality. But in this book I would like to advertise it as practically useful on a very real, personal and day-to-day level. In fact I attribute the entirety of my worldly success and inner happiness to it. I have long ago given up trying to be smarter than it. It teaches me humility. Why? Because contained within it is the creative force that has taken care of trillions of lives. It teaches me that in order to expand I can be more like it. That would mean to stop focussing on that tiny dot within the circle and become aware of more. It teaches me that anything one can imagine has some form of existence somewhere. It teaches me that every grain of sand contains Infinity and that, from another viewpoint, an entire Universe has the size of a grain of sand. It teaches me that, in a holographic sense, when I have a problem with *one little thing*, in that moment in time, I have a problem with *everything* and when I have *love* for one little thing, in that moment I have *love for everything*.

It teaches me that, as an aspect of Infinity, there are thousands of things I could be doing today, thousands of paths I could be taking in any given moment, trillions of things I could be seeing, thinking, hearing, choosing.

You are a unique viewpoint of Infinity and in this way connected to all-that-is forever. So from all-that-is, *choose wisely* what you wish to dedicate yourself to.

As a human strolling through the Supermarket of the Universe you probably won't choose every item in every aisle. That might be overwhelming. And you probably won't be choosing "nothing" lest someone choose for you. And even "no choice" is a choice. So it seems that as a human you have a choice about everything except choice itself – that is the only thing you cannot switch off.

Understand that choice is a matter of intent/decision not a matter of desire, in the sense of longing or neediness. When you desire something you are implying a lack, implying Infinity is lacking, implying that the thing desired is not available in the Infinite Supermarket. Paradoxically, desire separates us from that which we desire.

Choice is not a matter of resisting something either. When you resist something you are focussing on it and thereby giving it more importance and reality than you would like to. Paradoxically, resistance draws towards us the things we do not desire. If in the Supermarket you are busy fighting the butcher and his meat you are where you say you don't want to be: At the butcher, butchering yourself.

The comedy of life is not getting what we want but instead getting what we don't want. Relief from suffering comes from relaxing Desire on the one end and Resistance on the other end, Relaxing both Attachment and Aversion (which are actually two sides of the same coin. Having an aversion towards one thing equals having a desire towards another thing and vice-versa). Rather than strongly desiring something one then merely chooses to focus on a

specific reality (that aspect of Infinity). Rather than resisting something one then merely chooses to stop focussing on a specific reality (that aspect of Infinity).

So relax. Search for a better life implies a life insufficient, attracts more of a life insufficient. Relax the wants and not-wants, at least just a little and be at peace with life as it is. Also ask yourself: *What is my Relationship with Infinity?*

1

The Scale of Energy Levels

As everything is Infinity everything is also *Energy*. The physical universe with its space and time, its objects, its nature, its people, its planets, its universes is energy. The non-physical universe of thought, emotion, spirit and various planes is energy. That *one* energy manifests spectrally in many different forms, shapes, qualities, radiations, densities. An analogy: *Steam, Water and Ice* are *one* thing manifesting in different qualities. The premise of this book is that there are clearly definable, perceivable and achievable qualities or “levels” of energy and that each level corresponds with...

- specific states of mind and emotion
- specific words, behaviours and actions
- specific surroundings, environments, objects and places
- specific qualities, moods and intentions
- specific methods of “moving upward”
- and specific modes of perception and truth

These are also levels of *consciousness*, of *emotion* or levels of “*vibration*”. Everything that exists gives off a certain radiation that can be defined on a scale and in comparison to other items. Depending on where on the scale you are and what your intentions are something will then be a “bad vibe” or a “good vibe” for you. What something *is*, is absolute. What something *is to and for you* is relative. Example: For one person a fit of anger is a breakthrough while for another person it’s a relapse. The fact that it has a

different meaning and usefulness for each individual does not mean that anger is not generally a certain distinct level of energy as compared to others.

In general, the lower ones emotional state on the scale, the less energy is available and the more distorted perception and the weaker ones ability to feel, think, act, create is. The higher ones emotional state on the scale the more inner resources one has. The energy you radiate is the reality you get back. You experience the world not as it is, but as *you are*.

This scale is designed to benefit in many ways. With it you will be able to determine which state you are in and which step of the latter to take next. It will eventually become easier for you to support your fellow humans as well. You will also be able to quickly identify the energy-quality of various places, people, objects, foods, movies, music, books and even societies and countries. Overall, life will start making sense in a deeper way.

The scale allows for *spectral-perception* rather than conventional dual perception. Dual-perception says "X is good, Y is bad". Spectral-Perception allows for more than two items, it allows for dozens or even hundreds. Good/Bad then becomes dependent on context and on where one is on the overall scale. To understand this and also grasp how *neither* the popular philosophies of Absolutism *nor* Relativism are fully valid, imagine a Thermometer. It measures Hot and Cold. But these are not actually "opposites" and neither are there only two factors. In fact, "cold" does not even exist – there are only different gradients of Hot. Very Hot and Less Hot. There is only *one* thing and the lower on the scale, the colder it is. And whether one point of the Thermometer is "hot" or "cold" does depend on which point of the scale one is looking or moving from. In this sense even a so-called "high" level might be very

detrimental for someone, an overwhelm, as in pouring a damn over a plant in an attempt to "water" it. The fridge will be too cold for you but just right to store meat. The oven will be hot to you but just right to cook that meat.

The Absolutist says: "This is good, that is bad, universally. Period"

The Relativist says: "Nothing is good or bad. It's only your opinion that this is bad".

The religious or political Absolutist is correct in understanding that there is that which is closer to *The Light* and that which is further away from *The Light*. His error comes in only seeing two things without spectral discernment. The error that usually follows is that he judges people who are elsewhere on the scale as "lower" and himself as "morally superior".

The academic, philosophical or political Relativist is correct in understanding that good/bad is a matter of perspective. He is incorrect in thinking "everything is the same" or that it does not matter whether one moves toward *The Light* or away from it. If abused his stance becomes Moral Relativism, which then says: "One mans terrorist is another mans freedom fighter". While this statement is correct, it fails to point out that the terrorists energy-level on the scale is lower than that of a person who kills in self-defence and much lower than a person who never kills.

Before I go one word further, take a look at the short version of the scale for yourself. I use an arbitrary scale from 1-1000 for pragmatic purposes, although I could have also used a spiral, concentric circles, a 1-10 scale or anything else for that matter.

High levels of Energy

1000 Infinity / Divinity
700 Oneness, Non-Duality, Vast Awareness
600 Bliss, Peace, Serenity, Lightness
570 Ecstasy, Exaltation
550 Unconditional Love
540 Humor, Happiness
530 Love, Intuition, Appreciation
510 Power, Initiative, Integrity
505 Beauty, Creativity, Imagination
475 Joy, Creativity

Mid levels of Energy

450 Intelligence, Knowledge, Reason
400 Acceptance, Interest, Attention, Neutrality
320 Willingness, Kindness, Optimism, Activity
275 Courage, Relaxation, Eagerness, Fun
200 Contentment, Routine, Functionality, Boredom

Low levels of Energy

190 Pride, Superiority, Arrogance
180 Antagonism, Criticism, Discontent, Complaint, Blame
160 Anger, Domination, Aggression, Coldness
120 Craving, Need, Compulsion, Unfulfilled Desire
100 Fear, Worry, Shyness, Inferiority, Paranoia
80 Grief, Sorrow, Self-Pity
50 Apathy, Despair, Depression, Hopelessness
30 Guilt, Shame, Psychosis, Humiliation, Hatred

The scale represents a way of relating to the world, a method of structured and discerning thinking. When the mind understands what is going on and can categorize events, its confusion calms and attention that was previously scattered and preoccupied is freed for more important matters. Not only will learning the scale allow you to view human behaviour and all of life in a new light but enable you to make surprisingly accurate predictions about patterns in life. If you know

the energy-field of something you also know what can normally be expected from that energy-field. Then rather than being condemning and indignant about various events you will be able to view them with more compassion and even know how to best approach them.

Energy tends to attract like energy, just as birds of a feather flock together. Social sciences don't normally use metaphysical terminology such as "attractor energy fields"; they will use other words to describe the same truths, such as "The Broken Window Principle", by which a bad neighbourhood in town will likely attract more of the same events, actions and people. A building with broken windows is more likely to attract malcontents hanging around there than a newly renovated building. While social sciences try to use all kinds of theories to explain why this is so, essentially it is the *energy-field* of the general area that would attract both a broken window and the accompanying malcontent. To stereotype people comes from being aware of these energy-field relations but being judgemental and patronizing about the whole matter.

The energy-field *you* radiate will allow you to "tune in" to certain realities. It is not really that you "create" reality just like a Television set does not "create" the channels it receives. It is more that you tune-into a frequency by...

- a) Knowing the qualities and attributes of that frequency and
- b) By focus of attention and intention towards that reality

All realities are *already created* in Infinity. You don't "create" any of them and thinking you do is merely a megalomaniac delusion of the Ego, sold to you in the

“metaphysical” section of a bookstore. Instead you *choose* from the trillions of *options* already created what to tune into and what to retrieve attention from. States of mind, emotion and body are therefore a gauge for where you stand, what could be improved and how it could be improved.

The scale of energy is not widely known because humanities own level of energy has been too dense to perceive it. It is not possible to see, hear or feel something that is out of range for you. This makes it appear as if such information as been kept secret. Ones own perceptual filters keep more “secret” than any intelligence agency ever could. In reality nothing is unknowable. One reason humanity has kept the scale of energy secret from itself is because there is some potential for misapplication. This specific type of scale-thinking originated in the ancient Hindu belief-system. Its misuse has led to the creation of the rather rigid caste-system which makes it difficult for those “lower” to progress upwards. In modern times the scale has also been misused by a number of cults as a means of elitist segregation and manipulation. For readers of this book it is meant to be used as a model of *orientation*. Readers with some spiritual sophistication will know that “what you put out is what you get back”, that you are *accountable* for every of your words and deeds and that manipulation of others automatically implies that you will be manipulated too. Simply put, you use the scale not to wrong people or prove them wrong or put them down, but to uplift, inspire, empower. I even recommend you do not talk about the scale much at all but merely read the energy-fields of the various places, beliefs, people, etc. Talking about the scale is similar to talking about a movie while the movie is running. It distracts you from the enjoyment of the movie.

From a more expanded viewpoint, a higher-point on the scale, the linear nature of the scale is

meaningless. The scale is therefore a tool that is useful for people below that point on the scale – which includes most humans living on earth. From that expanded viewpoint level 0 and level 600 are right beside each other. From an airplane Long Beach and Los Angeles are right beside each other, but on the ground it may take hours to wade yourself through the traffic to get there. Seen from a satellite circling in Orbit Long Beach and Los Angeles are nearly identical.

For the dualistic mind scales automatically mean “good and bad”, despite my repeated requests not to use it this way. In order to relax this tendency just a little bit you might perhaps want to use words such as “appropriate” and “inappropriate” instead. For a politician level 700 (Bliss) is inappropriate, for parenting a child 400 (Intellectualism) is inappropriate. If a soul incarnates with the intention to experience suffering in order to “balance out karma” or any other such undertaking, then trying to get that soul to “move above level 200” would in fact be inappropriate. If enlightenment is your goal dabbling below level 200 is discouraged. There is a fine difference between Discernment and Judgemental-ism. Many who have been brainwashed by religious and new-age thought learn “it is not good to judge” and this is often mistaken with being non-discerning. But Discernment is an important asset in life. To label any point of the Thermometer as “bad” and actively resist it will do nothing more than pull you into the energy-field you say you don’t want. But to merely discern between “hot” and “cold” is no judgement. Appreciate that everything has its rightful place in Infinity. Before going on with reading, take another look at the scale. You may pick up your own insights before I share mine.

Wellbeing is the starting point, not the Goal

Everything we do in life we do to improve our *state*. This applies to every sentient being. The essential desire to move in the direction of well-being and avoid feeling bad is what motivates all action, all desire, all resistance, all plans, and all worries. Why do you go to work? "To make money". Why do you want to make money? "For survival" would be a common answer. In this case going to work would be driven on the one hand by *fear* of non-survival and *desire* to survive. Sometimes we make choices that "feel bad" or are detrimental to our survival. This seems to contradict the idea of everything being motivated by a drive to feel better. But it is no contradiction: When we make choices that are no good then only because we believe the alternative *would be even worse*. So smoking cigarettes may be harmful to ones health, but there is the underlying belief that *not* smoking cigarettes *feels worse* than smoking them. Or we may remain in a relationship that is painful, because the pain of leaving feels worse than staying. We sometimes choose the "lesser evil", or what is perceived as such. Therefore even "bad" behaviours are motivated by the desire to feel better...or what we *think* will make us feel better. The shortcut to fulfilment is to gradually let go of "reasons" and "conditions" that have to be met before being happy and *aim directly for the feeling you would like to have*. In my experience improving your general state is an aim that is more important than almost any other aim in life. By putting a general sense of well-being on first place in your inner priority-list you become independent of all the conditions that "have to" be met before being happy. And by becoming independent of all these things, people, objects...they

become easier to have. Well-being is not necessarily the goal but the prerequisite for reaching various goals, the basis from which all other things flow more easily.

If you think you understand what was just said, think again. Merely reading something and agreeing with it is of little use. A part of you will still be whispering to yourself:

“When I find a partner, I will feel better”

“When I make more money, I will feel better”

“When the weekend comes, I will feel better”

“I feel better after drinking coffee”

“After reading this book, I will feel better”

“When I find God, I will feel better”

When waiting for outside circumstances to change you, rather than recognizing happiness within, you are a puppet of the world. If you come to an ATM machine and your emotional state changes from OK to...worse... that indicates that the ATM machines contents are *controlling you*, which is a far cry from you controlling it and its contents. Do you want to be controlled by a machine? Do you *have money*, or does money *have you*?

Humans have created Billions of such *dependencies*. Needing all kinds of things to happen before you can be happy is a certain way of not moving up the scale. A shortcut to improving your situation is to define a *general sense of well-being* as a top priority (with the exception of Enlightenment and Divinity itself which is *the* top priority and also beyond the duality of well-being vs. non-well-being). Practice feeling alright *today* rather than projecting happiness into some future that never really comes. Life is taking place *today*. Can you feel the *Today-ness* of Life?

With just a little bit of awareness you can tend to your well-being before taking action on something, before planning, before making a decision, before drinking that cup of coffee, before turning on the internet to distract yourself. And if you feel alright and calm beforehand your actions and decisions will be more fruitful. Making decisions in a state of emotional turmoil is a recipe for long-term suffering. If you operate from a "I don't need coffee to feel better" the coffee you do drink will taste better. The taste of the coffee will not come from your mental projection but from the coffee itself. You can derive sustenance, peace and joy from within in a matter of minutes by merely taking a short time-out once in awhile, throughout the day.

The dictum of the world-self (world-self is my term for what other authors call "Ego") is "*to get*". That is the only thing it is interested in. To get. That is understandable because it is dependent on energy for survival. The lower your point on the scale, the stronger the need *to get* is. In a state below Level 200 on the scale one is almost constantly lacking something and needing something or other in order to feel at ease. So to get, to take, to acquire, to achieve, to accomplish, to strategize on how-to-get is humanities main preoccupation. Merely "feeling fine" independent of what you get or do not get will move your overall energy up the scale. There is a lot of power in releasing neediness.

Effort and Effortlessness

Positive states do not require effort, hard work, a long climb, having to "deserve" on a mental and emotional level. They are *native* to you. Only negative states require ongoing mental effort. Imagine a floating cork. Pushing it down under water takes effort. Let it go and will pop back up effortlessly. Having it float above water is more a matter of allowing it to than have

pushing it to.

But what about the "no pain, no gain" dogma we are all brought up to believe? Well, it does not apply to the mental and emotional realm, it only applies to the physical world. So hard work, discipline, building ones body, investing time in ones studies, overcoming obstacles – physical effort – has its merits and results and can in this way facilitate states of inner satisfaction. So here again it is helpful to discern which domain we are talking about. Inner calm and effortlessness coupled with outer effort or activity is a wonderful mix. A part of being a success in life is not to mix levels. A path to failure is to be tense on the inside and lax on the outside.

Emotionally, if you want to feel calmer and thereby strong, not more but *less* is required. So rather than "doing something" "in order to feel better", do less. Let go, release, relax. 80% of all products sold in the self-help/new-age market involve some form of relaxing, re-packaged as some special "method" for spiritual advancement. If you knew how to relax the body and mind, you could save yourself a lot of time and money. I personally know quite a number of costly mental and spiritual courses that use all kinds of teachings, methods, tools where the net result is merely "to be in a calm inner state" or "to have peace of mind". And the crowds are enthusiastic about dishing out thousands of dollars for that thinking peace of mind comes from those tools.

Take a deep breathe. Right now, while reading. Have your out-breath be longer than your in-breath. Let the in-breath flow through your nose, for the out-breath open your mouth. Let the out-breath be accompanied by the sound of "Haaaaaaaaa". On the in-breath *welcome* everything you are perceiving, feeling, seeing, hearing in your immediate field of perception, in your immediate here and now. Just give up any resistance or tension and *welcome* what-is as-it-is. Let it be OK. And on the out-breath let it all go, release it all, relax all, stop focussing on all. And on the in-

breathe focus on what-is and welcome it all. And on the longer out-breathe just stop focussing on it all, drop it all. Repeat this at least 10 times before reading on.

Do you feel the difference? You've just improved your state on the scale in the here and now, not by *doing* more, but by *relaxing*. Your well-being thus improved, your *doing*, your productivity improves. Please take note how relatively easy it was to improve your state. Don't let anyone sell you the belief that improving your state requires a special program or lots of money. Essentially, both effort and effortlessness are important. To be willing to both relax fully and work fully. Those who have not mastered this think about working when they are trying to relax and think about relaxing when they are trying to work. But rather than spending your life on a guilt trip, allow yourself to be completely lazy and at ease with it. In this way you will also allow yourself to be completely productive and industrious and be at ease with that.

The following exercise will demonstrate how we have aversions toward both effort and effortlessness and will help to release some the energies stuck to it. Mentally stay with each item for 10 to 60 seconds:

1. Imagine investing a lot of effort into something or working hard. As best you can be-OK with that image, relax with that image.
2. Imagine relaxing, non-doing and effortlessness. As best you can be-OK with that image, relax with that image.
3. And again imagine effort and as best you can release your aversion or resistance towards it. Allow yourself to imagine effort and actually enjoy it.
4. And again imagine effortlessness, laziness, and vacation-ism and as best you can release your aversion or resistance towards it. Allow yourself to actually enjoy it.

5. And again the effort side.
6. And again the effortless side.
7. Be OK with both.

In doing this you have released at least some “emotional charge” and have actually moved up the scale on that particular subject.

Be-Do-Have

Levels below 200 are focussed on “Having”. All of life involves and surrounds what someone has and can get.

Levels 200-450 revolve around “Doing”. All this “Doing” is what built civilization as we know it.

On levels 450-600 the persons focus is on “Being”. It is not important what one owns (has), what one does (profession) but who one *is* (personality, energy-field).

Lower-level consciousness thinks that the best method to achieve something is Do-Have-Be. “If I workout (do), then I have muscles (have) and then I’m respectable (Be)”. A much easier life *begins* with *Being* and then letting the actions naturally come from that Being which will eventually result in Having (this is described in detail in my book “Parallel Universes of Self”)

The scale reflects natural sequences of human emotion

In the evolutionary unfolding of consciousness, our personality, spiritual growth or a healing process as facilitated through life experiences, therapy, coaching, successes, recovery or favourable circumstances, the scale shows the general sequence of states a human normally goes through. The same is true for de-

evolutionary processes in a lifetime of hardship. There are exceptions to this sequence in that some will "skip" certain levels, only temporarily experience change, have backslides and other variations outside of the linear. From a higher-reality-perspective (600+) one can go to heaven or hell within seconds.

For most of us though, the respective states in vicinity of each other are much easier to experience than those further away. On an energy-level of Pride (190) it is much easier to slip down into Anger (160) than it would be to go into Depression (100) or ascend to Enthusiasm (380).

Understanding the scale usually increases your tolerance of others along with your ability to help them, should help be desired. So whether *Anger* indicates betterment or not depends on which level a person was before. If the person in question was depressed or fearful and now experiences bouts of anger or temper tantrums, this is actually an indicator of his state improving rather than declining. If he was in a state of general content and OK-ness, then anger would indicate a decline in his state.

Conventional "wisdom" holds that Anger (as an example) is "not good", that this fire needs to be put out with cool water. What often happens in this case is that the "caring" spouse or therapist has the person suppress the anger...thus moving the person back down the scale into fear, sadness, apathy...until someday he rises back up to anger and is pushed down yet again. Next time you see someone who is in a state of emotional upheaval, do not necessarily assume that they have moved "down" – unless of course they are normally the jovial energy-level.

In fact, as a general note, presume less and perceive more. What is true or not depends strictly on the here-and-now situation rather than on some previously learned Formula.

Every level experiences a different world

Every energy-level experiences a different “felt truth”, perception of reality, life results and intensities of experience. From which vantage point you view life, determines what you notice and do not notice. The felt “vibration” you reside in effects your thinking, doing, speaking and ultimately what surroundings and circumstances you find yourself in.

Every level of energy also corresponds with everything else that matches it: Certain social organisms, colloquialisms, intentions, hobbies, locations, problems, dramas, needs, objects, forms of entertainment, products, teachings, infrastructures, buildings, intentions, etc.

This would be useful for the world in addressing people and nations according to where they stand rather than trying to introduce systems that are not a match to the respective reality. For example, talking about democracy (420) to a country that is experiencing hopelessness (50) is a diplomatic folly. People on the brink of starvation do not want to talk about Democracy they want to talk about *getting* food quickly.

My own experiences in teaching are a good example. I have conducted more than a thousand seminars and workshops with groups residing on every point of the scale. The ability to work with very different types of people is linked with the ability to shift ones own energy. I would not introduce level 600 teachings to a level 400 group or level 400 teachings to a level 50 group. In shifting my state different demeanour, clothing, vocabulary is used. While I do teach the same things to every group, I teach it in a radically different manner.

Teaching a Level 70 Group

I was asked to hold a workshop on success for a group of welfare recipients who had been out of a job for years. Upon entering the room, I recognized this as a Level 70-110 group, in apathy, depression, hopelessness, self-pity, fear. And the things that *usually accompany* such a space were present: Taking an array of drugs "against" depression, exhausted and empty eyes, slow speech and a difficulty to focus, a total lack of perspective or life purpose. Some of the people wore clothing that was in a state of neglect, as was the seminar room itself which featured shabby furniture, a broken coffee machine and paint crumbling off the walls. Having "been there" myself and having moved beyond it gave me sufficient authority to assist them. In motivational courses work on "life goals" and "action steps" are expected. I would not be doing that here though, no matter what I had been booked for. The issue of "life goals" and "action steps" is for people residing on levels 160 upwards. If I were to introduce those types of teachings to this group it would result in...nothing much. They might be able to state some goals but no action would follow. Apathy lacks the energy to *act*. I instead worked with bottled up emotions of sadness and fear, with practicing self-expression, with physical touch (hugs), with patiently listening to their victim-stories and so forth. Eventually I carried them up to level 180 (Antagonism, Pride, Complaint) by letting them bitch and moan about life, their former bosses, the market situation, etc. I used many "confessional" type techniques and paths of emotional catharsis and confrontation. The workshop was a success and all participants experienced relief. One participant said: "I expected more of this motivational crap about goals and stuff. I'm glad it turned out differently. I feel great!" These levels do regard goals as "motivational crap", bless their hearts.

Teaching a Level 300 Group

Another "success and motivational workshop" addressed a level 275-310 group with all their level 300 dreams, level 300 business-attire, orderliness and conservatism. I was booked by a company to do a weekend-course within the company rooms. Unlike level 50 I would not be using any emotional-confrontation techniques. Neither could I allow myself to apply level 500 upwards talk of Infinite Consciousness and mystical Exaltation. They would have fired me on the spot. This was the right level to talk "goals and action steps" (whereas in the 500s I would talk about *letting go* of goals). Having the Courage (310) to pursue their goals was the "next step" for them. A successful workshop was the result of working on rejuvenating passion, removing doubts and roadblocks to their goals and maintaining focus after the Course. "Good thing this was not one them touchy-feely new-age courses" one participant said. "I liked how pragmatic and down-to-earth this was".

Teaching a Level 450 group

This was a group of performers – actors and dancers – that would become bored had I addressed them with Level 300 "goals processes". They longed for the more Etheric. We meditated. We discussed Unconditional Love. We played games about Shifting-Identities. And again the Course was a success. "Awesome! I feel so much more alive after this Workshop!" Above a certain level, feeling energy is more important than collecting data.

Every level experiences a different world. This applies to so much more than teaching. Once you get only a rough handle on how the scale works, your effectiveness will skyrocket.

Your Temporary and your Habitual State

Each person has a unique general experience of life which I call "basic vibe" or "habitual emotion", "chronic state" or "basic energy level" throughout the book. This is the state you are in most often. Some are aware of their basic level, some are not. From this mid-point you have a *range*, meaning an average high and average low. So if your basic level is 195 (Monotonous Discontent) the highest you are likely to experience under normal circumstances lies around 380 (Reason, Relaxation, Success) and the lowest is around 80 (Sorrow, Self-Pity). At 195 you are unlikely to experience apathy (50) or Bliss (590). You could go decades without ever being depressed and without ever touching sweet ecstasy. If your chronic level is 30 (Shame, Guilt) it will prove difficult to experience anything above 220 (Satisfaction) but be easier to ascend to nearby 50 (Apathy) or 80 (Sorrow, Regret). If your habitual level is 540 (Love), it will be a rare occurrence for you to ever sink below 275 (Courage, Action, Ability).

The scale gives you a good idea of what to realistically expect and what is out of range at current. Grasping for what is out of range is usually more hurtful than taking the stairs step by step. That would be similar to trying to jump on a train that is moving too fast. Not enlightenment would be the result, but bruises.

Your basic energy level is composed of past experiences (thoughts and feelings "frozen in time" and stored in your body and/or soul), your own beliefs, core-beliefs and attitudes, your current focus of attention, your open and hidden *intentions* and what you generally say and do most of the time. The people you spend time with, your environment, what you eat and drink and how you care for your body also play a role in your basic energy albeit a smaller one. Your regular environment is more an *indicator* of your state than the cause of it.

Your *temporary state* does not exist for more than minutes, hours or days in time. You might go on vacation and feel a temporary relief. But some of your low feelings accompany you to that foreign country. In fact, if you relax properly there, your real state will emerge and it may not be what you hoped it is. Or you will realize that when all distractions are gone you are in better shape than you thought you were. Because we expose ourselves to artificial uppers and downers it is not always clear what our state really is.

People take drugs in order to gain relief from the heaviness of lower states. But these very temporary experiences do not result in any upward movement on the scale. More likely drug consumption lowers ones overall state because of the shock of discrepancy between the high and the actual state. Speeding up from level 50 to level 570 by using drugs such as "ecstasy" is no path to enlightenment, quite the contrary.

A temporary high may also be initiated when something new comes up. But if you have not shifted your habitual vibration, the new will fade quickly. Take the new car for example: In the first days you are uplifted by having it. After a few weeks its just another car.

If you want to know where you really are on the scale simply look at how you feel *most of the time*. Since you are reading this book I can say with a fair degree of certainty that you are somewhere between 135 and 570 because neither lower nor higher states would be interested in this book or even notice it. That's right, they would *not perceive the existence of the book* even if it were in front of their nose. I mean that literally. If you become silent for awhile and do nothing to distract yourself, if you simply "hang around" like you might do on a vacation or when travelling by plane or train, your basic vibration usually emerges more clearly. It is *what's left* when distractions are removed.

Social Mask Identities

Each of us wears "social mask Identities" to some extent. This is a state we pretend to have for social occasions or to appear "agreeable" to a group of people. If mostly means feigning a higher state, in some cases lowering ones state in order to adapt. We use roles and masks to look good in front of others, to get approval and attention and to avoid disapproval. If you are chronically stuck at 80 (grief), you would probably not express that when going to a party. You'd put on a 350 (at ease) mask for that time. If that's too difficult to maintain, you might at least try 200 (bored/neutral). It also works the other way: When I was a teenager I would pretend to be "down and out" so that I could hang-out with a group of schoolyard ruffians who were running the show, who were "in charge of things". Inwardly gleaming I dare not show my joy to the group. "Yeah, life sucks" I lied. "That teacher sucks". "The principal sucks". "Everything sucks". Were I to express otherwise they'd begin feeling alienated and kick me out of their clique.

Assuming mask energies now and then is an act of courtesy and entirely alright. But doing it too often is a path to failure in life. It requires effort to upkeep states one does not really have. Once the energy is exhausted, body ailments arise or the act no longer looks convincing and embarrasses those around us. The difference between a fake or temporary high vibe and a true basic high energy field is the conviction and naturalness with which it is radiated. Therefore, *admitting* to your low state is more energetic and upscale than trying to cover-it up with something else.

You can save an enormous amount of time and energy (which is then freed up for other things) by releasing the need for *approval* from others. The tendency to be needy of others approval, attention, confirmation, validation comes from a time in which the child

thought it was a matter of survival. So it did that which seemed to cause parents approval and avoided that which seemed to cause parents disapproval. Rebellious children do just the opposite, when they try to provoke disapproval. Both behaviours are no longer needed in adult life and yet many still use them as if they were helpless children.

Releasing the Need for Approval

A helpful exercise in this regard is to list everything you have done recently or on the last weeks and months or throughout a lifetime in order to gain approval or avoid disapproval from others – spouses, children, parents, superiors, colleagues, the public, etc. You will notice that while it is alright to get applause and appreciation, it is the *need* for it that is detrimental. In fact the need for it will create an energy field in which you hardly ever receive real approval.

a) Mentally Focus on an item from the list. Welcome whatever thoughts, sensations, feelings, memories might be associated with that.

b) Notice how the *wanting* approval creates a lack.

c) Ask yourself: For now, could I let go of wanting approval for this?

d) And release your focus from the *wanting*. And then release your focus from the whole item.

Simply repeat this process for each item on your list.

It will free up several layers of stuckness, even some you may not be aware of. By merely doing this exercise you also commit the idea to memory and will no longer be that strongly of a *pawn in other people's games*.

Temporarily Stuck vs. Chronically Stuck

A person goes through each and every state several times within a lifetime, sometimes even through several a Day. That is the nature of the *game* the soul is here to play. From the Souls perspective, the lower states are not undesirable but simply *training grounds* to experience certain viewpoints-of-Infinity, develop a compassion for them and move beyond. The "problems" are not the states themselves. Low states are often even a *very appropriate* response to certain events. Seeing a child being shot on the 8 o'clock News and getting angry or depressed over it is a *very natural and appropriate response*. The healer who would aim to "help" you "get rid of" that response is the one who is wrong. You would not want to be overjoyed at the murder of a child, would you? The "problem" is not the state but being chronically stuck in one state *over a longer period of time*. Spending three days in a certain state starts accumulating certain realities into your life which match that state. Spending three weeks in the same state, makes it your new basic level of energy and grounds it making it a bit more challenging to leave it again. One reason I mention this is so that you don't start getting paranoid about being in "lower states" or being surrounded by people in them. If you find yourself in a very low mood there is nothing to worry about: You have *a few weeks time* before it gets sticky and starts manifesting as negative events. Of course low energy already manifests on the very day you radiate it, but not yet to the life-changing extent it does with several weeks of that. You don't have to wait for some remote "Judgement Day" in some afterlife realm because "Judgement Day" is *every day*. If you start out your day in a certain way it will probably continue on that stream of momentum throughout the rest of the day. You treat your spouse carelessly in the morning. Later on the highway another car driver treats you carelessly by cutting in front of you. You shout at him.

At work, your boss shouts at you. Or you treat your spouse lovingly in the morning. Later on the highway somebody gives you right of way. You thank them. Arriving at work your boss thanks you for something. What goes around comes around. Like energy attracts like energy. Instant Karma.

Nobody is exempt from this, except for people who habitually radiate above level 600. Above that level it is not at all the energy-fields having an effect on them but them having an effect on the energy-field. That is why their mere presence is uplifting and healing to all who are nearby, no matter whether they want to be uplifted or not.. Between levels 200 and 599 it is the field that affects me and me who sometimes affects the field. Below 200 I am mostly at the effect of the prevalent energy-field of my surroundings.

If you really are chronically stuck on a certain level there is nothing to worry about: The book you are currently reading is designed to help you move upwards authentically and cleanly.

Further Down and Up the Scale

A longer version of this scale progresses to higher levels (celestial and spiritual realms) and declines to lower levels (psychotic, lower astral and demonic realms). The short version you see here mirrors the states of consciousness common on this planet; these are prioritized. We will touch only briefly on lower states because they are not something you want to be focussing on for too long and higher states are not something really comprehensible to the world-self. The earthly body is not designed to experience lower and higher states. It would die before drifting below zero and disappear before floating up beyond 1000.

For every level on the scale a few words were chosen that represent the state as examples though I could have listed many more emotions and events synonymously or in supplement. I also could have

listed other things than emotions. I could have listed movies, cars, celebrities, people or anything else representative of those respective realities.

Releasing and Scaling States of Mind and Emotion

Suppressing a state over time (Resistance) locks it in place and will eventually drag your basic level down the scale. *Expressing* a state over time, rather than suppressing it, will not drag you down the scale – but it won't take you up either because your maintained focus on the state (verbally expressed focus in this case) keeps you there. Expressing your Thoughts and Emotions is better than Suppressing them but neither is as good as *Releasing* them. A state that is willingly accepted, welcomed, owned and appreciated as a *message from the soul* and then simply released (by giving up inner clutching and resistance) will free the energy and lead you up to the next higher state on the scale. "Releasing" an emotion can *sometimes* be as simple as breathing it in lovingly and letting it go on the out-breath. Another way to climb the scale is not by releasing the unwanted state but by focussing on the next higher one, by "beating the drum" of the next level on the scale.

Repeatedly suppressing or denying upcoming anger (160), perhaps in order to avoid disapproval, will turn into a stiff sort of coldness (150) and eventually strange compulsions (130) such as twitching, addiction to sweets, addiction to sex or something other. If that anger is completely owned as in "I fully acknowledge that I am sick and tired of this and wont shut up about it anymore! This is something I definitely do not want in my life anymore!" you will notice that the anger cannot be upheld for more than a few minutes at most and you will not sink lower but actually move up to 170 (Complaint) or 190-200 (Boredom, Contentment).

Merely giving yourself permission to feel what you are feeling makes it easier to release. In some case one doesn't even consciously have to "let go" because its so difficult to sustain. Emotional and mental phenomena are nothing but energy flowing through consciousness. They only accumulate and start "spinning" and feeling "bad" when we resist or hold on to them.

Fully enjoying that anger may turn it into laughter or the realization that strong anger is an indicator of a strong Desire, thus shifting attention to the more positive ("Desire" here is not used in the sense of the level 125 craving, but in the sense of the 275 goal-orientation). That Eagerness to Act (275) for the Positive may then turn into genuine Interest in Achievement (350) and Enthusiasm (380).

The reason willingly experiencing an emotion frees you from it is because it is merely the resistance causing you to focus on it. Labelling it as "bad" binds and feeds it. Everything "negative" actually carries with it the *message* that either some intention/belief you hold or some action you plan to carry out or some energy-field you are near is not good for you. By suppressing the feeling you do not "get the message" and continue with the detrimental behaviour. In this way a human descends to increasingly lower levels until he finally gets the message. To acknowledge *what-is* bluntly can free you from it instantly.

For a moment, welcome and fully accept whatever you are feeling *right now*. Simply take a moment to notice what you are feeling. Breathe it in. Acknowledge it as-it-is. Release any sort of aversion or resistance towards it, or if it's a pleasant state, release any soft of attachment and holding on to it. Be-with-what-is. It does not take more than 5 to 30 seconds to do this. If done correctly, you will notice an instant sense of relief, no matter in which state you were.

A good example of how energy works can be seen in Tiredness. Remember the last time you felt exhausted and did not want to allow yourself to. In rare cases you may have been able to focus on a higher state or "snap out of it". But in most cases, fighting tiredness creates more tiredness. One gets more heavy. Maybe headache arises (headache often being the result of two conflicting intentions). Soon you are feeling really down. What would have happened had you *welcomed* the tiredness, fully allowed it to *run its course*? Had you simply quit what you were doing, retreated to the sofa and lied down for a few minutes? Well, either you'd have fallen asleep and later awakened well-rested and refreshed or it would have "miraculously" vanished within minutes and not returned for the remainder of the day. When you notice you can't beat the energy then follow your feelings, give into them. So when you are tired it means rest for a moment. When you are wide awake it means be active. If you simply allow yourself to feel what you are feeling when you are feeling it and to not feel what you are not feeling when you are not feeling it, life becomes simple. You're tired, so you lie down. If you are sad you cry. If you are fearful be fearful. That is how simple it all is. As you let an energy run its course it won't take more than a few minutes until your mind asks "OK, now what?" – meaning the pain has neutralized. Allowing a sensation to flow through your body without resistance – without wanting to get rid of it, solve it, handle it, figure it out, understand it, analyze it, hold on to it, allows it to flow – and thereby move on and out of your energy-field. If you remember only one thing from this book, let it be this: *Resisting something does not solve it, it feeds it. Water naturally reaches its goal because it resists nothing.*

Practicing the next higher state

The general purpose of the scale is to show you which level is the next and to illustrate how it is not advisable to aim much higher than where you currently are. Do not try getting on a carousel ride that is spinning too fast. The results would disappoint, even injure. To aim much higher than ones current stage is one of the main causes of stuck-ness in life. Living naturally, taking each day as it comes, getting just a little bit better each day is mostly more effective than taking that "quantum leap". Marketing schemes of the "spiritual" scene will make it look as if making that "huge step", the "final breakthrough" and that "total transformation" is something attractive or even feasible. For anyone vibrating under 600 it is not and "get enlightenment quick" – schemes are for the gullible crowds only.

The only time "Aim for the stars and you'll reach the moon" is applicable is in situations of strong inner belief, when you feel invincible and ready to go. Such states are normally not experienced below 350, so make sure you are in a good state when going for the "big points" in life. If you feel the strength then your intention is sure to come true, whether its healing an ailment or having a professional breakthrough. But in any "normal" context (0-600 and especially below 350) always aim one or two steps higher only. That would be a jump from 120 (fear) too 160 (anger) for example. That would immediately redirect your energy from being a persecuted poor little victim to being the attacker that wont take any nonsense. That step works and it works well.

Lets try this out: Think of something you dread or fear (If you cant find anything, then disregard this. You don't have to descend just so you can do the exercise). Welcome that feeling fully. Allow it. Perhaps ask yourself:

What thought or action causes that feeling?
And what thought or action would I like to take instead?

Ponder.

Then release your focus from those thoughts. And focus on anger. Either think of something that makes you really angry or purposefully generate anger at the thing that was causing fear. Beat the drum of it by thinking about it or talking about it. "Those dumb idiots, I am so damn sick and tired of those wanna-be dumbasses". Get into the anger-state way beyond the mere words on this page. Do you feel how that has significantly more energy than fear? How there is more of an ability actually act? Do you feel how anger has significantly more energy than fear? More ability to act? At 210 (Stability, Functionality) you can ascend by cultivating 275 (Courage) or 350 (Kindness). So rather than merely "getting by" you'd spark a passion, try out something new or expand your attention to concerns beyond those of only yourself. If you were around 400 (Knowledge) the next life challenge would be 475 (Creativity) or 510 (Love).

When aiming to uplift others neither take in too high of a state nor the same. Imagine someone chatting away in self-pity and the person's girlfriend chiming in with some more pity. By matching energy the girlfriend is trying to express compassion but neither of them will move upwards. Compassion (350) is something entirely different than Pity (90). So in helping someone climb the stairs you stand neither on the same step nor three steps higher. This does not mean you have to lower yourself in order to communicate. Instead, temporarily "fake" or "project" a lower state without lowering yourself overall. Someone who is in 50 (apathy) will not naturally respond to your attempt to enthuse (300). And if he does respond he won't do it

in any way you hoped he would. If instead you help him feel suppressed sorrow (80) you have taken him up 20 points which is a *major* improvement. It could mean the difference between life and death.

To get lower moods up to 170 you start blaming other people for his situation. "But isn't blaming others for ones reality a bad thing? Isn't being judgemental of others bad?" Not if you are feeling below 170.

How long does it take to move up the scale? That depends on whether a state is a temporary or habitual. With temporary levels several steps can be taken within mere minutes, hours or days. With a chronic level it can take weeks, months and even years to move upwards just 20-100 points. Many who take up spiritual training, yoga classes, medical treatment, coaching, etc. believe "everything has changed" when they move up the scale rapidly only to be disappointed later on when they realize it was only temporary. So its good to know that if spiritual training takes you up 200 points temporarily that will be at least 20 points on your chronic level. But here, even a movement of just a few points upwards can have enormous consequences on your experience of reality. It can render everything you held to be true and dear to you, untrue and meaningless. It can make you think you received a new set of eyes through which to see things. Merely reading the information presented in this book makes upward progression more likely.

Below 200 "moving upwards" requires outside help. From 200-500 moving upwards is a matter of personal intent and willpower. Above 500 it takes less effort to move upwards. Moving upwards is then more of a natural-pull than a deliberate act.

No-Free-Will, Free-Will, Divine Will

Because things are seen dually rather than spectrally, hundreds of false dichotomies preoccupy the world.

One such is whether free will exists or not. Below level 200 free will and choice are limited. The lower down the scale, the less choice there is. Levels 200-540 are the Domains of Free-Will. Personal Will, Personal Responsibility, Freedom of Choice are practiced. From 200-340 realities are created by a mixture of free will and hard work. From 340-499 less work is required. 500-540 often merely require a choice or an intention to have preferred outcomes manifest. From 500 and even more 540 onward, personal will is gradually surrendered to and replaced by Divine Will. Events are then left up to "The Universe", God, "The Field". (This is something different than the fatalism of 50 (apathy) as will become clear later).

Recognizing Low, Mid and High

Learning the scale will deepen your appreciation of and humour towards life as lower-levels are often comical – as in a theatre play – from higher perspectives. These higher perspectives view suffering as illusory (which is why they are able to heal it in self and others rapidly).

If this scale were reduced to two main states only love and fear would remain. All states are modifications or variations of the two. All below 200 is based on fear/resistance, sucking life energy, pointing in the direction of decay and death. All above 200 are based on Love/Joy, giving life energy leading towards abundance and life. 200 is the tipping-point at which the negative becomes positive.

0-199 are low-energy worlds and have the following traits and giveaways: An individual is more reactive than initiative, more victim of circumstances than their cause, more pan-determined than self-determined, more preoccupied with the past than the future or present. The individual is unaware of self, even more unaware of others. If, for example, you are *aware* of your own apathy (50) it is unlikely that you are

chronically stuck on that level, because that level would not even be aware of his predicament. Therefore the process of becoming aware of the levels of energy, frees one from them to some extent. States 200-499 are the middle-energy worlds with a mixture of love and fear. Here the individual is sometimes pro-active, sometimes re-active, sometimes cause of the games played, sometimes their pawn. While lower states are concerned with the past, mid-states are preoccupied with the future and higher states are mostly aware of the present. Here the individual is aware of self but not very aware of others. One could say that the challenge of lower levels is to master self, the challenge of mid-states is to master self-and others, the challenge of high states is to master self, others and the world, and the challenge of very high states is to go beyond self, others and the world to merge with Infinity.

States 400-600 are the higher worlds in which the individual is mostly successful, happy and living life in natural balance. Balance in this case meaning that the categories of profession, relationship, health/body, hobbies/interests and spirituality are given a fairly equal amount of time rather than only one dominating ones entire life as is typical of mid-levels. The individual is very aware of self and very aware of others...actually *interested* in something other than himself. Attention no longer circles around ones forehead and body day in day out, but expands to other topics and realities of the world. At this very moment there are trillions of things you could be investing attention in. And yet, most people keep their attention stuck to their own immediate cravings and tiny circle of being they call "my life".

Worlds above 600 are spiritual areas which lie beyond dual or linear viewpoints. The individual slowly becomes aware of *self-as-all*. You are not the body. You are not your mind. You can observe these things

and what you can observe from an outside viewpoint you cannot "be". If you are not the body-mind, then what are you? At level 600 the typical answer might be "I am awareness"...not only as a concept or nice idea but as an actual experience of the world. Not being fixed to any one position of body, mind or opinion, all bodies, minds and opinions are perceived.

From 800 upwards everything written in this book sounds nonsensical This book is written for a certain range of consciousness only. Below 130 one will not get ones hand on it and even then one would struggle to comprehend it. As 130-energy is craving, compulsive, addictive he will attempt to use this book as some kind of magic that will "fix it" for him. This is not likely to succeed, as not a book is a source of energy but the self/consciousness (what one makes of a book). A 190-person is likely to detect some of the "fallacies" of this book which are actually truths of another level and not "fallacies". Nevertheless I have included information that will be of use even to the 500s. Above 650 one does not normally read books because *Knowing* comes from the field, the universe. Intellectual knowledge is then nothing more than a distraction from the direct perception of truth. Earthly scales and categories become irrelevant. Above energy-level 700 the entire scale is a tiny dot. As far as the 700-person is concerned, there is not much difference between level 50 and 500. Again, seen from the perspective of an astronaut, San Francisco and Los Angeles are not far from each other. Seen from the ground they do *appear to be separate*.

The habitual energy level you are in not only attracts what you experience as "real", which people and challenges you meet. I believe I can deduce from it your financial income, your choice of spouse, the state of your personal belongings, your hobbies and interests. If you are a football-fan I might even be able to say which team you support. I could tell you with accuracy which countries you will never live in. If

I enter your home I would immediately recognize what your energy-level has been, is and will be in the near future. This may sound like stereotyping, but it is not based on prejudice rather on seeing energy – an ability which you too have.

Energy-Scales of Other Schools

For those familiar with some of the other scales of energy I will briefly go into how my scale corresponds to those systems, adding the numbers of my 1-1000 scale beside the respective levels.

The Theosophists have the following levels:

Physical Plane 0-1000

Lower Astral Plane 0-160

Mid Astral Plane 160-275

Higher Astral Plane 275-475

The Mental Plane 475-600

The Buddic Plane 600-740

The Atmic Plane 740+

In Hinduism, the states are as follows:

Tamas 0-199

Rajas 200-380

High Rajas 380-499

Sattva 500-600

Moksha 600+

In the work of Lester Levenson (Releasing) and Hale Dwoskin (The Sedona Method), the levels are as follows:

Apathy 50

Grief 80

Fear 100

Lust 120

Anger 160

Pride 190

Courage 275

Acceptance 400

Peace 475+

For readers familiar with the work of Dr. David Hawkins: Hawkins also uses a 1-1000 scale and many of his conclusions are similar to mine. The main difference between my work and that of Dr. Hawkins is the method by which the levels of energy are measured. I do not use muscle-testing for level measurement and do not believe in the absolute universality of kinesiology. In my experience the results of muscle-testing are often distorted by the beliefs/expectations and energy-levels of the tester. Thus each level will get different results. It is my observation that Dr. Hawkins has arrived at his levels through means of which he and his followers are not aware of (rather than through muscle-testing alone). More on the measurement of energy-levels later.

For readers familiar with the work of Don Beck and Ken Wilber: Their "Spiral Dynamics" is also highly lucid and recommended for all readers, just like Hawkins "Map of Consciousness". But their work too should be

read with discernment. Frankly, Spiral Dynamics is written with a political left-wing slant and Hawkins writes with a political right-wing slant. This somewhat colours works of otherwise pristine clarity.

For users of the Bovis-scale, below 6500 on that scale of measurement is below 200 on mine. Please note that I am not sufficiently familiar with Dowsing to pass judgement on its truth or lack thereof but have been able to verify some of its results with my own means of measurement.

For readers intimately familiar with one of these or other scales please note that slight differences and variations of my work to others does not mean that "one is true and the other is not". Slight variations come from the fact that the author is a *different Messenger*, a different viewpoint-of-Infinity than other Messengers. In general almost all the scales of many different schools have observed, measured and experienced the same spiritual truths. Small variances are merely in details.

Contrary to other authors and teachers of this and similar scales, I do not claim to be enlightened or to own special abilities or secret knowledge, etc. Fact is that the mere act of writing a book is highly unlikely above the level 550. In order to write a book (and especially one like this) one should not be blissed-out of ones mind, unable to focus on worldly interests. Writing a book such as this requires a state of 300-520. While I have experienced states 600+ throughout my life (to be described later), my habitual "basic vibe" is currently around 475-510. That means there are many, many people and teachers very much "more enlightened" than me. But not all of them are interested in writing a book of this nature. This has to do with the fact that the world of the written word and the study of that written word lies in the 400s.

A shorter version of the Scale

A shorter version I often use in Lectures differentiates the following levels:

0-200: The World of Mis-emotion

200-300: The World of Work & Relaxation

300-400: The World of Productivity, Goodwill and Prosperity

400-500: The World of Mind, Intellect, Imagination, Invention

500-600: The World of Love, Beauty and High Energy

600-800 The Worlds of Enlightenment

800-1000 Divine Realms

Half-jokingly I sometimes also refer to the levels in even more of a short-hand, by what someone would wear:

50: Rags

210: Casual Wear

320: Suit

420: Luxury Suit

500: Casual Wear

600: Rags

The difference between the rags of the 50 (apathy) and those of a 600 (enlightenment) are that the rags of the 50 are dirty.

As much as this is said in jest it also reflects a real tendency of *worldliness* moving upwards from 0 to 420 and then moving back downwards from 420 to 600. The non-worldliness of the 50 touches hell whereas in the 600s it touches heaven. The classical Christian idea of heaven-hell are a simplified very-short-hand understanding of the scale. Religions often add heavy doses of fear-mongering, judgemental-ism and dualistic-discrimination (rather than spectral perception) to the idea.

Working with the Levels of Energy

The higher your *basic* level, the quicker you move out of *temporary* lows. The lower your basic vibe, the more work and repetition you need to ascend. Its as simple as that. The more actual *power* you have, the less *force* is required.

Research indicates that you were already born with a certain level of energy, implying that you existed long before you were born into this life. The rest of your basic level of formed in your childhood. Apart from that you have a "days form". You also have personality-clusters or "parts-of-me" which reside on different levels. I will share methods that aim at freeing those frozen parts within you. I have never met a person that has not at least a little bit of him or herself on each level of the scale. One might be in apathy concerning the state of the world, in anger over the neighbours and in enthusiasm regarding the job. This would pain out at an average of 220. I will also share methods that aim at accessing the parts of you that are already on higher levels, including the so-called "higher self" above 540.

On a *basic* level above 500, therapy, coaching, energy-work, or the methods I share with you are not required. *The stream of life takes care of everything.* Consciousness unfolds all by itself, naturally, without

the need for intervention by anyone. Teachers and methods are superfluous. Devotion to *the most high* is the only thing of importance. Between 499 and 200 some type of processing in the areas of spirituality, meditation, mental training, conscious living are helpful. Between levels 200 and 120 therapeutic work, study of self and life and loving care are helpful. Between 120 and 50 medical and social supervision and support are helpful. Below 50 the police will be of assistance.

An interesting process for learning about the scale is to go through each of the states of consciousness in Meditation...from the very bottom to the very top. Another way to do this would be to model or act-like each of the levels. Here you'd be mimicking each state from bottom to top with your talk, body posture, gestures, thoughts, feelings. Once you have coaxed yourself into really feeling and being a state you would progress to the next one. This process can free several layers of limitation and offset an experience of intellectual and spiritual renewal (note: In this specific exercise, states 0-170 are to be mocked, not physically carried-out-in-reality). This book emulates the journey the bottom to the top.

To Demonize and Idealize vs. Truth and Reality

Some things are exactly as they seem and some things are not at all as they seem. Through *familiarity* with the energy-levels you will be able to tell in which energy-range things are. You will see a certain area on TV news and know whether the troubled area is 160-ish or 80-ish. You will see a book in the bookstore and often *spontaneously sense* whether it is a book that is helpful for you or not (and sometimes a 300-ish book may be more helpful for a current life phase than a 600-level book). You will receive a business proposal and feel whether the person extending the offer is a person of integrity (above 200) or not.

The only way to distort ones immediate sensing of the truth is by indoctrination. Through various manipulation techniques humans are brainwashed to believe that something is different from what they feel it is. And if you buy into it, you really do start feeling a thing differently than it actually is. Anything can be presented to appear different than it is. The most intense methods of indoctrination are to *Demonize* and to *Idealize*. To demonize means to make something look much worse than it is and to idealize or glamorize means to make something look much better than it is. A good example of *Demonization* is U.S. politics, where "liberals" and "conservatives" try to paint each other in the worst light possible. All Republicans are then portrayed as bible-thumping warmongers and intolerant nut jobs, while Democrats are then portrayed as Communist pansies and immoral criminals. Of course neither of those portrayals has anything to do with reality. In actually seeing "liberals" and "conservatives" up close one notices they just normal people like you and me.

Where ever you see *extreme polarization* you can tell that you are not dealing with reality but with *projection* (of either Demonization or Idealization). If you want to check whether you have been indoctrinated, notice how you react to disagreement with your worldviews. The stronger your emotional reaction to disagreement, the more likely it is that your views are the result of indoctrination rather than *education*.

So if, while reading this book, you are outraged or shocked by something I say or go into anger, hurt or ridicule mode, it is not my information that is false, it is yours. If however your disagreement is from a "higher place", meaning you feel neutral, humorous or accepting, then it is probably me who is in error. I just gave you a method to tell truth from falsehood,

by the way. And I also admitted that I may be in error on various things. Any author who claims he is without error is a liar, frankly. The human domain has error built into it. To know that the human mind is prone to distortion and misperception allows for more compassion – toward your fellow human beings, toward me the author and especially toward yourself. However, the upside of all this is that the higher you go in consciousness, the more clearly you can see. Dominated by the lower emotions such as fear, anger, craving the ability to detect truth is almost impossible because you are operating from extreme bias.

Idealization in the form of Glamorization can be found in the Hollywood-Reality in which starlets, actors and singers are often given more importance and glitz than they have. Oftentimes they are glamorized by us and our need for heroes and in some cases they glamorize themselves. Meeting one of your “superstars” live, in real life and seeing how he or she too uses the restroom, has bouts of depression or is a boring in socializing can be a shock to those who projected too much glamour.

Glamorization also runs rampant in the field of Spirituality where people whose energy level might measure the same as that of an ordinary pickpocket are revered as “enlightened”. Once you are able to view from a fairly label-less and projection-less space you will be able to see things as they are rather than as they seem.

“I don’t feel good about taking on this job. Am I the one projecting negativity through my beliefs or is this job an actual negative energy field?” This is an important question that has come up in many variations. Whether the negativity is coming from ones own inner programming (indoctrinated beliefs) or from the low level of the thing itself can be determined by relaxing fully, letting go of everything one supposedly

"knows" about the thing and then looking at it again from that fairly neutral state. Does the negative feeling remain? If so, then it is *the thing itself* that is of a lower energy-field than is good for you. Does the negative feeling disappear? Then it is not the thing that is negative but only your thinking about it.

Most of your indoctrination is probably in regards to politics, religion, spirituality, money, sex, love and health. So if I say things within this book that do not match your preconceptions, please take a minute to look within or from a fresh perspective before dismissing what is said. Sometimes *truth hurts*. If you find out that the spiritual path you have been following since 10 years is the cult of a madman...that would hurt, wouldn't it? And if you found out that the organization you have been fighting since decades is actually benevolent, that would hurt, wouldn't it? But it only hurts for a short time. In the long run being confronted with truth strengthens and empowers you beyond your wildest dreams. Now this is not to say that everything I say is true. It is merely to say that this book is to be read with an open mind. Open mind means that you are neither a yea-sayer nor a naysayer but simply check, in real-life, whether the information provided is applicable or not.

Another way to determine whether something is true or not, is to check whether it works. If something requires a lot of effort, complexity or explaining before it works then it is an artificially constructed reality and not a natural and self-evident reality. Truth is always fairly simply and self-explanatory. There is no lengthy sales-pitch needed to point out that the tree is a tree that grows of its own.

Yea-sayers and Nay-sayers are no friends of truth. Both to embrace everything or to reject everything of a certain source is a sign of immaturity. Learning to discern and from that create ones own answers is a

part of growing up spiritually. So go forth and be not judgemental but discerning, not naïve but optimistic.

The Levels of Energy in Detail

The detailed level descriptions that follow will allow you to recognize them later in life within yourself and others. The fruits of this will be increased effectiveness, relief and elevation. While reading, you may recognize yourself in every one of the states. That's because the soul has lived millions of lives and basked in every state imaginable and also because you have it all within you. You can ascertain your *basic* level by looking at what's left when all distractions cease or what descriptions you have the most in common with. The following descriptions have been *exaggerated* a bit to make them more easily recognizable. Nobody is ever purely in one single state but rather in the *vicinity* of certain frequencies.

As it is possible for anyone to gain relief from their energy levels within minutes, hours, days or at most weeks, do not take the lower levels too much to heart. Once you learn how to snap out of them, you will experience them with more *Humor*, the most useful virtues. It is only the supposed seriousness attached that makes it appear as if lower levels have any power. This power is an illusion that could be overcome fairly quickly.

20 Shame, Denial, Debasing, Psychosis

In this very-low-state you achieve next to nothing. Some typical thought-streams: I want to hide. I'm afraid my secrets will be revealed. I do not want to be seen. Stop looking at me. They might find out about me. The world is unreal, blurry, foggy, inscrutable. I'll act like I'm stupid or dead in order to avoid others and the dangers lurking at every corner. I did something I cannot be forgiven for and I am deeply ashamed. I suppress memories and events in such deep layers of the subconscious that I don't even know that I do not

know about them. If I keep up my denial I am willing to sink lower into psychosis. Life is a nightmare. Things are beginning to fade away. I want to die. I want to punish and injure myself. I think a demonic force has taken control of me.

Someone once wrote to me offering to be my coaching-client. I refused on account of the fact that I am not qualified to handle levels 0-30. But I was able to contact a social worker that could help him. In his email to me he started out by describing that ever since he had taken a "bad meth trip" he was seeing all kinds of strange grimaces, first appearing in his dreams, then appearing in waking life. "I was walking down the street and I had this hallucination that an evil being was tearing upon the sky and staring down at me. He wants to kill me." His email went on to say that he is the reincarnation of Jesus and that he "really is not crazy". He reported that his teeth were falling out though. He referred to himself as being "a real methhead". Some Drugs do make the body/mind more susceptible to lower-astral influence. My understanding that this is the talk of a level 0-30 person was confirmed further down when he reported that he had slit his wrists in a suicide attempt. I had read enough and had the acquaintance of mine (the social worker) give him a phone call. From there he went on to get therapy.

The reason people chronically stuck below 50 are prone to crime is because they are beyond caring (50 is apathy) and *derive energy* from acts that are harmful to life. At any other point on the scale, harmful acts weaken you. Below 50 harmful acts give the appearance of "strengthening" you. It later turned out that this person had indeed "given up in life" two years ago when he lost his job and girlfriend. He then found "relief" in hard drugs. To acquire Speed, Heroin, Crack and whatnot he eventually descended into crime. For these crimes he felt Shame – his descent to energy-realm 30. He then wanted to debase himself

by cutting his wrists – level 25.

This level is sometimes accompanied by odd hallucinatory experiences. Some mistake these paranormal events with “advanced spirituality”. Clinical psychiatry calls them crazy, Religion calls them demonically possessed. In their own way, psychiatry and religion are *correct* in their diagnoses of this state. Those who label these states “spiritually advanced” are incorrect. In my own terminology these states are the access of “lower-astral-realms”.

Helping the 30 is problematic because those that are close enough to access the person (apathy, grief, fear, lust) don't have the energy or interest to help. The 30-field is best left to professionals. Normally the body dies from neglect, infection and disease. In the rare case death does not happen, there is the possibility of descending to the minus-levels while still occupying a body. What happens when one descends that low can be seen in countless horror-films. Such movies are, unfortunately, not entirely fictitious, they are memories of minus-regions. On the minus-scale (which will not be much discussed in this book and I also recommend you not to investigate), the more evil one is, the more energy is derived. It is a reversal of the regular scale. However, currently there is not a single embodied person in minus living on planet earth. Likewise there is currently not a single embodied person above level 900 living on earth at this time. The reason for this is that mass-consciousness currently averages level 200...which is too high for any minus-level to survive and too low for any 900+ being to comfortably want to stay. Whenever below-0 and above 800-states are experienced this therefore often happens while the body/min is sleeping and consciousness travels around in other Dimensions.

Methods of healing this level involve confession,

revealing ones hidden intentions and secrets, making amends, re-establishing contact to the innocent child within and that Childs fear, re-establishing contact to other people. Those chronically stuck here will need the assistance of social workers, doctors, priests and probation officers to get back on their feet. Their state is down to a point that they have no real drive of their own and have to feed on other peoples energy or discarnate parasites. These energy-forms are called "demons" in Religion and "entities" in spiritual psychiatry. The 0-30 realm resembles a dark fairy tale, a mushroom-infused nightmare. A spontaneous quick-healing could come from nothing other than a hyper-celestial 800+ level, so prayer is indeed helpful here. If help is not forthcoming, death will follow. Here one has a "psychic connection" to the "lower-astral". The afterlife employs many angelic "clean-up-crews" attempting to help those who die at this level, but sometimes it proves difficult because they are unresponsive to help. There is the paranoia that anyone attempting to help is "evil". There is an array of literature claiming that the *Light* one sees at Near-Death-Experiences is a "conspiracy" and that one should "stay away from it". This is a falsehood based upon super-paranoid-level-30-thinking.

My mom once had a girlfriend visit her, of which I *knew* she would die within days of her visit, not of natural causes but on account of her energy-level. I was only 15 years old, but reading energy-levels had always been natural to me. Her talk was kind of "strange", she would not look straight at me, her eyes were bleak and yellow-ish, and she gave off a stench that often accompanies those who's soul are in the process of leaving the body to the lower-astral. After she went home from one visit, I told my mother "I don't think she is doing well." And sure enough she died a few days later. My mother, being of weak energy herself was in shock but it was no surprise to me. Why did I not intervene? Because my prophecy of

death would do more harm than good, eventually having them place the blame for the inevitable on me. Death of the body can happen from any point on the scale, but on 0-30 its even difficult to stay alive over a longer period of time. It turned out that this girlfriend had been consuming a wide array of drugs which eventually "stabilize" one on the level of apathy (50). Previously she had been in about pity (80) for people on levels 0-30, thereby gradually being sucked down by just that. When paramedics arrived at the scene they discovered that her apartment was in a worse state of decay than she had ever admitted towards friends or family. As is typical for the level, she had covered-up the real state of things. I wont go into detail on what they found, but an industrial clean-up crew had to be employed in order to have any chance to rent out the apartment to someone else. Does energy like that linger in an apartment after someone has died? Of course it does. Not much, but it is still there. And it will attract a tenant that is not on the height of things either.

Levels 0-199 are more prone to acts of crime, naturally, because all crime is based on mis-emotion or distortion of perception. But the form that acts of crime take on at a 0-50 energy are more horrific than simple murder. Serial child killers, pedophile sadists, "religious" public beheadings, are crimes that involve *Humiliation and Desecration*, which are aspects of 0-50.

Those who only have a few *pockets* of shame can overcome these by *admitting* to them and then *releasing*. So you could, for example, write a "confessional" of all the things you are ashamed of, confront all of your sins and then consciously look at the piece of paper, forgive yourself, allow a few hours of tears, of real, authentic crying and then ritualistically burn the piece of paper. Or you could seek consultation with a religious priest who will receive your confession. In any case this energy is

beyond repair through more conventional approaches. You will need to do a *moral inventory*.

Do your best to release those pockets of shame - they drag down your overall level. If you feel shame because you have transgressed the borders of what is lawful and respectful towards your fellow humans - in other words, if you have committed a crime - then add *making amends* to your confession list. This you do by writing down or voicing how you could make up for your transgression and then by going ahead *and making up for it*. That is the best way to release energy stuck on this level. If for some reason it is not viable to make up for something directly towards the people you hurt, then do something to make up towards the universe, towards life in general. This would be a ritualistic act that is done with the specified intent to make up, to make good, to leave the rotten behind. This could be social work you do to give back to society or charity you invest into or anything else your belief-system accepts as an amends. You know you have "paid your due" when you feel *relief* concerning your transgression. In fact, this is probably one of the only levels in which a fanatic religious zealot could offer a helping hand. Doomsday or fire & brimstone zealots are at an energy-level 100 (fear) and are equipped to help level 30. One would move up from the level of Damnation (30) to mere Punishment (100). The extent of improvement from 30 to 100 would be like moving from the bitter ruthlessness of the icy wind in the Antarctica to the cold Finland.

Many methods of recovery prove slow on this level. Prayer speeds up progress below 200. A prayer (loosely inspired by 12-step-groups) that will heal some pockets of very-low-energy:

"I admit that I don't have the power to solve this myself. Only a power greater than me can restore my health and sanity. I surrender my life and self to the

most High as I understand the Most High. I am willing to treat all of life, including myself, with compassion and kindness. I am willing to ask forgiveness for all the times in which I treated others or myself unkindly. I am willing to admit to all acts that were motivated by guilt, apathy, grief, fear, anger and pride. I am willing to ask forgiveness for these acts. I humbly now before the most high and ask for help. I thank the most High for showing me that help is already underway”.

Crime equals a taking-away-from-life, a taking-away from society. It leaves an energetic gap or vacuum that must eventually be balanced out by good deeds – unless you wish to remain stuck. When you do something you deem valuable to the world, an act of goodwill, something you can be proud of, you heal these wounds. A prison-system that does not allow criminals to make up, to give back to society, is a failed prison-system. A prison system that gives inmates the opportunity to work, to be of assistance, to contribute is an enlightened prison system. There is no merit at all in having inmates sit around doing nothing all day while costing taxpayer money. It is through work (*hard* work that is useful to society measures at 180-210) a prisoner may find liberation. How long to make amends? That is up to you. Until you can truly forgive yourself for what you have done and move on in peace. Depending on the severity of your crime, that can mean days, weeks or even months of work toward a just cause.

Keep in mind that there are also a number of shame-pockets that are indoctrinated, that are not natural causes of shame and guilt. Having grown up in this society most of us carry these pockets of shame around with us without needing to. Sexuality is an area that is ingrained with unnecessary shame as prescribed by religious sexophobes (100-170) and potights.

Lets take masturbation as an example. Being ashamed to masturbate actually causes an excess of masturbation because – everything that is suppressed, tends to stick. Of course this type of suppression may also cause a special kind of joy – the joy of doing something “forbidden”, but there is a much higher level of joy to be derived by releasing some of that. Believe it or not, some peoples heads will go red if you even mention the topic. That’s how much emotional charge is stuck on it. Ones head going red as one reads of masturbation would be indicative of a strong pocket of shame that can be released. The puritan bigots face goes red because he contains a lot of 100-energy and cannot handle statements from any level above his.

When you see someone seemingly insane walk the streets and compulsively spout obscenities you are observing a person under the control of foreign-entity. This is not just some derelict illness, this is actual-level-15-energy. The higher on the scale, the more you are *Source*, the lower the less you are *Source* of your reality. Those who no longer have their body-movements or speech under any sort of control, are at the lowest end of the earthly scale. What you are seeing is a form of possession, even if conventional psychology struggles with recognizing that. Locking them up in an asylum and administering pills is a solution for now, but it is a far from the ideal approach, which would involve the spiritual. Conventional psychiatry and medicine have various names for it, “Tourette Syndrome”, being one of them. They say that the causes are unknown and that it may have something to do with genetics. But actually involuntary tics are a typical trait of 0-30-energy and have been classified thousands of years ago (along with the remedies) in far-eastern religious literature, long before the term “Tourettes Syndrome” came up. Its only a matter of time before conventional wisdom catches up. Anyway, that street-spouter has suppressed mis-emotions to an extreme and sinks

below 30, losing all jurisdiction over speech and motor functions. This is a rare event, but it nevertheless warns you of what one becomes when one represses life too strongly.

A group-exercise that could actually free up major pockets of shame involves admitting what one is ashamed of in front of a group in which one feels safe to do so, a group that is not terribly judgemental. However, people who overdo "shame-transformation" exercises by displaying them in front of people who do not want to see them are not practicing liberation but rebellion. If for example you are a homosexual and you stage your coming-out among your close friends, after years of secrecy, then you will *ascend* energy-wise. But if you go into adolescent rebellion by dressing up in pink, going to Sunday Service of a church and sporting your penis in front of the crowd, you are not practicing liberation but resistance/rebellion, motivated by hatred of those you think are the "oppressors" – in which case you will *descend*. So again it is neither about Suppressing nor Expressing ones issue but about *Releasing*, so that it no longer occupies ones field of attention. The activity just described would do nothing to release, it would only inflame others and lead to a never ending spiral of mutual aggravation. It is especially important for Teenagers to be able to discern between Liberation and Rebellion. The world-self (Ego) likes to pretend it is not responsible for its reality and instead "oppressed" by some kind of "authority" and must become "liberated" from it.

Working with low-energy-levels of all kinds requires seasoned minds, warrior-spirits, tough love. Rose-coloured-glasses, new-age-ism or do-gooder-ism will do nothing to address and alleviate lower levels of consciousness. The decency of the level-250 person does not prevent the 160 dictator from a military attack. The "all is beautiful" attitude of the 530-person does nothing too address the harsh realities of the 0-

120 person. The “reality is an illusion” of the 650-person does nothing to help the 80 person get employment. For who is reality an illusion? Its an illusion for the consciousness filled with 650-level-energy but it certainly is not for those below.

In relationships, problems tend to arise where too many secrets are kept in dark, closed-off parts of oneself. This most commonly regards fantasies about other men and women but can also refer to not telling your spouse about important aspects of your past, your family, your situation. This is rarely done out of respect of others (though some secrets or “white lies” certainly are of higher intention than shame). Many long for a relationship when they are single and then long for “freedom” when they are in a relationship. This comes from the unwillingness to be content and happy with-what-is, here-and-now. If too many such secret desires accumulate, one begins to drift downwards. Most of these desires would quickly become undesirable if they were readily available. So how you can find out whether a desire is something your higher-self longs for or merely another affirmation of lack by the world-self is to imagine already having it in abundance. If having it in abundance quickly gets boring or even annoying, it is not a goal of the heart and can be dismissed. I am not recommending that you tell your spouse you are interested in someone else every time the thought strikes your fancy. But not even being able to joke about such options at all and ever, is what eventually leads to a break of trust and communication turning stale. Two people who love each other need not have a long list of Taboo-topics they are not allowed to entertain. Expressing them does not mean you will act on them. Suppressing them makes it more likely that one will act on them – in secret. Followed by shame. If you find yourself unwilling to express certain things to your partner, the least you can do is admit them towards yourself fully. This will lessen the emotional

charge and free up some energy that had been wasted by keeping secrets. Keeping secrets does cost a lot of energy. And it is based on the mistaken belief that it is even possible to keep secrets. Every single thought one thinks is recorded forever in Infinity and accessible by anyone at anytime. In reality there are no secrets. There are only things that appear to be "secret" because one filters them out of perception. As a rule of the thumb, if things start getting too serious, too heavy in your surroundings it is because people are being less and less open. Joy and Humor flow if that which is normally resisted can be relaxed and openly seen for what it is – much ado about nothing.

The following is a list of questions a therapist might ask in order to access pockets of shame. If you want, you can create your own list of items with your answers to these questions. Once felt, you can release the energy by welcoming it, feeling it fully and then letting go of your focus on the out-breathe. Do not spend too much time focussed on this level but just enough to feel-your-way-through the bottled up shame. Processing each item on your list is a matter of 30-120 seconds. If you allow energy to flow through the body unrestricted, it will dissolve and free up some pockets. When dealing with 0-30 energy muscles sometimes contract. Sometimes Goosebumps are involved. In order to release, relax and open up. Let the unpleasant vibe move through - that is the only way it will move out. If you prefer not to create a list and make an exercise out of this, then you can handle pockets of shame and guilt as they arise. Something comes up, and you process it as it comes up. The whole idea of this scale is also to gain flexibility in terms of shifting states rather than being habitually stuck in the same state all the time. "Higher vibe" people have no problem or fear of temporarily diving lower. It's the reluctance or fear of lower vibrations that give them their power. Deliberately going low is very different than inadvertently falling into it. Please

note that the respective questions in each level are examples. Add your own if you feel like it.

What are you ashamed of about yourself?

What are you ashamed about concerning your body?

What do you wish you wouldn't have done?

What are you very embarrassed about?

What can you not forgive yourself for?

What are you trying to hide?

What is your most evil, insane or nightmarish thought/vision?

What have you always wanted to do but been ashamed to do it?

Who hates you?

Why is life evil?

Do you have fantasies or nightmares involving decapitating or torturing people or animals?

Do you have nightmarish visions regarding blood, gore, diseases, insects, viruses, brutality?

The last two questions address parts below shame (0-20). If those open something up that is "too much" for you to handle right now, ignore them. They will naturally clear up as your level of consciousness rises. Most often such levels are processed while you are sleeping. The purpose of nightmares is to clean up energy-levels too painful to confront in waking life. So just in case you wondered why you had a dream in which you chopped off peoples heads, it may have something to do with an increase in consciousness.

In one of my "money-seminars" I had a student who continually failed at making any money. By mere coincidence I found out that he does not have a bank-account! "Why don't you have a bank-account?" I asked. "I'm already 29 years old and I am embarrassed by the fact that at this age I still don't have a bank account and don't know how to operate one. So I am ashamed of going into the bank and revealing that about myself" So his shame of not

having a bank-account...was perpetuating his not having a bank-account!. (You'd be amazed at the strange problems people create when they harbour pockets of low energy).

Pockets of shame are one of the main causes of poverty. In 1974 the Portuguese left the state of Angola and gave back the land to its people.

Amazingly, the buildings, cars, facilities and luxury left behind were not touched by the indigenous inhabitants of Angola *for years*! Instead they remained in their slums, although millions of Portuguese had abandoned their riches for good. Why? Because they were ashamed to take it. Although the Portuguese had looted, raped, exploited and pillaged their country for hundreds of years, the indigenous had not ascended to the level of *Revenge* (160). That's why, if you see angry, rioting or looting crowds in Africa, understand that you are, in most cases, seeing an *awakening*, not a downfall. Unfortunately, when riots begin, military forces usually arrive to shoot the populace right back into submission and apathy. That is the tragedy of lower states: They are in a vicious cycle from which one rarely emerges without *proper schooling on how energy works*. One part of prosperity involves *giving* generously. But the other side of the coin (and you need both sides in order to own the coin) involves being willing to *receive* and *take*. The supposed politeness many display in regards to receiving/taking is a false one based on indoctrinated pockets of shame.

As for the guy who was too ashamed to open a bank-account: At lunch break I went outside with him, and said we were going for a walk. I took him straight to the bank and told him that this is his chance to break through a part of his poverty-cycle. He was terrified. And him being terrified was good because it meant that on this subject he had ascended from Shame (30)

to Fear (100). He went through with it. The simple procedure of opening a bank-account changed his life.

As ridiculous as many readers think it is to be ashamed of going to a bank, this one small example holds a key for all the poor and needy and for all third-world-nations. The apathy in Africa is connected to dehydration, lack of water and the sun beating down relentlessly. The climate is somewhat inappropriate for the human-body. Groups of souls who incarnate as Africans know this and choose to do so to go through a number of karmic lessons. The prevalent energy-level of Africa was attractive to Colonialists (level 170) who could only gain more energy by pushing others down, enslaving them.

War, use of weapons and genocide are a level 160 "awakening" which rapidly move an entire nation out of apathy. Of course there are more constructive ways to express rage and anger than killing people, methods that have yet to be learned. And the way wars are waged in Africa they do nothing to allow the nations to ascend, but provide only that "temporary rush". If you're in deep, chronic apathy and have been for decades, holding a gun is the highest of rushes. Before that you were nobody, suddenly you are somebody.

To intensify your understanding of its mentality, here's a level-20 joke:

What's better than ten babies in one bucket?

Answer: One baby in ten buckets.

Many peoples bodies go weak when hearing jokes like this...even if they laugh. Your body going weak is an indicator of low energy level. Fortunately the bodies of most people recuperate only seconds after hearing such a joke. It is the constant bombardment with low-energy (such as low-energy-entertainment) that eventually coaxes someone into descending. If you laugh or feel entertained by this type of degraded

energy, *parts* of you certainly reside here. If you feel frightened by it you reside even lower. If you had no specific inner response to the jokes told, you are currently (today) residing somewhere in the mid-upper range.

The "sense of humour" on this energy-gradient often involves slaughter, murder, violent imagery and humiliation. If you are interested in seeing a level 30-50 movie, watch "Pulp Fiction" by Quentin Tarantino, which vibrates at just that level. The movie is all about humiliating people, merciless and insane violence beyond any care. It also makes murder look like an attractive and fun thing to do. The fact that Pulp Fiction was one of the most popular movies of all time, says a lot about the current state of mass-consciousness. Don't get me wrong, I am not moralistic towards such realities. This movie has its place and in depicting this consciousness-gradient accurately it is a brilliant work of art. It has the potential to teach why a soul might find it funny to descend to such lows. I offer no judgemental religious viewpoint. But neither am I naively buying into the reality it sells but remain discerning enough to know what too much of this type of entertainment will do to my overall energy-field.

A few years ago, parents asked me to help them with their teenager whose school grades had dropped and who was behaving erratically. At first I told them I prefer not to work with their son but with the them, that they should leave their child alone and let him develop on his own accord. I had misperceived the situation however, because to "leave the kid alone" is the right method if that kid is in the 100s, but not the appropriate method for a kid drowning in level-30 energy. After learning that he played video-games most of the time, I asked him to show me "the most twisted game" he has, acting as if I'm just as enthusiastic as he was about it. He showed me a "game" which involves killing blacks, homosexuals and

police officers, chopping up their body parts and then urinating on them. At that moment I was aware that I am dealing with below-100 realms and no coercion or education would change his attitude. Below-100s are good at justification. "Its only a video-game. Its not like I wanna do that for real. And sometimes it just feels good to shoot a nigger". And: "Nothing is good or bad. If I use it to vent so that I don't do it in real life, then its something good!". The abuse of relativity or mistaking discernment with judgement is a hallmark of lower consciousness. My approach was not to address him directly, but instead to address his parents. I asked them to implement music, paintings, behaviour and places of higher energy. I told them that if they would spread higher-vibes in their household, their son would eventually loose interest in low-level-activities. It is true that violent movies and games can be used to "vent" and experience a temporary release. However, continued use of such media leads to the exact opposite. This is because what you *focus on long enough*, you *become*. Sure enough, without having to say a word to their son, without condemning or punishing his behaviour, they succeeded in raising the households energy-field, by which the son eventually lost interest in the games and rose to a stable 160 (anger) – a state from which further measures to rise to 190 (pride) could be taken. Knowledge of energy-states allows one to implement healing *without even having to address "causes" or work on the subject specifically*. It is not so much that violent video-games "cause" violence. They are merely a reflection or an aspect of overall low-energy fields. They are a prop, a symptom, not a cause.

Every level of energy has its own spirituality, even 0-100. For a good sampling of this levels spirituality look at what happens in Tribalist Possession-Rituals. The eyes of the possessed role up into their head, leaving the eye-sockets completely and the person in a state of Zombification. Watch their dance as they bathe in

dirt and mud and listen to the yelping of the astral-entities that have taken control and are ecstatic to have the chance to rise up to level 30 temporarily.

Politically correct new-agers will insist that they are "not demonically possessed but merely experiencing a state of trance as they go to higher and higher levels of consciousness" but this is just nonsense as the Practitioners themselves will tell you with a gleefully wicked laugh. It is no coincidence that areas that practice this type of "Spirituality" have some of the highest murder rates in the world. That is an expected side-effect of accessing lower-astral realms. Why? Because the more insane one is in hell, the higher one rises in the hierarchy.

I'm sure Christians will be very interested to hear that I seem to be confirming some of their beliefs. But contrary to those beliefs, I don't actually see that levels 0-30 have any power over those above 170. They are *weak* and nothing to be paranoid about (unless you invite such energies into your life through sustained effort). And contrary to Christian belief I don't believe there is "one hell" and "eternal damnation". There are an infinite number of levels on the Thermometer. I have experienced minus-levels and if you think levels 0-30 are horrifying, *you ain't seen nothing yet*. "Eternal Damnation" and "going to hell forever" is actually a misinterpretation. At an ultra-dense level of around minus 300 suffering and despair become object-less, spaceless and timeless. One enters a timeless and pitch-black dimension of suffering. And in this Dimension hell appears as if its forever, eternal, with no hope of ever returning to relief. So it is not that Damnation is "forever" but that this level of energy is in a domain outside of linear, earthly time.

Ending up in such realms is a rare occurrence for humans. The likelihood of you ending up there, is

actually at around 0% (despite fear-mongering religious-figures telling you otherwise). So lets move on to levels more relevant to humanity.

30 Guilt, Humiliation, Hatred

This is part of the same energy-field as 0-30 but a slight step removed. In it I feel guilty and am constantly trying to make amends toward others, putting myself lower than them, trying to hide mistakes and reciprocate for my errors or fancied errors. My reality revolves around punishment, being punished, punishing others, self-punishment. Spending too much time on this level could lead to cheating, stealing and larger crimes in an attempt to confirm the guilt and circumvent "the system" I am hiding from.

Healing proves difficult on chronic below-100 levels. Providing stability and security is essential for its recovery. Forgiving people who reside here is essential. Some healing is achieved in making amends for ones perceived transgressions rather than "trying to". Once amends are made it is necessary to let go and no longer berate oneself for bad deeds done. Real amends are made once, not again and again. You do not allow society to enslave you just because wrong has been done.

To get an impression of this level, imagine someone kneeling in front of you crying, desperately clinging to your legs, begging forgiveness. In Hollywood-Movies this is the person who is just about to get shot. This is a beggarly state, bereft of any Pride (190). The best way to handle these people is to indeed forgive and offer some assistance.

A good example of the stages of making amends can be seen in the various levels of attitude of Germans towards Jews and Israel. For 50 years it was appropriate to make amends for the mass-genocide

caused by Nazi-Germany. Making amends was a means of balancing the energy back to its natural state, paying karmic debt. These amends were mostly financial but they could have been in the form of help to resolve the Israeli-Palestinian crisis as well. Now, 50 years later, some feel that Germany has made enough amends. Some are still in shame and feel that every time the Holocaust comes up as a topic. Those who have released move up to anger (160) and criticise Israel for continuing to ask money. Those who get stuck on 160-199 become what is termed anti-Semites. Most however have already moved up to 200, 300 and are no longer preoccupied with the subject. They view all cultures and lifeforms beyond "superior" and "inferior" labels.

Humiliation is an indicator of 30-50 vibe. Both the Humiliator and the beggarly victim of Humiliation reside on this level. Some of the "recreational" and "leisure" activities on this level are dog fighting, animal torture, organized drug trafficking, trafficking underaged women for prostitution. It is the barbaric mindset of Huns and Mongols going across the lands slaughtering everything in sight, the mindset of the "Catholic" Inquisition, the mindset of suicide bombers and "Islamic"-Jihad terrorists one cannot reason with.

To get a feel for the overall ambience and architecture of the 30s-50s, imagine Josef-Mengeles Laboratories. Or a torture chamber beneath Baghdad. Or a meth-lab in some Detroit suburb. If you really want to "dive into" this vibe visit the inner-city neighbourhoods of troubled areas. Places below the poverty line, below apathy. Places of Disease and Decay. Places in which you can get killed by the mere sting of a fly. I do not recommend you vacation at any of these places unless you are a saint (570) or higher. If you do, get a vaccine (200) or take a gun (200).

50 Apathy, Hopelessness, Depression, Desperation

In this state grey and bleak I have no interests, no drive, no impulse, no reaction, no responsibility, no hope, no perspective, no goals, no love, no feelings. Key-words: Jaded. Blunt. Indifferent. Meaningless. Inert. Lethargic. Heavy. No drive to act.

This person has actually already given up. If in desperation she was wailing and crying and shouting around, she is *passed* that now...she is *below* that now. She hardly talks and hardly listens. Her clothing, her car, her apartment and her belongings are in a state of neglect. The type of indifference displayed here is a negative indifference, as opposed to the positive indifference of equanimity seen on higher levels. Typical phrases you will hear *frequently* are "I can't"

"It's just not possible"

"I don't care",

"I don't give a damn"

"Who cares?"

"Nothing matters"

"It doesn't matter"

"Its dead"

"Dead" is used in contexts such as "the economy is dead", "stop beating a dead horse", "my car died", "I missed the deadline", "that person is dead in my eyes".

There will be many referrals to things being over, hopeless, done, unredeemable.

Sometimes the chronic 50 energy tries to pass off his apathy as "contentment" or "equanimity". Some actually fall for this charade. But equanimity is a peaceful and positive state, while the disinterest of the apathetic person is negative and involving words such as "going downhill" and "down the drain" and "it's all falling to pieces" and whatnot. Learning the levels of consciousness you will soon notice the difference.

I like to tell the story of an "ascended master" I witnessed who was on the apathy-plane. His apathetic students thought he was *enlightened*, but various clues gave him away. When sitting around in "peace and silence", that peace was heavy, not meditative. The eyes were dull not shining. Cockroaches were crawling around the walls of his "ashram". Where an enlightened master might speak of *Oneness* in a soft, vibrant voice, referring to the unity of the diversity of all Being, this one said "We're all the same. Nothing matters" followed by a smokers-cough. His crowd never smiled. My suspicions were confirmed when talking to one of his students. "So how long have you been at this place?" "Uh, well, I don't know". *I Don't Know* and *I cant*, spoken in slow and slurred speech are the life-mottos of the 50-energy. "What is time, after all?" the guy added. From his depressed tone you could tell he was not referring to the state of Timeless Bliss at level 600. "I guess its about 3 years now" he finally added. "Wow, that's a long time. So what have you been doing the last three years?" I inquired. The guys eyes were dead. No spark of hope or joy in them. It just so happened that he had no real concept of *doing*, making his state a perfect counterfeit of levels 600+. These people had retreated from the world; they did not appear to be interested in *anything*. They had stopped learning, stopped questioning, stopped working long ago. Most of the times they lie around in shabby wood-bed rooms listening to tapes of the "master" squabbling inane "truths". The other times they would sit in the "masters garden" like pensioners ready to croak. I could have guessed their 50-ish reality from the brochures handed to me two blocks down the street. The artwork was cheesy, featuring the head of the "ascended master" looking like a cheap imitation of Jesus, and a bleachy-yellow ring around his head. This is all quite amazing and I mention it here because one can take spiritual truths and indeed drag them all the way down to lower levels. One can pretend to be

something one is not. This is not uncommon at level 50 because apathy disguises emotions. The tragic wailing of a level 80-grief person could never be mistaken for a calm spiritual teacher, but level 50 could pull it off.

Counsel, Therapy or Coaching often prove futile for the chronic 50 state. Touch may help, but they don't want to be touched. Picture the teenager experiencing a bout of apathy, locking herself into her room and pulling down the shades. Mom goes in to console her and offer assistance but she shrieks away. "Don't touch me!". Its difficult to stay in apathy when loving touch is applied. But to them that touch does not feel like love, it feels like something despicable - insects crawling up ones skin. Contact to the outside world would help but they do not want to meet anyone (except for those cultists just mentioned who would be happy for someone to join them in their bland form of silent suffering). Sunshine would help, but they prefer darkened rooms. Cleaning would help but they cant summon the energy to clean up their surroundings. Trash builds up. Don't condemn them for it. Trying to clean up on level 50 feels like an impossibly huge task. The whole body is heavy, head blurry and the mind thick. Simple tasks, such as taking out trash feels like having to walk through a dense swamp full of snakes. A swamp that can suck you down if you move too much. Connecting them to their suppressed sadness (80) would be helpful...but having already given up they might not respond. Are you feeling how *almost* hopeless it is to help the hopeless?

"What?" is a response the chronic 50 will often voice; mental processing is slower. If you know a person who constantly feels the need to over-explain and over-emphasize things as if you're stupid, you know this person has been spending a lot of time trying to talk to 50-ish-mentalities.

Those who spend too much time here will soon find themselves losing their jobs and maybe even their homes. Quite a number of homeless people vibrate at this frequency. Look into their eyes and notice how they have lost hope. The universe is actually so abundant with energy that it's extremely hard to get down to that level of squalor. In this strange sense one could say that these people are very strong souls, considering they can resist the steady stream of abundance flowing throughout.

These planes often crave for hard drugs and hard alcohol for temporary relief on the scale. You can imagine the severe heaviness of his reality if whiskey offered "relief, at last!" The only thing whiskey does to levels above 200 is – create heaviness! Drug *addiction* comes about if one starts believing that this is the only way to experience relief and that reality is indeed as bleak as perceived.

The Kind-Hearted who attempt to donate money to a 50s-region be warned. An energy-field cannot attract anything different than what it is. I once created a package of school-material worth \$5000 Dollars to send to a newly built school in Sierra Leone. I was excited about the prospect of helping a school in a war-torn region where children are more likely to handle a machine-gun than a pen. My package never arrived at its destination. Frustrated at the loss but not giving up, I prepared another package of similar value, this time using a special courier service to make very sure it arrives at the school. The package did arrive safely, the resident teacher was grateful for the gift – but then the entirety of the material – pens paper, picture books, crayons – was stolen out of the school-building. It broke my heart. Sending goods or money to a 50-energy is like throwing it into a fireplace. The desperation of the 70s energy is so intense that he will do anything not to fall to 50 and below. Theft of material goods keeps him from sinking lower. So its

not that these criminals are “bad” or “evil” or “heartless” – we would probably do the very same things in order to avoid the living hell below 70. Sierra Lone is ravaged by hoards of 70s. I finally got wise and instead donated money to a group of socially conscious and active rap music artists there. They would know best what to do with it.

One reason apathy often stays in apathy is because feelings such as deep grief (80) and rage (155) appear more painful than it – although they are higher states. You’re on 50 and rise to 166 by going into mad rage... but this is pushed back down because of its supposed inappropriateness and because violence causes harm to others. Some countries currently reside in 50s-energy as a whole. These require special diplomatic care because, once they rise to 160 they will become dangerous to the rest of society. In their rage they will want to attack other nations. So rather than pushing them back into unmoving resignation, a great amount of diplomacy in face of their anger is in order. Otherwise they go from anger back to apathy round and round without the collective healing process being completed. The *type* of diplomacy required is one that is at least rudimentarily aware of different levels of understanding, different levels of value. The reason why diplomacy fails more often than not is because of ignorance of the various reality-levels.

The best example of level-50 nation is North Korea of the early 21st Century. Here you have an entire nation in apathy, imprisoned by a totalitarian system residing 80 points higher (fear and anger). You can only rule level 50 from levels higher than it. And in order to maintain your rule, you have to invest effort to *keep* the populace down there. North Koreans are not allowed to travel abroad, do not have proper internet access, do not learn of other countries and realities, do not have a choice in who leads them, hardly have any food. All these are typical traits of that energy-field.

And where you see level 50 you will always see a level 50-160 person "leading" them. 160 has no competence over anyone but those in despair.

Some summon the willpower to do something about it, to escape, to stage a protest or attend forbidden meetings. Then they come up against 100, the fear of punishment, which will have some quickly shrink back to 50. Some will confront their fear and move beyond it, taking a run through the ice-cold river at a northern border of Korea up into China. If they are not careful they will be caught by Chinese authorities (160-240) and sent back – where a blood and bones prison camp (40) awaits them. Or maybe they will be caught by Chinese Mafia-like gangs (80-160) to be exploited and abused. If they are lucky they will be found by and herded into Churches run by Christian Missionaries (180-320). If they are very lucky the refugees will actually make it to South Korea (410), be lovingly received (350) and even manage to open their own small business (340). But 50s-energy being as insidious and sticky as it is, most will be overwhelmed by the fear (100) before they ever make it that far. It is interesting to observe world politics and economics from the energy-perspective. It also sometimes disconcerting to see the mistakes made while being aware of how cleanly things could have been handled with just a little bit of understanding of the different *realities* at hand.

North Korea's threats of using bombs, its machismo and fear-mongering are typical of nations trying to ascend from apathy. Using widespread force (160) against the country would not gain much than sink them back into apathy for a few more hundred years. Well-organized and extremely delicate methods of diplomacy and international focus would allow North Korea's leadership to ascend to 190 (Pride, Antagonism) without "loosing face" (a concern of all level 160s...which is precisely why they so often make

fools of themselves, from our perspective). The world must understand that a 160 has no real power...except in bombs and weapons. But on lower levels than 160 not even these bombs work very well. The leader of North Korea will not use bombs if allowed to ascend to the sweet relief of 190. To get him up there the diplomatic politician would do well to praise the "greatness" of his country and the "brilliance" of his mind...or, if hyperbole is not preferred, at least acknowledge his validity. This would cause him to swell in pride and loosen up a bit, ascending to the boredom of a 190. In this state he would give his people some leeway and settle a few disputes with neighbouring South Korea. At level 200 his system would begin to crumble and turn into a Democracy (250-420) and embrace various forms of Capitalism (160-490).

A word of caution: The undeveloped country is not "inappropriate" as in something to look down on in an elitist (190) or racist (100) way. Life works through contrast. You would not know what you prefer if there was no example of what you do not prefer. Such realities serve as examples for others to exercise their free will and be *something other* than that. Although I keep using the term "lower levels" this is not meant in a denigrating sense. North Korea for example is not "worse" in an absolute sense, but simply *different*. Desiring for the whole world to be the same or to agree to a certain (western) standard is desiring to suppress the *diversity* a soul longs for. Standardization and "making everything the same" is counter-productive. The soul *celebrates* differences, rather than using them to justify hatred. Consider that before you start to "free the world" from lower states as some cults and politicians are trying. The energy that tries to make other countries "the same" is no different than the energy-level of North Korea that tries to make its populace "equal" by suppressing individuality.

That said, just because a country is of a 50 energy field does not mean that all of its people are. It is very possible to rest in higher levels of energy no matter the environment. It is admittedly easier to be 200 in a 200 environment, but the skilled can maintain their level of energy anywhere, provided they are able to retreat into nature for instance (something hardly possible in a prison, which is why cultivating energy there is even more of a challenge). When I travel to countries that are of significantly lower energy-levels I can maintain my own level easily for about a week. Staying there any longer would result in a slight drop in my own energy. One example is Egypt, many parts of which reside in the 50s (its Government however, happens to be in the 300s). My level at that time was 350 (neutrality, interest, attention), so it was still possible for me to get sucked in by lower fields. Had I stayed at the beautiful 4-star beach resort (300) it would have been no problem to maintain my state but I frequently ventured out into the "real culture" there. The first day was fine, but after awhile the heat started getting to me and I performed no practice to keep my state up. Soon I started getting irate with the Arabs. Getting irate about other cultures is 190-ish behaviour. The more I complained about them, the more I synched in to 190 which is the first level in which less energy is available to move upwards. 190 brings with it exhaustion, frustration, discontent. I started eating out at level 190 restaurants such as Burger King - which serve to magnify the 190-energy. All this eventually turned into 160 (anger). I was constantly surrounded by people begging me for money and the anger was mounting. A week later I began having fantasies of going to town and purchasing drugs, something presumably forbidden in the Islamic country. This was a clear indicator that I was beginning to move to the vibratory level of 125 which would seek a higher state with drugs or sex. This was fascinating to me because back home I had never been interested in drugs. But surrounded by 50-

ish apathy, level 125 (lust, craving, neediness) suddenly became appealing. I caught myself before I went to town seeking "fulfilment" and retreated back to the beach hotel to get some rest. The "fulfilment" one gets from 125-stages is never satisfying. Lying at the beach, my state quickly went back up to 200 (boredom) and 275 (activity) and 350 (learning, interest, communication) and I wondered how I could ever sink down to that level of frustration. Then, before venturing out into Egypt again I made sure to plan to visit places of high energy. The Pyramids, 530. A mosque decorated by amazing artwork, 505. The beach at sunrise, accompanied by the morning chants of the Muslim, 520. So yes, even in countries of lower vibration there are plenty opportunities to find sacredness and beauty.

In the 50s the senses are dulled which is why the entertainment sought must be extreme without requiring any mental work from the person involved. Music is generally not appreciated. And if any sort of music generates an emotional response it would have to be very loud, hard, distorted. "Music" styles such as "Death Metal" or ultra-hardcore-techno come to mind. In apathy not even the most gruesome blood-and gore movies evoke much of a response. "That ain't no horror-flick. I've seen worse" would be the typical no-hum comment. Of course horror-movies are sought in order to raise the level to 100 (fear) but raising the apathy person is always a bit of a challenge, no matter how brutal things get. Only the most vile images might garner a reaction...but those images would not be coming from 100 (fear) but from 30 (humiliation, hatred) to 20 (demonic).

This is actually where the "secret" of school-shootings and amok-runs lies. The boy is overwhelmed with fear. Suppressing it he moves down to apathy. He tries to get out of apathy by playing ultra-violent video-games all day, which move him down to 30, a place in which

he becomes susceptible to entity-possession. Once the entity has taken over it can go out and conduct a killing-spree using the energy of its host (a level 10 entity alone would not be capable of going on a killing-spree without some level 30-160 juice from the human host). It's odd to observe how neither police officers nor educators seem to have a clue about how such shootings happen, let alone be able to prevent them. Outlawing violent games would not prevent them. Violent games are not the cause but an indicator of ones energy-level. The cause is the *general energy field*. And descent into that energy-field begins, when a person goes out of communication with his environment. If there is a teen that goes for months without talking much, without much eye-contact to parents and schoolteachers, it would be high time to have a chat with him.

There are many different kinds of 50s qualities and to someone unfamiliar with reading the energies, many of these people and places will seem to be entirely unrelated. What does the fake-guru have to do with the death-metal-fan or the beggar? It is an inner level of feeling, or in the case of 50, *non-feeling*. And there are those where you would hardly recognize it by surface appearances. Don't judge a book by its cover.

I myself have spent some time, sometimes entire weeks, in apathy (otherwise I might not be able to recognize it in others – it takes one to know one!). Luckily I am a good actor so nobody could really tell. I masked it. This was a phase in my life when I thought I had already achieved everything one can achieve. That was followed by the belief that there is nothing more to do. Rather than transcending the state I slowly, hardly noticeably fell down into apathy. It started by complaining about the world, viewing everyone as dumb (170). Then it went down to sadness of nobody understanding me (80) and finally I "settled" into 50. I was in denial of it myself for some

time. I would not answer emails from potential customers. I would not answer the phone. None of it interested me. I deluded myself into thinking that I had found peace! But this sort of "peace" is only a sort of tiredness with life. It is the type of "peace" I got from renting several videos, ordering pizza and beer and then crashing out on the couch the entire weekend, my belly growing bigger than my dirty white t-shirt. The denial of the state was the main reason I was not getting out. My acting-skills were so good that I could conduct an entire seminar on success in that state. I could only do that once though, energy does not last longer than that on 50. That is also why it is easy for me to spot a liar – *it takes one to know one*. It is humans inherent innocence that makes them easy prey for con-men. Humans are naïve and can be made to believe almost anything. But even if their minds did not know, *the soul always knows*. The soul feels. There is no point in hiding anything from the soul.

My own phase of apathy lasted for about half a year before I went through a painful process of moving back up to my native state. I had betrayed myself and others during that time and did my best to make amends towards those I had betrayed. Being accountable for my thoughts and actions there is no need for forgiveness from outside sources, nor are other peoples judgements of any importance. Energy itself "judges" me as I get back what I put out. In this sense "Judgement Day" is every day. Getting into an indignant fit about the wrongs of other people and society is merely a narcissistic game one plays with oneself at the energy-level of 160.

I had never been in such a low state in waking life, but looking back I must say it was worth what I learned. Without having experienced near-hell myself I'd be blind to it, unable to detect fake-enlightenment, unable to help others move upward from depression

and would not even know that merely cleaning up ones surroundings can break up pockets of apathy.

One way to heal 50s energy is to address suppressed sadness. Get a person who has "given up" to cry and you have helped him a great deal. Touch is helpful. Spending time outdoors is good. Trees, leaves, grass, green, sun, water, ocean, beach all have beneficial effects on someone stuck in 50s, provided the climate is moderate. Tropical and Subtropical climates and arid deserts where the sun beats down ruthlessly all day, are not beneficial in healing apathy. Aridness facilitates a below 200 energy-field, as do creatures such as deadly spiders, deadly snakes, etc. Societies glamorization of "tropical paradise" is just that, a glamorization of what is not necessarily so. Addressing ones fears (100), cravings and needs is helpful for liberation from the 50s-90s. In fact, get the apathy-person to *desire* something, anything at all, and you have liberated him. The Television set is the main tool that has elevated Billions up to the 200s. Cleaning up your living space will get you out of pockets of apathy; not cleaning up is in and of itself due to apathy. The attention and care of doctors is also helpful. Some become sick for no other reason than desperately needing some attention. Some die of loneliness (115). Those who want to move out *pockets* of apathy more rapidly can apply some discipline, such as discipline in sports or physical exercise. Discipline in sports is a level 275 trait. If you can uphold such a discipline over longer periods of time, you will have wiped out most of your below-level-200 states. Note that we are talking about those with pockets of apathy now. For those in a chronic state of apathy the offer to do sports is out of the question.

Another good thing for those with pockets of apathy is to get in touch with the turning points in your life when you gave up a few more of your dreams. What points in time, what events led you to give up hope?

When did you allow yourself to give up another piece of yourself? What are the goals and loves you lost? What makes you say "I just don't give a damn anymore?"

Another good place to look for dissolving pockets of apathy are events that caused *shock*. If for example you've had a car accident, you may still have some frozen-up thought-forms associated with that experience. In this case it is recommended to relive the incident from point A (when it began) to point B (when it ended). You let the A to B sequence run through your mind a few times, allowing the emotional charge to come up. You run A to B a few more times; the repetition desensitizes the whole issue because you are now confronting rather than repressing. Then, once you are fairly "OK" with the subject, you alter the movie. Let it run backwards. Let it run in double-speed. Add comical elements to it. Doing this takes the sting out of it, adding some Humor. This is like putting scratches into a record so that the record never plays the same way again. While doing this may seem disrespectful to such an "important" event, understand that it is the very importance and grim seriousness you assign to it that makes the traumatic event stick to your energy-body for a lifetime. Love and Humour un-stick energy and are especially useful when dealing with Trauma and Shock.

The 50s-70s can be met in any profession and wake of life. The two states apathy is most often mistaken with are Boredom (195-215) and Peace (600). The level of Peace is easily discernable if you know this. Level 600 says "Its all the same" with a smile of gentleness. Level 200 says "Its all the same" with a neutral expression. And level 2 says "Its all the same" with a frown.

Another analogy involving a Limousine:

Level 50: I don't care about that Limousine

Level 125: I desperately want that Limousine

Level 275: Lets rent a Limousine
Level 420: I ride in a Limousine
Level 500: That Limousine over there is beautiful
Level 575: I'm not interested in Limousines

The 50 state sees things, actions, motivations etc. Merely as "things", as part of the unchanging and unchangeable environment. Showing a person in apathy that one does indeed have some sort of control, free will and ability to make decisions and choices can be helpful. Some questions to help you "get into the state" in order to release possible pockets you may be harbouring:

What are things you don't give a damn about?
What are things that don't matter at all?
Why does nothing matter?
Is there something you just can't do anything about?
What things are hopeless?
Why are you even trying?
Why is life meaningless?
Why can nothing be changed?

Also beware of apathy masking as various religious and philosophical streams. India is a good example because it contains the highest and the lowest the world has to offer. There one can find both the nihilistic and fatalist (50s) as well as the devotional (500s) in the same scripture or school. One can find mantras that measure at 60 and those that measure at 600. One can learn the Yoga of the 200s or the Yoga of the 700s. "I don't care about anything because I can always make it in the next life" – this attitude is a recipe for poverty and decay. In Downtown India it smells of rotten eggs and burnt rubber. "By karma I am accountable for what I do in this life" – this attitude is a recipe for prosperity and growth. In rural India it smells of fresh roses and tea.

The same goes for all other streams of esoteric study,

no matter what their country of origin. Notice how a book or teacher or program *feels*, regardless of how interesting the words sound or not. Sometimes you will find more of value in something that does not “look good” at first sight than something that supposedly “looks just right”.

With the exception of some decayed and neglected inner-city ghettos, the western world does not feature any larger 50s areas. The unemployment rate in the 50s is at 75 percent. From this one can gather that getting employment is a matter of overcoming apathetic inertia or of moving away from a neighbourhood in which such an atmosphere prevails. In western society apathy is usually the result of the belief that one has failed or that it is pointless to strive for something better. If I had to manipulate you into apathy I would first present goals that are way above your current level of energy (practically unachievable) and then I would supply tools for goal-achievement that don't work properly. No matter how hard you try, you'd always fall short of achievement. Years of this would eventually ground you in deep apathy. The opposite of that is to define small goals or chunk down your big goals into small steps, steps that you can actually achieve that build your confidence and zest for life.

Apathy can also result from shutting off feeling, shutting off love – the love of others, the love of self. One way to shut off love is by rejecting it when it is extended, by looking away, by ridiculing it or attempting to injure or hurt the person extending that love. Another way is to not let it in by tensing body muscles and gritting ones teeth.

For a moment, simply place your left hand on your heart-region and your right-hand on your forehead. Extend tenderness, patience and tolerance toward yourself. Notice how much pressure you have been

putting on yourself, pressure to achieve, pressure to have, pressure to do, pressure to be – and relax that for now. Forgive yourself for that. Stop putting pressure on yourself. Instead radiate love and understanding toward yourself.

Now that was a level 520 exercise. When handling apathy one either approaches it from the adjoining levels 70-100 or one goes all the way up to 520 – because no power less than love is able to have any effect on the very-low-energy. The power of love, which begins at around 500 does have the capacity to break through 70% of all if your “problems”, the power of consciousness easily takes care of 85% of all of your “problems” and the power of Divinity takes care of 100% of all of ones “problems” .

80 Sorrow, Grief, Self-Pity, Depression, Pity

A person chronically stuck in the 80s is often tired, unmotivated or preoccupied with self-loathing. Some experience regular bouts of crying. Crying is a natural way of releasing stuck energy but for the level 80 even fairly harmless events cause tears. Here crying is not really a release but a perpetuation of artificial drama. Telling lies and creating drama where there formerly was none is a specialty of the chronic 80s. Stuck here, this person often speaks in a pessimistic or whiny tone and needs a long time to get things done. Just like with the apathy-person there are often time lags in responding to challenges, questions or emails that are due to nothing other than lack of vitality.

This mindset creates problems in order to gain pity from others. Some outlets of the yellow press prey on 80-ish customers (which make up many *millions* per distribution area) by choosing the most sickening, disheartening victim-stories they can find. Mind you, there are millions of stories to choose from every day, but the “poor me” stories seem to receive the most attention by a certain class of newspaper.

“Dog flushed down the toilet”.

“I lost my job, now I am eating from trash-cans”

“Mother sexually abuses babies and then lets them die in the freezer”

– such are the types of headlines that will attract the 80s. Not that these stories are not utterly horrific and worthy of the news. But this energy-level will (often secretly) revel in them *not in order to discuss solutions* for societies problems but to justify feelings of pity and hopelessness. The stories feature 80s problems, written by 80s moods for 80s people. Of all the things happening in the world, of the billions of things one could invest attention in, they choose these items as “the most important”. They don’t care about giving airtime to the many Heroes of everyday life around the globe. They don’t care about directing the spotlight at positive projects that make our world a better place. They don’t care about putting the piece of negative news into a larger context so that we may understand how the negativity comes to be. Although they sometimes pretend to be “idealistic” and “helping the oppressed”, all they care about is finding the most gruesome examples of savagery in order to justify their belief that the world is a terrible place or in order to vilify some group, corporation or public person. The 80s vibration is easily overwhelmed by outside influences. Level 160 tyrants count on the weaknesses of lower levels and use them for their own aims at Domination. Sometimes the apathy (50) person is so lost in listlessness and inertia that the level 160 dictator will address level 80 and 100 (fear) people to get dirty jobs done. Level 80 will not work out of joy but in order to avoid punishment and disapproval. Many are still in grief years after a loved one has passed away – as opposed to the natural few months span it takes to overcome that kind of grief.

There was once a woman in mourning in one of my courses. I shared compassion and lent support. Until I

found out that her husband had died a decade ago! Having found that out I took on a more strict tone (170) to break the hypnosis. On 80 there is a strong *preoccupation with the past*. Someone going on and on of how everything was so much better "back then" is peddling least some pockets of 80-energy. Tears come easily. Self-doubt is incited by the slightest questioning. "Why do things like this always happen to me?" would be the 80s slogan. They have the tendency to be submissive, subordinate and grovelling toward others. And that is not a pleasant sight. Even less pleasant is a violent 160 husband taking advantage of a level 80 woman. No matter how abusive he is, she will not leave him because she is afraid to. In order to have the energy to leave she would at least have to be at Desire (125).

Victim-mentalities suck so much attention from their surroundings that one is tempted to just push them back into apathy where they will just *shut up*. "Shut up woman!" says the 160-macho. Knowing this scale and its implications you will hopefully avoid this temptation and treat your fellow 80-persons with compassion.

This level will try to pass pity as compassion. They will want pity for their bad situation but also go out of their way, yes even castrate themselves so that they can be "of service" to other people they pity. But in radiating the energy of pity (rather than strength) they are not actually helping anyone. Compassion comes from love (540) and the intention to empower (350) someone. Pity comes from the belief that a situation cant be helped. Practicing "selfless service" from the 500s looks very different than practicing it from the 80s. In the 80s "selfless service" equals self-neglect, in the 500s it is understood that I can serve others best *if I am in good shape myself*.

The reason this level is so desperate is because they are clinging on to energy, sensing that if they fail they

will sink to 70, 60, 50 and loose touch with life. I have refused to conduct coaching services with habitual 80s because my techniques do not work for them. Lack attracts more lack. And if someone is using my methods from lack, the results of practicing them will be...more lack. I instead send them to the respective therapists or simply tell them I cannot help them at this time. There is a tendency here to filter all incoming information to the negative. So whatever you say, even if its good news, it may be twisted to mean something bad.

An ex-girlfriend of mine had a lot of 80-energy about her. I had attracted her into my life because my own insecurities paled in comparison to hers. We sometimes choose partners who are weaker because we feel weak ourselves. Her mother would have a lump in her throat. She translated this as her mother having cancer. It later turned out she did not. She had an infectious cold in her vagina. She translated this to mean that we both had AIDS and needed to do an AIDS-test immediately. It turned out we did not have AIDS. Living with level 80 energy can be somewhat time-consuming. Fortunately she later ascended to 200 as a result of a career promotion and subsequent travelling. When someone has to be responsible in a job or travel around and communicate with many people they often snap out of 80-ish energy by sheer necessity. One cannot maintain a regular job or any meaningful friendship as a cry-baby. Frankly, nobody actually cares about your victim-stories. Those who pretend to care only do so in order to feed their own. This, of course, does not mean you cannot seek help or are not allowed to show weakness. Showing weakness and seeking help (or providing help) are in and of themselves not indicative of 80s-energy and to say that they are is a distortion. But the 80s-person, does nothing other than spend her life being a victim and looking for other victims.

Level 80 is certainly preferable to 50 - at least something is being felt whereas in 50 almost nothing is felt. If any action is taken at all then it is mostly to appease and "make a good impression". Concern over "what others think" is popular here. The 80s are worried what others think about them, including complete idiots. They don't know that below-310 levels don't really care about them. The 165 choleric merely wants to boss the 80s-employee around because he does not have the energy to exercise power over any level above him.

Healing this energy may involve releasing ones past, psychoanalysis, shock- and trauma handling, fear confrontation, new surroundings, new friends, care and attention (their whole masquerade is performed in the mistaken belief that they are not getting attention; their ailment is actually an inability to give attention to themselves), conventional therapy, and becoming aware of what is and is not important to oneself. It is easier to progress from 80 to 100 than from levels below because just a little more energy is available. With great exertion the 80 can also create genuine anger (160) once in awhile (which is then often celebrated in triumphant glee).

For those with minor 80s pockets crying is a good release. If you allow yourself to cry and cry and cry until tears are no more you will eventually reach a point where you say "OK, what's next?" This means you have released, will feel somewhat lighter and be ready to move on to something new, perhaps something more constructive.

One way to move from 80 to 125 is by deliberately putting yourself into challenging situations you were afraid of. This compels you to move to 100 (fear) in order to do the task and to 125 (beyond fear) after the task is completed and you see it was nothing to be afraid of. An 80s-energy may be afraid of the most

simple things such as talking to neighbours or riding a bike. I know it's hard to imagine for some, but that's level 80 and there are many millions of people in this state. By suppressing this fear one sinks from 100 to 80 in the first place. So by going *out into life* and actually confronting these things, one rapidly moves up for good. You may still feel the shyness that one feels in 100, but you will no longer be the completely powerless victim you were in the 80s. A repetition of such acts, especially the "going out there and getting in touch with the world" will eventually transform all pockets of 80. Unless its your basic habitual state, its fairly easy to leave because remaining in it requires that you close yourself off toward to other people and the here-now. Once back in the present moment, the 80-energy collapses under the intensity of reality. "Getting in touch with others" does however not mean getting in touch with other 80-energies. That would only lead to a mutual confirmation of ones stuckness.

Another common trait of this level, especially the 90s is to act like a little kid that won't get his way. Therefore to "toughen up", "get real" and "stop being a sissy" is a path to leaving the 80s. The 80s person is often in an infantile state where he thinks he needs to cry or shout in order to get his way. But that's not how the world works. So "grow up!" might be the appropriate motto extended towards him. The brute toughness of the 160 feels like liberation from here. 80s are forever waiting for some kind of leader to help them out of their misery and are perfect bait for fascist and communist totalitarians. An example of countries that have ascended from level collective 80 energies are former communist countries such as Russia, Kazhastan, Ukraine, Estonia, Lituania, Poland, etc. In the early 90s I once experienced a wonderful shift from level 50 (apathy) to level 80 (victimhood) travelling by plane from Egypt to Poland. Even 80 is a huge relief to 50. In Egypt I had witnessed the depths of apathy: Trash being thrown into the river and

people then bathing in that same river. Millions of people sitting on the streets staring off out into nothing. Even children who did not even have the spirit to beg anymore. Then, landing in Poland everything suddenly looked cleaner, more modern, more refreshing. This was an odd sensation since, on an earlier occasion, when travelling from western Europe, which resides in the 300s Poland was heavy and bleak in comparison. The Polish have had quite a history of victimhood. More recently they were first overrun and victimized by Nazi Germany, then they were overrun and victimized by Soviet Russia. Their only hope and relief was the Catholic Church. The Polish have decided that they've had enough of being a victim and have, in recent years, rapidly progressed to the scale. While there are still remnants of 80s energy in the shabby and neglected infrastructure, the grey buildings and the tendency to a "poor me" and "mean, mean world" syndrome still in its population, the Polish economy is one of the fastest growing in the world and they will soon have stabilized somewhere in the 300s, synchronizing with Western Europe and perhaps even surpassing it someday. The same can be said of the Czech Republic, Croatia, Estonia and to some extent, the Ukraine.

It is no surprise that current and former communist countries are in low-energy-fields as Marxism is a 50-150 radiance. Some readers might protest since the "Communist Manifesto" is considered one of the greatest and intellectually superior literary works of all time. However, a review of the book from an energy-level perspective will not only reveal that it projects hatred, fear, revenge and apathy on every page but that the philosophy itself is responsible for the poverty, mass-starvation and violence found in all countries founded on it. This is contrary to the claims that "Communism has been abused and distorted by these regimes" and that it "actually has high ideals". Lets take only one Marx quote:

“Workers of the World Unite! You have nothing to loose but your chains!”

This famous dictum is in itself a gross distortion of reality in that it implies that workers are *victims* of exploitation rather than regular people who applied for the job of their own free will and accord and got the job. So rather than the employer doing them a favour by providing employment, the employer is *demonized* as putting the worker into “chains”. Hence you’ll have neo-Marxists ramble on about child labor in third world countries and how those poor people in sweat shops are being exploited by the big bad boogiemanager. There is no doubt that such exploitation exists, but it has absolutely nothing to do with the business *norm* of the western world.

Neo- and Cultural Marxism persist in the far-left-wing that has created “political correctness” in order to punish you every time someone feels “offended” by something or other. This is a continuation of victim-mentality and intends to make minority-groups look like insufficient idiots rather than strong and proud people. Mexicans, Blacks, Muslims are neither “minority groups” (Islam is the biggest and fastest growing Religion in the world) nor does it help them to label them as “weak victims”. Unbeknownst to most, it is the label “victim” itself that weakens them.

The level 80 person likes to refer to things that are lost and cannot be regained, so-called “missed opportunities”. On a deeper level its actually about inner loss of parts of oneself, parts you have alienated yourself from. Soul recovery and rediscovery of those other parts of you is a worthwhile goal of this state. The following questions help to bring up pockets of sorrow, grief and pity you may be harbouring.

What do you remember that you have lost?

What is something sad?
What's missing in your life?
When is the last time you laughed, danced, sung?
What or who should be here but is not?
Who have you lost?
What opportunity have you missed?
Who or what do you feel sorry for?
Who do you pity?
What about yourself do you pity?
Who will not make it by himself?
Who needs your help?
What are the most terrible injustices happening in the world?
Who is being exploited?
Who is the oppressor?
What are you a victim of?
In which way are rich people evil?
What are you offended by?
Who do you "need" hugs from?
Why do you believe the Government should provide everything you need?
Who or what are you using as a mommy and daddy replacement?

80 really is the world of the whiny. Countless political activist groups who pretend to be involved in liberation actually reside here, making anything they govern bleak and poor. These philosophies originally came about as a protest toward levels 200-350. But rather than transcending these and moving beyond them, their resistance pushed them below 200. In property-less Communism there is nothing to achieve (300), nothing to gain (170), nothing to own, nothing to be proud (190) of. There is only a working-class that thinks it's the height of intelligence to work. An analogy: Rather than teaching people how to fish, they are given fish for free. Soon they demand fish for free. Soon the country runs out of fish and the people have lost their ability to fish for themselves. They have become weak. Then they both crave fish and suppress their craving because its not politically correct. By now

they are down to level 125. Their craving does not get met and things become hopeless. Soon they are on 50. Parts of "modern political thought" are based on this level of consciousness, although its effects have been blatantly obvious. Socialism of the 80s is not to be confused with social democracy such as that of Scandinavia or Central Europe, which resides on a significantly higher level of consciousness (420). Neither is it to be mistaken with acts of charity for the poor and selfless-service (520).

It is interesting to note that men who "hit rock bottom" often descend to 50 (apathy) while women tend to hit 80 (grief). This may have something to do with the indoctrinated idea that it is not "cool" for men to be whiny. The abused woman, the beaten woman, the one who is being forced into submission by her "beloved" one, the rape victim, the poor-me who appears on afternoon TV lamenting her sad state – their being a victim may elevate them above 0-70 but it does nothing to help them into states of empowerment. Feeling anger (160) at the men who abused (160) them is much more honest and energetic than feeling small and beaten (80) or afraid (100) to challenge reality. A woman who strikes back (160) is better than a woman who "accepts" oppression. This would be a distortion, a counterfeit 350-like Acceptance. A woman who simply leaves (200) is in even better shape still.

Please note that in all case of crime both the Perpetrator and the Victim radiate low energy (fear, worry, anxiety, shame, hatred, apathy, etc.) Our current society is based on the Model that only the Perpetrator is in a state of negative energy. While in a linear-context (0-499) it is correct that the Perpetrator should bear the Punishment of the Law as the pro-active side of a crime, it is not entirely correct that the victim "has nothing to do with it". As the passive side of the crime and seen from an energy-perspective, the

victim can only experience that which he or she attracts energetically. If there were no energetic propensity within the victim, nothing would have happened. Apathy may lead to being careless enough to leave the house door open in a bad neighbourhood, inviting criminals of which it is known that they won't hesitate to enter. Fear might be "smelled" by the nightstalker who seizes the opportunity to commit a crime against someone energy-less. Whatever the case may be, you can avoid becoming a victim by vibrating at a higher energy-level and by not buying in to the naïve glamorization that levels 100-170 are "friendly". Just because the Cobra is beautiful does not mean her bite will not kill you. Not because the Cobra is "evil" but because it's in the nature of a 95-energy to defend itself in that way or have lunch in that way. If you leave your handbag open in a below-200 neighbourhood don't be surprised if you are the "victim" of theft. Your wallet will be stolen, not because the thief is "a bad person" but because for the 90s-personality it's *empowering* to do so. A have (160) is better than a not-have (50).

Some 80s will try to provoke 160 (violence) behaviours in others. It takes some awareness and energy not to fall for this charade. Imagine a woman who is staging some hysterical drama of being victimized, to such a screeching extent that the man feels tempted to slap her. Sometimes, if there is too much frenzy, a slap may even be appropriate. Nevertheless that slap is a far cry from the calm of level 210 who would simply leave the room or the 340 who has high-tolerance levels.

For me it has always been rather unpleasant to spend time with those who are grieving the death of a family member. While it is fairly natural to grieve the loss of a loved one (at least natural in the mid-range of consciousness this planet is in), I hold some 500+ energies within me – and from these vantage points

its impossible to take "death" seriously. I have travelled out-of-body many times, therefore the death of the body does not mean much to me. If anything, death is a cause for celebration not mourning. I also know how the sadness itself is what is *keeping* people from being able to communicate with those who died.

Most people who die of natural causes move up the scale by 100-200 points automatically, as a side-effect of being of the body (the body is a clumsy energy that averages at around 200). The 80-person is often incompatible with higher energies and communication with the "deceased" family member becomes impossible (the only "deceased" the 80s communicate with are astral-tricksters). Imagine a joyful 500-energy hovering above the crowd at the cemetery saying "hello there! I am still here! I exist!" - but all being so intently focused on grief and loss that they just don't notice him. That discarnate soul soon loses interest in the sad sight and move to more pleasant realms.

Loss of the body is always a relief (death is not felt by the way, because one never *was* the body in the first place) and usually shoots consciousness up 100-200 points. So if you die on level 400 (Knowledge) you will be in a 500-level afterlife. If you die at level 25 you might be at 125 (craving, lust), the lower-astral-realms of the afterlife. Death not being an issue for me, do I endorse suicide? No, not at all. The attempt to escape suffering by suicide does nothing to relieve it. You take your "basic vibe" with you to the other side. The death-wish of the level 0-80 is very different from the "permission to leave the world if you want" experienced at 580-650.

100 Fear, Worry, Shyness, Panic, Inferiority

In this field of energy everything appears dangerous and precautionary measures become essential. The modern 100-energy takes out too many insurances, thinking safety can somehow be bought. He tries to anticipate every possible risk before taking action. Quick action is only taken when escaping from some perceived danger.

Everything is uncertain. The 100 is nervous, tense, skeptical, suspicious, unduly paranoid. Since she is afraid to openly show her antagonism, backbiting is high on the agenda. Women on 100 will often be covert source of trouble and intrigue. Men on 100, the cowards that they are, will not tell you their opinion to your face (except on anonymous internet-forums). Talking badly behind peoples backs is one way to get her daily dose of energy. Here one is only able to work in a concentrated way if commanded to do so with a threat of repercussions. As such this energy is the perfect corporate slave (but it is not the boss enslaving him, its his own fears). If there is no impending threat his attention is scattered. This makes him seem absent-minded, unable to relax and focus. The 100 seeks protection, avoids new and unusual things, information and people.

While at levels 125-199 a person lives the motto "I am good, you are bad", the level 80-100 lives "I am bad, you are good" (for 0-50 its "I am bad, you are bad" and for levels 200-500 its "I am good, you are good"). On a world-scale the majority can be found somewhere between 100 and 300. Only 50 years ago it was 80-250 and in the middle ages 0-190. A large part of the middle ages were indeed "dark" in that the highest levels of consciousness did not even reach the Mid-Area. The ruling class were the dominants and bigots at 160 and their servants in the fearful 100s.

Most of the "mechanics" of society still run on fear

because mass-consciousness still has a large chunk there. For readers who never felt quite at home on planet earth, one reason may be because its energy level is actually pretty low or "still in development". At the time this book was written (in the year 2009) 30% of the mass-media offering was fear-based and another 40% was based on craving/desire (125), anger (160) and pride (190).

In accordance with the predominant energy-field, mass-media helps to keep society in fear by presenting news to be afraid of on a regular basis. And once that news dies down, the next piece of bad news is presented. And this is not merely some conspiracy perpetuated by the ruling elite, it is something *desired and requested by the populace*. It is no accident that stories of shock and fear sell the most news. It is no accident that movies involving disaster and tragedy sell the most. This level of energy *wants* that.

When a pandemic or an economic crisis or a terror attack hits the news, its doom and gloom all the way. "Are we living in the end times?" "Will all life be destroyed?" "Are they spraying chemtrails through the air that make us docile?"

What is ignored is that news of impending doom was also broadcast one year ago, in another version, and two years ago, and 20 years ago, and 50 years ago... its always the same pattern, but strangely enough the downfall of civilization always fails to come to pass (it would only have a chance to come to pass if society as a whole averaged on level 100, which it does not. It currently averages 200).

While the type of spirituality found in apathy (50) is a kind of dull fatalism, the spirituality found on 100 is about end-times-cults, extremist-fundamentalist Religion, very paranoid conspiracy-theorists. That which predicts either the end-times (Armageddon) or the coming of a New Age is completely fallacious. The

2012-idea was created by people tripped out on psychedelic drugs (access to lower- and mid-astral realms) and from there concluding that the Mayans had some type of special knowledge. But what type of special knowledge could a people who sacrificed children and ripped out the hearts of young virgins with their bare hands, hold? The Mayans resided on 10-125 level energy, the psychedelic 2012-trippsters reside at around 120. No half-sophisticated spiritual teaching views the Future as fixed. *Most* prophecy is therefore nonsensical. And in the rare cases that prophecy is based on pre-cognition, the mere act of predicting it can already change it – that is, quicken its occurrence, or prevent it.

A hallmark of level-100-consciousness is to take good people and good organizations, and demonize them, as exemplified by the following episode:

I had attended a birthday-party after which I gave a woman who introduced herself as “Christian” a ride home, because it was dark and rainy outside. As is typical for the 100 she had those unsteady, suspicious eyes that were never at rest. I could sense the 100-vibe from the onset, could sense that she would be just the kind of person who sees Satan conspiring against her personally all around. The car-radio played the 1985 song “Brothers in Arms” by a band called Dire Straits and sure enough she said:

“That’s a Masonic symbol”.

“What is?” I asked, thinking *oh no, here we go again*.

“That song, brothers in arms. Brothers refers to Freemasons and the way they stand beside each other, arm in arm to invoke Satan”.

I was trying to be polite by pointing out that “Arms” also refers to weapons in this song, if you listen closely. But she would not have any of it and did not respond, turned her head away in disgust and stared out into the night. In this moment I had become one

of the “clueless sheeple” and she was probably thinking “this guy has no idea of what’s really going on in the world”.

Embarrassingly she is not the only one not to have a firm grasp on reality. A lot of people, also those vibrating above 200 would suspect that “the Freemasons” are somehow involved in an evil plot of world domination – because they have been indoctrinated by fear-literature. Such literature is written in a way that it takes actual facts from here and there and then exaggerates that factual information while filling in the unknowns with imagination.

At 100 everything is filtered through fear-lenses. The idea of Freemasons standing arm in arm to invoke Satan is ludicrous and the idea of the song being about that even more so. After a few minutes I noticed that she was whispering something to herself. Listening closely she kept repeating “The Lord is my shepherd, the lord is my shepherd, the lord is my shepherd” like a broken record. Then it got truly bizarre. “Let me out please. I sense a dark force within you”. Quite impolite one would think, considering that it was I that was concerned about her walking home in the dark. I stopped the car and she got out without a word. She did not walk down the sidewalk but quickly tiptoed down it as if running away from me. She must have thought I am really, really evil not to agree with her angst about a harmless radio song. I was reluctant to let her out alone in the dark, because fear-people attract attack. Dogs that smell fear in people are most likely to attack and the same goes for ill-intended humans.

The delusional conspiracy-theorists who see “Freemasonry as the root of all evil” reside on energy-level-100. Freemasonry is an anachronistic boring institution parts of which oscillate between 190 (pride,

sometimes deceit), 200 (boredom, functionality) and 400 (integrity, reason, charity) and 520 (spirituality, love of mankind). Its current average is somewhere in the 400s. More than one hundred years ago it was in the 500s, instituting values such as integrity, honesty, uprightness into society and even having a hand at creating the American Constitution (along with the precepts of Native Americans). Freemasonry is neither "a path to enlightenment" as they themselves claim, nor the "root of all evil" as the paranoid says. Frankly it does not matter what "information" you have or whether you agree or disagree. Opinion does not matter, only experience matters. And if you have not experienced something for yourself, you do not know the truth about it. Similar can be said of hundreds of other organizations that are publicly vilified as "evil". Base your knowledge not on "information" first, but on intuitive *sensing* of energy.

Of course the 100-person is noticeably more pleasant to be around with than those below. Being too shy to advertise for attention they will often remain in the background. Driven by fear they usually have more energy to get things done than levels below.

Unfortunately their fear-driven actions end up in more problems needing to be taken care of. Acting from fear will create more situations to fear. The grand manipulators of levels 125-190 try to make use of the near-panic workdrive of the 100s. This is how criminals and dominants of the high 100s solicit help - by recruiting at level 100.

The 100-ish citizen is often faced with a decision between two bads, believing she has to do something bad in order to avoid something worse. This will lead to destructive behaviours in order to avoid what is perceived as even more destructive. The whole world view is that the universe is an unfriendly and evil place and that she is a mere tool of the forces. The very height of 100 is when he gets enraged (165) and indignant (155) by the evils of society.

The reactive-ness on this level is stunning to onlookers. When you find yourself in a pocket of fear, notice how your perception distorts. You leave the house.

“Did I turn the oven off? Better go back and check!”.

You go back check, and then leave the house and see green trash boxes outside.

“What’s in those trashcans? I’ve never seen them before. Are they for dumping biological weapons? Who is that personnel handling them? I’ve never seen those people. Are they up to no good?”. You drive to work.

“What will my boss think of me? What should I do so that he thinks better of me? Did I actually turn off the oven? I better drive very, very carefully, the roads here are dangerous”. While in apathy and grief, the thought processes is fairly slow and dulled, 100 has the mind running wild most of the time.

Because of their reactive-ness they can easily be manipulated. This is amusing because they are the most afraid of being manipulated. Those paranoids afraid of being suckered you can sucker the best. Tell him you’re a Freemason who slaughters goats and drinks their blood and he will not only believe it but write a whole article about it. As a boss, you tell them to do something and they’ll do it. If you find yourself making unfair use of this, you are likely operating from a 125-160 state. A telltale sign of a the 100 is that she leads her life according to *urgencies dictated by others* and circumstances rather than what is important to her heart and soul.

“Yes, but I must fulfil these tasks by noon! My boss said so! If I don’t do it I’ll loose my job!”

I have let myself be dragged down to Frustration (195) when conversing with the 100:

“Do you enjoy your job?”

100: “It’s not about enjoying the job, I have to make a living, I have to survive! I’m lucky to have gotten this job!”

“Yes. So you don’t work because you like it, you work for survival?”

100: “In these times of crisis, its all about Survival. My sister-in-law had a car-accident a few years ago and she is out of a job since then. She was unprepared and hadn’t saved any money for that event.”

(The 100 will always drag up examples to confirm how dangerous everything is)

“The thing is that if you do a job you don’t like, it is likely that you will get results that you don’t like. Like energy attracts like energy”

100. “I don’t believe in that kind of stuff. There’s a flu going around currently. You cant tell me that everyone who has caught this flew attracted it.”

On TV a commercial for flu-medicine appears. The fear-person will be the first to buy into it, get sick and purchase the medicine. The 100 is good prey for the advertising industry. In fact, should the populace overcome fear we’ll have to think of new ways to keep the economy running.

These energies are not making the world a better place, especially in terms of the media. Much of mass-media as well as so-called “alternative” media is fear (100), lust (125) and anger (160) based. Check out the reports in newspapers, on TV and in the internet and you will see that there is a lot of intention to sow fear and the feeling of being a victim of a chaotic and evil world. Reading too many such “news” pieces tends to *weaken* ones state. Although the world is

experiencing more *prosperity and advancement than ever before* in history and although its level of consciousness is increasing, and although the internet has provided global instant communication and free exchange of information, and although modern medicine has gotten rid of many thousands of illnesses that simply do not exist anymore, much of the fear-energy is still predicting doom and gloom.

You find this energy-level in tabloid journalism (think U.K. yellow-press), "anti-establishment journalism", racial and cultural hate-speech, political propaganda, religious propaganda and the ever popular "conspiracy theory" scene which is growing with the help of the Internet. A staggering 65% of all information in Internet-Blogs measures at energies 100-190 (below truth). This level lacks journalistic integrity and seeks to cause divides between certain groups, emotional upheaval, unfounded anxiety.

If you examine messages of impending doom and prophecy of disaster, death, downfall, totalitarian tyranny, etc. as published in the last 100 years, you will find that *not a single one of them came true*, while disasters that were *not predicted* by the doomsayers (such as the 9/11 attacks on the WTC) *did* happen.

The deeper seated psychological issues from which this type of writing arises are: Narcissism (They are out to get *me!*), Broken Trust in Childhood (Authorities cant be trusted!), Megalomania / Messianic Delusions (I have found the truth nobody else can see! I will awaken the world!), Lack of Personal Responsibility (Its their fault that my life sucks!). Research and Journalism fuelled not by fear and hatred but by curiosity and awareness measures much higher and leads to empowerment, creativity, knowledge.

Paths to Healing and Ascending level four include

relaxation and even more relaxation and then more still. Massages (240), Saunas (290), tanning booths and Spas (320) are good places for the 100 to regenerate and move higher. The 100 is missing the Element of *Fire* (Anger at 160). The colours red, yellow, orange and any type of light, campfire, sunshine will improve his state. The chronic 100 would do good to confront suppressed anger and express that anger. Criticism and Blame (180) of things in the world in general, attacking others are all "negative" from a higher perspective but quite helpful from a 100 perspective. Stability and Order (200) are helpful. "I always feel so relieved when I do housework" – that's the voice of the 100-190 discovering the power of 200. Rebellion and Regaining Pride (190) are helpful. If those levels are too high up, the 100 can begin with "toughening up" to 160. This might involve participation in some survival training or joining the military or the boy scouts or some kind of physical training (180+). Those preoccupied with body-building and muscle-toning are usually level 125-220 people – the people the 100 is in awe of.

These things also apply for mere pockets of fear. Most humans on this planet still do have fear-pockets, otherwise the whole system would crumble. The idea here is to shift from the submissive and reactive wimpish sissy to the attacking and rebellious tough-guy (160). Some of the wake-up calls:
Enough is enough!

I am not going to let them bully me anymore!
Who do they think they are!
Those damn government authorities will no longer push me down!
I am not putting up with it!

Next time you hear someone whine and complain, keep in mind he might only be trying to elevate himself from lower states. Try it yourself the next time

you are timid or worried: Go to 160 by directing hot, fiery rage at what you were afraid of. The fear will vanish within seconds. An emotion that can enslave one for years, can be disappear within seconds. That's how illusory fear is. It is nothing but an energy-field in the body that cannot be upheld under close scrutiny or by shifting attention to anger.

If you are *not* a habitual 100 person, then fear is also of *service* to you in that it *shows* you which thoughts, intentions, plans, actions or surroundings are no good for you. It is the souls way to say "*Wait. Don't go in that direction*". In this alternative sense, fear should be appreciated as a *guidance system*. Here you are meant to cease all action, retreat, sit down, take a break and look within and find out which direction is better, until you feel at ease again. When you feel fear, honour it as a navigational tool rather than numbing it back down into apathy.

Natural fear is quite different than fear as a chronic energy-level. It arises to tell you to retreat or go somewhere else. You see a giant snake slithering up your bed and feel fear? That feeling is an indicator that it is time to leave the room and call up a specialist to get rid of the venomous creature. Only a fool would try to be all tough and "use the opportunity to confront my fears". Confronting-fear is only useful when you feel the energy without there being any natural cause for it. That cobra *is* a natural cause, genetically inherent in every human interested in survival (of course it also has to do with the fact that the consciousness-level of a poisonous snake is 95 – ill-intent). The snake at 95 can only survive in an area that supports that energy-level. Therefore, if you happen upon such a snake you know that its time to get your own vibratory level back up to speed. In terms of communication with and interest in other people, levels 0-120 avoid, 120-199 attempt to dominate and 200-310 are not much interested in

omers. The health of 0-125s is usually poor and especially the 100 is more prone to, illnesses, accidents and tragedies. Perception and Memory are poor and selective. The 100 will usually not remember the lyrics of a nice piece of music but will remember the bad news seen on TV very clearly.

Most of what the 100 "knows" has been indoctrinated into his gullible mind. If someone disagrees with his "knowledge" he either feels unsafe or gets angry. Our schooling system is based around fear of punishment (100) and the promise of reward (125) for behaving as the consensus wants. Here on 100 you have your typical yea-sayer while on 125-190 you have your typical nay-sayer. Systems that apply carrot-and-stick methodology (and this includes many schools and other "educational" places) are designed to get consciousness stuck between the two.

Not having enough energy to think for himself the 100 is *waiting* for someone to tell him what to do, where to go, what to think. He asks:

"What does one say when approaching a person of the other sex?"

"How does one go about solving this?"

I respond: "What do you mean what does "one" say or do? That depends on your mood or what you want to say".

Many 100s are terrified of acting outside of the norm, so there is a search for what "one" does in any given situation. The idea of "want" (begins at 125) is also undeveloped. He seeks a "strong leader" and is a willing pawn in any dictatorship or for anyone who can provide some direction. Fear of the unknown involves not looking, not confronting, running away. 100s do not realize that by facing something, by looking it straight in the eye, the fear just dissipates. The aim of

this state is to confront, learn and allow more dominance and authority within. Questions for finding pockets of fear within:

What should not happen?

What are you trying to avoid?

What would be the worst thing that could happen?

And what would be worse than that?

Is something threatening you?

What mustn't happen under any circumstances?

Is someone or something following you?

Is someone out to get you?

What are the secret evils of the world?

How do you feel in the dark?

What do you need insurance for?

Is there something hidden in your life?

What is your relationship to the unknown?

How do you feel about the paranormal?

Is there something that mustn't find out about you?

What is scary or frightening to you?

What don't you want to see?

What forces are controlling you?

What's going on "behind the curtain"?

From who are you expecting guidance and answers?

What's the worst thing that could happen?

And then?

And then?

And then?

(As you continue asking the "and then" question, the specific pocket of fear eventually unravels)

Those most responsible for perpetuating fear are the tyrants and dominants of level 80-200. One method to loose the fear is to become just as crazy and tyrannical as the 160. Not to the extent of actually committing a harmful act, but enough to scare the tyrant.

While the 160 is the most dangerous person on a

visible, physical plane the level 100 person is more dangerous overall because he will destroy things in secret. The 160 will openly call for the destruction of another country, while the 100 will be scheming for that countries demise in the background. Advertising "western values" such as democracy, integrity etc. to a level 100-190 country is a waste of time, embarrassing even. On 100 they need to see an immediate benefit to calm their level 125 cravings. On 160 they need to see an immediate confirmation of their pride (190) in order to calm down. I'd like to stress the importance of *enlightened diplomacy* for the future of humanity.

Fear can ultimately be traced back to fear of death and non-survival, or more deeply fear of non-existence. Such arises from a mix of genetic programming (Animals need it in order to know what is no good for their survival) and indoctrination by the atheist worldview that there is no afterlife and everything is meaningless (50 apathy) and the Christian worldview that you will burn in hell forever if you do something wrong (40 guilt).

You will be interested to discover that those most afraid of deception can be quite deceptive themselves. A logical consequence of manipulating others is the belief in the reality of manipulation. And manipulation and deception do happen every day on this planet. Except, they do not happen to energy-levels that are out of range of deception, they happen to levels below 200 who constantly expect to be deceived. Do not enter into a business agreement with a 100 type. They will not honour it. And be skeptical of people who see dishonesty everywhere and all the time – they are dishonest themselves. I repeat: *It takes one to know one.*

While the mid-range does not experience that much fear, it is pretty much wiped out at around level 600, when one confronts that last remaining fear of death

and moves beyond it.

The spirituality of the 100 to 199 is actually not spirituality but astral-ism. Why? Because it accesses the astral rather than the spiritual. Spiritual and Celestial Realms begin at energy-levels 500+. The difference between the "Astral Circus" and Spiritual Realms does not seem to be apparent to the majority of people dabbling in "metaphysics" and "new age" . Those who access astral-realms for their "spirituality" and "supernatural abilities" feature an array of gimmicky products, self-importance, and questionable methods that lack any demonstrable credibility. Astral-ism is more a form of entertainment not true dedication to the spiritual. About 99% of "esoteric fairs" with their psychic readers, pseudo-divination, mediumship, ouija boards, UFO-Cults, are easily recognizable as deriving either from either conmanship or the astral.

A few examples:

- * Psychic abilities are not actually abilities of oneself but granted by the impersonal "field", the Universe. But they can also be staged by discarnate-entities in astral-regions. Astral-fields are full of disembodied tricksters who's intent is to fool humans or siphon off energy. Any psychic who takes personal credit for his supernatural abilities is either a fraud or under the influence of discarnate-illusionists.

- * Divination, such as asking a pendulum questions, can be done astrally or spiritually. When done spiritually, it is understood that the asking-session must be dedicated to the "most high", "the highest truth", "for the good of humanity" or "God". Failing to do so, will quickly attract astrals who manipulate the answers. So one would for example say: "In the name of the highest good, do I have permission to ask this question?". Spirituality includes a sense of humility

never found in astral-practice. It is also understood that the mind is inherently biased, and an effort is made to clear the mind of all bias before asking a question. Otherwise the answers will only be confirming ones own beliefs. It is best not to ask any questions concerning oneself unless the answers can be confirmed by other people present. Spiritual Practice prefers validation by numerous sources. Astral-practice does not care whether something is verified or not. It is also understood that one cannot ask questions about the future, because the future is not fixed, but unfolding and changing direction from moment to moment.

* The veneer of exclusivity, specialness or superiority is usually astrally-based. The "Indigo Children" phenomenon is an astral-phenomenon not a spiritual one. When someone says that he is in contact with "The Ascended Masters of the Ashtar Command who will pick us all up in UFOs soon", he is dealing with astral-manipulation and/or a delusional belief-system.

* Some are skilled in the art of using astral-energy to induce a wide variety of altered states, hypnotic trance, euphoria and being "spaced-out". They then sell these abilities at a very steep price and with the label of them being "spiritual". Many things sold at an exaggerated price and involving various "levels of initiation" and "secret ancient mysteries" are either scams or products of astral-ism.

* Astral-entities have very little energy of their own. They do not have the power to harm you. With one exception: When you radiate fear or hatred. Radiating fear opens your chakra-portals to the astral-fields and gives that which is feared some amount of power over you. Ghost-Hauntings are either attempts by astral-entities to induce fear, or residual energy of a deceased spirit stuck in the astral-afterlife.

* Another tell-tale sign of one who is being used by astral-forces is if he does not know much about anything else (sports, cultures, literature, languages, world events, movies, music, etc.) than his bizzare teachings, does not know much about anything else than his oddball cult and then calls himself "enlightened", "superior" or "in the know".

* Yet another tell-tale sign are exaggerated promises of what can be attained. "Get rich quick!", "Cosmic Consciousness in 5 days", "Ultimate Power", and so forth. Sadly, millions of people still fall for this nonsense every day.

Spiritual states can be discerned by how one feels and what one experiences after dedication to spiritual principles and practices such as meditation, concentration, contemplation, prayer, kindness, heightening ones "vibe", shifting ones belief-systems, energy-therapy, lucid dreaming, emotional work, Zen, etc. Spirituality is usually straightforward (non-mysterious), simple, non-exclusive, available for free or with workshops/books/CDs at a reasonable price, and usually does not require sales-pitches, sales-ploys, pushing-to-buy or "sign up".

Spiritualities Focus is on gradual and patient self-improvement and relief of the worlds suffering.

Astral-teachings are focussed on the immediate gratification of desperate neediness.

After the body dies, one finds oneself on of millions of astral-planes or in the spiritual-celestial heights. This is dependent on ones state of energy. If you chronically vibrate below 300 you will end up on the astral after death and you will need the help of soul guides to ascend. It is therefore a spiritual falsehood to say that "everybody gets to heaven". Dying at levels 0-299 will most likely set you up for choosing to

reincarnate because you missed the lesson and purpose of coming here. One of the lessons and purposes of life is to cultivate joy and love in difficult circumstances.

There are many popular "new age" concepts at 100. One of them is the "Alien Abduction" experience, in which people actually think they are being abducted by extraterrestrials and being operated on against their will. Energy-level research has concluded that this is not the case. This does not mean that extraterrestrials do not exist – they certainly do, but the entities involved in "Abductions" are not actually extraterrestrials. The beings popularized as "grey aliens" are what I would call "spectral beings" who tune into this dimension from a place that is similar to the lower-astral. They are attracted by fear-energies of the "abductees". They may pose as "ETs" or as friendly, but they are not. The best thing to do with them is to revoke any attention or interest in them and raise one's own vibration as not to fall into their strange games. The command "in the name of the most high, be gone!" is efficient to save yourself months or even years of traumatic "alien abduction" experiences along with physical bruises and scars, weird literature, painful regression sessions, etc. The energy-level of 100 is so weak that one single command spoken from a 500+ level can heal it all in an *instant*.

Another aspect of 100s-energy is that of false humility, shyness and naivety. True humility is to know and to feel that Infinity is Divine and so much greater than a single "me" in the world. True humility reveres God and is kind to all living things. It rejects pride, arrogance, superiority and selfishness. False Humility shows similar traits, but the motivation behind them is different. It is not awe of Infinity that sparks their humility but Cowardice.

Once in Southern India I had a ayurvedic doctor over a prolonged period of time. Supposedly he was practicing religious "humbleness" in that he sent his entire income to his family. Everything I gave him for his services was put into an envelope and sent off. "What about food and clothes for yourself?" I asked him. He shrugged unhappily. His false humility went on that he dare not tell me straight to my face when I was having a wrong body posture during massages or eating foods not aligned with the treatment. It needed a second physician to correct me. His voice and demeanour were always timid. He treated himself as if he didn't deserve a thing. I asked him if he was married. Not entirely unexpectedly he replied that he'd like to be married but had not found anyone yet. He was 33 and in India most are already married by 25. I realized he was much too shy ("humble") to ever approach any female. Him having provided fantastic treatment I decided to pay something back by taking him out in the evening for a man-to-man talk. "You have to toughen the fuck up" I told him. He was shocked that I used the f-word. "You don't have to use the word, but if that is enough to shock you, you're in an abysmal state. . . and stop calling me "Sir" . British Colonialism stopped more than a hundred years ago". I taught him body-posture, eye-contact, extroverted-attention and conversational ease / normalcy – all that is needed for a flirtatious time. I hope he heeded some of the advice. Because dating someone while in a 100s-field can become extremely awkward.

125 Craving, Neediness, Addiction, Compulsion, Unfulfilled Desire, Longing, Obsession

This field of energy is immersed in wanting, needing, craving, getting, taking. This naturally leads to a lack of money and resources because the focus is on "I don't have. Give me" rather than on *already having*. The person's time is drained by activities designed to get things he does not really need for prices he can't really afford. Things that are neither important nor urgent are given exaggerated credence.

Sometimes the 125 will appear cold, void of feelings, frozen or oddly selfish, especially when one of his cravings are not met. His insatiable appetite serves to cover up inner emptiness. Not having found fulfillment within he becomes dependent on things "out there" including sex, television, drugs, flashy lights, playing arcades, foods, drinks, possessions and whatever else he thinks is lacking. His tragedy is that even if he does eventually "get" that thing he still feels lack. "I can't get no satisfaction" is his hymn. He is a puppet of the world and his own neediness.

Imagine someone trying to get a 3-dimensional coin by producing a bunch of 2-dimensional (paper) pictures of coins. No matter how many of those 2-D coins he stacks up, he will never get a real coin. That is the dismal state of the 125.

Of all levels on the scale he is the easiest to scam. This is quite ironic because he loves manipulating people himself to get what he needs. Levels 0-100 are also easy to con because they are needy but they are too afraid to commit to anything or make purchases based on coercion. Selling something to a 125 though is easy because he is not shy and willing to pay hard cash if someone promises fulfillment of one of his unmet desires.

Drug addiction, obsession with sex and hardcore pornography, junk foods and extreme obesity, obsessive shopping, burned-out millionaires who have amassed everything and feel more empty than ever - these are some of the things that fall into the 125 field. This is actually the first energy level where there is money to be made and sometimes quite a lot. This comes from the mistaken belief of the 125 that money is the answer to all of life's questions. In 125 the money is never really enjoyed and often rapidly lost again. Riches cannot be contained by greedy hands. The 125s greed forever longs for more and more and more. Having 2 luxury cars and desiring 5 more indicates a strong pocket of 125...where the person has no creative idea what to do with the money other than waste it on metal and other superficialities. The less is experienced inside (creativity, feelings, energy, thoughts) the more stimuli is needed from outside to feel anything at all. Afraid of losing his "feeling" all types of actions are undertaken. His tactile and emotional senses dulled he might no longer be aroused by normal sex but require more extreme measures to feel a little trickle of joy. This is where sexual deviations, perversions and also sexual crimes such as Paedophilia and Rape reside. The less energy is available, the more is needed in order to "feel something". Paedophilia is only practiced by those who *chronically* vibrate at 125 and have some 30-40 (desecration of innocence) mixed in with that. And if it's not the pedophile who "just can't help" desiring, then it's rape, bestiality or other things he or she "just can't do anything about". Condemnation is no solution to sexual crime, raising societies general level of energy is.

What motivates crime depends on the level of consciousness. The 0-80 murders out of pure desperation or hatred. The 100-energy murders out of fear. And a level 125 murderer can feel satisfaction in the process. Level 160 murders in rage. The 190

would not commit murder in person but could be persuaded to have someone else murder for him if a lot of money is at stake. Murder is out of the question at 200, even though the 200 might ponder it in times of Frustration. That which is detrimental to life is rarely practiced above 200.

The 115-170 field prefers flashy entertainment. Below that level you want entertainment that is dark, gloomy, brutal. From 170 to 400 you have mainstream entertainment. Those who have an aversion against mainstream have that aversion because they are too high or low in consciousness to appreciate it. Both the "saint and sinner" have their dislike of normaltons in common. Many 125 can be found in Pubs, Bars, local festivals, drinking halls, red light districts, neon-light diners, gambling halls. The more outside stimulation, the better. What would be perceived as too bright and noisy by anyone else is just right for him. Las Vegas was founded by and for the 125-energy. Of course the artificial light loved by the 125 does not come close to the light of the sun and even less close to the light of Spirit. Counterfeits of physical beauty (the sun) and spiritual beauty (The Rays of an Angel) can always be found below 200.

Moral condemnation of this energy level is not helpful as it only deepens his hate of society in all its "disgusting correctness". The 125 hates decent, clean and successful conservative middle-class. Not being able to achieve that level of energy (310) he starts to imagine them as boring, uptight, stiff and himself as easygoing, hip, open-minded. However, true easygoing-ness is a trait of 275, not 125. Beneath the "be cool, be easy" act is a very exhausted individual - without exception.

Society has a way of *generating* need for something while at the same time placing a *taboo* on that need. You will find this with sex and drugs especially. On the

one hand Cannabis (measuring between 180-240, depending on quality) creates relief for the 125 state, on the other hand its outlawed. This double-bind of desire/resistance causes one to get stuck in 125-energies. On the one hand sex is natural, sex is fun, on the other hand various societies frown on expressing and exploring it. Ambivalence creates a stuckness of energy on a subject. On a society-level laws must be liberalized a little bit – but not too much as this would have adverse effects. It would remove at least one side of the equation (resistance/fear), the other side (craving) could then be released through education.

The sad story of the 125 is that all other aspects of life, especially other people, are ignored in favour of artificially induced cravings. The basic attitude is that life is boring, others are boring and that joy can only be found somewhere *out there*, in the extremes.

He has significantly more energy and resources than those below because he is driven by *desire*, which has been strong enough to drive entire civilizations throughout History. If he does go into action this is not based on the Souls inspiration, but motivated by the inner gap. This will at least compel him to “work on himself” a little bit. Rarely are any of his desires really fulfilled without going through several ordeals, tragedies, dishonesties and extremely hard work.

Sometimes a 125 appears in one of my workshops. He is only attending the Course in order to get something outside of himself to “manifest” through some kind of magic. He is not aware of the magic within himself and that life does not happen *to him but through him*. So the energy level has at least led them to my Workshop, even if their motivation is somewhat misguided and their results will never be satisfactory. Someday they will wake up and realize that only a fool waits for the world to make him happy and that his

goals are not really his goals but those prescribed by the media or those set as a conditioned response or rebellion towards the status quo. The underlying reason he is so unhappy is because his goals have nothing to do with who he really is.

Some healing could come naturally by letting this person fulfil his cravings already and then realizing that he is *still* not happy. This is enough for some to move on to higher levels. Having a Buddhist say "let go of your desires" is not the appropriate teaching for 125. Others use the fulfilment of cravings as a reason to move down the scale. "It did not make me happy, so what's the point in doing anything" (apathy). On his worst days he will feel sorrow and sadness, on his best days he will feel pride and arrogance. If you catch a 125 at a point in life when nothing he has achieved seems to matter, remind him of inner qualities and values and of his relationship to other people, other hobbies, other interests in life. Another path to healing is for him to learn to feel. To learn to state desires freely without having the pressure of expectation attached to each of them. "I must have sex tonight with Susan" is a 125-statement, especially if it does not come true. As the mind becomes progressively softer and more allowing, the statement becomes less specific and hard-edged and more general. "I want to have sex tonight" makes the 125s success more likely. "I want to have sex soon" even more so. And "wouldn't it be nice to have sex these days?" would be the same statement taken to level 275.

His next step would be to learn to like something without craving it. Liking sex, not needing it. Liking money, not needing it. Preferring chocolate, not needing it. Most of society still runs on words such as "must", "should", "need" rather than their softer equivalents. Goal planning is helpful at this stage. His whole life being a sort of rebellion "against the system" and the "boring world", showing him how his

antagonism against the world is ultimately self-destructive, will help. Many who have wanted to change "this evil world" end up at 125, overwhelmed and burned-out. Burned-out because its impossible to change a whole world without changing oneself. The 125 has several fixations and instances of stuck-attention. Releasing those will be helpful. Allowing him to see that the joy he projects onto certain things happening, originate within himself and that he will be more easily able to finally "get" those things if he stops running after them and lets *them run after him*.

The same concepts apply to pockets of craving. We are gradually entering the energy fields that are in sync with readers of this book so more of what is said will apply to you or seem familiar. About 2% of the readers of this book will actually be *chronic* 125s. The chances of lower energies getting a hold of this book is close to zero because 500 is unperceivable there. These first chapters are deliberately written in a lower state (190-350) because I cannot accurately describe lower levels without lowering my own vibration. Were I to reside higher, none of this would be of interest to me. As this book progresses I will progress with it. I deliberately changed locations while writing this book in order to stay true to the vibe of each of the books parts, so that I could convey them. The first part of this book was written in Varkala, South India. The second was written in Berchtesgaden, Germany. The third part was written in Queenstown, New Zealand. All three areas are of amazing beauty and yet the first vibrates at 270, the second at 370 and the third at 470. In order to address certain readers and realities properly, one has to *level with them*. I could not have transmitted levels 600-1000 if I weren't at least in a 470-field. And I could not have transmitted 0-200 if I were not below 300.

Unfulfilled Desires, Emptiness, Addiction, hidden anger at the world is what this level is about. It also involves

projected hate" which is secretly despising others for things they never said or did. The 125 could learn to take responsibility for his projections. "This is my thought that I am projecting about this person. It is not the person the way he/she really is." He could learn to find values not only in outside "valuables" but within. What is a smile worth? What is the cost of a smile? How do you feel when someone smiles at you? At 125 you want to reject it, ignore it. Why? Because you'd realize that happiness is for free and that would break your game. Restoring honest communication with others is also a path to ascension from here. If one were to stop lying, cheating, hiding it would be difficult to maintain 125.

Actually its not Desire that is a path to achievement but Willingness (350). "Wanting" something achieves nothing. It only affirms lack. The moment you desire something you are saying "I don't have it". So instead of developing a feeling of longing for something, I recommend you develop a feeling of *Willingness* to have it. You may want this and that, everyone wants something or other - but are you *Willing* to have it? Are you willing to commit to it, to love it, to decide for it, to embrace it? That's how a new reality is created. It is not created by mere wanting-ness. Feel the difference between "I want (fill in the blank)" and "I am willing to have (fill in the Blank)".

Women sometimes express this level as an icy-coldness that is somehow stuck between anger (160) and fear (100) but will express neither of the two. You can feel her teeth gritting and that she is waiting for you to finally leave the room so that she can get back to whatever obsession she is following - and besides she cant stand the presence of others, much less friendly people. No matter how much make-up she puts on she will find it difficult to mask her resentment. 160 is anger, 155 is rage but 140, which is still intermixed with the fear of level 100, does not dare express that rage. So this is a bomb waiting to explode, waiting to rip the hair out of another woman

in a bar-fight. Exhaustion leads to her having rings under her eyes and aging more quickly than others. While level 80 is the level of the abused and victimized woman, level 130 is the level of the ruthless woman who is, in that sense, much more dangerous to her fellow humans.

I once knew a manager who was caught on this level and kept sabotaging his own success without even realizing it. He had his daily dose of cocaine and was frequently seen with prostitutes...but he was never actually seen smiling. The prostitutes he hung around with were 80-ish energies...needy and desperate women who had lost everything and were dependent on his favours. His inner resentment of society and others was never really expressed but one could sense it boiling right beneath the surface. Colleagues that could have supported his company and pull it out of the red, he betrayed for no apparent reason at all. He eventually lost his business and descended into crime (crime that he had already been cultivating in the company. In fact, prior to his below-200 activities the company was a big success). Since a few years he is in prison.

Although there are not the only things the 125s are about, I mentioned sex and drugs so often because they offer good examples how 125 works. Sex as such is not a below-200 activity. The act itself measures at 275. It is the preoccupation with sex that measures at 125, whereas sex combined with *loving devotion* measures in the 300s and 400s.

If not sex and drugs 125ers will get their fix from other things and they will go through a lot to get it. The Obese who crave for their next hit of Soda and Hamburger. They will rarely assume responsibility for their behaviour but claim that their genetic constitution is to blame or their moms good food is to blame or TV-ads are to blame. Before blaming

everything on genes became popular they blamed it on food containing too much fat – excuses that are unfortunately confirmed by politically correct “scientific studies” that seek to portray everyone as a victim rather than the powerful reality-creators that we are. While blaming fats they often fail to mention that it is them choosing the food and plenty of it. If genetics were responsible for their obesity then why is it that mass-obesity is a modern problem that did not exist 100 years ago? Or why is it that hardly any prison inmate is obese? If its genetic, rather than having to do with food and mental-self-programming, surely there would be more obese people in prison? Then he usually back-pedals and says

“Well, genetics only means that you have a *propensity* for overweight, I still have to watch out what I eat. . .” In saying so she has finally taken at least a little bit of responsibility.

Actually the 125-energy of craving for food is not as strong as people think. Before giving in to being “hungry” and “needing to eat”, take a moment to examine that energy in the body you call “hunger”. Gently focus on it, gently breathe with it, release your resistance. That alone will decrease the feeling of hunger and you won’t have to give in to that craving immediately. Postpone your lunch a little, regain some control over yourself – you are not a slave to that craving. Later, when you have forgotten that you are “hungry”, eat. Eat when you are not that hungry or not hungry at all. In this way you will not only naturally eat less but also break the Pavlovian conditioning of having to eat every time the 125-energy says so. You will also find that the hunger then does not come from the conditioned reflex but from the delicious taste of the food itself. I know that sounds strange, but give it a try. Thinking that 125 is overpowering is an illusion.

It is only “overpowering” for the habitual 125-energy,

the one for whom nothing else matters when a craving needs to be met. This is why chronic 125s can have psychopathic tendencies. "I'd kill for a piece of chocolate" then becomes quite literal. The fearful 100 is concerned about how "dangerous" the world is because he sees a lot of those energies right near him – the 125 to 160.

You access pockets of 125 by mentally focussing on them, emotionally embracing them and then releasing your attention from them. These questions are meant to help you focus :

What should someone not have done to you?

What do you crave?

What are you addicted to?

Why are you addicted to that?

Who do you hate without openly admitting it?

What have you been wanting for long time now, without getting it?

What must you have?

What is needed?

What substances do you need to take in order to feel relief?

Who would you like to hurt badly?

Why are you exhausted?

What do you long for?

What do you need more than anything?

What must you have?

The fields of 100-199 are favourite targets for marketing. Even advertisement that is obviously dishonest would seem compelling to the 125er. Have you ever wondered how advertisers could expect that constant repetition of their commercials to have any effect at all? To higher levels they are just annoying. But to the 100-150 they work well. The "spirituality" of the 125 is often misguided because he falls for scams such as "Discover the Ancient mystic secrets. Sign up to our program now, for only \$500".

- 125s understanding of leisure and sports is very different from that of higher levels of consciousness. I have not met one 125 who is physically fit and capable of sports. Therefore he often remains a spectator of sports rather than their participant. That's why physical exercise can elevate his consciousness. Unfortunately the sports he is a spectator of often involve violence or cruelty toward animals (chicken fights, dog hunting, duck shooting, boxing, weight lifting, wrestling, kickboxing etc.). "Extreme sports" in which people are injured for life or even killed are also to his liking. Having a fixation on body building comes in at energy level 170 - the 125 can only look at it in awe. Those who enjoy exercising in the gym can mostly be found between 160 and 275. A bodybuilder of these levels has the tendency to obsess over body building and make it the main area of his life. On the bright side at least he is channelling his violence into lifting weights. 170-260s also enjoy car racing and bowling. American football fans usually reside in a 170-350 zone. Those who mainly watch the "big games" such as the Super Bowl, go up to level 500. Typical for low 200s are mountain climbing and hiking. Typical for 300s are tennis and swimming.

Levels 300-440 enjoy soccer, baseball, basketball, cycling, board-games, chess, certain types of dancing, golf, certain martial arts, running, playing. The mere spectator is usually a few energy-rungs lower than the actual participant. Physical movement and sports is a trait of the mid-range of energy and lower levels can indeed ascend through physical movement and competitive sports. Being inert, heavy, unmoving, dull is a trait of the below-200-energies. The habitual soccer spectator is usually at 200-300 while the player requires at least level 300 to play properly. The professional soccer player can be found all the way up to 440, the superstar-soccer player at 500. The same goes for basketball. But the reason especially soccer

measures this high in energy is because it teaches goal-orientation, team-dynamics, focus and tactics and elicits excitement and enthusiasm on a worldwide basis...more than many politicians and religious leaders can ever hope to accomplish. The unifying energy of the soccer world cup has had a beneficial effect on mass-consciousness. While similar can be said of basketball and to some extent even American football, these sports are mostly appreciated in North America and not the rest of the world. American Football is much more violently injurious than soccer which is why it does not measure quite as high.

Levels 400-500 enjoy dancing, ballet, sports that involve artistic expression and watersports such as diving and windsurfing. The reason windsurfing, for example, did not exist before the 1980s is because the mass-consciousness could not conceive of it before that time. Windsurfing applies going with the wind and water in a mix of your own will and the will of nature, thereby accurately training abilities common in the 400s. As the level of planetary energy further ascends in the next decades, you will see many other types of new sports not conceived of before.

But this is all far away for the 125 who holds sports and leisure activities in a mix of awe and disgust. He has some energy available though and could channel energy differently. Properly channelled, his *desire* may act as a catalyst to ascend to higher levels in the understanding that only in another level of energy can those desires be met. "If you want to achieve your goals, you will have to move to another level of consciousness" I tell them. Of course, by the time they reach the level where they could easily make their dream of luxury or sexual adventure come true, they are often no longer interested in it. Pornography is an invention of the 125-mentality, so lets take a look at it. It is not that it's "morally wrong" as uptights (100) preach. The "church" having

condemned free expression of sexuality for centuries is what led to its degradation in the first place. The problem with pornography is that it is used in the assumption that sex is difficult to *get* in reality or somehow complicated to do in real life. You will hardly see any porn-addict who ever had a fulfilling sex-life for real. So he uses pornography as a *substitute*. But watching a porn-flick is nothing at all like the real experience of sex. How does one feel looking at a television or computer screen? A bit different than one would feel touching a real, breathing human being. Of course there is some energy coming from the arousal of the actors and some energy coming from the masturbators imagination, but it pales in comparison to the real thing. As watching porn becomes habitual over time, ones senses are dulled and the craving increases. With the craving increasing, the likelihood of ever getting the real thing decreases – because *craving creates lack*. And the energy of lack keeps the things you want away from you. A porn addict going to a disco trying to chat up women will notice that all women are moving away from him, getting goosebumps when he is around. “Yuck. Lets go somewhere else. Lets get away from this creep” will be the tone. They may not know what’s creepy about that guy, but they will *feel* the gap of non-fulfilment radiating and naturally shy away from it. So that’s the energy result of porn-addiction. Pornography is becoming one of the most popular pastimes on this planet. As of 2009 a staggering 60% of the American population admits to watching porn on the internet regularly. And as of 2009 most of it can be viewed for free. The greed of the populace has created the opportunity to have all of it for free, as often as you like. As porn-production comes from a level-125-190 energy, most of it will be astonishingly uncreative, unlike anything you would enjoy in real life. Don’t expect to get any interesting backdrop, storyline or variation or even at least some different type of sex from porn-producers. On 125 one easily becomes

addicted to porn. On lower levels than 125 one seeks out more degraded variations of it. On 160-190 it is often connected to dominance and forcing others into submission. On level 200 porn is viewed out of boredom and often in secret (level 200 hosts a lot of husbands who are bored by their marriages and seek adventure in porn). Level 275 uses porn as inspiration to "go out and get some". The level 275 person often watches it with others or with the person he or she is trying to seduce. Level 275 porn also often features a more humane treatment of women than lower levels. The "erotica" type of film is more suitable to 275. Levels above 275 have less interest in pornography, with only a few exceptions, they prefer the real thing. Beyond 350 is the level of "high-energy-sex". The other reason pornography only measures at 125 is because a sacred act is being desecrated. Intimacy is replaced by cameramen and lighting assistants standing around the act. Love and appreciation of your fellow human being is replaced by the use of the mere body as an object of lust which is of no interest whatsoever once the user has climaxed. Pornography would also be of higher energy if both the intent of the producers and the energy-level of the performers were higher. The main problem is really the intent of the producer which is not "to serve my customers" but rather "milk them for money" and the intent of the actors which is often not "have a fulfilling experience" but "get it over with".

If its only pockets of 125 you have, these will gradually disappear over time as you mature and learn the material of this book. Merely learning that desire does not create reality but a lack of that reality is enough to blow away big chunks of 125.

I would now like to share three processes that will actually handle a few of your 125-energies. Use the processes as Meditations or Contemplations where you choose an item to focus on and then run it through the questions/commands. Do not begin with strong

addictions or sexual/relationship attachments – such issues are best left to a time you feel comfortable with using techniques as follows or with the help of additional tools. Stay with each question/command for 5 to 30 seconds, as seems right for you.

1. Feel the Feeling Fully

Focus your attention, for a moment, on an unfulfilled desire you have.

Now, rather than condemning yourself for having that or feeling judgemental because the author of this book said craving is “low energy”, embrace that desire.

Allow yourself to have that fully.

Even tolerate and love yourself for having that craving. Rather than giving into it, for now embrace the feeling of craving *itself*, as it appears in the body.

And rather than focusing on the story that creates the craving, shift your attention to the energy of desiring itself.

Even remove the label “desire” and just relax with that feeling itself, without any label.

You will notice that it subsides. Why? Because craving requires a bunch of made-up mental stories of things you supposedly lack.

2. The Happiness already within you

I recommend you do this process on each and every desire or goal you have. Rest, close your eyes if you want and stay with each of the following items between 5 and 30 seconds.

Focus on something you think will make you happy. Notice and feel the lack inherent in that.

Could you, for now, let go of thinking that that will make you happy?

Could you let go of focussing on the item itself, for now?

Could you allow yourself to feel the peace and happiness already within you, right now?

Do not remain with any of the items for more than 30

seconds. Move on to the next desire you'd like to process. And simply run through the steps to the best of your current understanding. If your way of doing this process changes over time, that's fine. There are different ways to do it, but no wrong way to do it if the general observations are made in that order. I recommend you handle at least 5 desires per session and even repeat the process with only one desire a few times, especially if a certain desire appears to keep forcing itself into your awareness throughout the day. The aim of the process is to teach the body/mind that the relaxation it thought is in the future can be experienced right now.

3. From Desire to Belief

If you want to do the above exercise and this one more rigorously, make a list of your desires to run through the process.

Focus on something you Desire

Notice the separation between the Observer/Desirer and the Goal

Just for now, give up desiring that. Just relax (Desire manifests as a slight tension in the body, that is what you relax).

Now once again focus on the item but this time merge with it, as if it is already fulfilled, as if it has already come true, so that you are not the outside observer but the experiencer of that reality

Rest with that; let go of asking when, how and from where it will happen because within it has *already* happened

These techniques offer you some of the most important ones in the book, because they not only transform 125-energy into positive vibes, but also make it more likely that you achieve the goals you have been working to achieve. There is no goal-achievement of any kind without your inner universe, your energy being aligned with that goal, being wholeheartedly willing to experience it and believe in its reality. Desire only breeds Frustration. If you think

You can only stay focussed on your goals if you have *Desire* as a motivator, think again, and try *Intention* instead.

160 Anger, Domination, Aggression, Violence, Rage, Revenge

With outbreaks of anger (160) and Violence (150) this level controls those below. This is your choleric, your dominant, your tyrant, your control freak. He is much more able to act, control and work than lower levels, but often in destructive ways. Compared to the 80s his self-confidence is radiant, compared to the 300s he has none. 160 is a shifting point for those coming from below; for them it feels like freedom, like breaking loose from all constraints. Hence anger-therapy and violent sports. Hence war. Lower levels are *liberated* from dullness and victimhood. Armed forces and military conquer and beat lower levels but not only in the sense of having more power than them (a general rule of the scale is that in competition higher energy always beats lower), but by the excitement and energy it generates. Warmongering does weaken the 170s, 180s, 200s, but it empowers those that were in apathy. Knowing this we can see the world with more compassion and tolerance, we see that some of this "negative" energy is needed for the elevation of the sorry masses drifting through apathy-hell. No offence to the pacifists, but the macho-aggression of the US Marines along with some of the raging lunatics of military Africa or the angry rants of the religious fanatic serve to elevate the depressed and repair lower levels within mass-consciousness. An angry rant is just what those stuck on shame, guilt and apathy need.

The 160 likes talking about power, superiority, destruction, weapons, battles. "I am right, others are wrong" is the slogan. She takes bad news seriously and filters out most of the good news – except if that news somehow pertains to her own victory over

others. She wants to dominate and oppress and uses threats of punishment and violence to do so. On bad days she will also resort to physical aggression. World War II was a display of how destructive this energy-field can become when it gains momentum. WWII was one gigantic 160-fest.

For society it would therefore be important to channel this energy into constructive directions or hydrate the fire of rage with the element of water before it turns into manic destruction spree. Where there is an abundance of water you will generally find less violence. Take any beach town or island and check their statistics on tensions and fighting as compared to inland regions. Even though they are at the Mediterranean Israel and Palestine are no exceptions. Their land is arid and they have been having a water crisis for as long as they've been waging war. Lack of water and heat are not the "cause" of the outbreak of violence but, again, just another symptom of a certain energy-field. But change only one of the puzzle-pieces of that field and other aspects of it naturally follow. This is something not quite yet understood by linear-consciousness that dominates our politicians and scientists. The moment those waging war actually prefer peace, these things and many others will be come to light.

Men who habitually beat women are chronically stuck at 160. A woman who is also at 160 would hit back with force, unless he manages to beat her down into fear with the most forceful means.

Raising ones voice regularly and walking around utterly convinced of ones own rightness is a giveaway of 160-energy.

Despite their appearance of strength, levels below 250 do not *really* have strength in any universal sense. They believe *force* achieves more than true *power* but all it does is destroy. Force creates a counter-force.

Their actions create retaliation. In the end nothing is gained. True power is something different. Neither is there public display of authority a sign of "true power". That would do nothing other than make them a target. Anyone who knows the first thing about true power stays *out of the spotlight*. If you are a 200 person the 160 will actually feel insecure in your mere presence, even if he doesn't show it but continues to swing his sword. If, while attacked by him, you remain on your level rather than falling to fear (100), his body will start to go weak. This means either his knees begin to tremble or he loses his composure or his anger trickles out into mere antagonism (185). The secret of the 160 beating you is to get you to buy into fear, get you to believe there is an actual threat. Otherwise he won't be able to hurt you. If a 160 is holding a gun at you, there are two possibilities. Either duck/run or develop a 500+ energy-field, which will guarantee your safety in this life or the afterlife. It is extremely difficult to shoot a 500+ radiance of pure love. One's arms go weak, shooting becomes awkward, one misses the target. But even if you achieve to shoot the 500, you have just helped him enter celestial realms.

This is the technique Ghandi used when facing British Troops who were ready to shoot him and break his protest. Had Ghandi taken their machismo seriously and fallen into fear (100) or counter-aggression (160) the same thing that happens in almost all armed conflicts would have happened: Many deaths, no real victory for any of the sides. Instead he maintained the consciousness-level of *non-resistance* (600) and the soldiers were unable to even press the triggers in their guns! But good luck trying to convince the trained soldier of that. "What, we're just supposed to sit here and love the enemy? You must be kidding".

Note that they were physically and mentally *unable* to kill him. This is true *power* and far removed from the silly machismo of the 160 energy that believes it can

have anything with brute force. 600 knows that it is not the ego that has power, but the universe. The universe has the power to create an entire galaxy, planets, mountains, trees. Compare that to the infantile ramblings of a 160. The tyrant doesn't stand a chance. Level 100-anti-establishment-theorist who think the tyrant actually has "power" and "rules the world" only sees it that way from a 100-reality.

Learn what true power (as opposed to brute force) is. Then nothing can harm you. Radiating at 550 (Unconditional Love) and above, your problems vanish and you become unbreakable. Its easy to be unbreakable because you no longer identify yourself with the body, you clearly experience yourself as a soul, so no matter what "violence" comes down upon you, its meaningless. Stone me, stab me, nail me to a cross – above 670 its not even felt as a physical sensation.

If you radiate at 500+ while others radiate at 160 and a bomb explodes in your midst, you will be the only one not hurt by that bomb. That is no exaggeration. Don't believe it? That's because you have not experienced the awesome *power* of levels above 500. Your scepticism is of 170-220 energies. The only "power" this level therefore has is over dead matter, physical objects and human bodies. It never comes close to hurting the spirit that allows for all bodies and objects to arise from the infinite field of consciousness.

Its purest Manifestation in recent History (and by recent I mean in the last 10 000 years) was Nazi Germany. Some of its later wartime energies measure as low as 30 (Violence for the sake of Violence rather than for the sake of Victory or Defense). Its highest level was the Courage and Bravery of 280. Most often it represented nationalistic 195, concerned with pride and rank and 160 concerned conquering others.

If you have been averaging below 150 for some

amount of time then don't seek a healing from anger, instead try cultivating it. Reassert your superiority and dominance before moving on to lighter planes. Then, when you are sufficiently dominant, focus on 180 by transforming anger into mere complaint. An example of positive transformation over time. . .

-Those damn Russians!" (160) to
-I don't like Russians too much" (180) to
-I'm not interested in Russians" (190) to
-Russians? Who cares?" (200) to
-Russians are OK" (220).
-Russians are Interesting" (280)
-Russia is Amazing" (320)

Another way to handle pockets of anger is by realizing how it expresses *powerlessness* rather than power. It indicates that whatever is happening is something you *absolutely do not want*. So when experiencing rage, use that as an opportunity. Let it all out (without hurting others, use a pillow or punching bag or get on a bike and ride it off) and then, after that, consider how your anger is indicative of a strong desire and at the same time indicative of you focussing in the opposite direction of the fulfilment of that desire (similar to 125, you are focussed on lack rather than having). When in rage you more than ever know what you don't want, it therefore follows that you then also more than ever know what you do want. It is in this way that rage can be turned into something positive. "What I am disgusted with is...", "And what I prefer instead is..." In rephrasing your anger into something useful the strong current is utilized for the enlivenment of a specific topic. Regarding that topic the anger will probably never return because the energy is now flowing upwards. The higher one goes the easier it actually is to overcome mis-emotion. Many only harbour bad feelings for more than a few minutes because they don't know how easy it is to just let go of them.

When you encounter another person in the midst of red hot burning 155, try to maintain a completely neutral stance or give him the right-of-way without piling up any extra resistance from your side. There is already enough resistance in the room, so tell him "Yes, you're right!". Not "Oh I am so sorry, you are so right" which would be 80-ish grovelling, but simply a neutral affirmation of his rightness. This is one way to have his anger trickle out within seconds. 160s are so insecure that they are in constant need of acknowledgement. Offer that attention and they calm down like children who had a temper tantrum and got their way.

Questions for getting in touch with anger:

Who is an evil person?

Who would you let die if you could get away with it without being caught?

Who would you want to hurt?

What do you want to destroy?

Why does destruction feel good sometimes?

Who is utterly stupid?

Why are these people so stupid?

What are some mistakes you made?

What do you regret?

What would you like to make amends for?

What do you actually desire?

What are your goals?

What do you want instead of the bad things?

What overwhelms, frustrates and stresses you out?

Who needs to be hit hard?

What do you want revenge for?

What enrages you?

What wrongs need to be revenged?

What enemy needs to be wiped out completely?

For a minute or two, allow yourself to imagine what you would like to do to someone you hate. Play it out.

Visualizing violence will not make you more prone to it but allow you to vent and free the energy. Punch them. Shoot them. Stick their eyeballs to a car and drag their body along the tar. Slap them. Are you shy of visualizing these things? Do you want to keep your anger bottled up within so that it breaks out in reality some day? Looking at this for a few minutes creates relief, not tension. You are letting *what wants to be played out, play out*, without having to resort to the physical acts.

In relationship quarrels, understand that your angry partner is actually the one in a state of weakness. There are parts of herself she does not want to see and there are unfulfilled desires. She may achieve dragging you down to anger so that you lash out at her. Try not to give into that, stay calm. You will notice that your calm (220) *elevates* her, even if only slightly. Of course, she may also be angry because you have displayed apathy, in which case her anger is justified.

Let's say for example that in the household you display apathy regarding her belongings. She bought a new blouse and you have toothpaste dripping over it because you did not close the cap and just dropped the tube on her blouse. In this case her anger is entirely appropriate and if she can get your apathy to turn into anger (and perhaps later to responsibility) she has done *you* a great service.

You actually already know everything written in this book. The soul is intimately familiar with the levels of energy and will recognize most of what is written here. You'd need a special below-200-level-of-stupidity not to remember examples from your life in which the energy-levels were at play. This book is therefore not so much education but more reassurance of the part of you connected to the *soul* rather than the part of you that has been indoctrinated with mind-stuff.

You also already know exactly how you descend into

anger in your man-woman relationships. Look back at some instances in your life. What happened before anger happened? It usually started with boredom (195), did it not? Sometimes there was tiredness, frustration (190) and broken pride (185) involved. Or you felt overworked, overstressed and overwhelmed (180). Sinking lower, an argument (175) erupted. Unless the two of you caught yourself before sinking lower, the argument then devolved to blame (170), listing several past upsets and down to real anger (160) and maybe violence (155) – and that's where things happen one feels sorry for later on.

Understanding the scale you then also understand how violence in teenagers starts: They were bored (210). What should we do today? Go catch a movie? Have a drink? I don't know. Lets hang out at this park bench for awhile. And then came more boredom (190). And then bad-talking others (170), mixed with some machismo (165). And then the descent into violence (155). Then, to overcome the shame of using violence against ones fellow human beings, perhaps there is drug abuse (125). And then perhaps fear of the police (100).

If you are not normally a choleric or an anger person and you are experiencing it more frequently, then its time for you to *get some rest*. Go on vacation. Or at least take a nap. Just above anger, at 170 you find exhaustion, frustration, distress and pain.

Is that toothache bugging you? At 165 you can really feel the pain. At 0-100 you don't feel much, the pain is dulled. You can pop a pill and numb the pain, but once the effect of the pain-killer subsides, you'll be right back to 165 (unless the pain was one that would have subsided over time anyway). So does it keep bugging you? And keep bugging you? You will soon get very angry. Something that keeps nagging and nagging and nagging (165) soon has you explode at 160.

Is your attention scattered because everyone wants something from you? Your boss expects the document by ten. Your spouse calls "Don't forget the flowers for grandma!". A kid is crying nearby. The ring of the three different telephones surrounding you. Your colleague needs help. Today you also got a bill that seems too high. You are currently at 170, frustration and overwhelm and could very easily slip into anger. Get organized. Stop needing to fulfil everyone's expectations. Take a break. Go out and get a life for a few hours. Take a walk. Lie down. Watch a movie. Get back up to the 200s! Just like with 160, you are very aware of what you do not want, now become aware of what you *do want*. Stop letting others run your life.

The overwhelm of a 165 is not to be mistaken with that of a 100 for which *everything* is overwhelming. The 165 is your stressed-out employee who feels everyone is loading everything on his shoulders – which is why that is exactly what happens to him. He is known to use an excessive amount of coffee and cigarettes to stay on top of things.

Spending too much time in boredom (200), scattered attention (190.) and overwhelm (165) will eventually cause a descent into anger. This can be observed in any area of life...in corporate life, in international-relations, in families. Repeatedly trying to achieve something and not achieving it, although you know it can be done, will also lead to Frustration (165) and then anger (160). Frustration is a higher level of awareness because you know something can be done, you know something can be achieved, but it just does not happen, whereas a level 100-125 wants things but does not see how they can be achieved. Achievement happens at 200+ levels. This is why the 170 is so frustrated: He can *get a sense of what life is like* in the 200s but he is not quite there. He works, and works, and works and works and it still does not happen. 165-

180 are some of the hardest workers on the planet. But their work lacks vision, organization, intention, foresight, creativity and this is why they need so much more effort to get something done.

Some sports teams operate on 165 in order to win a game. Their anger will be used to instill fear and apathy in the opponent. But if a team comes along that is operating on Courage (275) or Willingness (310) then the anger-team is using the wrong strategy and will loose.

Have you ever wondered why 80% of all movies involve violence or someone using a gun to threaten and kill others? Almost all popular movies contain elements of violence (155), glamour (190) and normal dialogue (220). This is because much of the world still reside on a level of consciousness in which this is desired. Nobody will admit that they are eager to see murder and mayhem, but they will gladly pay for a movie ticket or computer game to feel the "excitement" of death and destruction. On the bright side all this negative programming helps civilization rise above the even more negative of 0-150. It allows millions to vent their frustration without actually having to go out and behave like an animal. Of course and as already mentioned, overdoing the programming does not release violent tendencies but promotes them. More than one violent movie a week is already too much for the impressionable mind, in my experience. Let a kid kill in a virtual reality every day and he will become desensitized – programmed to kill. Whether something is good to blow of steam or unhelpful in that it programs the person, depends on the frequency with which one looks at it. The body-mind can withstand occasional images of violence. But the onslaught of it eventually programs the body-mind to think that this is appropriate behaviour. Extended focus on it creates it as a reality for that person.

So with Billions being invested into violent movies nobody need be surprised at the instances of war in the world. The correlation is obvious although nobody cares to admit it.

180 Antagonism, Complaint, "Being Right", Contrarian, Discontent

The chronic 180 is dogmatic and bossy. Where the 155 expresses violence physically, the 180 expresses it verbally. The pure 180 is dismissive of others realities. For him it is never about putting himself into another persons place but always about putting others in their place. Oftentimes he feels the need to convince others of "the truth". There is a strong drive to evangelize and be preachy, to constantly defend and reassert ones viewpoint. He frequently expresses doubt. Everywhere you go with him, he'll complain about one thing or another. He is never satisfied with you, life or himself.

Lower levels use self-blame but the 180 blames others, no matter whether they are in energy-fields above or below. 0-150 are mostly afraid to openly talk badly about others, but the 180 very blatantly and often annoyingly shoves it into peoples faces. He has the openness and frankness of higher levels mixed with the negativity of lower levels and he is quite outspoken in his contrarian attitude.

"Waiter! What do you get paid for anyway? This coffee is terrible! Bring me a better one!"

"Couldn't you have been more polite to him?" asks his wife.

"If that spic wants to work in our good country, then he should at least do his job properly!"

"But that's no reason to shout around here"

“What’s wrong with you woman? Afraid to look bad in front of others again? I don’t give a damn what others think. And could we please change sides, the sun is blinding me, giving me a migraine headache!”

“But you said you wanted to come here to get some sun”

“Yes, but its too hot”

“Back home you said its too cold”

“Do you want to sit here and argue all day, woman? I’ve got better things to do. That damn employee of mine couldn’t even prepare the files properly. If you want to get something done you have to do it yourself!”

A few minutes and a fresh, warm, delicious cup of coffee later..

“Ah, look at them damn teenagers hanging around the fountain. No future, them”

“But I’m loving the architecture. And I like the café too”

“Yeah, whatever”.

Under the pretence of “being honest” or “calling a spade a spade” the 180 spreads verbal manure everywhere he goes. Being blunt, frank, open and honest is a trait of 300+ people, but its somewhat different than the 180s practice. Still in many respects being with him is more pleasant than being with the hidden antagonism of the 125. The 125 will smile at you while planning your demise behind your back. Not so with the 180. If he does not like it, he will say so. It is fascinating how difficult it is for him to offer any

raise. All of his "honesty" always involves patronization, vilification, demonization. This is the realm of angry political talk-radio. After one hour of angry ranting he'll say "At least I am being honest!"

One reason for his behaviour is his awareness of all the fakery that takes place at lower levels. To combat the veneer of false politeness, political correctness and any timidity he is often tactless, indiscreet and generally just an annoying person to be around.

Complaining about things provides the energy this person needs to rise above 0-170. Of course he would not step down so low as to actually hurt you physically. He says this with pride although some of his psychological abuse can be just as hurtful.

When you see a crowd of people pretending to hold their "peaceful" protest involving vandalism, tear-gas, demonstrator-brutality and police-brutality, you are dealing with an entire 180-level group. Sometimes police officers are contaminated by the vibe and sink down to join in with the 180 vibe. Higher level protests do not protest *against* but *for* something. As 180-energy lacks intelligence he will not grasp the difference between demonstrating *for* peace instead of anti-war. Focus on the unwanted merely creates more of the unwanted. Subconsciously such people are not *actually* interested in global peace. They are interested in causing a riot, venting anger at perceived "enemies" and complaining about "the system". Afterwards they can go home and pretend to have "taken action" for a better world. If they were really interested in world improvement they would actually *be* more peaceful themselves rather than shouting up the balcony of some government official. The best way to make the world a better place is by going up the scale yourself, not by being angry and fighting (feeding!) the unwanted. If you insist on taking part in activism anyway, then invest your energy into some benign

movement that focuses at least 75% of its energy on what is wanted rather than on the unwanted. Reading a brochure of any given organization is enough to determine where the energy is flowing. Compare these two:

“We are an organization dedicated to the re-forestation of the Amazonian rainforest and fair trade for coffee beans. We make sure all the profit for coffee goes to the Amazonians themselves...”

“We are a non-profit organization. Our goal is to bring down those who ruthlessly de-forest the Amazonian Rainforest. For this purpose we stage several rallies a month in...”

The most important thing for the 180 to learn is: Invest more energy into the goal than into the problem. The police know that among the protest crowd there are actually individuals who take part in *any* protest rally – no matter the topic! It’s often not about some specific value being honoured but about causing a fuss in general. That’s why so many “peace demonstrations” are some of the most unpeaceful events around. It was a bit calmer when the hippie movement (235) started, but those days are no longer around and the whole idealism of world-peace has been hijacked by the same old 180s who twist a positive aim into some kind of hate-authority movement.

The so called “Skeptic” or rather Pseudoskeptic also averages at around 180. These “Skeptics” are not at all skeptical of materialist reductionism. They claim to be skeptical of “the Paranormal” but they are outright hostile towards it in their ridicule and scoffing. The “Skeptic” is a Demagogue who has the compulsion to go around offering contrary opinion and sly rhetoric to everything and anything sounding remotely spiritual or hinting at unseen energies. This book will certainly be

com apart in many different ways once it falls into the hands of the "Skeptic". He mistakes his incessant doubt and looking for con-men as a "scientific stance", but the true scientist does not reside in the 180s, rather in the 400s. Anything below 200 is the realm of the mentally dense, the stupid. One cannot be "a" Skeptic" but rather that one is *Skeptical* toward some things and *Trusting/Believing* towards others. When someone tells me to jump off the balcony and I'll be able to fly, I am skeptical. Does that make me "a Skeptic"? Not hardly. It makes me a person who has common sense.

Spiritual Discernment is to know what is valid and what is not, what is a scam, what is sincere. The 180 "Skeptic" has no Discernment, he says "This is all hogwash". He attracts a lot of hogwash that he can criticize into his life according to that belief, according to what he programmed his attention to look for. He will miss the works of spiritual beauty and will happen upon the works of scam-artists and present these works as "debunked". My own lifes work, dedicated research, loving devotion to exploring realities is dismissed as "new age brabble" in the blink of an eye. So the 180 does have enough energy to be aware of books such as this, but not yet enough to recognize positive intent. In his eyes the Torah and the Bhagavad-Gita, two of the greatest spiritual masterpieces of all time are no different than the snake oil-peddler and street-corner palmist.

The "Skeptic" of 180 has also contributed a great amount to modern societies blindness toward lower-astral-realms, which in his view "don't exist". He is correct in calling out their harmfulness but he cannot see *why* they are harmful. The Skeptic says "Demons? No such thing exists". The Christian says "Demons? Those are really evil". Both the fearful and ridiculing stance, fail to handle the problem of astral-entities. You will have the religious nutjob one the one side,

demonizing the 30-energy and the "Skeptic" on the other side scoffing at the 30-energy so that the truth of the matter (namely that the level-30-energy requires urgent help) never comes to light.

"The Skeptics Dictionary", which I happen to have read in its entirety in order to understand the 180-viewpoint, is a classic example of this levels arrogance that oozes contempt for any reality different from the most functional and reductionist "nuts and bolts". It's the type of "Dictionary" that comes about when the level of consciousness of a mechanic is applied to the world of Science. The 180 wishes to drag everyone down to a level bereft of creativity, beauty, non-linear thought, speculation, extrapolation.

In *reality* what one is skeptical towards and what one is trusting of varies from person to person. There is no such thing as universal Skepticism. I am skeptical of Skeptics. The *scientific method* they keep harping on about is meant to be applied to the discovery of new things, not to stifle speculation. Everything below 200 turns out to be pretty illusory when examined more closely.

The 180s dissatisfaction with life arises from the suppression of Boredom (200) and being fed-up with the conservative lifestyle of the 200-400. So again, rather than transcending "the system" or "the status quo" by moving beyond the 200-300s, he pushes himself down below 200, below the level of orderly society and integral behaviour. Politically anti-conservative people often push themselves below those they oppose without even realizing it. So you will have conservatives in every country, preaching their predictable 300s-mix of "traditional values", "financial stability", "law and order" and other things that are the backbone of civilization, and then you will have those protesters who are sick of what they perceive as "restrictive", "intolerant" and "rigid" belief-

systems. But in fighting the 300s, in Resistance, they move down, not up. In Acceptance of the "System" they would move up, beyond it. Down at 180 one has even less energy to change anything. This is why so many left-wing organizations, socialist-movements, green-movements are so ineffective in creating lasting change. 70% of all socialist-movements measure below 200. Only 1% measures above 550, the level of *Universal love*, the level originally envisioned by the copies of the 1960s and socialists of the 1940s. Well-meaning do-gooderism does not transcend the 200s if it is based on resistance. Liberal-minded people on the other hand, who are not in an anti-mode, trying to fight conservatives as "fascists" will have no problem moving up to 200s-500s. Similar can be said of the right-wing that cultivates values such as uprightness, honor, valor, strength, self-responsibility – instead of wasting their energy on vilifying "the other side", which pushes them down to 180 as well (right-wing-talk-radio rarely goes over 180). So both the ultraconservative and the left-winger are more similar energies than they realize. What the right-wing needs to learn is that attack creates counter-attack. Therefore, international diplomacy is better than attack and machismo. What the left-wing has to learn is that diplomacy has to be aligned to the level one is talking to rather than naively assume that 0-170 people are benign. In the U.S. The Libertarian Party attempts to combine the best qualities of the left and right wing, being fiscally conservative and socially liberal. This would be a 410 stance, one more aligned with our future.

For most of the readers who have attracted the information in this book, 180 is the lowest they get. A small part of the readership is able to sink lower and another small part of the readership will never sink this low. If this is the lowest you get that's a pretty good sign and we could say that your average basic energy frequency is above that of the general

population of the world.

180 is the level of religious zealots and dogmatic ideologists. For those who can see levels of energy a contrarian conversation between an evangelical Christian and a staunch atheist can be very amusing...because they *both operate on the very same level* while thinking they are "totally different" from each other. Atheism and denial of higher realities is a trait of 180 because it realizes the stupidity of lower-level idol-worship but denies the spiritual realities of 500+. People who ceaselessly discuss things such as "Creation vs. Evolution" are usually level 180s; they lack the intellectual capability to see that both are easily compatible. Evolution can easily be a tool of Creation. In other words, both the staunch Darwinist and the religious fundamentalist are simply *dumb* people. It is lack of energy that creates dumbness. Lack of energy makes the mind specific, concrete, literal so that everything is seen and taken in a linear and "either / or" fashion. The 180 can improve his or her energy by learning the following things (that are self-evident to those with more energy):

"I can be right without wronging others".

"I can respect others belief-systems and opinions".

"I admit I am completely unsatisfied with my life and that's why I am bitching and complaining about the government or other people. I need to get a life".

"I can like apples without hating oranges".

The fascinating thing is how convinced 180s are of their opinions even if they can be seen as blatantly wrong by most other people. Its sometimes embarrassing to watch. Many "discussion forums" of the internet are founded on 180 energy, because "discussion" is a favourite pastime of in this realm.

However, they do not engage in discussion in order to learn or communicate or get to know people, they engage in discussion in order to be preachy, convince others of something, drive an agenda or make something or someone or other *wrong*. That's the type of "discussion" they are looking for. Polarization is the popular pastime here. Everything is either black or white, so or not so, good or bad. The 180s strict position blinds him to all other possibilities and makes him the most ignorant person on the planet. And throughout all that he thinks he is the smartest.

If you encounter a 180 frequently use "You are right". Acknowledge him. Remind him of his successes. Offer praise. If you let yourself in on a discussion of who is right and wrong, beware that he will never give in and admit you are right. The discussion could go on for years. Have him get to know "working in a team". Have the protest-type release his prejudice toward the middle-class. When a 180-vibe gets on your nerves, remember that he is actually weaker than he appears. Show some compassion.

For those with pockets of antagonism: Start paying more attention to what flows *from you* towards others than what flows from the world *to you*. What others say, do, feel, think is less relevant than what you say, do, feel, think. By shifting your focus in this way you *will solve every communication and relationship issue*. That's a promise. Why? Because you get back what you *first* radiate. Paying attention to what others radiate is like only paying attention to the reflection rather than the source. First you smile *and then* the mirror smiles. The 180 person does not understand this, but *you* do.

Let go of the paradigm that is concerned with "the damn Arabs", "the damn Jews", "the damn Americans", "the damn French", "the damn Brits", "the damn Scots", "the damn teenagers", "the damn elderly", "the damn

government" etc. That's *all* 180-talk and not worthy of your time. And that is the giveaway that you are dealing with a 180: Generalizations. "The" Christians, "The" Homosexuals, "The" Jews", "The" Muslims, "The" truth. But there are no such things as absolutes in reality...except for the absolute of Infinity. If you see a 180 conversation, steer clear from it. They will not be getting anywhere anytime soon.

Below 200 the world is split into "here" and "there" or "me" vs. "them". That means that one never feels whole, complete, finished, satisfied because there is always another "there" to arrive at, get, achieve, accomplish, acquire, go to before one can be at peace. The passage of time is seen as going from incomplete to complete. In other words, the "now" moment is always incomplete and things are "progressing towards" completeness without ever reaching it. In the non-linear paradigm of the 500+ energy-fields, everything is always complete and one merely goes from one state of completeness to another state of completeness. So if I am in the middle of eating and the doorbell rings I can quit eating immediately without feeling a loss. Eating food was one kind of completeness and the person at the door is another type of completeness – so there is no dread in opening the door but rather a looking-forward-to-it. If I am in the middle of sex and the phone rings it is not that the sex is incomplete. The sex was great AND the phone-call is great. If I reach my goal it is great and if I don't it is also great because I will have time for other things I like. At below 200 however, and especially at 180, everything is incomplete. Sex was problematic, there was something wrong with the food, the friend at the door was interrupting my lunch, the phone-call carried bad news, etc.

The inner world of 180-190 involves holding on to past successes when nothing new comes up. Its about "fighting the system" and general dissatisfaction. The

aim here is to find worthwhile things to do with ones
ife. Some questions to get in touch with your own
Antagonism:

Who's fault is the situation you're in?

Who is to blame?

Who are the idiots?

Who is wrong?

Who is lower than you?

For which parts of your life are others responsible?

What exhausts, frustrates and irritates you?

What do you protest?

Nothing is gained by wronging others. Nothing is
gained by winning an argument. Nothing is gained by
evangelizing the world to your "truth". If you keep
having to convince others its because you're not
actually convinced yourself. In a relationship-quarrel
ask yourself: Do I have the intention to live a loving
and harmonious life with this person or to be right? Do
I want to be happy or be right? True power involves
giving others the right of way. Needing to be "right"
about some particular viewpoint is actually a sign of
powerlessness. Below 600 and even more below 200
nothing is really true at all. Its *all* illusory. So whatever
you think you "know" that others "don't know", you
will eventually learn that you were not as "right" as
you thought. Seek first to understand before seeking
to be understood. Stiffly defending one position over
and over makes you inflexible as wood. Wood can
break. Also, excessively pushing one position for a
long time can eventually lead the pendulum to swing
to its opposite. Have you have noticed some people
who were defending one thing for years and then
suddenly go in the opposite direction?

Shifting Viewpoints Exercise

This is an exercise for shifting rigid 180s-energies. It is a list of questions you simply answer for yourself.

What is something you once liked that you now dislike?

What is something you once disliked that you now like?

What is something that is true for you and true for others?

What is something that is not true for you and not true for others?

What is something that is true for you and not true for others?

What is something that is not true for you and true for others?

What is something you liked, got and then no longer wanted?

What is something you didn't want, and then got and then liked?

You begin healing your 180-energies once you relax rigid positions and fixed, unmoving viewpoints. The moment you define yourself as smart, this automatically creates the polarity of stupid. So defining yourself as smart too frequently will make you perceive everything that is not-that. You'll be surrounded by idiots you have to educate. If you are going to define yourself as smart that's fine, but don't be fanatic about it.

Perception below 200 is concrete, literal, specific in both spatial perception and mental processing. A 180 will enter a room and usually zoom in on something specific. A 100 will enter a room and look for potential danger. A 300 will enter a room neutral as a camera, and will therefore perceive more. A camera is not controlled by desires and aversions but merely takes the whole picture as it presents itself, without bias.

Because of this it sees much more than filtered and zoomed focus. The 500 will be aware of the "general ambience" of the room, of its energy-level rather than the specifics. It might later zoom in on various details, but the first thing it perceives is the context (the whole room and its energy-field) rather than content (the bodies and objects).

One way to get a 180 into an above-300-field, at least temporarily, is to have him notice something in his surroundings he hasn't noticed before. Being narcissistic to the extreme the below-200 does not perceive so much his surroundings but more his own mind-talk and his preconceptions *about* the surroundings. So getting him to notice something he has not noticed yet is even one step higher than merely noticing ones surroundings and a quick fix for any 170-190 preoccupation.

The world also looks more flat/bland here. Above 300 things begin to look more three-dimensional. At 500 the world has even more depth and dimension whereas over 600 it is awesome and mysterious in its spatiality. For the 180 a can of coke is just a can of coke and it is totally irrelevant. The 300 notices the quaintness and pop-culture-likeness within the can of coke, enjoying the freshness associated with it. The 100 is afraid that its contents will poison him. For the 500 everything looks beautiful and interesting, even the can of Coke.

190 Pride, Arrogance, Superiority, Narcissism

Just like all other levels below 200, the main focus here is on the past. Not on what is happening or what will happen, but on what did happen. This is how below-200 people make the past repeat itself, make similar things happen over and over and over and over again. Each day they live will look nearly identical to the one before, with similar mishaps, illnesses, troubles reoccurring in thousands of variations. If you had the opportunity to watch other peoples lives, not as some exciting movie plot, but as those lives really are, you'd become enlightened to how focus-of-attention creates reality and how reality creates focus-of-attention. You'd be shocked, fascinated, amused at how repetitive peoples minds are.

The 190 looks down at others. "I have achieved something, and you haven't". Some parts of the worlds ruling elite still reside on this level and view everyone as *scum*. With the passing of the millennium and a rise in mass-consciousness, they are not quite at 160 anymore, where they would commit mass-genocide, so that's become unlikely. But there is still some real arrogance up in high places. Other parts of the ruling elite are usually found in the 400s, some in the 500s (without the 500s this world would be destroyed by now).

The 190 is proud of having ascended above the "dirty, stupid, little" lower levels. The reason I do not like giving the energy-scale to a 190 is because they misuse it to further their contempt of "lower" people. This is the level you will find the racist, the tight-lipped, the snobbish, the withdrawn, the extreme-nationalistic and those who are proud of achievements from days long past. They hold on to achievements that happened a long time ago...without achieving anything new – which is why they hold on to the past. The 190 comes from all wakes of life and all income classes of course...but you will find an above average

amount of wealthy people here. Why? Because the wealthy rarely sink below 190. This is the "hell" of the wealthy. It is not quite possible to become and stay wealthy with less energy available than this. Then what about the level 125 craver? Yes, they can become millionaires...but only temporarily and with extreme exertion or criminal means. The unhappily wealthy who have nothing better to do than to look down on others get stuck here. In their monotonous boredom they are open for intrigues, plots and conspiracy.

When you visit the mansion of a wealthy 190 you will notice a distinct vibratory difference to the homes of other wealthy people. Something "heavy in the air", a kind of monotonous drone not quite heard, and a complete stiffness of conduct. They don't have a sense of humour, except in spitefulness. Their laugh is a false one (except for their laughter at others suffering). "Daughter! Sit straight! Don't smile while eating!"

"Life is very serious" is a motto of this level. While they have risen above lower strata the problem is that their antagonism towards the lower keeps them stuck in a frequency that never quite rises above the tipping point to happiness (which is 200). If you want a definition of very, very, very *strict* you'll find it in those chronically overflowing with 190-energy.

The severely racist "Caste"-System of India, is 190. In Hindi it is not called "Caste" it is called Varna, which translates as Colour. The population is segregated by colour, the darker one is, the lower ones position on the scale. The Priestly-Caste is reserved for the most light-skinned. Since the reality you radiate to the world is the reality you get back, it was only appropriate and quite hilarious that an even whiter race arrived in India in the Form of the British, suddenly making the ruling elite of India second class citizens. I mention this because many of the spiritual principles of this book, including the thinking in

energy-levels originates in ancient Vedic literature. That however does not mean that everything that comes from Hinduism, the Vedas and India is good. When scale-thinking is misapplied it leads to systems such as the Castes. This practice, mixed with various fatalist misinterpretations of the Vedas is the main reason for Indias relatively low energy-field (50-275). So on the one hand some of the most important teachings of our Cosmic History and Destiny originate in India and on the other hand India will need the help of the West (North America, Europe, Australia, New Zealand) to return to its old days of Glory.

So what is *Race* then, from an energy-level perspective? Well, it is neither what the politically correct "anti-racist" says, nor what the mouth-foaming hatemongering racist says.

Position 1: We are all the same (105)

Position 2: We are all different and that's bad (190)

Position 3: We are all different and that's good (275)

The "politically correct" promote Position 1, the Racist sees from Position 2 and for the energy-field above 200 Position 3 is obvious. *Diversity is appreciated*, even sought. When the above 200 person travels abroad he does not want to see the same fast-food-chains and stores he sees at home, he wants to see something different, something unique to the culture he is in. Neither does he want the people in that foreign country to be the same as him or have similar rules and codes of conduct. He respects their unique way of being. He also respects their laws and traditions. So if for example he is Qatar and nudity at the beach is frowned upon, he will respect that and refrain from exposing his body. If he is not in Qatar but in Denmark, where nudity at the beach is

celebrated he will also respect that and not try to get people to cover themselves there.

Level-of-Consciousness and Level-of-Intelligence do not inherently have anything to do with skin-colour but many souls incarnate as darker skin-colours because on earth in this time and age darker skin is *associated* with more problems, challenges, poverty, lower-rank. In India blacks are seen as subhuman. The entirety of Africa is below energy-level 200. So a soul that wants to go through some very tough training will incarnate as black. It makes much more of a hero-story when a black man becomes US President than a white man. That mans Soul will be one of the most celebrated in afterlife-realms. So while those of darker skin can easily be any energy-level, in Africa and South America there is a tendency for group-incarnations of souls into predominantly black areas in order to experience more trouble and hence some karmic benefit.

One thing the neo-Marxist does not allow one to talk about is how every race is actually *better* than others in specific areas and in general. Because of Marxist "we're all the same" philosophy it is difficult to acknowledge the greatness of various races. From teaching languages in my 20s I know that each race processes information differently and therefore requires different methods to learn effectively. I can best teach Africans a language through sound, through the ear, through auditory stimulation. Learning-materials should be pleasing to the eye rather than the purely functional we are used to from schools. Furthermore, sitting around in hard chairs all day isn't going to do it. Africans learn best with playfulness and movement. Chinese on the other hand, don't require any music, colour and playfulness, they learn best when I act out various vocabulary while they repeat them. People of Central Europe will rarely learn without a structured plan that shows them what they

will learn, have learned and are learning today. So claiming that all races are the "same" and we should not discern actually cripples our appreciation and competence in intercultural relations. It also cripples our enjoyment of life. And even if it sounds like I am using clichés, I don't want my cook to be English I want him to be Italian. I don't want my banker to be Brazilian, I want him to be a Jew. I don't want my car to be from Russia, I want it to be from Germany. I don't want my wife to be German though, I want her to be Russian, Polish or Czech. Neither do I want my dance music to be German, I'd prefer it to be Jamaican. Given the choice of American food and Arab food, I'll take the Arab food. But I would prefer my house to be built in North America rather than the Arabian deserts. For spiritual Guidance I want ask the Chinese Government but the Tibetan head. For doing Business I want ask the Dalai Lama but the Chinese Government.

So you see, diversity in race and culture is a beautiful thing. Not everyone has to be the same and not everyone has to live by "western standards". "Making-Same" and "Disrespecting Differences" are the two main problems in international relations. Respecting Differences is the Solution to every international-problem.

The 190 ascends by finding interest in other topics and people. Lighten up. Smile. Show some kindness. Pay attention. Less work and more play. Sever connections to groups and people that are in complaint-mode.

Since the 190 has significantly more energy than 0-180, they are more likely to drag higher levels down into their web of intrigue. Often the promise of money for working for them, blinds the 200-450 person, causing him to descend. This is where the ideas of "selling ones soul to the devil" and "becoming a sell-out" come from. 190-energy always involves making

money for something you don't actually want to do. 190 is the planner of bad deeds, 0-160 the executer. Of general interest: When you see two sides in conflict, they are usually of the same energy level, no matter how different they appear. The reason for this is that differing energy-levels usually do not meet up for competition, and when they do, the higher-level quickly conquers the lower. Those fights that go on for decades are those between energetic equals.

The higher you are on the scale, the more easy it is to acquire financial and material wealth. Oddly, you will often find more wealth on 190 than higher, because those above are just not that interested in it. Exceptions are the 360-420 fields who love luxury, royalty and expensive high-tech gadgets as well. At 190 you find a lot of display of wealth while at 380 you'll find much of the *actual* money – and also other forms of wealth such as time and happiness (which the 190 does not consider wealth).

The snobbish 190 person is preoccupied with showing others what he has achieved. He is not playing polo because he enjoys it but because other wealthy people can be met there. He is not driving a Ferrari because he likes it, but so that others will see. She is not marrying the rich man because she loves him, but so that she is safe. Buying the Luis Vuitton bag does not make her happy, she just does it because she thinks that's what one does with money. Women who think they need several face-lifts in order to be accepted by others reside squarely at 190. Rap-artists who have seen hard times before succeeding financially, sometimes get stuck on 190 by thinking it is important to present themselves with balls of cash, gold chains, Gucci suits and Mercedes in order to be accepted by society or their "homies".

The 190 is aware of higher states and can feigns them, or thinks they can be bought with money. Travelling to

Dubai, for example, you will see that with their oil money they are investing in incredibly luxurious and futuristic architecture...the type of architecture expected from 350-420-energy-fields. But you will also notice that this exaggerated display of wealth partially stems from the 190 insecurity and that the emotional poverty there cannot be entirely covered-up by money. An acquaintance of mine got arrested for kissing someone in public. It was only a goodbye-kiss. The police sprung to action and arrested her. That type of emotional poverty and strictness can only arise from below level 200. Try vacationing there for two weeks, like I have, and notice how you feel. You will feel the dissatisfaction in the air. How many more shops with fancy shoes do you need? How about a smile and a hug for once? When you see luxury without a human-touch you are often dealing with 190. As such, Dubai is an example of Idealizing/Glamorizing, where what something looks like is not what it is. On the other hand, introducing level 400 architecture will do something to gradually increase the overall vibration of the place, which was arid 50-level desert-land for thousands of years previous.

Those level 190s who do not find themselves financially well-off or in arrogance are frequently found in the loner-identity instead. You know that guy who dresses oddly, is never seen with other people and follows eccentric hobbies? That's another type of 190.

190 has a monotony about it that makes those hobbies really odd. Think "collecting dead bugs". Trading baseball cards (as an adult). Collecting Romanian independent films of the early 60s (and the early 60s only!). When I was a kid I had this friend who collected beer caps. That was a clear 190 giveaway. He would spend all afternoon in the park looking for beer caps people who were drinking beer in the park had thrown away. And then he'd show me his collection. "Uh...cool" I would utter, not knowing what

else to say.

Passively sitting in a school-room would often drag me down to the monotonous drone of this strata. Staring at a fly on the wall. What will I do next? Why? Staring at an ant-hill. Why do ants exist? Scribbling nonsense onto a piece of paper under the school desk. Nearly falling asleep of boredom. That's all reality 190-reality.

Waiting in a doctors office that is bereft of magazines, plants or pictures. Welcome to 190 zone. Dining at a place where the father demands silence of all after a fight. Feel how the cling of the spoons and forks does not dare interrupt the heaviness of the atmosphere. That's 190. Someone cracks a joke. The father stares at him in disgust. Laughter is suppressed. Life is serious.

Children at a boarding school. Extreme discipline required. To order! Stand straight! Sit still! Stop dreaming! Work hard to make a living! Of Course Discipline is also a quality of the 300s, but that type of discipline is of my own free will and accord, an expression of firmness and awareness, not something that has to be enforced by some uptight tyrant.

Those with temporary pockets of 190 experience it a little differently, as Frustration, Overwhelm and Stress. The solution is of course, getting organized, making priority-lists and getting some vacation. In vacationing you regain your content/boredom (210) and creativity (275+). That is, if you do not choose a vacation-destination that is itself 190. Imagine in overcrowded beach full of trash, shabby Delis, rundown "souvenir" shops and lots of racket and noise. There's your 170-190 destination, a beach full of malcontents of all creeds and ages. Choose at least a 240 destination which has hotels that are a bit cleaner and just a bit more remote.

Questions to access pockets of 190-energy:

When have you tried to make others look bad?
When have you bought items that don't really interest you, just to make an impression?
What have you achieved that makes you better than others?
Who are the scum?
Who are you better than?
Who would you like to show that they are inferior?
Do you want to get back at the neighbours?
What past successes are you holding on to...at the expense of new interests today?
What membership in a group or movement makes you superior to others?
What certificate on the wall are you proud of?
Who does not deserve your attention?
In which way are other people subhuman?
What exhausts and overwhelms you?
What causes stress?

What are some of the most boring situations you have ever been in?

Levels 160 to 475 have the strongest sense of self. 190 is about nothing other than the *self* and how that self is more important, more deserving, more intelligent, more right than others. When you see through this from a higher level perspective, the narcissistic self-importance becomes hilarious. The powerlessness of it is amazing.

This is also the last space on the scale in which a human would be willing to commit acts of crime toward fellow humans. Above 200 there is an inherent sense of integrity and decency that is not native to the animal-self but to the soul-self. Of course this is not to say that the 200-499 cannot sometimes descend to 190 in order to "pull a quick one". But it becomes less likely. The 190 can be deceptive. He senses the higher level energies. On his best days he is able to move in and breathe in those fields. And then he is able to descend to levels below that of integrity and devise

schemes that are harmful to society. In this way the 190 can be one of the most dangerous people around because he has a significant amount of energy but not enough basic kindness.

What 190 is really about is to acquire and to look good in front of others. From bottom to top, here are some of the attitudes as they regard acquisition of things:

Level 50: "*I need*"

Level 100: "*I must, I should*"

Level 125: "*I want*"

Level 190: "*I want & I do*"

Level 200-340: "*I do*"

Level 340-475: "*I already have*"

Level 475-540: "*I like*"

Level 540-600: "*I am*"

The 190s are the rulers of the low-energy-realms, the bosses-in-hell so to speak. They have the most energy and knowledge but their intelligence lacks greater context and care for anyone else but themselves. Of course some amount of selfishness is required to even reach 190. Without taking care of ones own energy-level, ones own destiny and applying ones own *willpower*, no ascension on the scale is possible. But the 190 thinks that the self is the *only* factor in ascending, rather than one of many factors. The 190 thinks he is higher than God, greater than Infinite Creation itself when in reality is merely an aspect, a part, a viewpoint of Infinity. The soul is indeed great and much bigger than many suspect, but it is not great enough to be separate from others and nature itself. From this false sense of superiority arises Pride. And this Pride actually makes the 190 comparatively weak because the support of the Infinite, the support of God is never used.

Frankly, it is weakening to serve *only* others, to serve only the world and even more weakening to serve others from a feeling of pity. Those are level 80-110

behaviours. But it is also weakening to serve only oneself, which is a 190 behaviour. The 300-500 serves others and self. The 500-700 serves self, others and God.

The Spirituality here is therefore connected to ones own superiority, ones own "higher status", ones own fame, ones own perceived grandness – which is ridiculously small compared to the greatness of Infinity. You will find a number of spiritual and religious cults at 190. The type of cults people join in order to feel better than all the idiots who are not a member. The most famous is Scientology. It is interesting that Scientologys energy-frequency only measures at 190 as its founder L. Ron Hubbards level of consciousness measures at a fairly high 490. He was one of the first people to make the scale-of-energy-levels, called "Emotional Tone Scale" in Scientology, for a public audience. Interestingly the main scale used in Scientology only goes from Apathy (50) up to Enthusiasm (390) although Hubbard himself was aware of many higher levels than that as evidenced by more "secret upper level" writings of his. It appears that Hubbards level of energy fell significantly in the 1970s and with it the quality of Scientology. With his death or disappearance in the early 80s what remains of Scientology is nothing other than a totalitarian cult full of parrots. As is typical of such Organizations, the founder is interesting, but the followers are not. Hubbard can be credited with taking complex Hindu and Buddhist Scriptures and turning them into simplified processes and meditative training "drills". Because of this, several other movements, methods and organizations, not directly connected to Scientology, and some of them actually helpful, were founded. The reason Hubbard never made it quite above 500 is because his material lacked *love* and any teachings on *love* as well as respect towards a Creator/God/Source. This is probably due to his rebellious streak which he shared with Aleister

Crowley, one of his teachers and friends. Anyone entering a Scientology-House nowadays will feel its 190-energy. Everything below 200 is in a state of Decay and at 190 it is slow Decay. You will notice that Scientologists cant sell worth a damn although they take plenty of "communication"-courses. You will notice that the material is hopelessly outdated and that nothing new has come up since Hubbard passed away. You will notice that some parts operate way below 190 and that only a few parts (those properly trained and read or measuring high from birth) operate in the 200s and 300s. In any case, at 190 it is not a place to get enlightened or learn anything important.

In fact, one reason for writing this book was to take the scale away from the context of biased cults and political movements and present it in a more unfiltered manner and still keep it readable for all.

190 is also the level of parts of Hollywood and the mass-media in general – especially those parts that make money off hatred, fear, paranoia, shame, guilt, rage, lust, desire. There is a lot of money to be made by targeting lower emotions and the 190s do it routinely, as a Billion-Dollar business. The dark side of this is that such images are programmed into mass-consciousness incessantly and ruthlessly. Any given TV-Programme or Movie contains dozens of negative-beliefs-per-minute and the innocent-eyed dumbbells are just letting it all in. The bright side of this is that countries below 100 are, overall ascending to above 100 because of TV-Programming. In China, Billions were programmed up to Desire (125) by TV and many have now jumped all the way up to a level where those Desires can actually be fulfilled (325). Also, as sinister as the medias agenda is, the media is not "causing" this and much less involved in some plot to destroy morals or some conspiracy to program the

masses. This type of programming is requested by the masses. They willingly and gladly *pay* to go see it.

200 Boredom, Contentment, Laziness, Functionality, Routine

From a societal perspective this is the level of Functionality. The machines are working properly due to 200-energy. The waitress is not really smiling, but she is doing her job the way she is expected to. 200s never exceed expectations but at least they fulfil them. 200s is the energy-level of a gas-station. There is nothing personal or human about a gas-station, but at least you know what to expect, at least its reliable in its functionality. 200-220 is also the energy level of very hard work – which is the backbone of modern society. Without the hard labour of the steelworkers, for instance, our western world would not look as good as it does. We owe this all to the labour of 200-220 people. These are the heroes of everyday life the media never mentions.

Hard work is a liberator from levels 0-199. Not magic. Not goals. Not visualization. Not winning the lottery. Real, down-to-earth, honest hard work. It does not get you up into the 400s and 500s, but it does eventually get you out of all the lower levels. Hard work in service of “King and Country” moves you up to 240.

Emotionally, 190 is boredom mixed with subtle discontent and 200 is boredom mixed with subtle contentment. 200 is true indifference. 200 is also true neutral. A gun, for example, measures at 200. That means it could be used for benevolent or malevolent purpose just like a knife can be used to cut bread or kill. The earth itself and the human body measure at 200, indicating that they could go either way (up or down). Because the Body measures at 200, the mind, which measures at 400 actually has the capability to heal the body. But the body is also in the range of

energy that can be negatively affected by lower frequencies.

Most Foods are in the 200s. Industrially-packaged food you find at a gas-station measure at 180-199, which is why many will not exactly feel an energy-boost after eating them. Fast-food measures at around 195-205, which is neither especially harmful nor especially nutritious. Homemade-Food measures at 220-240. Homemade-Food that is blessed or made with loving care measures above 240 and actually has a positive effect.

Anything that measures above 200 is not actually harmful. Later when you learn to measure levels for yourself and something measures at 200, its OK, fine, safe, etc. There is nothing to worry about from 200s people, concepts, foods, places, ideas. Energies of 100-199 can be neutralized by the power of positive intention or positive belief. But with energies below 100 are so slow that the mind has difficulties creating something positive to neutralize them. These energies are best avoided altogether, unless you are someone very adept at *focussing positive energy*. While the 200s are not harmful, their helpfulness is somewhat limited. With positive personal intention, the 200s can be revved up to be 300-ish. So if you are using homeopathic treatment, that treatment in and of itself does not have as much energy as many think it does. Homeopathy is only at around 220, which translates as "slightly positive". So the rest of the "amazing effects" of it come from personal intention/belief or what others would call *placebo-effect*.

The low 200s (200-250) are the reality of "OK-ness". If people ask me in Courses whether they should stop engaging in 200s activities, I say, "200s activities are OK. There is no need to renounce or abandon them. Even if you are aiming for enlightenment-states of the 600s and 700s, the 200s are not particularly harmful

but may then merely be seen as distractions”.

While 200-220 represents hard-work, 220-250 often displays laziness (having ascended from the hard-working 210-reality). On a personal level this energy is looking for entertainment. He spends a lot of time in front of the TV and Internet. The 1950s to 1999 saw the rise of Television which elevated masses of people to 200. Without TV, society as a whole would still be below 200. 200 being a relatively passive level and the Internet being more *interactive* and creative, the Internet is higher up the scale than TV (I am referring to the Internet as a tool, not to its content). By the time this book is published TV may be a thing of the past already. So Television measures at around 210 and Internet (as a tool) at around 260.

Sometimes there is a gap between the wealthy type of 190 and the often modest financial state of the 200. If you witness this (it is not a rule, but can often be observed), that is because some 200s are satisfied with things as they are.

While the 200-220 is a hard worker, the 220-250 person is able to act but rarely in a consistent or focused way. He can project interest and attention occasionally. The 220-260 is very often (but not always) your typical “lazy person”. This laziness has the advantage of him getting enough rest to ascend above pockets of 170-190 (rest being the key to releasing low energy) but it has the disadvantage of him being unproductive and difficult to get out of bed. The 220 allows for other viewpoints and belief-systems than his own. *He/She also likes having small-talk that leads nowhere*. This is sometimes an annoyance to 300+ “go getters” and “doers” and can even drag them down if they allow it. You will find the 200s spending hours online chatting to people – and the chatter not resulting in all too much. In general he is

neither approving nor disapproving. He has a sense of humour and often does not need support from others (levels 0-199 are *dependent on others energy for survival*). Clothes and personal belongings are sometimes slightly neglected. This is something the 190 would never allow...the car is unclean??? Oh my God, what if my neighbours see that! But the 220 person would often say "Oh, I'm OK with that".

How can one discern this from the level 50 apathy? Well, in the presence of a 220 you generally feel alright because he radiates a general, if understated, satisfaction with life. "*Everything is alright*".

Some readers who were worried they were in apathy, are actually in 220. If you live in North America or Europe and you go with the "mainstream", *by doing what everyone else does, you will eventually stabilize on energy level 220*. Why? Because civilization of the year 2009 averages at this tipping point since a few years. In the 1990s of earth time the world averaged 200s for the first time in more than 10 000 years. Before that, the world averaged below the point of positive energy. (History Lessons in school have mostly been studies of low-energy stupidity throughout the ages). This is good news because from 200 onward the destruction of humanity is unlikely, whereas 160 coupled with weapons of mass-destruction makes the obliteration of humanity not only likely but certain.

For 10 000 years, civilization steadily descended. The oldest buildings of Egypt – the Giza Pyramids and the Sphinx – represented the highest level possible at that time. The Pyramids were well above *energy level 500*, because they were built by another civilization of another time, and not from the Egyptians as modern schooling teaches. All later pyramids were mediocre in comparison. Then came the Greeks of the 400s, then the Romans of level 170s- 300s and then the world fell

into the darkness of 0-160. In the middle ages you could walk around the streets of London and see cut-off heads hanging on poles as decoration, accompanied by a horrible stench. This would be your level 30 ambience. Pace only starting picking up again from the 16th Century onward. By the 19th Century the world averaged 150, the Industrial Revolution (360) pulled it all up to that level. World War II represented a mass-transformation to 160 followed by transcendence to an overall 190 after 160 was defeated. Around 1989 we averaged 200 for the first time in a long time. That is why things have been speeding up recently. How did this historical change come about? Some claim it was created by a "Harmonic Convergence", by World-Prayer and Meditation. While those are certainly helpful to the energy-field of mass-consciousness, the biggest factors were the inventions of Science such as certain Medicines, Radio, Television, Internet, etc. It is Technology that created the new-age, not new-age-mumbo-jumbo. But Technology is not "opposed" to Spirituality. It has the distinct energy-level of 300 and 400 which is sufficient to help civilizations move upwards.

An average of 220 means that the low points of earth are at 50. You will find much of 50 and occasionally even 30 in Africa, although much of the continent has already ascended to higher places. And to make sure there is no misunderstanding, I repeat that this has nothing to do with race/colour and everything to do with group-karma – souls who, for energy-balancing wish to incarnate into difficult circumstances. The Muslim world experienced fluctuations and a descent from 420 in the middle ages to 80 and is currently on the uprise again, dragged along by the improvement in mass-consciousness. At 80-190 Arab and Persian areas are somewhat higher than Africa. Next up are the formerly communist countries and South America

at 120 – 250. Next on the scale are North America and Europe. The countries with the currently (year 2010) highest level of energy are, in this order:

Switzerland (450)

Canada (420)

The Netherlands (420)

New Zealand (420)

Singapore (410)

These figures are in fluctuation and subject to slight change on a year-to-year basis. They are very unlikely to make jumps to the 300s or 500s in the next several decades however. Interestingly, the U.S. fell from 440 to 400 after the 9/11 attacks, just like it descended from 425 to 405 after the JFK-Assassination. So America oscillates between 405 and 440. It is not the country of “highest energy” or “highest consciousness level” as other authors who use the energy-scale claim, but its at least up there with the highest. The Netherlands high energy is due to all the water it is surrounded by and swamped with, the countries smallness (making it easier to manage) and its policies on personal freedoms which foster self-responsibility. Switzerlands energy-level is due to its international neutrality, localized politics, its natural beauty and the peace and prosperity of its citizens. The USA measures high thanks to its Constitution. As long as the US governs according to it, it will be able to maintain its level. The further away it steers from it, the more it drops in points. Canada and Scandinavia are up there due to tranquillity in climate, nature, their politics and the attitudes of their people. Singapore, oddly enough, is the only semi-Dictatorship (with the exception of Burma, 320) measured to be benign. Dictatorships are usually around 100-160.

This does not necessarily mean that you will find the highest energy villages or single locations here. There are specific places that reach up all the way to 799.

Any location above 800 is not a location on earth (again, despite what various authors say. I will refrain from spelling out these "various authors" names out of respect. Let it be enough to say that there are many using the energy-scale and there will be many more to come that do not take unbiased measurement and reporting that seriously.) In general, when you find pure beauty and tranquillity you are usually in higher fields. When you find the majority of the country living in well-to-do circumstances, relative safety and prosperity, you are above 300.

Mass consciousness averages at 220 and in accordance with that you will find most people in a cycle of working for a corporation, paying off bills, consumerism, being hypnotized by mass-media screens, being generally satisfied but not doing or achieving much of their own. When the hypnotic effect of the mass-media is spread through lower-vibe countries, these too will be elevated to 200. That is why countries such as North Korea have restricted access to the Internet. A level 200+ medium cannot be introduced to a level 80 society without severe consequences for the rulers.

If you inhabit the 300s, the 200s-lifestyle seems unsatisfying and limited. On this level of awareness ideas of "what to do" rarely transcend going out to eat, watching a movie, going shopping, going to work. I used to work as an English-Teacher for corporations. In this position I met thousands of people on this level of consciousness. I had to reduce the bandwidth of my conversation in order to relate to them.

"What kind of music do you listen to?" I would ask.

"I don't really listen to any specific kind of music. Whatever runs on the radio".

"Oh, OK. Not a music lover then. So what are your favourite movies?"

"Oh, I have no specific favourite movies. I watch

whatever they are currently showing. I like action, comedy, adventure and romance”

“Hmmm, alright. So what are your hobbies?”

“I don’t really have time for hobbies. I work a lot”
Time is a real issue with 200s-300s. “I don’t have time” is one of their slogans.

“So do you like your job?”

(These are the mundane and rather dull questions I would be asking for the purpose of teaching English ... but to the level 200 person this is how *real conversations* go)

“Yes, I like my job”

“What are you going to do tonight?”

“I think I will have some dinner over at the restaurant, and then have a drink at the Hotel Bar”

Never expect the surprising, challenging, mystical, radical, strange, courageous, outrageous from this energy-field. The reason they are unmoving is because they feel safe here. And from an energetic perspective one *is* safe here. One could spend the rest of life in the 200s and no harm would come. The biggest event might be going on vacation to another continent. Or getting his baseball cap signed by a superstar! Looking up to idols is common at 200. Not having enough energy to create their own life, they watch other peoples lives playing out on TV. The 210 woman does not find herself, she finds some Topmodel she either admires from a distance but feels separate from, or attempts to imitate. The 210 man admires James Bond who can supposedly can do all the things he himself cant. Movie-makers will be able to milk Hero-films for a lot of money as long as the majority rests in the 200s. Levels 275-310 (Courage) also watches movies like this, but with a bit less of a separation and more of an *inspiration* for his own action. So the level 220 watches an Action-Hero-movie, leaves the theatre and thinks “Oh how I wish. But that will never happen

for me". Level 305 comes out of the movie and signs up for a motorbike-race or books a flight to some exotic destination.

If you are 300+, spending time with a 200 will not be detrimental to you. But it won't be particularly helpful either. The relationship will just trickle along without any major ups or downs. If you are a lower energy person who has just come out of major difficulties, the level 220 will be *soothing* to you. The best spouse for 200 is another 200. They'll just live their little unimportant lives in relative harmony until they grow old and die. Welcome to Suburbia. Meet the Normaltons. Accessing your own pockets of 200 (which you, as a reader of this book, *certainly* have) can be facilitated with the following questions:

What are you not interested in?
With who's life do you have nothing to do?
What do you not have time for?
What is stressful?
What is frustrating?
What's on TV?
What are you not in the mood for?
What's for dinner?
What are your neighbours doing?
What kind of dogs do you prefer?
What's currently on the news?
What sports statistics do you know about?
Why is time short?
What is the latest gossip?
What have the celebrities been up to?

From the 200s onward it is not healing that is required but one can ascend and progress by one's *personal will* (below 200 the help of others is needed, above 600 it's up to God's will). One way for the 200s to progress is that he finds out his *life's purpose* and *dedicates* himself to it. Now if you're saying "How should I know what my life's purpose is???" you have not yet reached

a 200s-level in which it should be obvious what things you are best and most talented at. She is involved in all kinds of pointless distraction and entertainment because basic *purposes*, *values* and *goals* are missing. This is the sense in which too much contentment, which is like a drug in the 200s, can make one complacent. And becoming too complacent can have you eventually descend down the scale.

Unfortunately the 220-250 only acts with determination when his job or relationship are in danger. The company is laying people off? Alright, time to really focus and do a good job! She is thinking about leaving me? Alright, time to get my act together! The 220 energy does have abilities but rarely uses them. Its almost a wasted life, wasting ones god-given talents. "Why should I change anything? Everything is just fine" he will say. So learning some discipline is a path to progress. Generating more income to become less dependent on corporations and jobs is a way to ascend. Rather than dedicating yourself to artificial goals and idols, find out what your soul likes. When your life is over and you have your date with Infinity, will it have mattered who some pop star was going out with? No? Then why are you following such stories? Because pointless entertainment without serious purpose is so relaxing? OK, fair enough. But don't let it get out of hand. Wasting less money on things not needed is a step upward for the 200s. The 245 often has an apartment stuffed full with superfluous items. Finding a life of *purpose and direction* is good.

She spends a lot of time purchasing and downloading entire Television-Series, Soap-Operas, Movies, Books and even more time reading and watching them. This means that life is mostly taking place in her head. But what experiences does she have to call her own? The walk to the grocery store to get some snacks to eat along with the next movie. Is that really all life has to

offer? Is life so mundane that it is so much more satisfying to look at it in made-up stories and movies? Or could you write *a better script for your own life*?

A technique I typically prescribe to the 200s is called *Scripting* in which I ask them to write elaborate movie-scripts of what they would like their lives to be. I have them write entire movie-scenes of their ideal life, along with dialogues, locations, perspectives in a mix of realism and dreaming. Mixing realistic and wishful images trains the mind to believe that higher and more courageous things are possible than it formerly thought. The Scripting technique trains Imagination, Focus, Courage – three things the 200s are lacking. The Scripting Technique, if you'd like to try it out, is good all the way up to the low 500s. When doing it, focus on your preferred realities in a playful and fun way, without expectation of them having to manifest or come true the way you write them. If you can write without that secondary ego-minded agenda, but with a light and playful touch, some of it actually will come true. Why? Because what one holds in mind without desire and resistance, *tends to manifest as reality*. Children often get impatient with this level because many parents of the current "western civilization" are 200-275 which makes them slow and cozy. The grandmother who spends the morning making breakfast for the kids, and then, right after breakfast plans lunch, and then coffee and cake in the afternoon and then a huge dinner, is a 250-grandma who is pulling the energetic kids visiting her, down. The kids want to go out and play, they want action and adventure (300), they want to learn (400). They don't want to stuff themselves with food all day. The 340 grandma will however bake her bread with loving care and treat the kids with Humor and Kindness, which will heighten their energy rather than pull them down. The 220 grandma will put too much food on the table because the 200s are preoccupied with food. Walking around shopping centers, pedestrian shopping

zones, boutiques, stores, equals walking around the 200s-zone. Booking a vacation the way everyone else books a vacation is in the 200s-zone. Not too much excitement or inspiration to go around.

A 220 who visits one of my seminars will say *"No skyrockets going off for me yet"*, no matter how much fun is had.

The 180 will say *"No skyrockets going off for me yet and that proves that all this is a bunch of hogwash"*.

The 250 will say *"No Skyrockets going off for me yet, but I'll try to do better"*

The reason the 250 talks like this is because he is *waiting* for something to happen. He thinks that something outside of himself will come to entertain him. For the 200s I am nothing other than a source of entertainment. The 200s will often not use my teachings to grow but to kill a few hours of time and have something to do. Afterwards he will discard this book and look for the next "cool book". The 200s who becomes spiritual does not do so seeking truth, but seeking something trendy to do. *"Others are doing it, so I thought I'd try it out"*.

200 is neutral, not to be mistaken with the mental-emotional Neutrality of the 350. What is meant by "neutral" on 200 is that it is neither harmful nor helpful but merely a thing of function. Your computer is 200. It is an item that needs to work reliably, nothing more. What you use it for can be good or less good. It has no inherent emotional quality or emotional intention. Software is made with an emotional intention and will therefore not measure at 200 but somewhat higher.

Keep in mind that we are describing the pure 200-275,

whereas most people will not be purely of this energy-field but have more or less pockets of it. These pockets are useful when wanting to get out of lower states. Feeling fear, craving, anger or overwhelm? Simply relax. Get a good movie. Lazy around at the beach. There you go. That pocket is healed. The 200s actually feature three very distinct energy-fields:

200-210 is the realm of **Hard-Work**

210-250 the realm of "**OK-ness**" and Laziness

250-270 is the realm of **Conservativism**, Stability and Orderliness.

The 250-270 leads an orderly life with a mostly stable financial income. At this level there is a belief in authority, a belief in proper structures of society, a belief in science as the prime authority on reality and a placement of value on family, good clothing, cleanliness and overview. From a higher energy perspective this person is the petty square. But from the below-200 perspective this is a saviour, the source of comfort and the end of problems.

The 250 is able to take action and achieve. He is limited in Imagination and has difficulty thinking outside the box. He acknowledges the existence of other viewpoints as his own while remaining skeptical outside of his realm of understanding. He needs proof of things before committing to them and risk-assessments before acting on things. "I'll believe it when I see it" – this attitude slows him down because he will not do anything before its merits are blatantly in front of his nose. In this sense a bit more intuition and trust would do him good. Change comes slowly. An opening to new projects, ideas and circumstances comes slowly. He feels strengthened by intellectual reasoning and connections, networks and contacts to others. His biggest challenge is making it to 275 (Courage).

Should you, dear reader, find yourself somewhere at 0-199 it can be very helpful and healthy for you to aim at the life of the decent suburban conservative: Clean up your place, *bring your house in order*, get a job, pay your bills on time, be punctual, stay true to your word, dress properly, be disciplined. Have you ever experienced that clearing your desk and room from clutter makes you feel better? That's because level 250 actions clear the lower level pockets.

The 250 believes that reality is created through action, through study, through work and diligence. And if you vibrate below 250, than this is true for you. Many parents are on 250-310 because being a good parent requires one to ascend to at least that level.

Accordingly they will not tire of reaffirming the importance of "good education", "getting a college degree" and "hard work". So get off your lazy butt and get to work! That's how to ascend from lower levels. Surprised? Many associate spiritual enlightenment with something quite different than that. But if you have no stable platform from which to lift off, your flight will not go well. Getting a proper job (250) is then more spiritual than going to a fortune teller or psychic reader (100). Cleaning up your place (260) is more spiritual than using tarot cards (125) to determine your destiny.

But if you've already mastered the mid 200s, and are *already* taken care of financially and *already* have good family-ties or a good circle of friends or some sort of dedicated profession, then its time to ascend to a life of even more fulfilment.

250 has much in common with 220 except that he is a bit more focused, more tidy, more stable and less lazy. The obsession with tidiness is sometimes a bit annoying but an understandable path of moving beyond 0-199. I once conducted seminars in the

rooms of an almost pure 250. Not a single day went by when he would not appear in his office early in the morning. He would not break his routine. Not a single day went by were he would not be cleanly shaven and dressed in straight business attire. Not once did he enter his office in tennis-shoes or a t-shirt. When I would make coffee for my seminar participants, he would come in after me and make sure the kitchen is spotless. Not a drop of water anywhere, not the slightest speck of coffee. Dishes had to be washed immediately. His main hobby was mountain-climbing. That's a typical level 260 activity, obviously the high-point of his life. His wife too was firmly rooted in 260., your typical middle-class-comfortable, never questioning life, never questioning her husband... simply doing like he does: Keep things tidy. Work hard. Make a living! The amount of strict routine was baffling to me. Would he ever take another road home after work or forever drive on the same road? Would he ever drink anything other than tea at exactly 3 pm? When I made too much noise in my course he got nervous. "Is everything OK in there?" "Yes!" I responded "I'm just having some fun!". Fun – difficult to grasp for the 250. Fun and outrageousness makes the 250 shy. What will the neighbours think? The 250 still has a little bit of that 190 vibe that needs to look good in front of others.

For the 100 science is a conspiracy to suppress information. For the 190 science is a tool with which one can ridicule and debunk people. For the 250 science is usually something revered. The 250 is definitely not a scientific-thinker but a believer in science. The 400 is the actual student of science and the 420 the scientist, the 450 the renegade scientist and the 470 the genius scientist.

In Business the 250 is rarely himself an entrepreneur but works for one. And if he ever is a business person he rarely leaves the confines of safety. Safety is

everything at this energy level. This is the level that demands and creates a police force, law and order, recognizable routines. If there were no 250-energy in society you'd have been robbed, raped and killed by someone or other long ago.

This is the level that creates a police force, law and order, recognizable routines. The energy-field makes your living place safe. I lived in a place with lots of 250-energy.(the place overall was 400, a level that requires a strong 250-vibe as a basis). It has a crime rate of almost zero. Fields, houses, farms, streets, street-signs in perfect order. I took many long walks at night there without a worry in the world. And while it was clean, safe and manageable, there was this all-pervasive boredom. If you went walking after 9 o'clock, all the lights were already off and the town was asleep. After all, they had to get up early next morning to work. Sometimes I longed for some of the level 180 chaos of South America . Not a single café open for business. Nobody sitting outside partying like in Italy. No barbecues or late night baseball-floodlights like in North America. Nothing. Silence. Sleep. In its own way, level 250-310 is fast asleep. Having a house and a family is the highest goal. Nothing is questioned. No liberation sought. Not the slightest inkling of the mysterious or magical in the air because everything is predictable. Living there, if you did anything different than the rules prescribed (there were rules for everything including at what time you are allowed to use a vacuum cleaner and how big a balcony is allowed to be and what colour houses in certain areas had to be painted) you stuck out like a sore thumb. I once had to park my car in a driveway out of which my neighbour gets out at exactly 8:15 every morning (never earlier, never later). I had to park it there because a certain garage is no longer accessible at exactly 12 p.m. and I had come home later. I was sleeping when he rang my doorbell. I apologized, telling him I had been home later last night. He said:

"Why does one have to come home that late anyway?" got into his car and drove off. He was very nervous about things being different that morning than they usually were. Can you believe it? Welcome to the Orwellian 250 paradise of total order and control.

A weakness here is the inability to deal with break of routines. There is the worry (the 200s can still be accessed by worry at 100) this might cause them to descend to the chaotic hell of lower levels. It could be caused by something as silly as a car parked somewhere other than it usually is or you spontaneously deciding to travel somewhere and thereby wrecking havoc in a 250 spouse who has been used to you being a home-body.

"What? But where would you go? Travel where???" she asks.

"Don't worry, I just feel like being on the road over the weekend" you say.

"Yes, but you've never done that before, so why now?" she asks

"Just for fun, I'll be back in a few days" you say.

By now she is seriously concerned. She is concerned because she is a 250. And if you are a 250 too it is likely you won't take the trip because ultimately you'll be concerned about it as well.

250 wants security, and money, he wants to be *alright*. The aim here would be to find the courage and focus to do new things. To rediscover your *enthusiasm*. To let off of too much work ("I have to work to feel safe"), too much Internet-Surfing and investing more attention into your dreams. Another way to progress would be to consider paths of *passive income* – having money work for you rather than you for it. The 250 energy usually still lives in the mistaken belief that one absolutely *must work hard* to receive money. Some questions to access this level of energy from both lower and higher levels:

What is right livelihood?
Why don't you have much time?
What are some things on your to-do-list
Why is order important?
What is the result of hard work?
Why are sincerity and honesty important?
What are the benefits of being rational?

The weakness of a woman in the 200s is to be preoccupied with shopping and food. A weakness of the woman in the 300s is to be preoccupied with luxury and politics. A weakness of the woman in the 400s is to be preoccupied with books and knowledge. On any of the levels of energy, such women would do good becoming aware of other things. The intellectual *400s bookworm* would actually do good meeting some friends or family (300s) or developing an interest in arts (500s) or good food (200s). So you see that above 200, going "down" is not always a descent but quite necessary for life balance.

The weakness of the 200s on a society-level is their naïve outlook in regards to what is going on in the world. The 200s will sometimes simply take whatever the 8 o'clock news tells them, at face value. This childlike trust drives below-200 people crazy, because they, just like the 400s upwards, see the deceit. The contentment of the 200s makes them blind to manipulation. This innocence is also problematic in regards to diplomacy and international relations. Just because I am a trustworthy person does not automatically mean that others are. Companies and Governments residing below 200 cannot be trusted. The 250 can be conned by 150-190 energies, because he does not quickly suspect foul play (like the 100 who expects foul play all the time and the 180 who practices foul play). In order for the 190 to manipulate the 250 he has to weaken him and access his remaining pockets of frustration, boredom and fear. The low point of the 250 is 100 (fear) and the high-point is 475 (Imagination).

Half of humanity has yet to ascend to the 200s, so 250 carries a lot of importance for our planet. In the 200s you find shop clerks, mid-level employees, servicemen, bakers and butchers. Take a walk through any downtown area, train-station or airport and you are right there in the energy-field of the 200s. At 205 there is not much friendliness but 250 is the beginning of humanness and care. 205 is a gas-station but 240 is a Starbucks and 270 is a quaint family-run cookie shop. 210 is the waitress who does her job right but does not smile, at 240 she smiles and at 270 she actually makes friendly conversation and means what she says. As one progresses up the 200s things get increasingly human. A University normally carries an energy frequency of 400+ but the students dorm with its unique humanness is around 270. A truck is 200 but add the drivers hand-painted artwork to it and the truck goes up to 250+.

I have a Course Room without anything in it but fluorescent lights and a neutral carpet. I'm currently at around 200, although turning on that artificial light might drag the room down to 190. So I put a lamp that radiates softer and warmer light in and a flipchart with some markers and also some chairs. I measure the rooms vibration and it is now at 210. It functionally has that which it needs. I add some plants. These are very nice plants I bought, which bring the room up to 220 (the ones from at home would have brought it up to 240). I hang up some very high-energy artwork and the room jumps to 280. Students will now feel significantly better here. If they come here tired, they will wake up by the power of the rooms energy. They wont be dragged down the way they would with a 190-room. I exchange the artwork with very-high-energy 505 pieces. This boosts the rooms overall energy to a measured 350. That's pretty high for a room and I'll leave it at that.

Surprisingly, many people who have a lot of 200 in them don't even know what *Passive Income* is. Passive Income is money you make, that you are not working for anymore. If for example you happened to buy a piece of real estate and are renting the rooms out, you are getting money from your tenant every month without actually working for it that much. The 18 books I wrote are making money for me. In fact I could quit working entirely and would be well fed for the rest of my life due to my book-cheques. The importance of not *having to* work, not being forced to work for *survival* is that it frees up a lot of negative energy (especially fear and worry) so that you can place attention on more important things than money. Money is taken care of so that you can finally focus on the things you *like*. I myself generate passive income, but not to an excessive, greedy degree, not in an attachment-to-money itself. Exaggerating the importance of money is a trait of the 125 and 190. In order to ascend to the 300s it is beneficial to replace hard work with creative work or work you like, work that matches your *souls mission on earth* and to be of sound financial stability. You will see that merely taking on 300-ish character-traits will increase your income. That means that merely being in a certain energy-field attracts the other things associated with that field into ones life. But you will do good to at least study some of the basics of how to have money work for you rather than you being its slave. A book which I have recommended hundreds of times in this regard is "Rich Dad, Poor Dad" by Robert Kiyosaky.

Since what is termed "Hollywood" has shaped world-consciousness in significant ways over the last decades, and as the American Film Industry currently measures in the 200s it is only appropriate to say a few words about it here.

In many ways a *movie* mimics the way the mind, consciousness and reality are created. The world is like

a five-dimensional-version of a movie (for more on this see my previous book "Parallel Universes of Self". Movies are transmitters of energy-fields. What the world does not quite understand is that for consciousness there is only barely a difference between "reality" and a movie. Or to put it more precisely – what you focus on you begin to vibrate with and you eventually become. So whether you see a car parked right there in front of you in real life or a car parked in a movie on a screen or a car parked in a picture of a magazine or a car parked in your minds eye by visualization – the essential energy vibration of a normal car (220) will be felt by your body and mind. Because of certain belief-systems we hold, the real-life-car will be experienced more strongly than the movie-car, but its still essentially the same vibration, the essentially same energetic information. So visualizing driving a car 10 times is about the same as actually driving it, as far as consciousness/body/mind are concerned.

This little piece of information alone will have you be more mindful of what movies you watch from now on, of what energies you let into your life. And that does not only go for movies but any type of entertainment. Anything is subject to levels of energy. The two reasons Hollywood only measures in the 200s currently (as opposed to the 400s and 500s decades ago) is twofold. First of all, the movie industry is in decline due to the Internet and Filesharing Revolution (the practice of Filesharing as it is carried out in the year 2009 measures at a dishonest and detrimental 190 but is also directly linked to previous dishonest 190-ish pricings of the film and music industry). Secondly more than 70% of all movies contain below-200-imagery and concepts for their own sake. For example, violence (160) is glorified for its own sake rather than being a needed dramatic part of the narrative. Hollywood currently churns out more Horror/Gore (0-110) movies than ever before in

History, focussing an undue amount of attention on low-vibration-entertainment. Horror-movies, which are amusing (not scary at all) from 390 upwards (who are mostly unaffected by the negative vibe) indoctrinate millions of teenagers into associating the spiritual (paranormal) with evil – an evil that is much portrayed as more powerful in the movies than it is in reality. Even though its supposedly “fun” to watch, some people remain traumatized for life, without even being fully aware of it. They’ll have a bad feeling being alone at home or having someone walk behind them on a sidewalk at night or stepping into the shower and seeing some insect there or walking through a parking garage at night, or taking a walk in the woods – and wont even realize that their bad feeling was *programmed* into them by some vivid scare-image they saw long ago.

Above a certain level of consciousness or with certain positive-beliefs in place (such as “I am aware of these movies energy-levels. I am no longer subject to their negativity, I can maintain my state effortlessly.”) this programming becomes neutralized. It is those unaware that are most affected. Movies of a below 100 vibration can drag down people from 100-350. Movies of a 100-190 vibration can drag down people from 200-450. A single low-vibe movie is too weak to drag one down. The body is attacked by it but quickly regenerates after the film is over. It is the constant repetition of certain themes which has an accumulative negative effect on mass-consciousness.

The main problem with Hollywood is lack of respect, arrogance, not assuming responsibility for what they put out into the world. The idea of “It’s just a movie” is just so much nonsense and the filmmakers actually know that it is. Power coupled with arrogance leads to decay and this is why the entire Region of Greater Los Angeles resides in a 200s energy-field – lower than the US average of the 400s. Anyone who can feel this moves away from the place, perhaps even to northern

California which measures at an unusually high 420 (the lure of California is this contrast in energy).

The rest of their movies are mostly 200s and 300s. 200s are movies that are fairly good vibe but they have a mass-produced or produced-by-formula feel to them. 300s movies are good movies which may contain below-200 elements that are necessary for the overall storyline. I want to make it clear here that even if it sounds like it, below 200 is not "bad" or "evil" but simply has certain effects and consequences one needs to be aware of to take responsibility for ones life. Its fine that you immerse yourself in 80s-energy for weeks, there is nothing "bad" about it, just know the consequences. In fact, there are a number of below-200-movies which are *artistic masterpieces* and highly recommended. The most successful independent-film of the 20th Century was "Pulp Fiction" by Quentin Tarantino. The movie itself measures at energy-level 40. This is no surprise because movies are measured by exactly that which they portray and this one portrays slaughtering people by the dozens as something humorous or amusing. And nevertheless, I've enjoyed the movie, because its dialogues are *hilarious* and it teaches you a lot about the ambience of that specific semi-apathetic energy-level. Of course the negative effect of the movie is lessened by *knowing* of what energy-level it is and not being surprised if one feels a bit lower afterwards. A movie can appear to be anything but you know what it really is by the way you feel afterwards. So notice those first few minutes after leaving the movie-theatre-chairs, notice your state and you'll know exactly where a movie stands. So while I've enjoyed some below-200 entertainment here and there, I will not make a habit of it.

This knowledge has positive implications too, of course. If your temporary state is below 150 you can get out of it with most movies (as most of them measure above 150). Watching several 300s-movies

can actually make you more successful in life, on the job and in relationships. Watching 400s movies can make you smarter and 500s movies can bring tears of joy to your eyes, while 600 movies can leave you in a state of silent amazement and inner awe for hours. You will learn how to measure what exactly a movie is and is not later.

The 200s are not only the field of mainstream cinematography but also mainstream music. That includes Pop, Rock, R&B, Disco, Hip Hop. More sophisticated variations of these styles (Jazz, House, Ambient, Reggae) often measure in the 300s. It should come as no surprise that Variations such as "Gangsta Rap" measure below 200. What makes such music measure low are the lyrics and the sound but more importantly the intent behind making the music. So-called "ethnic" music or the folklore music of various countries mostly measures above 200 because of its benign intent to express joy, dance or speak spiritual praise and classical music is mostly in the 400s to 500s, because of the intense dedication that went into the creation of those pieces of high beauty. Anyone who does not appreciate at least some form of classical music has not touched the 400s or is seriously brainwashed. Classical music is among the only type that will not be annoying or a disturbance no matter what the occasion. Various celestial, religious, chanting and spiritual music is in the 500s to 600s (whereas what is sold as "New Age" in stores is mostly bland below-200 sound). If you have an aversion towards sacral music, it's the parts of you below 200 that have that aversion. Likewise, if you have an addiction towards sweets it's the 125-in-you that has that addiction, not the real you. If you have an affinity for spiritual teachings, that's the soul in you, the real you. Find that real you and find out what that real you really likes.

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275 Courage, Relaxation, Eagerness, Fun

This level of energy experiences a fairly positive outlook on life. He tests his courage in sports, with members of the preferred sex (the flirt artist lives in the high 200s), on the job (the ambitious employee). The 275 is always on the verge of "breaking loose" and "breaking free". Especially those who have spent too much time as a corporate slave on levels 170-270 begin longing for the freedoms of the 300s. Like all energies above 200, the orientation is upwards. He wants to "escape it all", dreams of adventure in foreign countries, foreign affairs, meeting new people. This energy level is more open to the new and looking for the unique. It is the state of consciousness the average joe has who's mind is in the process of expanding. It is also what many 500s drop down to at their worst.

This level is stuck "on the verge" of acting rather than actually moving forward with his/her dreams. Often enough those adventures in foreign countries stay mere dreams. If they do not act on their joy over a longer period of time they will eventually drop back down to the mediocre reality of the mid-200s. This levels tastes in entertainment (music, arts, cinema, theatre, culture, etc.) are just a little bit more refined, specific and choosy then the vague "I'll just go with what all the others are doing" – attitude of the 230. Here you'll have the one who is a specialist in wine or a collector of fine foods, or who goes out of his way to get a very specific piece of music or who will be choosy about what movie to go watch.

One of his weakness is to tend to cheat on his spouse and lie about it. There are three reasons for this: One is the restraint of 200s to openly declare what they want, the second is that the 275 will sometimes substitute less for what he really wants (he wants a divorce but will substitute an affair for it) and the third

reason is as follows:

The act of sex measures at 290. That means many things. It means that the 250-340 will have an above-average sex-drive. It explains why, for levels 0-250 sex is the highest good. And it teaches readers who want to have more of a sex-life themselves that they will have to move up or down to 290 in this regard. Visiting a sex-shop for example is not a way to align with 290 as the sex-shops energy measures at around 130 (unfulfilled desire). Westernized Yoga-Courses ("Power Yoga") measure at around 290, so the single-man or woman seeking sex should partake in inner-city Yoga-classes rather than visit a sex-shop. Huna Courses (westernized Hawaiian Shamanism) along with their Hawaiian massages measure at 290, so the likelihood you finding your sexual affair there is higher than in a library (400s). This is an example of the practicality of knowing energy-levels in every day life. It is like knowing a deep secret most seem to be unaware of (which is why it is dangerous to give the scale to the immature – they will use it to inflate their ego and abuse their newly found advantage). In the case of sex you see that the high 200s is not "worse" than the 400s. I can think of many reasons how having sex (290) is *more pleasurable* than visiting a library (405). And this makes a lot of sense in the overall context as well: 200 is the energy-level of the body and 290 the body's "high"-experience. An orgasm itself measures at 570. It is the one, very short moment in which most people catch a glimpse of 570. Sex intermixed with genuine love toward ones partner often measures somewhere in the 300s although in exceptional cases high-vibe sex can be performed in the 500s. Childbirth measures at 600.

Sex without love or enjoyment, as a mere mechanical act, measures in the low 200s. Rape measures at 30, child rape at an incredibly low 15 because of its demonic intent. There is a lot of discussion about how

to punish or not punish rapists but anyone who can see energy also sees that rapists also punish themselves plenty by immersing themselves in the 30s. The 30s attract all kinds of unpleasant astral-parasites that are rather difficult to shake off the energy-body. The type of sex that is preoccupied with humiliation, submission, dominance, etc. measures below 200 and will, over time, have a detrimental effect on the psyche and soul of the practitioner. Swinger-Clubs as they exist on our planet are located in negative below-200-energy fields due to the intentions and belief-systems of the various people involved in such venues.

Sex that focuses not only on the localized body but the actual persona, the actual personality or spirit of who you are having sex with, almost always measures above 300. The gentle caress of the forehead, the looking in your partners eye, the humour and laughter shared that evening, all those are indicative of above 275 humanness and make sex much more intense and enjoyable rather than all stiff and serious and associated with guilt and shame (30), inadequacy (100), needing to dominate (160), concern over ones performance (190) or a mere routine mechanical act (200).

The 275s original dream may have been to build a house (high 200s are often good do-it-yourself-builders) in the Pacific, but then he is "also OK with just going on vacation there for a few weeks". Originally the 275 wanted to run the big Marathon in N.Y., but he is later "also OK with just running the local town Marathon". He has high dreams (because of his access to the 300s and 400s) but then settles for less. That is his life-story.

Some 275s come across as superficial, placing more emphasis on going to the gym and less on reading books. Unable to generate much excitement within

himself the right set of circumstances must arrive for him to get his boost. Of course this is worlds apart from the 125 person who gets a rush through destructive means. The 275 gets his biggest rushes through sex, through risky sports and through performing better than his colleagues.

This level can be stabilized by doing sports, moving ones body, travelling, flirting. But in order to progress, she needs to develop some new skills. Why not learn a new language? Why not learn how to play the guitar? Why not try to enjoy times with your family again rather than always thinking you need to "break free"? And if you continue to do so, why not separate from your spouse?

Having been in a Relationship with a 290, I'll describe her perfect day here:

Wake up in the morning and request sex. Take a shower. Make a healthy-food fruit-yogurt breakfast (275-310 women are forever on diet or concerned about their looks without ever actually achieving that ideal they think they need). Do some work-out or get on a bike and out into nature. Come home and do some work for the boss (even though it's the weekend – they are ambitious to move up in the hierarchy of the company). Watch some soap opera on TV (they still have a lot of the 200s in them). Even if their boyfriend is present, they'll watch it. They don't have much consideration for or interest in others. The 200s are just as egoistic as the 125s with the difference that the 200s actually fulfils some of their wants and have more healthy ones. If the boyfriend leaves her house, she might go online and chat-up some other guy. Either that or she'll work some more. Or do some more workout. Or stand in front the mirror for hours. Or do some house chores and run errands.

America and Europes obsession with fitness, wellness and health-foods is a telltale-sign of great masses of

people gradually ascending to 300.

The idea of achievement requiring great effort and ambition is still pretty ingrained on this level. If you wish to experience nearly pure 275, visit a sports club or take part in the yacht-party, or visit a party-island. If you've ever been to Ibiza during the non-tourist times, you get the pure 275 vibe. During tourist-times it descends down to 170-220. In non-tourist times only the hedonistic 275-class come to visit.

Many Holiday-Resorts constructed of nothing other than this energy-field. That is because its where 170s-250s go to get away from their habitual tone. If these resorts were created higher than 350 the people couldn't relate to them. 275-310 is just the right vacationing atmosphere for the masses. If you have noticed how many 4-star Resorts look similar to all other 4-star Destinations, this is why. You have the ocean, which always gives off a stable level 515 (tranquil) to balance out all the 190-260-ish tourists. Then you have the orderliness of the Hotel itself, semi-friendly staff (semi-friendliness being 220), always a few shopping opportunities and hairdressers. And then of course, for someone who has already evolved to 300 a little you have the typical sporting activities they can book right there at the Hotel Desk – Waterskiing (320), Windsurfing (420), Boardsurfing (380), Diving (390) and so forth.

Predictably most 160-190s will choose to dine in the Hotel, they paid all-inclusive after all, and the so very "adventurous" 200s will sometimes "Dine Out". The 300 might actually try to find local specialty foods. He has enough energy to actually seek out the more sophisticated or unique. After a day full of "activities" the 200s are just too tired to go out and look for something. "And besides", says the 220, "everyone else is eating in the Hotel, so it must be good"

At the Hotel beach you'll see the 160-190 couples

sometimes arguing. But since they're on vacation, that will be rare. Enough alcohol and heavy foods will get the read-headed, overweight 160 husband to find his kind of calm. Sometimes you will find below-160 people that do not seem to "fit" into the energy field and who themselves feel uncomfortable there – bless their hearts. The level 190 will try to claim a part of the beach along with sunchairs for himself and will regard other guests with disgust or call them "plebs" (all the while him being part of the pleb-scenario). The level 200s will lie around all day, take a swim, or read a book. The 250s will behave themselves, enjoy the sunset, and do nice and orderly things. The 275 will read specialized books, go for a much longer swim or even windsurf or dive and also be somewhat restless at the beach. Maybe he'll have taken his notebook with him so that he can "get some important work done". Bless their hearts.

The 275 will frequently be looking in the direction the preferred sex...whether in the airplane, in the Hotel or in Nightlife. While the 125 and 160 have to bully people into sex, the 275 has no problems getting laid. He does have issues with commitment and long-term relationships though (as opposed to both 250 and 310, who are good for marriage).

In the airplane you recognize him in that he often wears brighter and sometimes even more stylish clothes than the bland 250s sitting beside him. The pure 250 will be OK with a \$40 Dollar Shirt. The 190 will be OK with an \$90 Dollar muscle shirt or a shiny silk suit. The 160 will look rather grey or neutral. The 275 is likely to be wearing a \$125 Dollar shirt. The distinct 380 is likely to be wearing an expensive suit, the 420 an even more expensive suit. Above 420 tastes usually go back down to more normal. Of course these are generalizations, but they give you an idea of how even small details can reveal ones overall energy or current life-phase. Nevertheless, do not take

these hints too much to heart. You can also find a semi-enlightened 570 wearing level 50 rags and a level 140 drug-pusher wearing a level 400 suit. In fact, many below-200s wear a suit and tie because they want to be mistaken for trustworthy 300s.

The 275 is the party animal, the joker, the one who pretends to be carefree, the slim and lean sportsman. If they remain here throughout life they usually slip down to the low 200s in old age. After death they will find themselves in the mid-astral-realm.

If you wish to ascend to 275 or at least experience some pockets of 275 in addition to any other lower or higher levels you may have, then get some *Courage*. If you are already at 275 and feel your life is superficial and that "there must be more", its time to move on to 310 and above.

Around 1988 an interesting phenomena occurred. All of a sudden millions of teens started dancing to hyped-up electronic music and taking ecstasy-pills. This coincided with humanities overall shift to level 200 and allowed them (teenagers often have more than grown ups, unless they get deceived by rebellion, boredom, resistance, etc.) to live the hedonistic life of a 275. The whole "house party" and "acid-house" and "rave party" scene of Europe in the late eighties was infused with pure level 270-iness. The ecstasy-drug helped to temporarily elevate the kids to levels above 500 (with the negative side-effect of dragging them down to 100 in the aftermath). It is always interesting to examine societies trends from an energy-level perspective. The hype only lasted about 3 years, as the 140-ish vibe of the drug-dealers invaded the scene and dragged it down. In 1989 you would have excited kids innocently partying. In 1992 you had shadowy types controlling the scene, roughening up the youth.

The type of hedonism that says "do whatever you want" is 275. Hedonism turned foul, without any sense

of responsibility or integrity, measures at 170-190.

In the 200s a human becomes relaxed, honest, helpful, open, sensible and tolerant. As energy reaches the 300s it begins extending *kindness* to others than only oneself. While the 275 is kind to others he still has plenty of ego-centric tendencies and the 310 is more modest, more firm, more supportive. As one passes 300 one becomes more responsible and disciplined. Someone above 300 normally does not require "motivation" from external sources, he is self-motivating. At 300 you will find a turning point in attitude towards acquisitions: Rather than looking. . .

to get, to take, to acquire,

you value, appreciate, like.

"I need money" becomes "I like money". This is the essential reason why 300s have less monetary difficulties than lower levels. They do not radiate lack every day. Time is not seen as a problem, as the 200s see it, but as an opportunity. The 170 says "I'm in a rush! I'm really under time pressure! I just don't have the time!". The 250 says: "I don't have much time." The 300 does not often think about time. He is not in a rush and nevertheless he "keeps on moving". The 300s are the most productive people on the planet.

At 300-310 one finds calm and clarity. One finds deliberate choice and action. One finds the considerate and protective mother who has done more for civilization than all levels below. The 300-person is available. If you have been trying to contact a business-partner and cant reach him for weeks it is not because he is especially busy but because his consciousness is currently residing either below 275 or, less likely, above 540. Below that level there is less care about being available, accountable, etc.

300s are everything the below 200s rebel against: They are friendly, cordial, decent, dependable, idealistic, humble, humane, honourable, genuine, mature, patient, respectful and respectable. If you, dear reader, wish to go higher in energy, do not skip the qualities but cultivate them. They are required intermediates on your path to enlightenment.

One exercise to uplift yourself is to take one of the character traits mentioned, and practice it for awhile, until its second nature, until it feels natural to you to be available or cordial or patient or genuine.

Another exercise that would train you into the 300s would be to write down or take note of things you appreciate, things you could say "yes" to. The average human walks around town on random attention, scattered, and often taking note of that which is unappreciated. The opposite of that would be walking around in the following manner:

I like the suit that person over there is wearing.
That's a beautiful building over there
The roof of it is especially stunning
I like this type of temperature
What I like about this street is all the quaint shops
Do you smell that? That smells fantastic!

Don't do this as some routine technique or forced happiness. Do it when you feel like it and when you really do like the things you are perceiving.

The Spirituality of the 200s and 300s

More than 85% of all books in the metaphysics section are actually written from below the level of the authentic energy of spirituality (500). People go to that book section looking for spirit but are fooled by appearances. That does not mean that the level is not useful – anything above 200 is. If it is time for you to get physical flexibility you'd be well advised to look into the 200s and nowhere else. A good mind and soul are housed in a body that is physically fit, so in a sense the mid-levels are necessary stepping stones to higher levels. Hence Pilates (220), Aerobics (230), Hatha Yoga (320). Hatha Yoga will strengthen your body and health 120 points higher than the body (200) would even need, but if you become obsessed with this specific type of yoga you are taking body more seriously than mind (450) and soul (500+). And if you wish to get inspiration for some business project you might be better off at 395 than level 700. Indian sage Ramana Maharshi (720) will do nothing for you, but motivational speaker Tony Robbins (formerly 395, currently 440) certainly will. So while not strictly "spiritual", studying below-500 paths makes a lot of sense for worldly purposes. You don't study a map of Australia if you are in Canada.

There are hybrid teachings as well, where various parts of a book measure on various levels, as well as authors who radiate high but wrote low or those who radiate low and wrote high. Any variation that can exist, does exist. The more advanced you get the more you will be able to separate the wheat from the chaff. Things get dangerous when high levels of doctrine are mixed with low levels, such as is the case with the Bible and the Koran where you have level 900-teachings mixed with level-90. So you get someone to fall in love with a path before introducing things that would otherwise not be accepted if presented separately from the quality-material. That's

indoctrination 101.

I should also mention that while its good to get a broad overview and gather several different, even conflicting viewpoints (advanced students have no problem with different levels of truth, which are in that sense not “contradictory”), do not treat spirituality like an entertainment and shopping tour where you hop from one path to another. If you only follow and practice one single principle for many months, in depth you will make a bigger leap in energy-level than if you read 10 books.

If I’ve measured something you really like at a lower level than you thought it was, then verify for yourself (once you learn how to measure). Disillusionment is fine because it puts you more closely in touch with reality – eventually making it easier to actually change reality (you cannot change reality if you don’t even know what reality is). Most of my findings match those of other researchers. About 15% of my numbers do not match those of other energy-scale users. This is due to error on my part or their part, I don’t know which. What I do know is that an alignment of 85% with other authors of comparative spirituality is pretty good for earthly standards. 100% truth could only be expected from a level 1000 speaker, mind you. In presenting the following numbers I have not included any spiritual path that I myself have not experienced personally or at least studied thoroughly. If some of the numbers come as a surprise to you also know that “by their fruits ye shall know them”. Simply look at what becomes of those who dedicate themselves to a particular path.

There are authors of levels-of-consciousness books who routinely measure the level of things they have not personally experienced. That means they will not measure what something *actually is*, but what they think it is. The energy-level of the *thought* is measured and if that thought is biased, against or in

favour of something the results will not be correct.

I've had to let other people confirm some of my results because I've noticed my own tendency to try to distort according to my own bias. I did not want Huna and Hatha Yoga to measure as low as 290 and 320 but alas they did. If the misuse of Yoga as a westernized "physical exercise" is removed and it is practiced the way it was originally intended, it jumps to 440. But the way it is used nowadays is for American and European women to work on their "weight loss" in order to be able to cater to some Hollywood-esque Illusion. That is why Hatha Yoga currently resides below 350.

Sometimes it takes some research to uncover why something measures at the frequency it does. Having let go of my need to have certain teachings measure a certain way, all I can say is that "the energy is what it is" and there is no more judgemental value whatsoever on my part. Everything has its place. And now that I've pondered some of the results I got, they actually do make sense, no matter what my gullible mind previously thought. The packaging of a product or the advertising about it rarely reflects what you will *actually* get beneath all the shiny wrapping.

One interesting discovery during writing this book was that every Religion is actually practiced on every level of the Scale. You can find Islam at a psychotic level 20 in the form of a suicide bomber, in the form of a mellow level 245 as your regular Sunni Muslim, at 480 in the form of Islamic Art, at level 680 of Sufism and even in the 900s. You can find Christianity in the Catholic Inquisition at level 30, the paranoid end-times fundamentalist at 100, your regular Protestant in the 200s, your smartly dressed Mormon at 400, your huge Catholic Cathedral in the 500s, your Christian Mystic at 620 and Jesus himself at 1000. The same applies to every other Religion.

The most popular spiritual movement of the years 2000-2010 surrounds movies such as "The Secret"

and the widely popular "law of attraction". Due to popular demand I will now write a few paragraphs on that. Many readers will not believe that the movie only makes it to 220, which is "way below spiritual". Personally I had guessed it to be in the 300s. It is also interesting to know that the original version of the movie did measure at least 310.

Why this low then? Because it turns revered and sacred spiritual instructions into a fast-food-style greed and gain game, catering to a 125 (unfulfilled desire, false promises) crowd - the type of crowd that has not reached the intellectual level of questioning why they want what they "want". Movies and books of the "you can have everything you want" type are simplistic to the point of dishonesty. Both "get" and "want" are fairly lack-based motivations. Had "The Secret" at least taught that one can have what one is energetically *aligned* with, it might have made it up to the 300s. Rather than wishing for something to happen, I recommend you *act-as-if* something has *already* happened. That will make its energetic attraction more likely than if you merely go around naively wishing something that you think is not real should become real.

As reported by an acquaintance who was involved in the movie, the word "vibration" was omitted from it in order to make it more appealing to a broader audience. Distorting truth to make it more digestible for the majority is certainly not 300+ behaviour, and that is one reason for the drop in energy. Two of the movies teachers that measure a bit higher in energy, Esther Hicks (390-510) and Neale Donald Walsh (475) were removed from a later version of the movie. Removing higher vibrations actually boosted the DVD- and book sales. (Attention all Marketers reading this book: If you want to sell your product, target the right level-of-energy, instead of generally trying to "make the campaign higher energy"). Of Course energy 220

s still a level that can be helpful to the majority of current civilization. In that sense the makers of "The Secret" have done Humanity a favor – but maybe not in the sense they thought they did.

Apart from being of the new-age "mainstream", 170-250 is also the location of "fallen angels" – teachers and organizations that were of high calibre and then dropped because of the fame-trap, the popularity-trap, the pride-trap, the money-trap and the boredom-trap. The boredom-trap I had fallen into myself, conducting spiritual courses on a near weekly basis for 5 years. I had to quit conducting courses for awhile because it was becoming a routine, spiritual practices were becoming gimmicks, had lost their juice, had become hollow. L Ron Hubbards drug abuse, ego-power-trips and other transgressions eventually saw him plummet all the way from 490 to 190. Because the entire Scientology organization measures at 190 corruption and preoccupation with power, titles and ripping people off of money can be expected (a loose spin-off organization called "Free Zone" is at 305 as a whole).

The popular American channelling medium JZ Knight (Ramtha) measures 190 after measuring in the high 400s in her early days. This can easily be felt in the tone of compassion and intelligence of her early talks and the tone of arrogance and boredom in recent times. Channelling as a whole can be done from lower-astral-levels (0-160), mid-astral-levels and higher-astral-levels (395-510). Channelling usually does not occur from Spiritual (500+) realms except in the form of Automatic Writing or divine Inspiration. Most channelling is therefore not especially spiritual, but coming from higher-astral it can be fairly evolved, informative and even transformative. One of the highest channelings to date is Jane Roberts Seth, who's teachings are of a 490 quality, that is, intellectually sophisticated and at the same time touching and successfully explaining multidimensional

(500+) realities.

Deepak Chopra is popular for synchronizing Vedic medicine and spirituality with western science and popularizing the whole thing. Most of his books are written from a 460 energy which knows about higher realms without necessarily having experienced them all that much. 460 is integrity, high enthusiasm, inspiration, high competence, intelligence. Somewhere along the way Chopra dropped to 170 and currently resides at a disappointing 280, although some of his older books still radiate in the 500s. This is no state that will teach you anything truly spiritual and it remains to be seen whether he regains his strength. In case you happen to be reading this book, Dr. Chopra, no offence. We've *all* had our ups and downs.

The most common reason for these level-drops are states of true power having "gone to the head", turning into an Aggrandizement of the world-self. This is why it is recommended that you not take personal credit for your new powers (that are natural side-effects of the 500s) but thank God for them. Teachers and organizations mentioned here can go back up. Sometimes only slight adjustments are all that is needed for the change. But 9 times out of 10 those adjustments involve not taking oneself so damn seriously.

Krishnamurti taught from a very advanced 515 viewpoint and then dropped to a mediocre 230 before he died. If you are a Krishnamurti follower and want to know why, do your research. Most of his earlier and mid-term audio-recordings however, can still be listened to with good results.

Werner Erhard, creator of EST (Erhard Seminar Trainings) which was highly influential in inspiring hundreds of other Seminars and Trainings was the prototype of 400s Spirituality where everything is

addressed as "Cause and Effect". Erhard started out at 400 and later dropped to 205. Its current incarnation (Landmark Education) measures at 330.

It is not too uncommon for the 400s and 500s to take a fall when the Ego emerges as the "Source" of the blessings experienced. What is less common and even surprising is the drop of the Indian Teacher-Sage Osho from 650 to 195. This explains why his students were left in a somewhat desolate state when their Guru died in the early 90s. While 650 is indeed a state of Enlightenment, there is still some Ego-residual at play. Contrary to the claims of countless teachers, the Ego never quite leaves as long as one is focussed on earthly life through a body. From 700 onward however, the ego, while still existing, is mostly stunned silent.

These examples will suffice to point out how even "big names" or perhaps especially the big ones are vulnerable to temptation and deceit.

Level 190-290 is the realm of the atheist and agnostic (the agnostic measures a bit higher as having no position is more intelligent than having the fixed position "There is no Creator/Source").

Much of that which is labelled as "occult arts" and "occult sciences" measures at 100-290. "Black Magic Spells" is 100, "White Magic Spells" 130, "Magick" Aleister Crowley style is all the way "up" there at 190 to 250, so-called "Chaos Magick" has the consciousness and intellect level of 190-265, as do orders such as "The Golden Dawn" and "OTO" (antagonism and "being special" measure at 190). The "hermetic sciences" described in books such as "The Kybalion" measure in the high 400s, certain variations of the Kabbalah and books such as The Zohar measure astonishingly high, approx. 410 (math and intellectualism) to 670 (Illumination).

In the low 200s you can find thousands over thousands of semi-inspiring but less than effective "spiritual" literature such as that of Nostradamus (205), books on UFOs and Aliens (books on "Ancient Astronauts" are of a slightly higher truth of 425 as we actually did, in certain respects, receive "visitors from other planets" a very long time ago. Modern day "UFO Abductions" are nothing but lower-astral phenomena though).

Semi-effective practices such as Transcendental Meditation (210), Qi Gong (205) and Reiki (240) reside here. You will find plenty of bored (200) housewives making progress with it. Not that healing-hands energy work is invalid, but do you really need "initiation degrees", mystical vocabulary and costly courses for learning something entirely natural? What Reiki teaches can actually be taught within an hour or two and does not call for all the surrounding mystery-mongering.

Qi Gong and similar practices, deal with the manipulation of energy. Anytime you encounter energy needing to be forced and manipulated, you are talking about teachings below 500. Certain types of Pranayama Breathing, which involves controlled and forced breathing, measures in the 200s – they will give you power over the 0-190s, but that's just about it. Exertion and Force can lead to altered states and paranormal perception, but they do nothing for ones communion with *The Field*.

The once highly popular Transcendental Meditation might measure higher if it did not include false promises and publicity stunts such as "levitating to fly over New York City". The reason TM is no longer as popular as it was at the time of the Beatles, is because it has dawned on us that the progress originally promised, was not delivered. And even if levitation does come to pass for 5 seconds or so – *were these 5*

seconds worth 20 years of training? 200s spirituality s, as well-meaning as it is, often a waste of time. And this is congruent with the level 200 person who likes wasting time on entertainment rather than studying enlightenment. Here's a real secret - the reason the 200 reads so many books on "Spiritual Awakening" and "Manifesting your Desires" is because he is too lazy to commit to any of his goals.

In the 200s you will also find spiritual literature that mistakes boredom with inner peace of mind: India is full of such personas; Meher Baba, Sri Karumay, Sri Guruji just to name a few examples. A western example would be Peter Ouspensky at level 275 and his teacher Gurdijeff at 275-350.

Martial arts practiced for the purpose of Violence is at 160, for the purpose of awareness its at 260. Tai Chi is 330 and certainly helpful for populations below. Ayurveda comes in many variations but it usually measures between 290 (body-orientation) to 425 (healing), depending on which school and quality level treatment is taken at. The tourist-versions that seek to make a fast buck certainly vibrate lower by virtue of the intention. *Intention acts as a carrier-wave of information*, Intention sets the level.

In the 300s one finds a lot of the "You Create your own Reality" and "You can reach all of your goals" type of stuff, albeit of a bit higher quality than the "Manifest your Desires" of the 125-280. I wrote my book "Parallel Universes of Self" in order to present a level 505-version of such teachings. I have been recommending the teachings of Abraham-Hicks and specifically the book "Ask and it is Given" (395) since years.

"But if its only 395, why have you been recommending it?" some ask me. The question is indicative of a continued misunderstanding of how the scale works.

“Higher energy” is not necessarily “better”. 395 is just perfect for the majority of current civilization. The Abraham Hicks books bait people on the level of Desire (125) and lift them up into the 200s. And they teach the 300s a thing or two about the power of *Intention*. Some of their teachings measure at 540.

Level 345 is the current level of Freemasonry. Its original ideals and visions measure at 510 and some of that energy and power can still be found there, but the reality of its current day practice is a bit lower. Community, Charity, Family, Friendship are still important to Masons though and those are 300s-qualities. In order to regain the 500s the Masonic ideals of Benevolence, Tolerance, Beauty etc. would have to be reemphasized. Most Freemasons are of upright (300s), decent (300s) and helpful intention, no matter what slanderous level-100 internet-sites say about them. Obviously some only join because they are curious as to all the conspiracy-theories while others join for “business and networking purposes”. Such non-idealistic intentions have dragged Freemasonry down to the 300s over time. In modern society they appear anachronistic and unless some type of mystical revival or reform takes place, membership will continue to dwindle.

“Going to get a Massage” is a body-oriented activity at 125 to 305, depending on Intention. Intermixes with sexual desire rather than gentle care, as offered in sex parlours is always below 200. The projection of Craving onto a body is neither healthy for the Massagist nor the Recipient, because that Craving is the opposite of fulfilment and also worships mere meat rather than spirit. Prostitutes who expose themselves to this type of energy too long eventually decline in health. So when giving or receiving massage, try to let go of wanting to control or of neediness, just breathe it in and then out, and replace those with genuine care for the person involved. In this way, massage has a

beneficial effect.

Conventional Relaxation Massages as offered in various spas and wellness clubs are of 180 to 290 energy and can therefore help to release pockets of low emotion. Some massagists at those locations operate at mere Functionality, especially when having to massage one body after another all day and also service customers they would not otherwise touch. This is what makes their massages of lower-than-240-energy. You probably remember times you felt really good (300s) and you did not want to be massaged by others. Some medical and spiritual Massages or those conventional ones conducted with love and care can carry massage all the way up into the 300s. I once received a four-hand Hawaiian Lomi Lomi Massage that had the effect of disintegrating thought-forms that were stuck in the body. I felt completely transformed thereafter and never experienced a certain problems again. That was a rare case in which the method (290) and the Intention of the Massagist (515) worked together to create actual healing (405).

The whole Psychedelic-Culture movement of the late 60s an early 70s vibrates lower than many assume (30 – 305). The “peace, love and harmony” of the Hippie is often not the 500s-type-of-peace, but the 200s variation. The American Guru Ram Das measures at 305, minus his consumption of Hallucinogenic drugs he would be in the 500s. Timothy Leary was at 190 to 245, Robert Anton Wilson, an agnostic-psychedelic author of generation-defining books such as “Cosmic Trigger” an “Illuminatus” can be found at 270 to 345. Agnostics radiate higher than Atheists because they have “no position” instead of an anti-position. Still the “no position” falls short of the love, care and dedication of higher levels. Popular 20th and 21st Century thought loves the “No Position” spirituality and holds it as one of the highest attitudes one can have, but frankly, there is higher. The intellectual “no

position" (345) is quite different than the experiential state beyond all positions (600). With the "I have no position either way" attitude the agnostic, as "open minded" as he is, still displays some unawareness. "Not knowing" whether a Supreme Creative Source of Life exists is a result of mid-level blindness. At consciousness level 500 there is absolute no question whether the Creator exists or not and that Creation is *glorious*.

The 300s are the level of so-called NLP-Courses. "Neurolinguistic Programming", as founded by John Grinder and Richard Bandler, originated in the 400s, which are levels of high reason and ability. The level has dropped somewhat as a consequence of poorly or cheaply held seminars by unskilled Trainers, and their focus on some of the more questionable aspects of NLP. The idea of manipulating people with NLP measures at 185. The idea of following peoples eye-movements to find out "truth" measures at 205 (not terribly effective). The idea of studying what successful people do in order to learn from them and, in the beginning even Imitate them measures at 390, which means that this concept works. The idea of changing ones belief-system in order to change ones experience measures at 530, and NLP-esque Visualisation-Techniques measure at 390-505. Teachings involving "Reframing" (Re-Contextualization of Realities) comes in at around 490, which makes it quite useful. Withholding the fact that some of NLPs "discoveries" are actually derived from ancient Eastern Philosophies measures at a dishonest 190. This hodge podge of Techniques then comes in at around 345 in some of the higher-quality Workshops. Richard Bandler's level of energy began at 470, temporarily dropped to 125 when he went into alcoholism and violence and got jailed, and is currently at 305. His Seminars of the early 2000s, were almost entirely imagination-based, which is a giveaway of 300s teachings. John Grinders energy-level is currently at

360. Of course these figures are always subject to change for better or worse. The numbers of this book measure the current state as of the years 2010-2011 only. However, NLP philosophy is essentially 300s and 400s and unlikely to ever change. Should its teachers progress beyond the 400s they will simply loose interest in it and move on.

Motivational Speaker and Coach Anthony Robbins variations of NLP measures 390 to 460 and Tony Robbins himself at 530. This discrepancy indicates that Robbins himself is probably not entirely satisfied with his own teachings. His mass-courses where he pumps up stadium crowds are well-meaning but not very effective for any other one than the 200s. His audio and book materials and private consultations measure higher than his large-crowd Seminars. However, the reason he is able to fill an Arena with people, the reason he has reached many Millions more than other NLP-type Coaches is because of his 530 energy. When crowds get very excited when someone appears on stage, that person on stage is usually (at least for that moment) above 500. Because NLP is based on a mechanistic cause-and-effect paradigm, it rarely surpasses the 400s. Almost all copies of Anthony Robbins, especially many of the Europe-based "motivational trainers" measure at 160-290. Copies generally measure lower than their original. If you use the NLP-technique of imitating a person, it is not enough to just copy what that person does and says, one has to feel the energy-field of that person and also add ones own energy-field into the mix. Merely copying is a low 200s trait.

Teachers who don't cite the actual Sources of their teachings are doing their audience a disservice. Their *motivation* for doing so, is so that their Ego can take credit (190) for the Information given. (This is something that bothered me greatly while reading the level-of-energy researchers cited in the opening. Why

are these researchers pretending that they invented the scale-of-energy?).

Rebirthing is a method of the low 300s, but I've also seen it applied in routine-like 210 fashion. So called "Holotropic Breathing" is a 190-285 method which can induce astral-phenomena. Why this low? Because most "techniques" that seek to manipulate energy rather than receive/allow are based on a consciousness that feels *separate* from the whole. Without feeling separate in the first place, there would be no need to manipulate oneself to "become more whole". This is not to impugn the work of Stanislav Grof which does sometimes reach the high 300s.

Some Christian Energy-Measurements: Methodist Preacher John Wesley measures at 310 and his followers in the 180-310 range. Seven-Day-Adventists measure at 170. Pentecostals measure at 100-250, the "Charismatic" Movement at 330, black gospel singing at an incredibly high 540. Protestantism can be found at anywhere from 170 to 450. Catholicism has an even wider span of 80 to 570. The catholic priest preoccupied with shame and guilt that is eventually projected as things such as paedophilia, cultivates level 40 energy. Pope John Paul II, who was, among other things, concerned with peaceful dialogue between religions, demonstrates levels in the 500s, himself radiating at a very strong 570. Christian Mystics and Saints usually measure at around 580-640. The act of Christian Communion measures at an extremely high 650. Why this is so, I don't know. Catholic Mass can measure at the monotonous 200 as well as the exalted 540. The Inquisition measured below 100. Mother Theresa exited earth at 670.

Quite many known science-fiction authors linger in the 300s. Arthur C. Clarke (370), Isaac Asimov (405), Ray Bradbury (320), Phillip K. Dick (125-490), Science-Fiction Movies usually measure between 100 and 490.

The high-energy-level of science-fiction comes from its visionary and creative thought-processes, its expansive view of the whole. The low-energy-level of sci-fi comes from its dystopian paranoia. This is why both George Orwell and Aldous Huxley, despite being some of the most popular authors in History, do not surpass the 300s. The books "Brave New World" and "1984" are in the mid 300s. Had they added messages of hope, that level could have been higher. Some science-fiction also measures much higher, especially that which utilizes metaphysical concepts. The Sci-Fi classic "Star Maker" by Olaf Stapledon, for example, measures at 720, which is mind-bogglingly high for mere Science-Fiction. The act of writing Science-Fiction measures at 500 – 535, an act of high-creativity. Actually using "Imagination" is the act of channelling Information from other Planets and Dimensions. While it may not apply to our world, it does exist in one world or another. The idea or concept that there are many, many other worlds out there, measures at 1000 (absolute truth).

As mentioned, so-called "Huna" Courses or new-age-stylized "Shamanism" is at around 290. Max Freedom Long, originator of various interpretations of "Polynesian Magic" is at 405, Serge Kahili King author of Bestsellers such as "The Urban Shaman" and "Instant Healing" is also at 405. The reason Huna only comes out at 290 is because of hoards of unskilled "teachers" are offering these supposedly "ancient secrets". Their marketing caters to the 275-adventurist type. Side-notes not only relating to Huna: Hula Dance in a ritualistic context is 345, in a tourist-hotel context 260. Hawaiian Pedal Steel Guitar is 540 on account of its sounds intense beauty. Modern day Hawaii itself is 380.

However, the entire new-age-ization of native American and shamanic Traditions usually comes in

below 300. Its exploitation for monetary gain is obviously below 200, while authentic native American teachings measure in the advanced 500s and even 600s.

There is no limit to the type of spiritual paths and practices I could feature here. But I include only those I know a lot about. And the hints given should be more than enough to determine the energy-levels of schools not mentioned here. No teaching in the 200s or 300s is actually "spiritual" (if anything its Mid-Astral) but either Body-Oriented (200s) or Success and Business (300s) oriented.

320 Willingness, Eagerness, Optimism, Activity, Kindness

At energy level 320 true inner Positivity begins. Not the fake smile, not the effortful "positive thinking" of someone who feels down, but true positive Intent towards oneself, others and the world.

The higher version of Desire is Willingness. You say you want something, but are you really *Willing* to commit to it? It will only come true if you are truly Willing to experience it. You say you don't want something anymore, but then I ask you, are you Willing to stop focussing on it? Once you are no longer Willing to accept and invite a certain Reality by investing your focus into it, it will stop happening to you.

Ego-ism is strong at 320 but behaves differently than at other levels. This is not the self-centered paranoia of 100, not the Narcissism of 190 and the Consumerism of 250. It is the self-confidence of one

who needs nobodies approval. He knows he can only give energy to the world if he has enough of it himself.

So he sees to it that he has enough for himself first. This type of egoism is what allows him to break free of victimhood (80), having to be like others (220), and not taking action for being *afraid to offend someone* (110).

A scale of Egoism

0-150 Preoccupied with Illusions

150 – 320 Focus on Self

320 – 500 Focus on Self and Others

500 – 600 Focus on the World

600 – 700 Universal Being

The 320 is an open minded person, an extrovert who expresses a "Lets go!", "Lets do it!" attitude along with an "I'm OK, you're OK" in human relations. In a professional environment she is lively, able to work in a team and willing to be productive on a daily basis. In a home environment she is a good parent, kind to children, animals and the elderly and a responsible householder. The 320 is often in good mental and physical shape. She can easily discern between fact and fiction.

She looks for different viewpoints and ways to change her reality and can processes that change more easily than lower levels. This is the level where a "Yes!" to life begins. The 275, while also saying "Yes!" to life, says it with just a bit less optimism. The 220 does not say "Yes", he says "Life is OK".

Kindness and Care begin in the 300s. When is the last time you have cared about anything other than yourself? A spouse? Or an animal? Or a child? Or a company? Or a country? Or a project bigger than yourself? If you don't remember the last time that was, you are in a below-300-energy state. In order to ascend to 300, see if there is something other than

yourself in the world, and provide loving care to it.

How about conducting a random act of Kindness? How about, when you are paying parking fees at some beach, pay for the guy who is driving in right behind you? Just for fun, you know? Just to be nice. Why not hold the door open for someone today? Why not inquire how that man at the pastryshop is doing? Instead of just going in there every morning and ordering your stuff (200), why not ask him how he is doing (250) and expressing real care (310)? Care and Kindness immediately shift energy up into the 300s.

330 is the level of worldly success. Focus is not on that which is unimportant and not too much on that which others label as "urgent", but that which is important to oneself. Success is a natural consequence of making priorities, and having the willpower to follow through. It would be so much easier to watch another TV Show, but an instant of decisiveness has you work on the project instead. Prioritizing in this way again and again and again is called *Discipline* and is the main "secret" of Success. So when disciplined action is taken, and that action is aligned with inner belief in success, you will succeed with whatever you set out to do.

The 340 radiates energy which uplifts others that are merely in his presence. Some of those religious teachings that say "not to be selfish" sometimes suppress the 310s zest for life. Being kind and considerate toward others is also a 300s-ability and Religion is correct to teach it. But it is not helpful to serve others at the detriment of oneself. The stewardess in the plane says that in case of emergencies I am to *first put the oxygen mask on myself* before I help others with the oxygen mask. Without any air to breathe for myself I will not be able to help anyone. And so the 310-380 person does not mis-interpret "selfless service" to mean neglecting the self. Self-neglect is actually an energy-level 80 trait, not a pious one. True spirituality serves the world *and* the self, not only one of the two. Why? Because the

self is *part* of that world.

At 310 there is still the real possibility of being dragged down by sluggish forces, although it takes much more to break the his spirit. A spirit becomes unbreakable at 540+. While his egoism helps him stay above the crowd, appreciation of and involvement of *others* will help him ascend rather than succumb to the downside of the 300s. This Downside is addiction to success, by which one becomes stuck on this energy-field.

350-380s are some of the most ridiculously rich people around. The archetype of a 380 would be real-estate superstar Donald Trump. Trump displays several traits of the arrogant 190 for show but in essence he measures and operates at 380. In order to be fairly successful in any area one would at least need occasional hits of this energy. Without that it is difficult to maintain any flow.

Note that not only low levels but also very high levels are a hindrance to success. Anything below 180 and anything above 570 inhibits cash flow and career advancement. 570 is a powerful state no doubt, but in this exalted state one loses interest for worldly success. Experiencing Samadhi and Divine Light one couldn't care less about running a Business or writing up Invoices.

This being a mid-level-energy, *action* is seen as the basis of reality and the key to power. Some become overworked (205) and burn out (190) if they don't get some rest. In the 200s this action appears difficult, in the 300s it appears easier and in the high 300s creativity and delegation of tasks reduces the workload and high-performance and excellence no longer feel like chores.

In a world that averages in the 200s, the 300s are a good place to be as it will put anyone who cares to occupy its traits above the majority. For many it is indeed their high point in life and will suffice to go through all earthly experience a soul normally intends to go through during an incarnation. If the journey were to end here it would be a happy end.

The optimism of the 320 annoys the Antagonist of 190. Because of the relative vicinity of the energies, the 190 can still effect him through secretive means, especially if the 320 is having a really bad day. The 160 hardly has any access to him, except with extreme exertion and prolonged scheming. Anything below 160 will not be able to harm the energy that is radiating at 320.

330 is the least that is required to run a company. 390 should be the very least required to run a country. Unfortunately some nations have leaders that don't quite make it up to that place and the results for the populace are always unpleasant. The energy-level of U.S. Presidents since the late 70s:

Jimmy Carter 405
Ronald Reagan 470
George H.W. Bush 410
Bill Clinton 450
George W. Bush 410
Barack Obama 420

If you are not trained at sensing energy some of these numbers may be a surprise to you. But the leaders of a crowd always have to be at least slightly above that crowd. They would not be voted or even able to lead in otherwise. From these measurements you can also see that those who vilify the U.S. Presidency or one of the two sides (Democrat or Republican) are mistaken. The U.S. Presidency *requires 400-ish energy. It should not* be 500-ish or 300-ish but 400-ish, based on Reason,

Knowledge, Wisdom and Science.

Carter and the G.W. Bush just barely had enough energy to lead the US. Both required the help of many other 400s and some 500s around them to survive. A telltale sign that Bush was 410 and not 470 is that he based too much of his Presidency on "The War on Terrorism". If you focus people on dangers rather than visions, on enemies rather than friends *that is a sign* of a bit less energy available. His lower vibe is connected to him being in his fathers shadow.

However, the hate-Bush-movement that gave this President extremely high disapproval-ratings is wrong in seeing in him the root of all evil in the early 2000s. Bush is a wonderful example of how someone is *demonized* to an extent that people don't see the truth of who he is. Reagan on the other hand, measures higher than both the Bushes. Regardless of how hated he is by leftist malcontents of 170, it was his spiritual power that facilitated the crumbling of borders between east and west a few years later – which was a gigantic leap in mass-consciousness and another factor in earth reacting the 200 level.

As of this writing Barack Obama had a level 10 points higher than Bush and it remains to be seen whether he can maintain his energy or be dragged down by mass-consciousness. Regardless of how hated he is by rightist-malcontents (190) the man has the appropriate level to facilitate change to the positive. Of course many other things must be factored in regards to global change, but the 400s are a good level to work some influence. The 400s are also areas the 300s can look up to learn from.

The 300 does not have to be told to act, coerced to act, persuaded to act, begged to act. He acts on his own initiative, his own will and accord. If something needs to be done he'll often lead the way. His means of progress would be to achieve the same results with a bit less effort. Its not exactly a sign of

power when someone has to work 24/7 in order to be at the top. The more true power someone has the less effort changes takes. The truly *powerful* can create change with the tip of a finger.

Questions that get in touch with the 300s:

What have you achieved?

What accomplishments are you proud of?

What's good about sports?

What do you like about the outdoors?

What do you do in your free time?

What are your priorities?

What are some adventures you've been on?

What would you like to do just for fun?

What else would be fun?

What do you have the courage to do?

What do you do for your health and fitness?

What kindness have you extended to others?

Questions to get you in touch with the high 300s:

What state-of-the-art technologies are you interested in?

What random-act-of-kindness have you extended to a fellow human being lately?

What is high-success?

What are some high-end objects and place you like?

What is the leading-edge?

What are some world-class products?

What philanthropies do you like?

What have you created, produced, made, authored, designed?

Do you like silver, gold and platinum?

For those interested in success I repeat it once more:

The *Willingness* of the 300s is something entirely different than the *Wanting* of below 200. You can want all kinds of things, that does not mean they are going to happen. In fact, millions of people "want" one thing or another. The dictum "You can have anything that you want" is false. Look at a goal you'd like to achieve in life. Ask yourself:

-Am I willing to commit myself to that goal *wholeheartedly*?"

Now you have *Willingness*, as opposed to Wantingness. One has to be Willing to be the person and do the things it takes to energetically correspond with that goal (see my book "Parallel Universes of Self").

Any topic could be used to measure an energy-level. Taking sexuality as a gauge, levels 0-125 are interested in extreme distortion, perversion, brutality and cruelty when it comes to sex. The reason for this is that it requires much more stimuli to feel anything at all at these levels. This is no judgement or denigration of that behaviour. Its merely the insight that there is less light at the bottom of the scale, less energy. So energy needs to be acquired by more extreme means. 125-190s perceive sexuality as a dominance and submission game, they themselves preferably being the dominants and only sometimes the submissive. Fantasies regarding humiliation and debasement of others are not uncommon (the fearful 100 is less likely to commit actual physical rape because he is afraid to. That is left to 0-99 and 125-160. The sexuality of the 200s has some deference and restraint to it not found in lower levels. However, masturbation is quite common in the 200s, the realm of distraction and relaxation. Level 250 relationships often lack a sex-life. This is due to many factors, some of them being overwork and others being Puritanism. The restraint of the 250 is abandoned at 275 who is probably the most sexual being of all levels on the scale. This is because 275 has broken free of the fear-energies of 100 but still holds the lustful cravings of 125, which often manifest as sexual passion. In the sexuality of levels 300 and above elements of gentleness, kindness, tenderness are added, giving the sexual experience an entirely new dimension. Above 540 the interest in sexuality often fades, not on moral grounds, but because interest in the physical

body generally declines.

Looking at music you will find most of the “top bestselling albums of all time” to be in a range of 170-350, while the pop-stars themselves will sometimes measure higher. The one-hit-wonder is mostly based on exploitation of certain hit-formulas by producers not interested in art at all. Hit Formulas lack the element of *Excitement* (340) and therefore don’t do much to uplift the soul. The majority of pop-and rock groups reside around 290, the more refined pop, rock, electronica, jazz, country, new age, classical, reggae, house, world music swing out in the 300s. Making music is itself an activity resident in the realm of 475-590 – which is why musicians often measure higher energy and have to go into higher states while composing. Of course there is also music coming from the very bottom and the very top of the scale. Listening to music from energy-level 500+ can have an immediate transformative effect on the listener. Repeated exposure to 500+ music will heal.

350-420 is the energy of the industrial revolution, free enterprise, business and capitalism. Its power has benefited everyone on this planet. The Marxist, anti-capitalist, corporation-hater is wearing clothes produced by business, walking on pavement produced by business, using medicine produced by business, using internet venues produced by business. Almost everything we are surrounded by and depend upon for survival was produced by business. Otherwise we’d be living in a cave and die an early age of one illness or the other. But rather than giving business and industriousness the gratitude and respect it deserves, large parts of society vilify it. This shows the level of insanity and distortion still prevalent in the world. Contrary to popular opinion, many corporations run on the *Goodwill* required for level 350. Without it, long-term success would be nearly impossible. Those “evil corporations” and “exploitative capitalists who run sweatshops of child labour” (130) are in the minority

among business people, not the majority. Reality-distortion, such as that injected by the far-left (130) take a small segment of society and inflate it to look as if the majority of a certain *group* is evil. It then exaggerates and sensationalizes those evils until the view is that any successful business person is an "evil capitalist".

The Downside of the high 300s is the mentality that progress, technology and luxury are the height of human advancement. There is so much more out there (400 for example) but the 380 defines all of life as a game of politics, money, power, competition, invention.

Material wealth and prosperity are best targeted at 340-380. For the longest time, a customer of mine was attempting to create worldly success with his level 450 offerings. Level 450 offerings are highly intellectual and specialized. Mass-consciousness resides on levels below that, so who exactly was he hoping to reach with his 450 material and his 450 advertising campaign? You cant reach a target group in the 200s and 300s with 450s images and vocabulary. Despite best intentions, his products flopped. Proper marketing therefore targets the group that matches the energy level of the product. If you sell violent movies, the advertising has to be of a low-energy-level as well. "High energy" does not necessarily equal more cashflow, as many new-age-gurus falsely teach. The most money is to be made by addressing the masses. In Europe and America that means offering products which are attractive to the 200s. The amount of money wasted for ineffective advertising is enormous. And all that because people have not learned to read levels of energy and their accompanying social organisms.

To help you discern between low 200s, high 200s, low 300s and high 300s energies, lets look at various

places, products and objects in regards to their measured energy-levels.

Taking the bus would be around 200, driving your own car around 220, driving a car on German Highways would be 315. Why? Because German Highways are built with 300-ish professionalism. You know German Highways are of higher energy than any other highway by looking at the stats as well: Often there are no speed restrictions and yet less accidents. How can that be? Its because of the 300-ish energy-field. American Highways, on the other hand, are in the mid 200s. Riding in a Limo is 380. 380 is the level of *Excellence*. 390 would be flying a stealth-aircraft containing state-of-the-art-technology. Flying in a space-shuttle would be 470-experience.

Airports normally measure at 250+. We like them because they are fairly neutral but also because they promise adventurous travel (275) and harbour many different cultures in one place (430). Their strict neutrality is a 200 trait. Futuristic airports that include architectural beauty (510), Spas (290) and luxury-shops (290) will measure higher than 250.

Federal Buildings, Authorities, Subways, Public Offices etc. usually measure in the low 200s. You can tell by the pure-functionality aspect, by the lack of human addition. Paint a gray building or put up some plants, and the energy-level goes up. Federal Buildings in a state of neglect fall below-200. A purely functional motel will be at around 220 while a family-run-motel with individual traits will be at around 260.

In the low 300s you will find more fancy Government Buildings, Parks, Playgrounds, Circuses, Golf Courses, Monuments, various Tourist Destinations such as the Roman Coliseum, the Yankees Stadium or the Wall of China. At energy level 350 you will find a Cruise-Ship. You can tell that these are higher-energy locations by

the way that you feel when you are there. It feels different to be on a cruise-ship or to see a cruise-ship and the technical and mechanical excellence it represents than to be in a Public Office or Fast-Food outlet of 220.

Sports events such as the Olympics, Football-Games, etc. are in the mid 300s. Actually participating in those big events as a professional sportsperson usually measures above 390 (the energy you occupy if you want to be in pro-sports). The sports team with the lower-energy will loose. After knowing a bit about certain teams and leagues one can predict who will win and who will loose things. Does this mean one should start gambling? Not really, as gambling is a below-200-field, derived not by the act of gambling but by its social environment. By the time you are in the 500s (the state from which energy is easily read) you wont care about using it for monetary gain that much. However, only someone very dense would be unable to predict the general outcome of 75% of all games. What makes interesting games interesting is that that outcome can not so easily be predicted. If you can not read energy, you can at least read the fruits of that energy – the state of the players, their body language, the attitude of the team coaches, their statements in the press prior to the game, the state of the club buildings, the supportiveness of their fans. There is an energy-level to all of that.

Products that are produced with positive intent or a human-touch or those that have accumulated a lot of meaning for society and pop-culture often measure in the high 200s and low 300s. The products themselves are mostly neutral (200) but once they gain an amount of mass-attention, their energy (and thereby also their effect) increases. Many would be surprised to learn that Coca-Cola itself measures at 255 and is therefore not at all unhealthy. Marlboro Cigarettes, because of the intent of the producer, measure at 160.

The intent is to add chemicals that will get people addicted and this displays a disrespect of humanity.

Swimming in a pool is a 310 activity. Swimming at a lake of beautiful scenery or the ocean goes up into the 400s. Drowning in a swamp would be 10.

If you find yourself in a 4-star-Hotel in Lhasa, Tibet reading Newsweek and listening to Buddhist Horns, you are squarely in a 315 reality because all four things just listed are measured at that level.

If you find yourself crossing the English Channel in a quaint Ferry on your way to a Psychiatric Hospital in London where you will display art by Dali and Picasso and read some Napoleon Hill and then Tolkien, you are steeped in 330 energy as all five things listed are at that level.

If you take an aspirin to soothe your headache and then proceed to the public Park to read the Financial Times or the Wall Street Journal and there an article on the Holographic Universe Theory, you are squarely at energy-level 380.

Why do these things measure around 380 and not more or less? I don't know. I merely go with the measurement results, which are what they are. I do think its interesting that aspirin measures at 380. I had always, assumed its in the low 200s (neutral) or even below that (not really healthy). I must say 380 is a surprise and got me thinking about the reason that might be. Might it be because it has helped soothe the suffering of Billions? That might be. But why does the Holographic Universe Theory not measure more than 380? I always thought that one to be as high up as 700! But my bias is irrelevant. Things are what they are and my own opinions do not count. Maybe its only 380 because it lacks the recognition of *Consciousness* as the Field in which everything arises.

Just for fun, let's look at the attitude toward Extraterrestrial Life from the different levels of consciousness, as it is a popular idea of our times. As already mentioned, the "alien-abduction phenomenon" is an astral-phenomenon connected to sleep paralysis and entities (rather than "Gray Aliens") who exist not on our physical plane but on another one. The entities are not our "space brothers" come to save us but spectral beings who tune in and out of various dimensions. This is noticeable in that almost all "UFO Abduction reports" take place at night in people's bedrooms or in states of half-sleep and trance. The energy-level of these entities is only 100 which means they can only appear when one is in a state of fear. This is why those studying "UFOlogy" and "Gray Aliens" are slightly Delusional, programmed by a Hollywood-esque agenda.

The idea that Extraterrestrial Life does not exist or interest in it is a waste of time is an attitude of the 170s. The naïve idea of friendly Space Brothers visiting us in their space-ships, as envisioned in 1950s movies, is an attitude of the 200s. This attitude usually misses interdimensional and spectral realities, seeing the whole thing as going from planet to planet in a physical Universe.

The 300s offer a more sophisticated view and this is why a lot of science-fiction is written from here. If one has an interest in Extraterrestrial Life, then it is seen as diverse, as possibly many different races and creeds "out there" some nice, some not so nice.

In the 400s it is understood that any such ETs, should they exist, are not actually visiting us at current. Energy-measurement-techniques reveal that the "UFOs" or silver-discs seen flying in the sky are not actually alien craft but property of the Government. The interest in Extraterrestrial Life is expressed by hard science such as looking for water on Mars, The Drake Equation which postulates a Universe teeming

with Life and other “down-to-earth” ideas.

In the high 400s those interested in ETs are fascinated by the idea of many different worlds, many different realities, many different adventures the soul can make. There arises the awareness that a soul can possibly incarnate onto other planets and that this is the regular way of visiting other worlds (as opposed to some bulky spaceship flying there). There is an awareness that the idea of Extraterrestrials is *important* in the sense that humanity will someday no longer be earth-centric and divided but expand their awareness beyond their small dot in the Universe.

In the low 500s there is an understanding that “Extraterrestrial” is a misleading term, that different types of beings instead exist on many different types of planes, many of them not at all physical. In the high 500s interest in mere ETs declines (if it ever was there), as one perceives various celestial dimensions and beyond. Universe turns into Multi-verse. At 600+ various dimensions can be experienced and accessed, if there is any interest to do so.

The 200s represent current mainstream society, the 300s represent mainstream society at its best. You’ll find Boy Scouts and Girl Scouts in the high 300s, you’ll find professional people here, you’ll find the Rotary Club, the Knights of Columbus, the Red Cross here.

300s Practice

The following character-traits will help you strengthen your 300s energy, help you deepen your ability to experience worldly success, help you develop a stable platform from which to ascend to higher realms. High energy levels (550+) are more easily experienced if there is some 300s stability in your energy-field. The exercise is to take one of the following traits and cultivate it. And then to take the next trait, and cultivate it and to continue doing so until you feel the power of the 300s and are also attracting other type of

results into your life.

Kind, Warm, Cordial, Helpful
Diligent, Persistent, Disciplined, Focussed
Firm, Upright, Deliberate
Flexible, Balanced
Sensible, Reasonable, Mature
Pleasant, Easy-Going, Tolerant
Open, Honest, Genuine, Normal
Calm, Relaxed, Content, Patient
Trusting, Forgiving, Faithful
Optimistic, Hopeful
Appreciative, Considerate, Generous
Decent, Dependable, Reliable
Respecting, Humble, Modest
Humorous, Lighthearted
Ethical, Fair, Loyal
Happy, Healthy, Glad

Taking only *one* of these traits and practicing it will improve your 300s-vibration and bring with it everything that is normally associated with this energy-field. That is one of the "secrets" of using this scale if you will. You no longer strictly go by normal cause-and-effect sequences such as "If I write a good application, I will get this job-interview". Of course writing that application is also a factor and it might only be written well if you are in the 300s. But there are other factors at play too, and merely being in a 300s-field is the most important of them all for this purpose.

400 Neutrality, Acceptance, Interest, Attention, Concentration.

The person of this energy-field is versatile, willing to learn, more laidback than the hyperactive 350. The 350 likes talking and the 400 will also listen attentively. The 400 also talks about other realities than his own and is actually able to shift his viewpoint, to put himself into the shoes of others.

From this ability, understanding, compassion and tolerance arise. The 400 does not need to be indoctrinated with slogans of tolerance, tolerance is natural to him. The 400 is usually competent in more than one field while the 300 usually has enough energy for one job only. For the 400 person what is true or not true very much depends on Context. The 400 will always weigh things thusly in conversation. "From which viewpoint is that true?" is a typical 400-statement.

The 400 likes to communicate and can think quickly, creatively and on various levels. He can assume responsibility to a certain degree and lead others. The 350 is not necessarily a leader of others except in small teams, companies or in times of crisis and in connection with material gain.

At 0-160 group consensus is achieved by overpowering and dominating the weaker side. Survival of the fittest. Animal kingdom. I am right, you are wrong. I have stronger weapons, so I am in the right. Or by forcing everyone to be the same rather than having unity within diversity.

At 170-400 group-consensus is achieved by rational discussion. This ends up as one person being "right" and the other person being "wrong". This is where animal consciousness (below 200) becomes intellectual consciousness (200-499), which has brought us democracy, technological progress and

conflict resolutions by less savage means.

Above 400 consensus is achieved by mutual respect and despite differences. Differences are not a cause of frustration but humour and finding a "third way" which transcends both sides. Disagreeing Partners in the 400s think their argument is funny. Partners who have a disagreement at 190 think its frustrating and secretly plan to "get back" at the other. Having a disagreement at 155 can lead to more serious consequences such as physical injury.

On a society-level the "neutral party" is often the most powerful or unafflicted and often the one most fit to act as a mediator in conflict. Switzerland is a good example of this. While World War II raged around them they remained unaffected by it because the their entire society maintained a fairly neutral 400 stance. They were exempt from suffering. Switzerland of WWII is a good example of how occupying a high state of energy makes one immune to negativity.

The conflict between Israel and Palestine calls for a neutral third party. From an energy-perspective it is hard to get out of cycles of hatred that have continued that long. Both sides, neither of them just, drag each other down. The *only* path to peace is by separating the two quarrelling factions. Israel *must* grant Palestinians their own nation and sovereignty. This way they can no longer play the victim and blame Israel for their ills. Once that is done, Israel ought to offer *money* to purchase further land and gain resources such as water. Money will speak louder than military might. Israel has enough money to convince others to give them land. Why they have not taken this approach yet remains a mystery to the onlooker. These changes must be facilitated by truly neutral parties. Neither the U.S. nor Arab nations are truly neutral. But times are changing rapidly and maybe by the time this book is published the gameboard may have once again changed. The mediating party in

Israel should be no higher than 450 because anything above it cannot make any sense of the conflict. For a 460 for example it looks so stupid its not even worthy of consideration. A 500-person will not get the job done but avoid the region altogether. You need a 380-450 committee to create lasting peace and prosperity in the middle east, because on their level of consciousness they do not actually want peace (and would have to be taken to the 200s for peace to become an attractive option).

Because there is not much tension or taking in extreme positions at 400, no resistance is built up and the pendulum of life makes no radical swings against one. This level is out of harms way while the rest of the world is at the mercy of a pendulum that swings back and forth to strike the unprepared. By resisting nothing, nothing resists you.

Some settle into this level after a series of extended Vacations or Meditation retreats. 320-380 addresses the ability to-do, the 400 also cultivates not-to-do. Achievement is not a question of work alone. Relaxing in a whirlpool-spa one gains ideas on how to simplify certain work processes to achieve more with less manpower. With increased power, the effort it takes to move things decreases. The 300 needs to work hard to get rockets started, all the 400 needs is the push of a button. Thanks to Bill Gates at 470 the whole world can now access all information at the push of a button. Prior to that one had to go to the library, check out heavy books and even then a lot of information was just not available. At 400 you sense that you can also "attract" the goods of life simply by what you are, what you radiate. It is here that priorities shift from Doing to Being, that physical activity is gradually replaced by mental activity. The 400 does not want to *have* more, like the below-200s do, he does not want to *do* more, like the 200s-399s, he wants to *Be* more and Experience more. His actions come from who he

is, rather than who he is coming from his actions.

The 305 will say

“If I study a lot, I can become a lawyer someday”

The 400 will say

“I feel I am a lawyer, that is my calling.”

There is no “from doing to being” progression in his mind, he starts out at the end. “Beginning with the End in Mind” is radically more effective than beginning with a sense of lack .

The 200s are the realm of the physical world and the body and the 400s are the world of the mind and intellect. It is understood that 5 minutes of focussed thought can be more fruitful than 5 hours of hard work. One smile towards a customer can create more revenue than 10 phone calls to customers. This is how the 400s have more power than the 300s. The 300s involve Business and the 400s Science. Business has changed the shape of the world, but Science has changed it even more. Business and Industry can only operate smoothly because of the inventions of Science. Without science there is no drilling for oil, no matter how good the business people are.

In your personal life, one way to access the 400s is by not assigning too much importance to anything, especially the *artificial importances* created by society. You will rarely see a 400-person sit in some mediocre movie munching on popcorn. The 400 lives not by a to-do list but by an inner priority-list. Self-importance is also reduced at this stage. 80-125 will be backbiting about others or trying to appease them. 160-190 will be thinking they are the center of the world. 200-310 will scatter attention. The 400 will focus on what is really most important to self and the world.

400s are what we call “strong personalities” in society. People we take as examples of integrity and good conduct. People to look up to. Legitimate Authority (as

opposed to Authoritarianism).

The degree of the minds reactive-ness is greatly reduced. While the 80-250 reacts to everything and anything, the 400 only reacts to things that concern him in his immediate surroundings. And there is a tendency not to react to negativity at all. The 190 has a good news filter while the 310-450 has a little bit of a bad news filter. Higher levels have no filters at all.

It is nice to be around a 400 because they are actually listening. They are present. They are there. Unless you start talking about things that are highly irrelevant, they will be there for you and listen carefully. Their speech is clear and unambiguous. Only under stressful conditions and duress will they sink down to the blind Action-ism of 300 or the inflexibility of 220.

Another way to stabilize in this reality is by practicing attention or concentration...as is done in martial arts or various mental/spiritual disciplines. If I asked a 400 to focus on one spot or one object for several minutes she'd have no problem doing it. The 220 might get bored doing it. The level 190 would try too hard. He could do it, but only with effort. The level 400 would do it without effort...by simply perceiving/receiving what is there. The 125 on the other hand would have real difficulty focussing. And the 100 could probably not do it because his mind is too preoccupied.

This is one of the highest vibrations most can ever hope to turn into a habitual one and being here feels like a huge relief compared to the struggle and confusion below. 400 is well beyond the tipping point and much less touched by the slower frequencies than the 300s still are. That's why lower-level-energies mockingly refer to the 400s as sitting in "Ivory Towers".

She radiates natural authority that need not be gained, affirmed, held onto or confirmed by others (in

contrast to the authoritarianism of lower levels). Because of the speed with which society is accelerating, it should not take another 10 000 years before 400 is achieved as an average for the whole world but only a few hundred more.

This level does not necessarily feel the urge to make progress or move up the scale. Should he nevertheless wish to progress he can do so with creative work, meditation, learning the various arts and sciences of life and moving from mere interest in life to *love of life*.

His ability to concentrate interest, makes him a quick learner. Therefore he is interested in learning – languages, sciences, different types of cultures, methods of business, politics, how to produce and make things, etc. Lower levels can only maintain interest if the outside stimuli is intense enough. They would need a really good book or movie to remain focused. But the 400 can generate this state at will and project it onto anything.

This entire book for example, was written in a record time of 100 hours (spread over weeks). I could only do that because I used my pockets of 400. Were I to use 300s I'd be too impatient to keep focus in that way and writing the book would take not a few months but a year and only with the help of foods or coffee. Because of my 400-energies I am able to focus on this book without neglect to the rest of my life. I'm involved in a fruitful relationship, I am producing music in my studio on a near daily basis, I am receiving people at home for coaching and am involved in various sports activities – all on the same day. But none of it feels like work because it is enjoyable, because at 400 one rarely does anything that does not interest one. At 200 one could probably only choose one of these activities on any given day.

What interests you?

What do you want to find out about?

What are the benefits of neutrality?

Do you like politics, religion, science?

Suppose you just observe things as they are?

Can you focus your attention on something?

What are others viewpoints you find interesting?

What is interesting?

What is soothing?

What are some quiet and calm places you know of?

Despite the high level of focus, the low 400s lack emotional highs gained through appreciation, love, imagination which are to be found in the high 400s and 500s. The weakness of the low 400s is Relativism and Postmodernism. The "I'm OK, you're OK" and "All viewpoints are equal" attitude, as pleasant and open-minded as it is, can prevent one from taking higher responsibilities, going into subjects in depth or perceiving Divine Absolutes.

A lot of philosophers and thinkers are in the 400s. Flexible thought is highly advanced compared to the literal, concrete, black/white thinking of lower realms. The 400s perceive many levels of truth and reality, many contexts and angles. Moving upwards however, beyond mere Knowledge, and collecting information, we find creativity.

In the high 300s and low 400s we find the Humanist, the Existentialist, the Intellectual, the Positivist, the Traditional Liberal, the Neoconservative, Mathematics, the Freethinker, Altruism, Transcendentalism, Phenomenalism, Objectivism, Solipsism, Ethics, Behaviourism and hundreds of other philosophical "isms". As much of a difference the world sees between all of these philosophies, they are all based on high level intellectual processing. From a spiritual perspective one sees that they all employ the *mind* to its highest abilities. Because leaders expose themselves to these teachings, they shape society.

In the high 300s and low 400s we find the high-caliber Journalist, not the yellow-press Journalist of level 100. We find the precise journalism one would expect from the Discovery Channel, Washington Post, National Geographic and countless others. At 450 we find the Encyclopedia Britannica (Wikipedia is currently at 385 because its subject to mis- and disinformation).

Whether you go to your local Church, to an Acupuncturist, up the Empire State Building, into a Limousine, into a large Public Library, or to a Famous Castle or a National Park – all if it is a 400s energy-field and will affect your state positively. Of course, if you feel especially uncomfortable at any of the locations just mentioned, you might want to let go of the below-200s pockets you still harbour.

Some typical writer-names of the 400s: Roger Bacon, who we can ascribe the creation of "The Scientific Method" to. Dale Carnegie and Norman Vincent Peale, whose "Positive Thinking" messages helped Millions. Bill Bryson, who has written some very funny and insightful travel books, Bestsellers such as Tom Clancy and Clive Cussler, James Joyce, Carl Sagan who popularized natural sciences for Millions, George Bernhard Shaw and countless others. The power of the 400s influences Millions.

Playing Chess is an activity of the low 400s. You learn focus, strategy, calm, prediction, thinking from a variety of angles.

Playing soccer is an activity of the low 400s. You learn team-play, goal-orientation, discipline, strength, focus, body language.

Medicine, both Holistic and General are at an average of around 440. Both have the intention to heal, both are fairly linear or cause-effect based (everything

below 500 is part of the linear paradigm) and both contain knowledge derived from study, both represent the energy of *expertise*.

The high 300s and low 400s are the Domain of the expert. Just as we owe much gratitude to the worker of the low 200s, the employee of the low 300s, the manager of the high 300s we owe much to the expertise of the low 400s. Individuals below 200 do nothing but ridicule and slander those who work (200s and 300s) and those who study (400s) and those who create (high 400s).

The way Religion is practiced in the 400s is completely different from that of other levels. Here you will find the Hindu who is protective of Christians and Muslims being able to worship in his country. Here you find the member of the Bahai-Religion who preaches respect all Faiths (rather than the below-200 person who hates all Religion). You also find the Mormon who studies other Religions. Believing something without having to have others believe it too or do it too or worship it too is a 350+ trait. Below that there is always the tendency to want to proselytize. But the more energy you have, the less there is the need to convince or change others. In fact, they will want to change voluntarily and heed your every word because of the energy-field you radiate. This of course makes high energy dangerous – you say something, people believe it. This is why only the very responsible and humane even make it up to the 400s. It's a natural safeguard against abuse. The very rare instances in which a multiple personality radiated 400s-500s and taught below-200-teachings is what created the worlds problems. Negative energy is not a problem, the problem is unawareness of negative energy.

The NASA, ESA and similar space programs measure in the low 400s. They are involved in high technology and great pioneering feats. The enormity of their projects lifts them up out of the high 300s. Usually the

invention of new technology happens in the 400s, its implementation in the 300s and its mass-production in the 200s (and its abuse in the 100s).

The big sports events that generate lots of mass-energy are in the 400s. That includes the Superbowl, Rosebowl, NBA Finals, The Football (Soccer) World Cup, the Champions League (European Soccer), Wimbledon, the US Open and similar. The Olympics makes it up to 360 but not higher. Why? Because it does not produce quite as much excitement. Its athletes do measure in the 400 and 500s though. That means merely watching athletes perform at very high levels can raise your energy more than a Can of Coke, a book on "Manifesting your Desires" and a paycheque together. That's right, watching the finals of a worldwide sports event will do more for your prosperity and enlightenment than many things normally associated with the two.

If you wish to enter a low-400s field you can also go visit a University with a big name or any building in your town that has some glorious History or advancement of knowledge as its theme. If you are open to it, you will feel a boost of energy or inspiration there. In fact, try it out sometime – if you have a headache (170) or are feeling down and out or exhausted (170), enter a chapel or community church or go to a University or Public Library or to a Football Game or Soccer Game and simply sit there for some time. Pockets below 200 will likely disappear.

"Do unto others as you would have them do unto you" is a concept of the 400s which is unheard of below 200.

Spirituality in the 400s

In the 400s one has some capability for spiritual discernment and can read some teaching without taking all of it as valid or invalid but rather cherry-picking that which is good. The highly influential modern mystic Carlos Castaneda is a good example where such discernment is necessary.

Castaneda is not only an enigma to the public but also to energy-level-measurement. At different points in his life he has measured at 50 (apathy), 160 (rage), 210 (boredom), 475 (Creativity), 600 (Enlightenment). While temporary jumps on the scale are normal, we are talking about jumps in his *habitual* vibration. That is an *anomaly* and probably indicative of an advanced soul. Some of his works will therefore have a negative and some a positive effect on the reader. After having measured Castaneda I reminisced on some of his books I read as a teenager and I do recall some of his messages plunging me into depression and anxiety, while others remained empowering for a long time after reading.

Considering the 50-600 range, his average day-to-day life level would be around 400. The discrepancies in his level of consciousness would also fit pretty well with the reports of those who were around him in his early and late days, describing surprising mood-swings between suicidal tendencies on the one hand, and saintliness on the other. His description of Infinity being "a stone-cold and merciless vastness" is a low-level description of the buddhic "void". His views on pregnancy and women also measure below 200. His views on the past, the inertia of self-importance and a few of his methods on calming the mind and using attention measure are all 400s, 500s and 600s teachings. Despite the inherent power in Castanedas books, the level-discrepancy make it an unwholesome path to follow.

The influence of Neo-Hindu cults and the Americanization of spiritual principles in the form of "Large Group Trainings" and "Workshops" and the endless spin-offs of such groups remains enormous. Once they know a few secrets of how energy works sly Business people use these secrets to have something to sell to the unaware.

A prime example of such practice would be a peculiar movement started in the late 1980s called "The Avatar Course" by educational psychologist Harry Palmer. This Course supposedly leads to Enlightenment in 9 days at a price of a few thousand dollars. It measures at 450 overall. Having done the Course and also the "higher level" courses myself I have a pretty good idea of it not measuring at "1000 and above" as many internet-trolls claim. Neither does it measure at 245 or 125 as critics say.

The Courses dishonest advertisement is obviously 190 (idealization, false promise, arrogance). The Business Practices of the Avatar Course measure at 200-260. The book "Living Deliberately" by the founder measures at 420. The book "Resurfacing" measures at a very potent 460. The "Basic Course" measures at 490. The "Masters Course" is 510. The "Professional Course" measures at an amazing 580. The "Wizards Course" (which is supposed to be higher than the Professional Course) measures at a respectable 520. None of these Courses vibrate at the level of enlightenment (600). They are empowering but they do not create "Enlightenment in 9 days". The results themselves pan out at 400 and some of the 190-ish aspects tend to make "followers" and "true believers" who will fanatically deny this. The "keep the techniques secret" policy while omitting that most of the techniques are based on things invented by others, measures at 190. The experience of using consciousness-techniques in large-group contexts measures in the 500s. Many of the "Masters" of the

course do not quite live up to the high levels of energy required for some of the processes. The Course would be of a higher level if it included the concept of Divinity and Allowing and "The Field" rather than basing most things on the will of the world-self/ego. This Course and others like it is beneficial to the majority of humanity and successful in building a bridge between 190 and 400, but it is not what it could have been. This Course and many similar courses are mainly visited as a means to "get high without Drugs", e.g. to experience altered states and group-energy. While altered states have some merit, spiritual enlightenment is not really a question of visiting a workshop. Spiritual enlightenment is a lifelong process which factors in all of life, not just the period of a seminar.

Pema Chodrön (builder of the first Buddhist Monastery on the American Continent) measures at 400. Thich Naht Hahn, a Vietnamese Buddhist turned author-for-westerners, measures at 400. It is not uncommon for studied Buddhists to pan out at this level, especially when *study of scripture becomes more important than experience*. There are variations of Buddhism which measure significantly higher which we will address in Detail later on.

The New Testament measures at 425, taking out Jesus words only it measures up in the 700s. Taking the Book of Revelation only one gets an energy-measurement of about 75, the level of a Delusional Paranoid.

Jungian-Psychology measures at 450 - 520. Freudian Psychology measures at 410 - 490. What this means is that both hardly surpass the level of the intellect on to spiritual realms. But what it also means is that modern Psychology has more energetic integrity than those who badmouth it think. So-called "new-agers" are not as superior or educated as they think they are. If you

asked a 200-ish "new-ager" or a 140-ish "pagan" or a 190-ish self-appointed "mystic" which of his concepts are derived from C.G. Jung or Freud, he will not know. Without them we might still think that we can explore the mind through Lobotomy or that we can make psychological progress without facing our inner shadows. Overcoming Psychological Projection and Denial means overcoming the below-200 worlds.

Ever since Freud and Jung highlighted Projection, society knows that when someone insults another it often tells us more about the attacker than about the Person being attacked. If more people understood how it works they would be less offended when someone attacked, and become more tolerant human beings.

Ask that "new-ager" what college degrees he has, what classical music artists he listens to, how many languages he speaks, how many cultures he has experienced, or what kind of sports he has mastered, you often won't get much of an answer. "New-Age-ism" often displays the path of the lazy person who wants to be "superior" without having learned or mastered much of anything properly. Challenge one of these new-agers with supposedly superior paranormal powers to a game of chess or a bike race or anything else that requires refined skill. You will discover that the superpowers they paid thousands of dollars to acquire do not amount to anything. Not to mention that 90% of new-age literature contains nothing not *already written about* in Hindu and Buddhist scripture a long, long time ago.

The Influential theosophist Alice Bailey measured at 420, Leadbeater at 440 and Madame Blavastky at 390. Some of Theosophy has accurate descriptions of levels-of-energy, but all in all Theosophy, which is also derived from Hinduism and Buddhism is more intellectual than experiential. Nevertheless in our

times they may have been the very first source to describe the energy-levels. For this they deserve some credit.

Author, Philosopher and one of the originators of the "Personal Development Movement", Vernon Howard, measures at 440. Charles Fillmore, founder of the Unity Church and proponent of the "New Thought Movement", measures at 490. "The Science of Mind" by Ernest Holmes, a significant instigator of the "New Thought" and "Positive Thinking" Paradigm measures at 490.

520 is the highest the "You create your own Reality" crowd goes. Above that it begins to dawn on you that it is not *you* who creates Reality but Divinity. The idea of "Reality Creation" is still firmly rooted within the cause-and-effect paradigm of below 500.

Apart from the several internet-scams and pseudo-lineages, Rosicrucianism such as represented by AMORC measures at around 405.

The I-Ching is at 420. Wei Wu Wei philosophy measures at 440. Taoism has a range of 460 to 590 (the Tao Te Ching itself measuring at 610).

Ancient Greek Philosophers all measure between 420 and 490, with the exception of Socrates at 540 and Plotinus at 605. Quoting them right here is a good means of getting into the 400s realm ourselves. Of Course Greek Philosophy is so much more than a collection of one-liners, the following are merely samples of 400s-thoughts.

Aristotle

"A friend to all is a friend to none"

"It is the mark of an educated mind to be able to entertain a thought without accepting it".

"Education is an ornament in prosperity and a refuge in adversity"

"All paid jobs absorb and degrade the mind"

"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

"It is best to rise from life as from a banquet, neither thirsty nor drunken."

Heraclitus

"Man is most nearly himself when he achieves the seriousness of a child at play."

"You cannot step into the same river twice"

"To do the same thing over and over again is not only boredom: it is to be controlled by rather than to control what you do".

Plato

"Be kind, for everyone you meet is fighting a hard battle"

"Ignorance, the root and stem of all evil."

"Astronomy compels the soul to look upwards and leads us from this world to another."

"Every heart sings a song, incomplete, until another heart whispers back. Those who wish to sing always find a song. At the touch of a lover, everyone becomes a poet."

"Excess generally causes reaction, and produces a change in the opposite direction, whether it be in the seasons, or in individuals, or in governments."

"Excess of liberty, whether it lies in state or individuals, seems only to pass into excess of slavery".

"He was a wise man who invented beer."

"He who is not a good servant will not be a good master."

"How can you prove whether at this moment we are sleeping, and all our thoughts are a dream; or whether we are awake, and talking to one another in the waking state?"

Socrates

"Education is the kindling of a flame, not the filling of a vessel"

"To find yourself, think for yourself"

"Be as you wish to seem"

"True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us".

"The hour of departure has arrived and we go our ways; I to die, and you to live. Which is better? Only God knows."

"Children today are tyrants. They contradict their parents, gobble their food, and tyrannize their teachers."

"An unexamined life is not worth living"

"The end of life is to be like God, and the soul following God will be like Him."

The 200s and 300s will quote Socrates without having any real idea what is being talked about, as in "I know that I know nothing!" What that means can only be properly grasped in the 500s. I would bet good money that 90% of those voicing the well-known slogan have never *deeply* considered it. By deeply I mean *in many days of Contemplation*.

Many writers on eastern mysticism and higher consciousness who combine those teachings with western intellectualism measure in the high 400s. Good examples of this are Alan Watts, Morgan Scott Peck, Hazrat Khan (505), Joseph Campbell. It's a good thing to make mysticism more understandable to the 200s-400s. But contrary to popular thought it by no means elevates the teachings themselves. Its only western arrogance saying that.

A number of neo-advaita teachers claiming to be "enlightened", such as the American teacher Gangaji and HL Poonja, measure in the high 400s. The high 400s mean they are very good teachers, but they are far from being "enlightened" in any spiritual sense. The high 400s are able to touch 600 once in awhile, which is why they are able to talk about enlightenment, but they do not really radiate that very, very high energy. The high 400s are at least

significantly more competent than the Gurus of the 200s.

The *Releasing Technique* by Lester Levenson measures at 460, meaning it is highly beneficial to most of the world. Levenson passed away in the 1990s and his work is being continued by others, such as Larry Crane who's own version of "The Releasing Method" measures at 390, significantly lower than the original but still high enough to be of service to mankind. Larry Crane adopted the lower-level aspects of Levenson, among them the "Get Rich through Releasing" scheme and a harsh style of "attacking the ego" in his Seminars.

"The Sedona Method" by Hale Dwoskin, another variation on Levensons original work, actually measures higher than that of his teacher. "The Basic Workbook" of the Method makes it up to 370. "The Basic Course" which is an audio-program measures at 480 a place where deep relaxation not only of the body but of the mind itself, are possible. This again, helps heightened clarity and intelligence. The "Holistic Releasing" part of the Sedona-Method measures at 550 and "The Fifth Way" of Releasing taught in advanced courses measures at 630, which is one of the highest measurements I've ever gotten on American "Workshop"-type programs. So theres a program almost anyone can take and make good progress with.

450-475 Intelligence, Knowledge, Reason, Clarity

420-475 is the Domain of the scientist, the explorer, the researcher, the renaissance men, the inventor, the renegade pioneers and the scientific genius. Another aspect of the high 400s and low 500s are “stars” who have admirers, followers and fans in the 100s to 300s.

Because energy is somewhat exponential, the 100 point jump from 300 to 400 is larger than that from 0 to 300 and 450-475 is a larger jump than 400-450. Michael Jackson measured in the 500s in the 1980s but at a disconcerting 110 in the year 2009. This is why he preferred to die rather than face a comeback through the concerts he had scheduled. His moments of 500-energy in the 80s were enough to carry him on for awhile, despite abandoning 500-like-principles and enough to make him the most listened to singer of all time.

Followers are not as radiant as the leader they look up to in awe because they are not creating *their own path* but *following* that of another. This way they certainly do not become radiant themselves. “Superstars” of Film, Music and Arts are all in the 400s and 500s for at least short periods of time, otherwise there would be no fame. Unless there is some effort invested not to be known, 400s-energy often leads to being a public figure. Many keep their fame even if they drop down to below 200 in the meantime – that’s how powerful the mid and high 400s are – just a spark of this energy can have long-lasting consequences. The “one hit wonders” and one-movie-miracles (which are in the majority) are those who make it up to the high 300s for a short period. This is also the case with spiritual teachers who caught a whiff of high energy and then drop to below 200 and continue to have a loyal following anyway.

The high 400s are made known by energyless crowds

who sometimes have so little of their own that merely *seeing* a 400 on TV will enable them to extract some of it to survive another day – as sad as this sounds. The mentality in which celebrity-magazines and blog-gossip are of importance is 110-310. Below 200 one views the celebrity as a God, the 270 tries to imitate the celebrity and the 300 checks magazines out after a hard-days work in order to relax. In other word, the hard days work (200) needs balancing with 400-ish people so that the 300 can feel at ease. The apathetic 50s couldn't care less about celebrities. The 120 feels desperately separate from "them way up there" and thinks it would be fantastic to be one. The 190 is looking for gossip that puts a celebrity in a worse light than himself. The 220 is simply bored and looking for "some distraction". The 270 teenager hangs up posters of them as role-models.

Business People (380) and Scientists (430) complain that Celebrities (460) and Sportsstars (460) get so much attention although their contributions to society are "less important", but a simple energy-reading reveals something different. It reveals that 460 does indeed have even more impact on society than 440. And besides, there are also famous Industrialists and Scientists that measure in the high 400s and even 500s. So many artists are here because this is the high-point of creativity (Creativity starts in the mid 300s).

Its not that most 400s are famous but more that in order to be famous sparks of 400 must shine on you. Less energy is of no interest to the movie producer or music agent. Those who cannot cope with the mass-attention and the spotlight do not vibrate in the 400s. If that is the case they either retreat (one-hit-wonder) or start taking drugs or start going crazy altogether. Its just too much for them. Since the Beatles and their single members were able to maintain mass-attention for many decades, its safe to assume that their energy-level was at least 460.

Apart from stardom, high-performance sports, entrepreneurship and politics there is also the "normal" 400. He wants to learn and contribute what he has learned to the world. His interest is no longer centered around self but expands to the planet as a whole. If he catches a cold or someone cuts in front of him in traffic, that's irrelevant. What's relevant are social and technological issues is solved for the world.

She knows about a myriad of different topics. As a child she will sometimes talk more quickly than she can catch her breathe. More children than adults are in the 400s because they have not yet been exposed to mass-media-programming and the cold cynicism of the world.

Knowledge is the main focus of the 400s. From 450 upward there is no more big concern with Business (330-450) but with the Nature of Reality. Consequently the entirety of Quantum Mechanics and all of its proponents (Werner Heisenberg, Niels Bohr, David Bohm etc) operated on this level. Quantum Physics is still based on linear-thinking but the closer it gets to 500, the more non-linear it becomes. Albert Einstein (460) is more Newtonian than David Bohm (490).

As mentioned many times 500 is a critical level. Just like 200 marks the shift from negative energy to positive energy, 500 marks the leap from linear cause-and-effect reality to non-linear reality. In linear reality you have one piece of matter being the cause of another piece of matter. I shoot an arrow at an apple, the apple is hit and falls down and squashes an ant. The linear mind then says "The shooting of the arrow caused the apple to fall." Or "Because I shot an arrow, the ant is now dead". It's valid and workable to see things this way below 500, but it's not really what's going on. For the arrow to cause the apple to fall there

are actually thousands of Causes. What caused the apple to be there in the first place? What caused the arrow to be built? What caused the Bug to be at that spot? So there are an infinite amount of "Causes". Non-linear understanding does not see A – B – C as a linear progression, but the invisible, non-manifest ABC as one energy-field that appears to manifest as a sequence in the physical universe. I've explained this and its use in daily life in Detail in my previous book "Parallel Universes of Self".

In any case, when you quit being preoccupied with wronging the neighbours and your interest expands to more substantial questions, you begin moving up the scale and the high 400s are the highest worlds of intellect. As beneficial and powerful as this level is it can be a block to higher levels still. Its Downside of is in over-intellectualizing, excessive-thinking, compulsive analysis. Such are the roadblocks to spirituality (570), love (520) and creativity (490). Wanting to understand the "cause" of everything and explore it in Detail (rather than sensing the general energy-field of something) can easily get you buried in a mountain of books, notes, websites, contradictory data, meetings, conferences – and in this way loose connection to spirit and more subtle inspiration. Someone chronically stuck in the 400s sees a bookstore as his shrine.

Everyone wants to make things better but the 450s choice of profession usually does make things better. It is my guess that if it weren't for the 400s of our world, humanity would have been extinct long ago. The 400s make up for and balance out the majority of the world vibrating below 200. The energy of one person at 470 balances 100 people at 150.

Sometimes inventions made here are abused by those below the integrity-level (200) for destructive means rather than what was originally intended. Anything can be used for destruction as well as creation. Take the

atom bomb for example. The 190 would be too dense to invent it but he does have enough energy to access the level 400 person (if he temporarily goes 250, which he can) and take the invention down to 190 use. This is the actual reason the west is afraid of certain technologies getting into the hands of developing countries. Because of the wide gap in energy this is rare but it does sometimes happen. This is why some of the things the 400s are thinking and doing are kept secret to the public. If the ego gets its hands on certain technologies it will destroy humanity. The 190 salesman who visits the level 450 scientist has to expend a lot of energy to hide his bad or exploitative intentions. He has to push himself to level 270 by dressing up nicely, shaving and practicing his best mood. If he falters the 450 will get suspicious. "Hi, my name is Smith. I would be interested in funding your research". Mr. Smith will never understand how this scientist comes by his conclusions, but being a 190 he will always understand how to make money out of it or how to use it to dominate others. The 190 is the perfect salesman, and 450 lacks those skills – it is not in his nature to try to convince people of things.

A person who is stuck between 420 and 475 is often underweight or appears absent-minded and "air-headed". This is because he lacks groundedness and care for the body as all focus is put on mind and the *world but not self or what is deemed* "mundane". At 500 this becomes better because there is some loving care for life added to the journeys of the mind. But a pure 450 is your typical gawky scientist with glasses. The "mad-scientist" who is always absent-minded and scruffy also has some *below-200 portions mixed in*. Some so-called "spiritual" people who skip this level of common sense and reasoning will have a difficult time remaining in their high state. The healthy rationalism, understanding of human nature and the diversity of interest of the 400s save one from the quacks and

charlatans who think they are “enlightened” just because they’ve experienced some 600+ states by chance or through excessive meditation.

Higher levels are non-physical, ethereal, non-dual but they should not be attained by skipping the 400s. Be open-minded but not so open-minded that your brain falls out. There are many “teachers” who are able to imitate and feign 600+ states because they have temporarily assumed them. How to spot a spiritual teacher who is up there at current: When your emotional state instantly shifts in his presence. If it does not, he is not up there. He might still be able to tell you a thing or two about it, but he does not represent that extent of liberation. You can only learn from a teacher what this teacher has experienced himself. Because that teacher has experienced it herself, she is certain of its reality. This *certainty* is energetically transferred to the student. If someone is only pretending to have experienced something or has only grasped it intellectually, he cannot teach it, students cannot learn it from him.

The 450 is also the pioneer explorer who wants to discover something not discovered before, see, hear, perceive, feel something not perceived before, share something not shared before. His motivations for doing so are sometimes altruistic and sometimes for sheer personal curiosity.

Progress to the 500s is achieved by an even deeper sense of care and kindness, an increase in creativity, a calming of thought and preferring joy to knowledge, context to content and awareness to unawareness. Every human being has each level somewhere within them, so you too have some 450 within you. To access these, here are some questions you can ponder:

What is something you know about?

What is some factual knowledge you have acquired?

What is certain?

What are you an expert in?

What things can you predict because of your expertise?

What is a fascinating subject you'd like to learn?

Why is learning and knowledge so important?

What is something only you can discover?

What is something only you know?

What is something *only you* can contribute to the world?

The higher we go in the scale, the more emphasis is placed on being different, being unique, on individualism, until that concept too is dropped at around 570 and *Oneness* pervades. Some lower levels try to copy that oneness-perception but it does not work before one has developed ones *own unique energy-signature*. The uniqueness of the 300-570 people does not mean they are egotistic. The 450 is more interested in helping the world than himself. But he does have an ego and still wants applause for his work. Presidents and Scientists are good from 420-490. If they raise their consciousness too much they are no longer good for the job because they don't take study of the material world seriously. If a genius fails in life its either because he is not happy enough (below 400s) or too happy (500s).

For most people on the planet this is the highest it gets. It is the height of intellectual consciousness, and those who have become immersed in intellectualism and mentalization don't actually believe there is a higher state. The very 470-ness is the obstruction to higher worlds because it believes that it is the pinnacle of achievement.

As the level of mass-consciousness rises, worldviews below 200 are becoming less and less acceptable. Disrespect toward other cultures (190) becomes unacceptable. Polluting the environment (190) becomes unacceptable as the Green-Movement (250) gains momentum. Left- and Right-Wing verbal warfare

will no longer be en vogue in 20 years from now. War will no longer be acceptable once the overall level of mass consciousness reaches 420 (that might take another 200 years). Lack and poverty will no longer be seen as a virtue. Shopping and consuming goods (200s) will no longer be mankind's main pastime (200s) or main future goal (100s).

A lot of classical music measures at 450+ which is why merely listening to classical music consciously or in the background can raise your days vibration should it be below 400. With a heightening of your own vibration you will no longer enjoy or even accept blaring radio-music out of mediocre car-sound-systems, your taste will become more refined. Subway systems around the world have begun playing classical music at their railway stations in order to decrease violence – and it works, as is statistically proven. This is no surprise as any 450 quickly blows out any pockets of 155. Applying the so-called “Mozart Effect” to schools, learning, children will be beneficial in increasing people's intelligence. This is just another example of how focussing on one aspect of an energy-field, brings forth its other aspects automatically.

Some of the Philosophies, Movements and “Isms” found at around 450-475 are Philanthropy, Empiricism, Rationalism, Scholasticism, Epistemology, Metaphysics, Ontology, Theology.

Some name-dropping of individuals measuring between 450 and 485:

Aristotle, Roger Bacon, Emerson, Edmund Husserl, Ernst Mach, Plato, Bertrand Russell, Salvador Dali, Van Gogh, Andrew Carnegie, Joe DiMaggio, Cristiano Ronaldo, Graham Hancock, Erich von Daniken, Jane Roberts (Seth Books), Alexander Graham Bell, DeKooning, Elisabeth Kubler Ross, Dostoyevsky, C.S. Lewis, Jack Benny, Bruce Lee, Florence Nightingale, Eisenhower, Wright Brothers, Eleanor Roosevelt, Rupert

Sheldrake.

Of course many hundreds more could be named but in the space here a sampling of names from very diverse fields should suffice. Some will be repulsed at naming soccer star Ronaldo or "pseudo-scientist" Daniken in the same breathe as Aristotle and Dali. Energy-measurement does not care about reputation and names but only about consciousness and its overall impact. Not humans measure truth, universal consciousness does.

Since we are at the level of Science here *what follows* are some of the measurements of scientific theories. With such, the energy-level also measures the level of truth. So if any scientific theory measures below 200 it is either flawed or untrue altogether.

"Global Warming Theory" that identifies man as the cause of Global Warming rather than a mix of natural Cosmic and Earthly events, measures at 210 which means it is not exactly flawed but also not particularly enlightening or helpful the way it is currently understood.

Stem Cell Research measures at around 210 which means that it is yet undecided whether it will go into negative or positive directions.

The Pharmaceutical Industry as a whole is in the 200s which means that it is "alright" but nothing more. Since it deals in terms of medical science, which is a 400s reality, one can only assume that this Industry is dragged down by distortion of scientific-data for marketing and drug-pushing purposes. On the other hand it is not nearly as "evil" as the spiritual paranoids (100) claim.

Creationism as advocated by Christian activists measures at 260, Intelligent Design measures at 450 and Evolution Theory measures at 440. Combining Evolution Theory with the idea of Intelligent Design is

of 460-intelligence. The idea of "survival of the fittest" measures at 220, the level that believes just that. That pretty much ends the "Creationism vs. Evolution Theory" Debate that takes place in the high 100s.

Science involved in furthering Technology that can be used for monetary profit and military might measures in the 300s. Hospitals average 190-230, specialized Hospitals such as Neurological and Psychiatric Wards measure in the 300s. It is not true that Psychiatry is an enemy of mankind, as portrayed by certain streams of political propaganda.

Simplistic Science and Popular Science measures in the 300s. Oriental Medicine measures between 380 and 450, which is a good level of effectiveness but not "much higher than western medicine" as so many claim.

The Black Hole Theory measures at 455, meaning it is true. Similar levels (450 – 475) are measured for Chaos Theory, the Dirac Equations, the Heisenberg Uncertainty Principle, the Theory of Morphic Resonance, Biofield Theory, Inflation Theory (post Big Bang), M-Theory, S-Matrix Theory, Collective Unconscious (Jung), Astronomy, Subparticle Physics, $E = mc^2$, DNA Research, Energy Medicine, Charles Darwin, Thomas Edison, Sigmund Freud, Buckminster Fuller, Max Planck and Nikola Tesla.

Some locations that measure in the high 400s: The Eiffel Tower. You can feel its very presence nearby shift your mood. Its stunning beauty has inspired Millions into romantic love. Romantic Love itself is an aspect of higher consciousness that did not exist until a few hundred years ago. Animal Consciousness knows no romantic love. A Space Shuttle in Orbit measures in the high 400s, as a symbol of humanities highest achievement to date, moving upward beyond the clouds, pioneering into new worlds. For all who think

that investing in NASA is a waste of time: It is what NASA represents (moving beyond previous limitations) that makes it important to the growth of mass-consciousness. Allocating more Budget to Space Travel than the Military would be a sign of civilization moving from an overall 200 to an overall 300. The Oxford Union measures in the high 400s, as the Debates happening there are the height of intellectual sophistication. The U.S. Supreme Court is 490 – without that level of energy it could not discern right from wrong. Churches and Mosques usually measure between 270 (Modernist, Minimalist and Evangelical) to 490. The mere act of being a place of Worship of the Most High, of Infinity, pulls the field up to the high 400s. Coupled with fine art, stonework, Gold, etc. a church reaches the 500s. Synagogues, being more rare than Churches and Mosques, usually never measure below the 400s. The peculiar way in which modern Synagogues are built has them measure at 460 to 600.

475 – 505 Joy, Creativity

The more real you get, the more unreal things get. At 50 (apathy, depression) everything seems fuzzy and illusionary. We start getting this impression again at 500 but in a radically different way.

If you are overjoyed and full of enthusiasm for a project, this does not indicate that you *are* level 475 as a habitual vibration. It means you are temporarily peaking here. Joy begins to be felt at 275. But to be here as a *basic vibe*, is much different than short phases. Energy is rushing through your body and especially solar-plexus, spine and hands all the time. After awhile it is no longer noticed as much, it becomes normal. This is why those who are in some state of ecstasy and keep saying “wow! This is awesome! Unbelievable! Woowooow!” are not people who are in the 500s. They are those who are in the

200s and 300s habitually which is why they are stunned at the energy available.

475 – 500 is a somewhat distinct state on the scales the progression. Those who have a 450 habit rarely leave it during a lifetime because they think they have reached the height of human potential. Some skip the low 400s knowing that the intellect can be an obstruction to the spiritual. I'd recommend taking at least a little bit of the mid 400s with you upwards for reasons already explained. The 400s are about the mind and mechanics of reality, 475 to 550 is about the *Experience and the Experiencer of Reality*. The 450 "knows" everything about the river, but the 500 jumps into it and the 550 dives into it. Knowledge, even high knowledge is not enough for the 500. His joy mostly goes unnoticed by those below 200 and can be annoying to those at 200-450. The following excerpts are taken from my "Stream of Life" Analogy first published 2006 in my e-book "Illumination". They provide a sense of the attitude that begins to arise in the very high 400s.

Life is a stream. This stream always flows, whether you like it or not. Resist the flow and it overwhelms you. Swim with it and you can use it to your advantage. It was already flowing before you arrived into it. It always reaches the destination its meant to reach. This stream diverges into several different streams and converges from several different streams. Each stream represents a different reality.

You are sitting in a boat that is flowing with the stream. You have been given oars to paddle. With these oars you can try to go against the stream or paddle quicker with the stream. None of these two are necessary to reach the destination that is perfect and natural for you. Merely and merrily sitting in the boat will suffice for you to arrive exactly where life has ordained.

Paddling against the stream (upstream) is what most people call „life“. This type of resistance and struggle is a complete waste of energy and does not lead you to your most ideal and natural and happy destination. Instead it slows your progress to what is good and natural for you. If it has any benefit at all, then that is that it makes you stronger. The only reason someone would paddle upstream is because he does not trust that the river is taking him to the right places efficiently. He has lost his basic trust in life and feels the need to paddle elsewhere. Another reason for paddling upstream could be because he was taught that resistance will solve problems. This person will exert himself until he becomes so exhausted he gives in to the natural stream again. Many people believe that where the stream is taking them is not to their liking and that life must be struggle. But most are somewhere in between. While they go with the flow sometimes, they brake a lot with their oars because they don't want to go too fast. Going too fast they think they'd be unable to enjoy their current surroundings or that they would crash into a stone sticking out of the water.

Going with the stream does not necessarily mean going with the mainstream, with the stream everyone else is going. There are many streams and many other side streams of side-streams which diverge from and converge into each other. Going with the stream (downstream) means „teaming up“ with the life force that is more powerful and efficient than what you could do on your own. It means to make use of the strong current already there, already available, already accessible.

From where you currently stand as the "normal human being" there are various alternatives to the half-crazed and hysterical upstream paddling widely practiced by society. People who use these "alternatives" (which are not really alternative but

actually normal), are called "shamans", "wizards", "magic people", "powerful people". This is rather funny because its actually the other way around. Those who go with the stream are actually those who are behaving naturally. Those who experience "miracle" after miracle are actually experiencing a normal part of life, while those who try paddling or even swimming upstream all the time are actually abnormal. One could go as far as to say that it is they who are the shamans or outcasts because they are exerting an unbelievable amount of energy. Understanding this analogy you know that leading a good life does not cost any energy at all. You don't have to deserve it, make it, reach it, fulfill it, achieve it, create it. It is a given. A birthright. Normal. It actually happens by itself when you are your most natural self. You don't believe that? Then you are one of the crazies. But that's alright, most people are.

You have been taught that "action is what moves mountains" and "no pain, no gain". Contrast this belief by looking around you. Look at the trees. The stars. The mountains. Look at whatever you see outside of your window. The sun. The grass. The leaves. The sand.

Has any of this come about by your taking action? Take a minute to look around at all the things that already exist without you having needed to do anything.

Will you admit that almost everything that exists and is happening, just happened, without any deliberate involvement or work required from you?

Face the obvious. If I asked you to „create a plant" would you start trying to glue and paste sticks and leaves together (work/effort) or simply put a seed into the ground and let the force take care of it? There is some type of force creating all of this, isn't there? It doesn't matter whether you view it scientifically (evolution, big bang) or religiously (God) or spiritually

(the universe, the field). You can witness a force creating all manners of things with ease, beauty and elegance. How much effort would you have to exert in order to achieve only one single structure that this force produces by the trillions?

Do you think that if you learned more about this force, more about this source that would be more worthwhile than anything else? Would that make sense? Could you then perhaps „team up“ with this source/force to make your life a bit easier?

If this source can create entire galaxies it shouldn't have a problem creating the comparatively minor stuff on your personal wish-list, should it?

The "stream" we have been talking about is an energy-stream, not visible with the eyes but feel able with the inner sense. Feeling at ease is an indicator that you are going with the stream. Feeling at dis-ease is an indicator of going against the stream.

Lets now look at the different alternatives you have to the "fight of life".

One option would be to let go of your oars. This would mean letting go of all control and resistance. What happens? Your life speeds up and you arrival at good-for-you destinations is quicker. It is not you "creating" anything anymore, it is not you "doing" anything "in order to achieve something" anymore, it is full surrender and trust in the life force, in God, in the universe. On a daily life basis this would mean that you trash your plans, trash your goal-lists, trash your to-do-lists, quit "trying to get" and generally just look at what feels good and right from day to day. While feeling good you would know that you are flowing downstream (with the stream) and when feeling bad you know that you are paddling upstream (against the stream) again, and so you let go of the oars again (interesting isn't it? You let go of the oars but they are still hanging at the side of the boat, ready to be picked up anytime again! Nothing is ever lost). You would not

use the feeling bad as a cause to paddle even harder (this is the most typical mistake the human makes) but as a cause to re-align with the stream, a cause to relax again.

For some, the thought of complete surrender is frightening. What these people don't understand is the paradox that loss of all control is full control. To the mind this is a contradiction. Therefore I will not argue with you here. If allowing yourself to be washed away by the stream of joy, straight to where you belong in the nature of things is too frightening for you, you don't have to let go of the oars entirely. But you could at least loosen your grip on them a little bit, no? You hold them so tight that your knuckles turn white. More waste of energy. Let go of them for a minute. Take a deep breathe and relax.

You see? The oars are still there. And as you are lying around somewhere or sitting while reading this, you are not in a wild stream anyway, but currently floating down a gentle river. You don't have to hold on that tight. If you don't want to let go of the oars and follow the paths of least resistance and highest simplicity (the more simple and native and natural something is the more real and therefore effective it is) then you might at least stop paddling upstream. You don't stand a chance. You think you can beat the flow of things you will be disillusioned. Some people are megalomaniacs who actually think that life means getting to ones destination despite swimming upstream. Others think it means building new artificial rivers...which might be possible with extreme exertion but is not even necessary to arrive at what is good for you.

Where do the rivers of life open out into? They flow directly into the vast ocean. In this analogy that would be the "sea of consciousness" or "ocean of energy", what mystics call "enlightenment". But why do some wizards not actively seek out enlightenment? Because they know that's where they come from and that's

where they will float back to naturally. This is why I do not teach "enlightenment". Trying to "achieve" these things presupposes separation from that ocean. It presupposes that this is not your native state, not where you come from and not where you are going anyway, no matter what you do. To me the countless books and retreats and gurus preaching enlightenment are superfluous. Why strive for something that is going to happen anyway? The only reason millions of people in history have been striving to be elsewhere or something else is out of the presupposition that the way things are, the way this planet was created is somehow "wrong" and that the natural order and harmony of things is somehow "disturbed". And so they start struggling upstream again. However, it is not "things" or "the universe" that is at fault. It is one's own view of things and behaviour (trying to swim upstream in order to arrive at some goal) that feels bad. And thank goodness this behaviour is designed to feel bad...without the bad feeling we wouldn't know wrong from right, effective from ineffective, life nurturing from life stifling.

What you have been reading up to now is only a nice sounding analogy about rivers, boats and oceans, right? Wrong. This metaphoric analogy is filled with very practical everyday down-to-earth usefulness. Getting out of the boat to the side of the river and watching the stream go by is like taking a break or meditation. You are watching the stream of life pass-by but not taking part in it. This type of meditation allows you to consider your trip up to now, to determine which streams you would like to go down next (possibility of divergence). "Observation from outside" allows you to gain perspective rather than be caught up in the automatism of it all. It also allows you to take the desperately needed break from upstream behaviour. When you get back into the stream (finish meditation) it is more probable that you will then be flowing with the stream rather than

against it. Why? Because you've taken that time out to see in which direction the stream is actually flowing.

The two helpful modes are therefore swimming with the stream or taking a break at the riverside. It is not helpful to fight against it. And it is not helpful to try to take a short-cut to another stream (another reality) by carrying your boat across land. That would be more waste of time and energy. Nevertheless its how many people behave. They have to "reach a goal" at once. In their impatience they drag the boat out of the river and try to find that stream on their own. Would they have stayed in the boat they would have come upon a crossing point naturally. And at this crossing point they could decide to switch life-streams, switch realities...effortlessly and naturally. Of course we can also see that arriving at a crossroads and not deciding will get us stuck in the middle land protruding in front of us. One who has trouble deciding which stream to go down is caught in the illusion that one stream is somehow "worse" than the other. They are, however, both water. They are both life energy. And they will both lead to good destinations. The only path leading to troublesome destinations are swimming or rowing backwards (against the stream) – through which you are exhausted and the scenery around you starts looking bleak and dangerous – or leaving the stream into the wilderness without a map. There are a lot of "lost" people wandering around out there. But sooner or later they too will come upon a stream and be given another choice to get back in. So in a sense, not even the two "bad" options are really "bad"...they are simply other experiences. The point of this analogy is not to define what's good or bad, but to tell you: If you are interested, there's an easier way to go about life. As most souls are not interested in the easier way but more interested in drama and struggle, this "with the stream" path will give you a sort of "advantage" over your fellow human beings by which you appear

"magical" to them. I say this because the mind loves to calculate its "advantages" before actually applying something. The soul couldn't care less about "being better than others" though. Nevertheless, a life of flow does have its incentives for the mind also.

In contemplating the stream analogy there are thousands of things your mind can derive from it, of which I will only name a dozen or so. You can let the waters and winds lead you naturally. If you wish to change stream, only a little bit of steering is necessary. This "little bit of steering" is not hard work. Its only an alignment of attention and intention with preferred streams). Writing intention-lists on a regular basis is actually the process of steering your boat in the general direction you prefer. Making sure you are in a good state and feeling well is not to steer but to make sure you are flowing with the stream rather than against it. So first make sure you are well, and then state your intentions and decisions. Why do I recommend you trash your to-do-lists, goal-lists and weekly-plans and diaries? Because the "goal list" is focused on a stream not present in the here and now. Steering according to another stream would make your navigation look awkward "Goal-lists" are based upon "I have to do X and X and X, and then I can be at that river" (as if you were not already right inside the stream of life). However, as you see in the analogy, you don't have to do anything to continue progressing down the river. You don't have to leave the river or struggle. Same with to-do lists. And diaries address what has happened before you arrived at this point at the river...which is irrelevant to today. In fact, being focused on the past will make your navigation look even more awkward If you are at a relaxed and silent part of the river and you are steering as if you were in the rocky area you were a month ago, this slows your progress and can even make your boat keel over.

The prime block to progress is making all of this too complicated and assigning too much importance to certain things. Assigning too much significance to various events such as rocks protruding from the water or events at the riverside, diverts your attention and makes calm navigation along the stream difficult. Assign too much importance / relevance to something negative and you feel yourself tense up and navigate improperly. Assign too much importance / relevance to something positive and the same thing happens. You become tense and unable to act. A beautiful mermaid pops up out of the river in the near distance. Beautiful yes, enjoyable yes. But if you project too much importance you will lose your calm and attention and that will cause a boat wreck. Same thing for an ugly alligator swimming through the river. It is the assignment-of-importance towards that alligator that focuses you on it. So instead of steering clear of the alligator you move towards it. That's just the opposite of what you wanted! But you can't stop thinking of that alligator over there. You resist it, fight it...and all the while you move closer.

It is therefore wise and wizardly to "manage your importances" or the meaning you give certain things.

The attitude is: If there is something on your trip along the stream of life that is not to your liking...it is very unimportant. Not significant. Not relevant to who you are. You see, you are not suppressing or ignoring it. You are simply not giving it any power over you. Yes, there's an alligator swimming over there. But if I don't give him attention, he will not give me attention. Deep in your heart you know this to be true. You knew it even better as a child. Remember playing hide-and-seek as a child and not being found by the others once you stopped giving them attention? And if there's something on your trip along the stream of life that is to your liking...it is important. But it is not very important. It's only important. If it is very important

you become slave to it. Maybe we should even drop the word "important" and replace it with the even more neutral "interesting". If you want to have something try also being OK without it. This type of non-neediness will make it so much easier to have it. You also know this to be true, perhaps from adventures with the preferred sex.

Assigning too much importance to your desires builds up pressure and expectation...two things that actually separate you from what you want. The wizard does not wish for, need, crave...the wizard only intends. And intending is as easy as taking the tiny action of steering the boat to the left or to the right.

Let me demonstrate this: Please raise your arm up into the air. That was intention. Now sit there and only "wish" to raise your arm up in the air. Or "need" to raise your arm up into the air. Or have the "goal" to raise your arm up into the air. You see? Nothing happens. Pure intention has no expectation attached to it. Has no doubts attached to it. If there are any doubts whatsoever about something, then that something is not an intention but only a wish. A wish has no power. Did you have any "doubts" about raising your arm? Not really. If you had any doubts that you could raise your arm you wouldn't be able to raise it. Doubts only arise when you start wanting things that are not within reach or start focusing on the how, when, where of a "goal". This is why I teach to either "begin at the end" (as if the goal were already achieved) or place your intention on closer and more reachable things, or else write your intention-lists without any result-expectation whatsoever (in a playful manner). All of this is closer to pure intention.

How to "create" a reality? That's simple: When you visualize and identify with and feel the reality of something within (as if it has already come true) what happens in context of our analogy is the following:

Your body starts making the right moves with the steering device of the boat or the paddles automatically. Your conscious mind doesn't really know what's going on or why your hand suddenly twitched which caused the boat to diverge to the left lane and into another river. But it just happened because there is a "pull" to that destination. Why? Because your soul and mind are already at that destination. Its only your physical body that requires a time-span, and it is thus pulled in that general direction. How long will it take to get there? As long as you have already aligned with fulfilment-within and are happy with that reality (believe in it), it doesn't really matter how long it will take. Asking "how long will it take" is presupposing that its not already real anyway. Its an expression of distrust towards your inner power and belief. Whatever you desire, it is yours once you claim it (intend it) within. And as it is yours to keep forever, it becomes totally irrelevant when it comes, when it happens, how it happens, from where it comes, etc. Instead, enjoy the scenery as you float along the river. The river is taking you there automatically and naturally. Enjoy the scenery, whether it appears to be related to your desires or not.

The inner merging with a new reality in this way also causes your body to notice things it wouldn't have noticed before. This is why this specific visualization exercise works so rapidly. "Omens" and "signs" and "coincidences" appear, showing you which streams to choose. These "omens" are mostly "omens" of stepping stones towards the final destinations and not indicators of the final destination itself. Often there are several stations you arrive at before the intended reality becomes manifest. Its all a matter of how comfortable you are with a chosen reality. Once the chosen reality becomes very comfortable, familiar, known...it can fall right into your lap. My job is to visualize, feel and embody. Life will do the rest. The

river will do the rest.

Navigating the stream of life is strictly speaking neither control nor total loss of control. It is soft control. With total control you will not move anywhere on the river but only make your life miserable. With absolutely no control you will move quickly, but there is no telling where you will end up (except that it will not be too bad of a place as all rivers lead to enlightenment). I recommend exercising just a little bit of control, a soft touch to the general direction of the boat.

The only thing more important than this slight steering is staying in alignment with the stream, floating downstream. The way to do this is to bring yourself back into alignment with the stream when you notice you are out of alignment. What helps you to notice if you are in or out of alignment is your internal navigation system: Emotions, Feelings, State, Mood. The many psychological, spiritual, motivational books that are telling you to "get rid of" a bad feeling or "overcome it" are wrong. Well, not entirely wrong, but they only understand half the equation: The bad feeling is very, very, very, very, very welcome because it is showing you that you are out of alignment with the stream and are putting extreme brakes on your path to fulfilment. Without this low-down feeling you'd be even more lost. In other words, you don't want to feel good about jumping into the alligators throat. This behaviour is in misalignment with the stream. So when that fearful or angry or depressed or sad feeling arises it serves you as an indicator to remind you to get back into alignment with the ever-flowing stream of goodness. It is an indicator that you have turned your boat around and are now paddling against the stream. That's why it feels so bad. Extremely bad feelings are an indicator that you are not only paddling against the stream of life (the stream is essentially positive energy. There is no duality of "bad and good energy, there is only one

energy and that's the stream) but have gotten caught up in a swamp-like part or a sinister suction-whirl of the river. And...as you know...the more you struggle within that part of the river, the more it drags you in. The way to get back into alignment with the stream is either to relax completely or to choose thoughts or intentions or activities or surroundings that currently feel a little bit better to you. Mis-emotion is an indicator of either some thought or some plan or some surrounding or some person or some intention not being in alignment with the stream note: also some so-called "positive" thoughts are in misalignment with the stream). The solution is to deliberately find the thought or action or surrounding that feels better.

Example: Does it feel bad to give up a project? Alright. Either your thoughts about giving up the project or the your planned actions (giving it up) must be changed. So you'd either not give up the project (and if that feels better you've found re-alignment with the stream) or you'd make a list of thoughts that feel better until you find one that really does feel right. And if the thought "Giving up the project will open me up to new possibilities" does not give you relief, continue the list until you find a thought that does. Its really as simple as that. Do that and you're back on the stream for awhile. Flow, look, enjoy, navigate...until you come upon the next block causing you to turn your boat in the wrong direction. With some practice, in time, you will no longer be turning your boat around every time something looking slightly troublesome comes up. That's why people start going upstream in the first place: They see rocks coming up in the river. Rather than navigating around the rocks or speeding up to jump over them...with self-confidence and joy!...they turn around and struggle upstream. In full Self-confidence and expertise however, you see that you will confront the rocks either way...whether you waste energy by going upstream and then crash into the rocks or whether

you go for them right now...and put them behind you. If you go for them right now, you will have the energy to jump over them or navigate around them.

Nobody is forcing you too choose very fast streams. Nobody is forcing you to put on no paddle brakes on those fast streams. You can choose more calm waters and you can choose to put in a few brakes. Following the context of this analogy you can see the danger of going at extreme speeds. Extreme speeds are best left to expert-wizards. In other words, if you are a beginner at and you are practicing energy-work like crazy on a daily basis, your boat speeds up. Not being accustomed with the various parameters of navigation and the life stream you can crash into rock or land. Had you gone a bit slower, the crash wouldn't hurt you. You'd be back into the stream again within minutes. Having gone much too quick, because your ego is impatient to finally "prove" his worth and "get" the money or whatever it is, the crash could injure you and the boat. Or in other words: If your state/mood is 250, you don't get into a wild 390 river. Instead you choose a level 260 stream. So go easy on yourself. Never give anything too much importance (in any case, define your importances yourself) and keep guiding your attention to the beautiful, the enjoyable and the simple. The stream analogy does contain everything required for a happy and effective life. But you can also extrapolate the metaphor to find out more. A metaphorical story is a tool from which you can gain answers to many different things.

At 475 one no longer runs a life that is not ones own. Up to this point all things came about by ones own effort. At 475 one awakens to the force that creates the worlds. So the emphasis shifts from doing to being. And when one is being real, being truly oneself rather than what is prescribed by society, one appears "magical". This is why some people who reside here

are “madly successful” or “extremely lucky” in the eyes of the world. Not that this success is of much interest here. The 475 follows his Bliss. It is easy to get this person to smile and laugh. The 500 is more natural, more spontaneous and to lower levels may even appear “naïve” or “childish”. But he is not being child-ish, rather child-like.

Challenges arising are easily met. I once took a walk up a mountain with a 50, 190, 290 and a 500. I myself was feeling quite 400 at the time. We walked through some bushes and all caught stinging nettles. The 190 felt the pain the most and 160 to 190 is indeed the most associated with pain. The level 50 person of apathy *did not feel any sensation at all*. The 190 woman said to him: “Boy, you’re tough. You did not even notice that we got stung, although your whole leg is full of rashes!”. Just like the 50, the 500 guy did not feel any sting or pain at all...with the difference that he did not even have any rashes! We had all walked through the same terrain, with the 50 having the most rashes but not feeling anything, the 190 having rashes and constantly feeling it, scratching it and complaining about it (she went on about it even hours later at lunch), and the 500 not mentioning it at all and neither having a single red spot on his legs. The 290 handled it with “Bummer!” and a few scratches and “we’ll have to watch out for that next time!” and that was that. Myself, I felt the sting, but only for a few minutes and that was that. I’ve had quite a number of experiences which demonstrate the power of high energy-fields, including a car accident in which I emerged without a bruise while the rest in the passengers had to be hospitalized.

Healing happens quickly in these energy-fields. It is difficult to maintain a cold or flu for more than a day when the body is filled with joy. Very difficult indeed. Adverse events are a rarity. And if they do happen they are not felt as adverse events but as interesting

phenomena or challenges which can easily be overcome.

There is practically no poverty, unemployment or uncertainty above 475. Those are all preoccupations of an illusory world, not reality. Riches do come to the 475, but he himself has not much interest in those riches. They are seen as part of the normal abundance all around rather than "his" objects that he needs to "hold on to". Any preoccupation with "getting money" is a telltale sign of something other than this level.

If you, as a reader, feel annoyed by or envious of 500s or deem such qualities unachievable, you are currently most likely in the 200s range. If none of these levels make any sense to you at all, you're in the 100s range. If you feel inspired by and reminded of the 500 state you are probably drifting around 300-400 energy. And if you feel familiar with or neutral about what is being written here you might already be 475 or higher. If you are trying to talk yourself into being here or are concerned about being "lower" equating that with "worse", you are definitely not a 475. This level is not worried about being better or worse than anything. The 475 wants to be him and herself. Your house burns down.

On levels 0-180 you are saying "OK, that's it. My life is over with. I lost".

On levels 180-450 you're saying: "OK. Tough luck. But I'll get back up again. I'll make it!".

On level 475 you are saying: "Well that's fantastic! Now that this old piece of crap has burned down something much better can come in!". When confronted with challenge, he "Bring it on!" He enjoys it. Life is a game that wants to be learned and then played with skill. This self-confidence radiates towards people around you and has the power to heal those them without either them or you being quite aware of it. Questions to access some of the state within you:

What makes you enthusiastic?
Who do you admire?
What are things you like?
What are you looking forward to?
What would you not mind experiencing?
What do you have positive expectations about?
What do you like about yourself?
Do you enjoy turning problems into opportunities?
What do you like about others?
What are some nice things in life?
What good thing do you sense will happen yet in your life?
What do you create?

Since positive-expectation is the norm at 475, some lower levels slightly rise in vibratory frequency when they have something to look forward to. The 250 may temporarily rise to 275 standing at the airport ready to leave to a nicer place, or when she gets a new job, or bought a new car, or a fun party is scheduled for later today. The level 475 does not need all of these "things to look forward to" because she sees many things as joyous and thus has many joyous events happen. If your life is fairly uneventful, you will love the high 400s – things happen all the time.

Some spiritual techniques can create temporary 490 states. But if these states are too high people will put breaks on them or abandon their spiritual practice because there are so many things happening to them in their life and it overwhelms them. If one is not ready or trained or prepared for the energy one will turn it off. One of the main reasons not every human vibrates here is because it is not desired. In fact, it can sometimes be stressful to the body (200).

200s-440s are still in the sphere of influence of the 150-195 schemers who seek to drag them down. The 480 is no longer in that sphere of influence, he cannot

be dragged down or negatively affected, except if he himself makes a conscious choice to lower his level.

While 440 has something air-headed and also masculine about it, level 500 is more grounded and also more feminine. Men sometimes suppress level 500 energies because they are wary of how all the exuberant joy and excitement would make them look in public. Men who are afraid of their feminine power are not even close to 500 anyway though. Integrating feminine energy does not make a man "homosexual", which is determined by other factors entirely. The awe and amazement one walks around with here are neither childish nor pansy-like. The amazement can also be experienced silently, without even showing it. Some people can even hide it to some extent... although one does see the glow in their eyes.

Lower energies attempt many things to copy this state. Some take drugs such as "Ecstasy" (MDMA) which can produce an almost convincing copy of the 500s. The problem is that its only a copy put over an existing state which can even be sensed in the background while on the drug. The true vibration of a drug like Ecstasy is actually 125 and will, after the initial high subsides, drag you down there. Heroin can produce the Euphoric Bliss of levels 570-595...much higher than MDMA, but the true colours of Heroin and those who use it are an extremely low level of 20-30 in which it is a surprise one even survives. That is why you see so much suffering in Heroin users. But if you think Heroin is the worst, Meth measures at an all time low of 15. The true level of Cannabis is 195. That is not at all high, but not especially low either. As such, Cannabis will elevate lower states and can even be used as medicine by a lot of people who vibrate at 0-190, but it will be detrimental to higher states and drag them down. This is why the discussion of whether its good or bad is nonsensical. *It depends on where you are.* The function of LSD (which can come in many

different qualities on the scale) is to magnify your energy manifold...whether your body and mind are ready for it or not. It alters brain-chemistry so that spectral- and astral-perception become possible. Just like any other artificial state altering substance, I do not recommend it.

Being at 475+ as a habitual state is rare. Many who think they are here due to my description of the level, are actually 400s who occasionally rise up to 500, especially for certain occasions. Phases of 500 are accessible to the 300s as well. Joy is even accessible to the 200s and 100s, albeit more seldom. The 150 would have to hold a newborn child in his hand in order to temporarily shift up to 500. For the 250 it would be enough to see that newborn on TV. The 350 would only have to hear about a newborn to feel that slight shift in Emotion, and the 475 is almost permanently in a space of Appreciation.

The quickest path to your souls true destiny, to what your soul intended before coming here (as opposed to the plans the world has laid out for you) is by following your joy. On a practical day to day level this means that you take occasional time-outs to assess your situation (what you are doing) and then sense what you would most enjoy doing today and what is at the same time possible and integral, and then going ahead and doing it regardless of what your mind or other people think of it, regardless of whether it seems to be "reasonable" (255) or not. Then you would follow that interest until it is fully experienced. But rather than continuing with the same activity or point of focus, you would then reassess your situation again and check what feels best *now*. To continue on the same path just because it felt good last week is again the level 200-300s linear mind interfering. Having followed the last joyful activity has brought you to a new place from which something else (or the same thing) will feel best. In this sense *one thing leads to another* and

what seemed your life's purpose may lead to something else that is even more in sync with the plan your soul has laid out. That's really how simple it would be not only to maintain a higher-energy-flow but also to experience effortless health, financial-well-being and perfect relationships. The only thing blocking it is all the "reasons" the low-level-self offers why it's not viable, possible or good to do that which is...good.

If you do not stabilize 500-energy by following your inner emotional navigation system, no tools, techniques, methods, meditations, books, programs, teachers, certificates, credentials in the world can make up for the energy wasted. Follow your Bliss: It is as simple as that. Let this be a reminder that it is the lower levels that are really difficult to maintain, not the higher ones.

500 is the turning point from linear to non-linear, from intellect to soul, from knowledge to love.

505 Appreciation, Creativity, Beauty, Imagination

The 500s are very-high-elation and no more than 1% of earth's population are permanent residents here. A five-point advance in the 500s is as much as a 25 point advance in the 400s and a 50 point advance in the 300s.

This energy-field emanates appreciation of all of life, genuine care for others (which arises naturally), enjoyment of simple things (recognizing the small in the big and the big in the small), overcoming problems within minutes (rather than the hours 310 needs and the weeks a 125 needs and the years a 50 needs to overcome or forgive something), gratitude for the gifts life offers, the complete and total acceptance of things as they are (which facilitates the ability to change them), and awe at the beauty of life. The 505 does not fight anything but flows with complete trust in the

processes of life. Force is not used to achieve anything, no resistance is offered to what happens – which is why bad things do not happen. The depth of gratitude of having been given the gift of life creates moments of energy intensity unknown to those below 500.

Stunning beauty is what the 505 perceives, therefore stunning beauty is what she becomes. When I think of all the make-up a 180 woman has to put on and then still does not shine – what she is missing is the beauty which comes from within, which comes from *energy*. Or all the sportive ordeals the 290-man has to go through in order to “get into shape”. At 505 he cares not about his shape. He lets his body do what it does it turns out to be fine as it is. 505 includes all the positive qualities of the 400s, there is not that much interest in the intellect and its “information-society”. Intuition, “Sensing” and Imagination– that which comes directly from the soul, is given more credence than that which comes from the world.

The 500s will recognize and perceive events in a different way than all other levels below. This is not too easy to express in words, but could be described as a synchronicity-matrix. The 505 is walking down the street and bike-riders pass him by. For all levels below, these are “just bike-riders” and have no significance or meaning beyond the fact that they simply be happening to ride their bikes around. For the 505 its different. Nothing happens “coincidentally”, nothing is meaningless, everything is a miracle and happens for a specific reason. Everything that happens around him is a reflection of who he/she is being at that moment in time. This sort of heightened appreciation for the bike-riders will allow him to notice things others will not. One of the bike-riders is actually wearing the t-shirt advertising for a local sushi-restaurant. How convenient – you were asking yourself this morning whether sushi is to be had in this town. The bike riders go there way, but for you they are the

manifestation of a thought you had earlier today. Looking around your current surroundings and asking yourself "What message do these surroundings bear for me right at this moment?" is touching 500s-consciousness that understands that the world is a reflection of the contents of your mind.

Levels under 500 have a distorted sense of how the universe and reality works. They take the present moment for granted, thinking that something more interesting is always somewhere in the past or future, that relief, answers, fun are yet to come...but certainly not here and now. The 505 has an intensified sense of the here and now and can detect patterns, tendencies and information that nobody else can. He can sense what is going to happen a few seconds before it happens because he is witness to the beautiful *unfolding of the universe as it happens*, rather than after it has unfolded. He is more aligned with context than content. This can manifest as a simple "knowing" of having to take the next street left rather than turn right as the GPS-system tells him too. And it will turn out that turning right one runs into a traffic-jam or construction site not registered by the GPS. How did he know that? Well, he's less identified with the inner control-freak, the mind, and more identified with "the field" that has a better overview over things the way they really are. "The field" *knows* that taking a left turn with the car is better.

Right before the mind expresses some comment, some thought, some label, some question, it is an empty space. Right now, if you will, notice the empty space that you are prior to thought. Any thought that comes up, stop it in mid-sentence so that -.

See how it works? You are not forced to think anything. And that "empty" space is significantly more vast and intelligent than the babbling ego we call "the mind".

Of course, the spiritual teacher of the 500s, who is teaching his students of 250 how "simple and easy" everything is, is barking up the wrong tree. Many such teachers, despite their advanced state, are not aware of energy-level distinctions. "What is he talking about - easy and simple? Not in my life!"

The Love of 550 is unconditional, that of 505 is not. At 505 appreciation is directed at certain things but not others. If you are not up at the level of Unconditional Love naturally, I don't recommend you try to force it but do as the 505 does - direct your attention to what you already love in the first place instead of trying to love things you do not. Doing so is merely a strategy of the Ego that wants to mimic higher states he has heard about. But consciousness is not stupid and will not fall for the charade. Trying to be a 550 when you're not will only create hardship. So should you love thy enemy? If you can fine. But if you cant because you are just not there, then how about deepening your love to someone or something you *already* love? Make it easy on yourself. Non-Resistance and letting go of mental hardship is the path of the 500s.

505 is about Gratitude, Harmony, Appreciation, about Creativity and Imagination, the level of good actors, artists, musicians, dancers, performers. If you have ever seen the live performances such as Circe Du Soleil, Shaolin-Monks, Riverdance or other mesmerizing acts, you are dealing with people who had to be at least 510 in order to act in that way. Some of the things these performers do are indeed "impossible" to lower levels. Of course extreme athletic performances can also be had from level 290, given enough discipline and repetition but there are differences in artistic quality and energetic value. The "mass-performances" of totalitarian regimes or brutal blood-and-guts sports are performed by and performed for a low-level audience. Viewing them will "elevate" you to level 290 if you are below that. Many other high-performance sports do require at least level

290. The focus a professional golf player, a ski-jumper or a professional soccer player have to exert propel them to level 390 and above. But when it comes to acts in which the audience gasps in disbelief, it is a 500+ show. Movie-stars who win Oscars or Musicians who fill entire Stadiums with raving fans occupy the 500s. On lower levels you cant really enthuse large masses of people in that way. A movie that causes tears in a person who is not known for crying probably contains elements of 500. Despite their perceived "Cheesiness" to society, movies such as Titanic, Avatar (both by James Cameron who averages at 490), Out of Africa, Gone with the Wind, The Colour Purple etc. contain such vibrations. Any person on any level who witnesses and admires something beautiful will, during that time, be in the 500s. This can happen with a beautiful piece of music, a piece of art, a movie, a landscape, a sunset, or a person of the preferred sex. This is why men stare at beautiful women – it raises their energy level. If men do this compulsively it means they do not have much energy of their own (below 290). A 190 who sees beauty will be elevated to 200 during that time, which he will feel as a calming feeling. A 250 will be elevated to 290 which he will feel as energizing. A 125 will turn beauty into an attachment or addiction. He is then no longer viewing the intrinsic beauty of a thing but his own concept/projection of it. A little higher, at 570, everything appears so stunningly beautiful that one could almost break out in tears over a simple lawn or house. If you, as a men or woman, "dress up nice" you are actually elevating the level of mass-consciousness.

The 505 is able to convert imagination into physical reality with relative ease, receive/channel ideas "from nothing", inspire, associate brilliantly and produce things of benefit to society. This level of consciousness is not much concerned with the world and its up and down, left and right frenzies. An analogy: There is a

train on a train-track going in the wrong direction, heading for disaster. The low energy crowds will be sitting on either the left or the right side of the train, fighting over which side is "right" or "better". This is at a 180. The 200s will try to make their ride worthwhile and maybe retreat to the dining cabin. The 300s will take lead of the train and ride it. The 400s will warn that the train is going in the wrong direction and petition for a change in that direction and even achieve a full-stop and turn around or diversion to another track. But the 500 is the one that will have *new tracks laid out*. These are tracks that were not there before.

A scale of personal Reality Creation:

The 200 creates reality through hard physical work.

The 300 creates reality through hard mental work.

The 400 creates reality through mental work.

The 500 creates reality through Intention.

The 600 lets God create reality.

The 505 channels art, beauty, architecture, images, sounds and feelings from the higher realms into physical realms. Questions to help touch this realm:

What beautiful thing have you seen?

What beautiful thing have you heard?

What beautiful thing have you felt?

What beautiful things can you remember?

What creative things do you do?

What have you created during your life?

What beautiful thing can you imagine?

What are some new ideas you have?

What music brings tears to your eyes?

What artistic skills have you cultivated?

If you want to do something beneficial for raising your children, then expose them to the arts, music, pictures of the 500s. This increases their energy and will make low behaviour highly unlikely.

The 505 ascends to 510 when she accepts power and is ready to invest it in the betterment of the whole.

The Spirituality of 475-550

Spirituality in the true sense of the word actually begins at 475. In non-physical realms, anything below that is actually astral, not celestial.

Here we find spiritual pathways and teachers most people have never even heard of, for the precise reason that they vibrate at a frequency higher than humankind can perceive. Furthermore, many 500s and above don't actually follow specific pathways or teachers because their own lives are sufficient examples of spirit. From 550 upwards, no spiritual teaching, method or path is required because spiritual progress becomes a natural pull. The amount of energy available is enough to determine which ways to go. The inner coach is enough, no outside coach needed. Therefore, 475-550 teachers are adequate for the 300s and 400s to move upwards and 550-650 teachers are adequate for the low 500s, while people above 550 don't really need anyone else telling them what the nature of reality is. 500 is the first level beyond mind, the first level of love which becomes increasingly unconditional as one moves upwards. This is real *spiritual* energy as opposed to the gimmicks of "paranormal states" at lower levels.

At 505 you have the idea of your thoughts, what you believe and intend creating reality. What you hold in mind comes to be. Working with dissolving negative thought-forms and creating positive ones is a typical activity here. Accordingly much of the "New Thought" movement measures in the high 400s. *Reality Creation* practiced in this way (by pure Intention) is a bit too high to be workable for most, which is why there are "lower versions" of it. For most people it just won't work that they visualize something, such as a beautiful house at the lake, and then have it manifest as reality. The 200s and 300s would have to hold it in

mind a bit longer and add some real-life action to their Intention. The 400s would have to add the feeling of Love to their Visualization. It is only the 500s where it is enough to hold an Intention in the minds eye and have it eventually manifest that way. Accordingly, the whole "New Thought" movement including Florcence Govel Shinn, Napoleon Hill ("Think and Grow Rich"), Unity, Science of Mind, James Allen and countless of other "Your thoughts create reality" people are between 450 and 510.

The idea of *Energy* being the basis of reality is only accepted above 475. Below that level the idea is considered "Esotericism" or "Metaphysical". However, the idea of everything being Energy can be found in every and any Culture and in countless concepts around the world, some of which are:

Morphic Fields (Sheldrake)

Recapitulation Theory

Orgone (Wilhelm Reich)

Prana

Chi

Vitalism

Odic Force

L-Field

Somatic Psychology

Body Psychology

Bioenergy

Rolfing

Biofields

Radiesthesia

Radionics

Acupuncture

Doshas (Ayurveda)

Kundalini

Psychogeography

Electroconvulsive Therapy

Radiobiology

Holy Spirit

Ka (Egyptian)
Mana (Hawaiian)
Ether

...and many others.

The idea of "Energy Fields" being the Source of events rather than specific causes is an idea of 505. The idea of Prayer for Healing or Visualization for Healing is a 490 activity. You cannot heal anyone against their will, but if they are open to it, then 490 can heal them.

A "place of power" is any place that measures a certain amount of Bovis Units (a term Dowsters use to measure energy-levels), any place that radiates above 500. It is entirely true that merely being at, near or within such places has a healing effect. Almost all Great Cathedrals (Westminster Abbey, Chartres, etc) measure above 500, some above 600. The Egyptian Pyramids, the Sphinx and the structures in Abydos, Luxor and elsewhere measure over 500. This energy-field includes well-known Hindu Temples, Jewish Temples, Orthodox Churches, Coptic Churches, Shinto Shrines and Mosques or anything else built with love and dedication. Mecca, Lourdes and Machu Picchu are all locations of the low 500s. If the locations are not of spiritual intent they'd have to be of intense beauty in order to make it to the 500s. The Craftsmanship invested into the Louvre Museum as well as the art it contains lets it measure at 520 for example.

An overview of the Yogas:

Hatha Yoga: 390

Hatha Yoga is the Yoga of physical exercise, stretching, breathing and body awareness. Used as a form of mere "workout" by westerners it measures 290. Used to its fullest spiritual extent it achieves the high 300s.

Kriya Yoga: 405

A modern extension or variation of Hatha Yoga, Kriya Yoga offers various specialized techniques to “speed up Enlightenment”. As enlightenment cannot be “sped up” artificially, this particular form of manipulating energy measures at 405 only.

Kundalini Yoga: 510

Also an extension of Hatha Yoga, Kundalini Yoga adds Energy, Chakra-Awareness, Visualization and Breathing techniques to the mix. It will get you somewhere, spiritually. Using it with the intention of gaining personal power can have unpleasant side-effects. Use with humility and respect only.

Karma Yoga: 520

Karma Yoga is the Yoga of Selfless Service, giving without gain, work without resistance. Be of service to self, others and the world. When working, release your attention from future gain and focus on enjoying your work in the now, in the today.

Jnana Yoga: 790

Jnana Yoga is the “Yoga of Knowledge and Wisdom” which surpasses even the peak-state of 700. It teaches to discern between that which is Absolute (God) and that which is Relative (Everything Else), Releasing Attachment from that which is Relative, Changing, not Absolute and intensify Focus on that which is Infinite and Forever. 800 is the level above which no verbal or written teaching exists, so this is about the highest it gets in regards to scriptural energy.

Bhakti Yoga: 800

Bhakti is the Yoga of single-focussed Love and

Devotion to the Most High.

Tibetan Buddhism with all its Mantras, Chants, Rituals and Focus on Beauty is at around 505. Other Forms of Buddhism measure higher, some of them too high to be of use in everyday life. Lhasa has meanwhile fallen to the high 200s (due to troubles and upheaval with China) and the Dalai Lama himself measures at 570, a level of energy he has grown into. Padmasambava, who is said to have first transmitted tantric Buddhism to Tibet, results at 520. Tibetan Lama Tenzin Gyaltzen who single-handedly disseminated Buddhism all over the Asian continent in the 19th century, measures at 540. Tantric Buddhism measures at 515, and "Tantra" the way it is practiced by westerners in various Workshops and Sex-Retreats measures between 125 and 290.

Pope John Paul II was of immense spiritual power, measuring at an average of 580. Pope Benedict currently measures at 560 (this is subject to change) which is also quite commendable. 500 is the least someone should have to lead religious Institutions. Catholicism as such currently radiates in the 400s. The Roman Catholic church's all time high was before WWII where it measured as far up as the 500s, its all time low was during the Inquisition where it chronically measured below 100. There are some Catholics who measure close to Enlightenment – at 590 we find Catholic monk Thomas Merton (+1968) who was a poet, social activist and proponent of comparative religion. Merton wrote more than 70 books on spirituality and pioneered dialogue with Asian spiritual figures such as the Zen-Monk D.T. Suzuki and the Dalai Lama. John Calvin, a French theologian of the middle ages measured at 480. Movements that followed his teachings, such as Presbyterian and other reformed churches do not measure quite that high. Puritanism, from which we have the suppression of sexuality in North America, is 170. Calvin's teachings

that gave rise to capitalism, individualism and representative democracy measure in the 400s. Martin Luther, who changed the course of western civilization by instituting the Protestant reformation, measures at 480, Protestantism overall at 450. What Protestantism has become in the US is lower in vibration. The more divisive, antagonistic and paranoid a Christian Community, the more focussed it is on Guilt, Shame and Blame, the lower it radiates. The more it is focussed on Love, Selfless Service, Prayer and Devotion, Joy and Brotherhood, the higher it radiates. Joseph Smith, founder of Mormonism measures at 510 and his followers are in the 400s which supports the usual virtues of goodwill, decency and kindness while at the same time being significantly more tolerant than many other streams.

Indian mystic Paramhansa Yogananda, personally responsible for introducing millions of westerners to Meditation, Yoga and the Bhagavad-Gita and author of highly influential books such as "Autobiography of a Yogi" measures at 530.

Lao Tzu, the master himself measures at 520, and his "Tao Te Ching" oscillates in the 600s. The influence of the Tao Te Ching throughout History has been enormous. From it people have learned that...

- force creates counterforce,
- the more one searches to understand the less one knows
- polarity and contrast helps us to understand the Universe
- when we lose our true values we supplant them with inferior values which we pretend are our true ones

– among a few thousand other pieces of wisdom. Someday humanity might actually take those

pieces of advice.

...The highest level of literature received by "channelling" or "automatic writing" is at around 560 because above that level one need not channel information "from a higher source" – one *is* that higher source. The popular "Conversation with God" book-series by Neale Donald Walsh measures at around 490, which is sufficient to uplift most of humanity. "A Course in Miracles" measures at 510 overall. Being exposed to literature like this changes you if you are yourself radiating between 350 and 500.

A number of prayers and mantras create 500s-energy. Gregorian Chants, Choral Chants, Sacred Song, all of it is in the 500s. The only way for normal pop-music to reach the 500s is for it to be of exceptional beauty and quality or for it to be dedicated to a spiritual intention (examples of 500s pop music would be the Irish singer Enya and the British artist Lisa Gerrard).

Singing from the Koran, chanting from Buddhist Texts, such as the Lotus Sutra, reciting Hindu mantras repeatedly usually measures in the 500s to the 600s and can make the Practitioner quite high, at least temporarily. Hindu "Japa" practice is 520, praying the Rosary 540, Jesus Prayer 590, the Prayer of Jabez 370, chanting Shanti, Shanti, Shanti is 505, the Lords Prayer is an amazing 650 and chanting OM measures at an incredible 820. So does that mean you will get enlightened if you chant OM? Well, above 510 your state or path to Enlightenment is no longer governed by your personal will, so frankly, there is no saying whether you will get enlightened or not. Chanting the long "Ooooooooooooooooooom" will improve your state however, no matter at which time, in which context and from which level it is practiced. I recommend not exaggerating its use as summoning too much energy can have various unforeseen consequences. Using 500s energy is fairly safe, but anything above 600

should be approached with some reverence.

Not everything in the 500s carries the label "spiritual" or "religious". There are plenty of things that, to the uninitiated, have nothing to do with spirituality or energy. It is by their measuring in the 500s that they do have spiritual energy though. Attending "Method Acting" class (Lee Strassberg) would be a 505 activity. Attending a Masonic Initiation that has been prepared with some forethought, would be a 510 activity. Going to watch a high-performance Musical would be an evening spent at around 505, an evening well spent indeed. Christmas Eve measures at 540, the energy of "Christmas Spirit". People know something is "in the air" but they cant quite put their finger on it. Thanksgiving would be 515. Watching Oprah Winfrey usually goes between 310 and 530. Beethoven, Mozart, Chopin, Tschaikovsky and Paganini make it up to 505 at their prime.

One high-vibe Politician was Winston Churchill who we have the ending of World War II to thank for. His energy range went all the way up to 510. The Falling of the Berlin Wall was thanks to 500s-energy, and especially the efforts of a 505-Gorbachev. Nelson Mandela was able to single-handedly inspire not Millions but Billions because he radiated at 505.

William Shakespeare works are 505 and although not "spiritual" they too contain a power that will change the heart and soul of those watching his plays. It was works such as his that pushed humanity out of the dark ages.

Meditation-Techniques too numerous to count are in the 500s and 600s. Above 400 and up to 620, Meditation is beneficial. Beyond that its not really necessary. Spiritual Contemplation is 520. Almost all the Creative Arts are in the low 500s.

Authentic Native American Spirituality was practiced in

the 500s. Its modern new-age-ized versions don't quite make it that high (with a few exceptions; use discernment).

Gnosticism, Hermeticism and certain forms of Occult Research such as the type conducted by Manly P. Hall, Annie Besant, Leadbeater, Franz Bardon, Rudolf, Steiner, books such as "Kybalion" and the works of people like Robert A. Monroe make it all the way up to 505. Robert Monroe was an author and teacher of Out-of-Body-Travel, creator of Hemi-Sync audio-technology and Founder of the Monroe Institute which has taught many thousands how to leave their body. Such is the ability of a single 500-person. Monroe was aware of the lower astral (0-200) and the mid and higher astral (200-500), but he himself also touched the celestial (500+). The near-death-experience itself measures at 515. If you die at above 500 you will not find yourself in the astral-realms and soul-waiting-halls and soul-group areas (more Information on this in my e-book "Illumination") and neither will it be recommended you reincarnate in order to learn more. Instead you will have "passed the exam" and go straight to celestial heavens or be offered to incarnate to other planets or dimensions.

A few Asian names of the low 500s include:

Grant Sahib Adi, the first teacher of the Sikh Religion. Of Course modern day followers who quit cutting their hair and walk around with sabres are mistaking religious ritual with spiritual truth. This, unfortunately, happens with many Religions. They are taken by below-200 consciousness which is concrete and literal and spiritual practices become strict and rigid rules. Whether one cuts ones hair or not is completely irrelevant to Enlightenment.

Rinpoche Dzogchen, the head of one of Tibets most known monasteries.

Bhagavan Nityananda, an early 20th century Yogi from Southwest India.

Buddhist sage Padmasambhava

Jetsunma Tenzin Palmo, an enlightened female Sage

Sri Yukteswar, another one of Yoganandas teachers and a believer in the Bhagavad-Gita and the Bible.

There are many, many more, especially in Buddhist and Hindu areas because these Religions cultivate higher levels of energy.

What follows are the average energy-measurements of some of a few "rich people". One can become rich on any point in the scale. But below 200 one can only become rich by sacrificing something else. Success and Money are then sacrificed for ones health, for example. Below 100 more has to be sacrificed for money – which is where "sell your soul to the Devil" ideas come from. Many rich people are, however, "way up there", especially in more recent times (post WWII, which shifted Planetary Consciousness).

Bill Gates 505

Warren Buffett 415

Lakshmi Mittal 510

Karl & Theo Albrecht 445

Carlos Slim 380

Mukesh Ambani 450

Amancio Ortega 520

The Walton Family 410

These numbers are subject to change. Especially high-energy Consciousness tends to shift more quickly than the below-300s.

There are hundreds of specific activities that will generate a 500s-energy level for the Duration of the respective exercise. Some of these are:

Focussing on an Object for more than 10 minutes
Visiting a High-Energy Area ("Places of Power")
"Walking the Labyrinth" in a contemplative mindset
Saying the Rosary
Looking at something Beautiful
Releasing Thoughts and Emotions
Vedic Chanting
Visualizing High Beauty
All Creative Arts
Singing
Ballet Dancing
High-performance
Windsurfing, Skiing, Snowboarding and similar
Helping children of third-world-regions
Learning a skill that requires intense concentration,
love and dedication
Meditation

510 Power, Initiative, Responsibility

From a mid-range perspective differences between the various levels of the 500s are not apparent. But they are there and on a personal level a step from 505 to 515 is a huge one, equivalent of a 350 to 400 jump.

There are those who consume what is created and those who create what is consumed (380+). The 510 is the height of the creator-type who reacts not to the world but has the world react to him, who never waits for the right circumstances but makes them. This energy-field is actually the height of the Ego before it

recedes and then almost disappears at 600. It represents initiative, to start, to begin, to make new, to create, to lead the way. It is an energy-field 400s draw upon in order to lead and guide. This is different than the macho act of 160. The 510 feels no fear and is willing to assume responsibility *on a grand scale*. Because he has control over himself he has control over others and over various events of life. He does not *want* control like the 160 does, he has it. If you wish to control things, first control yourself. Oftentimes the 510 is influential but even more often he prefers *anonymity* over outer power, fame and wealth. The 190 shows his wealth, the 510 keeps his wealth secret. He is not concerned with the past (0-199) or the future (200-499) but with the now and if any change is undertaken, it is undertaken today, not tomorrow. There is no sense of "waiting" for something but pure and raw initiative driven by *divine inspiration*. There is no sense of linear time. Linear thinking ends at 499. This is the pure "I decide", "I create" which is done to its fullest. Above this level the "I" is gradually replaced by Divinity. He has mastered the art of pure intention. His word is the law. He says X and X is. When he intends something there is no expectation or "how", "when" and "from where" something will come to pass. His intention is at the same time its fulfilment. As such he is careful of what he says and does not say. he can discern between truth and falsehood easily. This discernment is not based on the indoctrinated morals of lower levels but on natural ethics, on seeing the bigger picture.

It's not that easy to find a pure 510 because there are not many on the planet who occupy this energy-level and if they do, they often avoid the public. Others do not stay here long but either descend to levels that are more in touch with mass-consciousness – in order to relate to the world – or move on to higher, even less dense fields. While he does have the power to

manifest his intentions at will, this is not his main interest. You too will see that once you have the ability to have anything, you don't really care to have it anymore. He is of help to some as a neutral observer, a judge, someone to turn around a disaster, someone who is involved in secret projects involving humanity, someone involved in high-level politics and economy, or one leading the life of a hermit. In some cases he is simply your everyday normal person who does not even use his abilities to the fullest but simply goes around enjoying normal life, only rising to the occasion when called upon by his souls will. Accessing your own pockets of 510:

What is initiative?

What is effortless to you?

In which areas have you experienced power?

What are you 100% in control of?

What are some things that you decided that then came to be?

What is your sphere of influence?

What are some things you could actually achieve within the next weeks?

In the most cases this is a transitory level which one temporarily occupies in order to get something done or created. The 570 might be blissing out on some mountain top and then descend to 510 when something worldly has to be done properly. The 470 might be doing research on something and then temporarily rise to 510 in order to get his research funded. 510 is more of a filling-station than a place to stay.

Every level is its own paradigm with its own laws, rules and attitudes. 450 is the level of natural sciences and that science cannot be applied to levels above it. That would be like trying to measure the power of music with a thermometer - it's the wrong tool. It therefore makes no sense to try to want to grasp, prove or

understand the 500s with the mindset and tools of a 400. Well aware that most of the readers of this book reside on a habitual vibration below 500 I am mentioning this so that you know that you might not quite yet comprehend what these levels are actually about. They may appear *glamorous* to mid-levels, but glamour is a projection of the below-200s. Glamour, such as that of James Bond for example, smartly dressed, fancy car, surrounded by beautiful women, overcoming all villains is the act of projecting power outside of oneself onto mediocre realities, rather than sensing the power of Infinity within. James Bonds Aston Martin will do nothing for you. It's a nice toy to have, but just like any other toy, it will eventually get boring. As such, the glamour of 190 has the power to inspire and uplift civilizations below. They watch a James Bond movie and their energy frequency rate increases. 125 is the level of lust, of unfulfilled desire. Its this level in which glamour is taken the most seriously. At 190 that glamour is actually experienced to some extent, but its quite unfulfilling. After all, what is the point of having 20 cars? What for? What is the point of owning the most expensive jewel in the world? Its just a piece of stone. 290 is more interested in *being* glamorous than accumulating glamour. 510 has no interest in glamour but it is these people that lower levels think are "glamorous". They appear mysterious, luminous, fantastic, magical to those not here.

530 Love, Intuition, Appreciation

This is a very high space where you need not find things to love in order to increase your energy-level, because you *are* love itself. Appreciation of everything is present on a daily basis and often unconditional. At 530 one also experience a strong shift in perception:

At 0-200 it is difficult to focus because attention is scattered and not self-determined.

At 200-500 one deliberately focuses attention on specific realities in order to get things done or to experience that which one focuses on.

At 530+ attention or observation is not focused anywhere in specific because awareness is ever-present.

This would be similar to sight not being only out of the front of your eyes but 360 around you, or not being aware of one object in the room but the general ambience of the entire room.

530s are very aware of what is happening – both nearby and far away. Its impossible to hide anything from a 530 in case you were attempting to do so. They have those sensors that miss nothing.

Lower energies try to imitate the 530-state by “falling in love” with someone. Love-with-conditions or love-attached-to-an-object is only temporary, a preview of 530, because it is dependent on circumstances. When “in love” you experience a little bit of it for three to six weeks and only when the person you are in love with, is around. Energy runs through your body and you are willing to surrender to your partner fully, to loose your *self* in that love. Well, that is what 530 is like all almost all the time and in regards to anyone and anything! 530 is a warm glow of love and surrender, a vivid fire, an ongoing inner climax that gets stronger and stronger as one moves toward the Ecstasy of 570. Sometimes, when you hold your relationship or marriage partner in the focus of your vision in unconditional appreciation, you touch pockets of this energy-field.

Pure 530 is hardly experienced by anyone currently alive on this planet. Copies and temporary pockets of 530 is what some have. One is immersed in goodwill, immersed in energy. Her presence does have an

immediate healing effect on anybody near her. If you hear some spiritual guru or teacher or see him or are near him and your state noticeably shifts, then that teacher is a 530. Spontaneous healing and "miracle" is not unusual here because one recognizes "miracles" as the norm, not the exception.

The popstar craze that some teens experience is due to the fact that some stars can temporarily take shift here *while* getting mass-attention. It is the love of thousands that helps them shift into the 500s. A similar thing can happen to spiritual teachers who transfer energy to their disciples (but again: Most so-called "Gurus" are nowhere near higher levels). Of course, since the crazed teenagers have not found the source within themselves this "high" is short-lived. It lasts about as long as the concert does, with trickles of residual memory lasting a week or two. Of course if that person recalls the concert a few years later, a few drops of energy can still be retrieved. Meditating on the memory of something energetic is one of the quickest ways to improve ones energy-state.

Should you ever wish to touch some 530 give up your strategizing, calculating and desperately needy mind and instead follow intuition and the immediate sensing of things. This will make ascension to the 500smore probable – a level from which 530 will naturally be touched now and then.

Side-effects of 530 states are "paranormal" perception and states of vivid lucidity while waking and dreaming, but these "Paranormal" perceptions are not considered very important on this level. So again, by the time you gain magical abilities such as out-of-body-travel, clairvoyance, remote viewing, dimensional shifting, shapeshifting, etc. you no longer care about them. You care about even more Divine realms. In fact, "Remote Viewing", an ability revered by the 100s and 200s, is nothing more than the act of placing attention

somewhere, letting go of imagination, and receiving the information that your "attention-particles" return back to you. The only difference to normal seeing is that what is seen is somewhere else than your current surroundings. In the understanding that awareness never was limited to the body or brain, this comes naturally.

Time gradually begins to dissolve here. It becomes malleable. Cause-and-effect gradually begin to lose their absolute reality. After all, Infinity is no cause-effect, but simply Is-ness. If it had a cause it would be finite. 500 is the high point of the intellect. 520 is the high point of the ego. At 530 the ego is in the process of reclining because love and appreciation feel so much better than the constant thinking-ness previously known. Joy (500s) feels so much better than study (400s). Things to ponder for touching 530:

What were some moments of love in your life?
What do you deeply love?
What do you deeply appreciate?
What is *sacred* to you?
What is special and unique?
What is the best thing that has ever happened to you?
What is a miracle you have seen yourself or heard about?
What is evidence of the workings of a higher force/source?
What are some examples of the abundance of the universe?
What is exhilarating?
What are some of the best things that exist?
What is a moment you felt an intuitive hunch that turned out to be right?

500-520 gained power, 530 surrenders even that power. It is tempting to think that 520 is the height of human potential. But here one recognizes that there is an even greater power. That power is the power of the

Field, of the Universe, of God, of Source, of Infinity. On 450-520 one communicates with ones Higher Self, on 530 one *is* the Higher self.

Illness, Disease and Pain are a rarity from 500 upwards. From 530 upwards a new type of pain may occasionally arise, especially if your body-mind still contain pockets of lower energy. This new type of pain is the body-mind that is overwhelmed by too much energy. The body and mind were not designed to let more energy than 600 flow through and even 500s are sometimes too much. This is why some, who are not entirely "clean" as far as pockets below 200 go, will have so-called "Kundalini Experiences", i.e. muscle-jerking, identity-crisis, paranormal perception etc. A 530 can usually handle them though and if resistance released, they pass fairly quickly. If they cannot be handled, one can always drop back to low 500s which are already sufficient for *a very, very happy life on earth*. In my experience ascending above 600 is not even necessary for a wholesome existence on earth and as a soul.

540 Happiness, Humor, Bliss

This is the energy-field where Humour originates. When lower levels experience Humor, they are channelling it from 540. This is the pure Lightness of being. Colours are perceived as more intense. The world is perceived more deeply and more three-dimensionally. Sounds are more interesting, almost touchable. Objects seem to have a shimmering glow about them. You almost see the world as energy.

Most of us will only experience this temporarily - if ever. This is the stage you would stop taking any of what I am writing seriously. Any form of limitation or concept sounds laughably absurd and can be the cause of laughter. Information is seen as meaningless because all is already known. Evolution and linear

progression are an Illusion. Rushes of energy and bliss can be felt throughout the body regularly. Dualities slowly but surely disintegrate. The higher we climb on the scale, the less there actually is to write about the respective state. In fact, every word uttered is a lie. The Is-ness of what-is, is obvious as it is. There is not much left to say.

What is funny about life?

What is funny about yourself?

What is serenity?

What is peace?

When do you feel at peace?

When do you feel completely happy?

Is all well?

Ones love is meanwhile so intense that everything is seen as beautiful, perfect, of interest. Nothing uninteresting or not worthy of attention exists. You could be staring at the white wall and the things you see there would be the most fascinating things you have ever seen. There is no longer the expectation that the outside world can "entertain" you because the energy all comes from within.

The Spirituality of Levels 550-700

550 is the level of Salvation as taught in Christianity. The actual reason Jesus Christ came to planet earth is because humans were not capable of achieving enlightenment (600) as taught by Buddha. And so Jesus acted as an intermediate who would vouch for the souls that had died and help them ascend from there onward. There are special afterlife procedures for those who die at 550. One could say that these souls are "saved" in a Christian sense. Indeed prayer and devotion to Jesus as the Lord is a 550 activity. And 550 is indeed a place to be for entry to heaven. All below 500 are not granted permission to enter.

Below 100 is what is considered "Hell" in Christianity.

Christianities errors are in thinking that Hell is "eternal", in thinking there are only these two places in the after life – Heaven and Hell, when in fact there are Trillions of places – and thinking that other paths are "wrong" as compared to their own. From Christian Salvation being at 550 we can see that Christianity is not as "evil" as many see it, but neither is it the "only and only truth" as they themselves see it. Some Christian people and books that measure in the 500s include Martin Luther (founder of Protestantism), Pope John Paul II, Pope Benedict, Father Pio, Saint Augustine, Saint Patrick.

Excluding the 30% of the Koran which promote below-200 behaviour, it too measures in the spiritually powerful 500s. Islam as it was meant to be practiced flourished in the middle ages while the rest of the world was living in a state of Darkness. It spawned art, culture, spiritual growth. Today it manifests as below-100 Jihadism, 200-ish Mediocrity 400-ish Integrity and even 700-ish Mysticism.

The different types of Judaism are not as radically different as they like to portray themselves. All represent a fairly sophisticated level of spirituality. Orthodox Judaism measures at 525 and while all the strict rules surrounding it appear absurd and unnecessary to us outsiders, the discipline will focus them into a very certain and distinct reality in the afterlife. Both Conservative, Reform and Reconstructionist Judaism measure at around 550, Messianic Judaism is 560, Hasidic Judaism is 605, The Torah 550, the Talmud 590. Kabbalah measures at 630 and the Zohar at 700.

Many Hymns, National Hymns and World-Famous Songs measure in the 500s. "Silent Night" is a Song of 550-energy as are Amazing Grace and Joy to the World; they all have the power to heal and to wipe out

below-200 energy from the moment they are sung. Artists in the 500s include our most brilliant comedians (stand-up comedians usually channel 500s energy without which it would be difficult to make crowds laugh at almost everything they say). Most of the big painters that have touched Millions make it up to the 400s (Klimt, van Gogh, Rubens) an 500s (Rembrandt, Da Vinci, Michelangelo). Many musicians often borrow from 500s energies in order to work their art. Many thousands also radiate at 500 habitually. Louis Armstrong, for example, can seem to be in a near constant state of Ecstasy (570) when he performs and a state of Appreciation (530) while not performing. Mozart can be felt to be in that state as well.

Places of Power are often settings that are dedicated to higher principles, to the Universe, or to the Supreme Creator. In the 500s you will find Stonehenge, the Pieta, the Wailing Wall in Jerusalem, the entirety of Angkor Watt, the Vatican. Merely walking around at these places can have a transformative effect on your mind, body or soul. If you are open to it and aware of the energy-fields you can use such fields for positive purposes. In the 600s you have the Notre Dame, Chartres, Westminster Abbey, Taj Mahal, the Basilica of St Peter and a few others. How do you know you are dealing with structures in the 600s? Your mind is stunned to silence in their Presence. They attract crowds staring at them in awe. If you fail to feel any Reverence for such structures I'd recommend cleansing your body and mind from below-200-vibes.

Contrary to the claims of some researchers, there are no earthly structures above 700.

Of interest to some are the Documents on which the founding of America and its subsequent success are based: The Gettysburg Address by Abraham Lincoln,

one of the most famous speeches of all time, begins with "*Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.*" The entire speech measures at 500. The US Bill of Rights measures at 510, the Declaration of Independence at 540 and the US Constitution itself at 590, one of the highest a written document can reach. The reason there are no written Documents above level 600 is because the faculty of writing and reading itself is a 400-realm Reality. I am aware that this contradicts what other Scale-Researchers and Authors say, but thats simply the way I perceive and measure it.

An activity you can do to align with energy level 200 is go to a Fast-Food-Restaurant. For high 200s you can go watch a movie. For the 300s you can take a cruise along the Riviera in a fancy car. For the 400s you can go to the Opera. But what activities are there that will summon 500s and 600s energy?

Taking part in an authentic Native American Sweat Lodge Ceremony is 560. Attending a Masonic Initiation is 505. The Prayerful Hand Clasp while Surrendering your entire Existence to *The Most High* is 540. Attending a child-birth is 600. Painting is a 500s activity as is Composing Music (however, Composing Music with a Software-Sequencer is more of a 400s-activity, even though one can channel inspiration from the 500s and 600s).

Levels 475-530 concern my power, my will, my creation of reality. At 540 ones will is surrendered to Source, to Divine will, Divine power. From that point forward, personal will and divine will work in Unison. One makes choices and decisions but asks for guidance. One moves forward with willpower, but humility is added. One has intentions, but it is

understood that not the world-self creates any of that, it is Infinity that creates it.

Much of Buddhist and Hindu Chanting happen from 500 and 600 realms. Christian Communion is 570. The highest chant is sounding a long, resonant "OM" (not AUM but OM). This is stronger than merely saying "OM" or using it in connection with Om Mane Padme Hum (590), Om Nama Shivaya (590). Sounding OM is an 750s activity. Why? Because the sound of OM represents the *Source* of all-that-is. Sounding it once in awhile will have interesting effects on your life, many of them subtle, some not so subtle.

In Hinduism, Sikhism, Jainism and Buddhism, the symbol OM looks like this:



This is derived from an older tantric symbol that contains a cross, a half-moon and a circle:



These are representative of the three main streams of

religious energy in the world. *The cross is representative of Christianity and the writing, language and music of the western world is indeed cross-like, straight and linear* (this stream also includes Judaism). The circle is representative of Hinduism and indeed the written letters of Hindu languages are circular, as is the spoken language and the music. The half-moon represents Muslim religion and Persian and Arabic writing and music are indeed full of half-circles. To compare the lettering of the three streams of energy:

English: LETTERS

Arabic: العربية

Malayalam: ീ െ യ ള ൾ

The non-Hindu Asian Languages and Buddhism feature a mixture of all three.

Some Spiritual teachers of the High 500s:

Ram Chandra, Dalai Lama, Confucius, Gopi Krishna, Paramhansa Yogananda, Roshi Suzuki, Chuang Tzu, Ruhyat of Omar Khayyam. If you are not familiar with them, look them up in the Internet. Some sort of basic familiarity with high-energy teachers is "required learning" for your own spiritual maturation.

Some Spiritual Teachers of the 600s:

Muktananda, Ramesh Balsekar, Meister Eckhart, Saint Theresa of Avila, St. Paul, Mohammed, Rabbi Moses de Leon, Shankara, Nisargadatte Maharaj, Ramana Maharshi, Bodhidharma, Dogen, Huang Po, Abraham, Moses.

Some scriptures of the high 500s include the Book of Kells, the Tibetan Book of the Dead, Vedanta Scriptures. Scriptures of the low 600s include Avhinavagupta, Midrath, Mishneh, Kashmir Saivisnism,

The Gospel of St Luke, Scriptures referring to Satori, Scriptures referring to Sufism. The Christian Nicene Creed measures at 650. The Vijnana Bhairava measures at 620. There are many, many more but this should serve as examples of what quality is to be expected at these levels. All Variations of Buddhism (Zen, Hinayana, Mahayana) measure in the 600s. Large parts of Hinduism (Rig-Veda, Ramayana, Upanishads, Bhagavad-Gita) measure in the 600s.

For the average human a difference between 590 and 750 does not really matter. Both are of significant spiritual power. In fact, the 590 energy may be more effective for most people than the 750. As mentioned earlier there are no scriptural texts beyond the 700s, despite the ridiculous claims by some authors that their books measure higher (a claim obviously spurred by the Egos self-aggrandizement and attitude that the energy-levels constitute some sort of ranking). The reason this is so is because the written word is a Mental-ization and that naturally places it to 400-realms. The love and intelligence with which something is written can then take that energy all the up to 700, but no higher. This is why it is very difficult to put 700+ experiences into words that can be understood.

570 Ecstasy, Exaltation

This is the level of Ecstasy reached by mystical practice, prayer, meditation, chanting., repetitive exercise, Devotion to God, higher Lucid Dreaming, angelic Trance, devotional Dance. 570 is a shining light of immense strength and beauty. It is so intense that the body sometimes becomes temporarily incapacitated. To outsiders this state can look like a form of madness. It can be reached by people who habitually vibrate 500 onwards through single-pointedness. That can mean repeated singing and chanting, repeated prayer or mantra, repeated affirmation or mental focus on one spot. If you ask "How do I know if I have reached this?" you certainly have not experienced 570 yet. The state is immediately recognized when it comes on. Not all who ascend from the 500s to the 600s make a stop at 570, it is skipped by some because it can be a distraction to actual Enlightenment at 600.

600 Peace, Bliss, Serenity

What is called Satori, Moksha, Liberation, Enlightenment in Eastern Tradition, begins at 600. Contrary to the Ecstasy of 570, 600 is deeply tranquil. Life is Lightness, Blessedness, Peace of Mind, Beatific.

Many who follow some spiritual path aim at this place but few experience it for longer periods of time. It is safe to say that there are currently no more than 100 people on earth above 600. One can touch the 600s in the context of Meditation, but the energy is usually only present during that Meditation and not before or after. One reason that not many are here is because the earths energy-field is 200 and 600 is simply not-of-earth. That's why, when vibrating here many don't stay on earth for too long unless they deliberately and with an effort of the personal will (or what's left of it), re-connect with lower levels. Those who do stay on earth experience deep and expansive wideness even in

chaotic and loud circumstances. Contrary to the crazed exalted state of the 570, the 600 is usually fully present, aware and calm. The depth of tranquillity is beyond any sort of conventional relaxation, trance-state or deep Meditation...it is the tranquillity of oneness with Infinity.

The starry night sky is a reminder of the 600s. Looking out into the vast ocean is a reminder of the 600s.

In the high 500s there is an Observer and that which is Observed. For example, there is a "Me" who is Praying to a God. There is subject and Object. This duality begins to dissolve in the 600s.

If you meditate on observing your stream-of-thoughts for an hour while reducing your reaction/response and merely becoming the pure Observer, you will touch upon the high 500s and even 600. But if you notice that that which is being observed and the Observer are part of the same story, part of the same memory, part of the same energy, you have made a jump to 650. Without an observer there is nothing to be observed. Therefore, that which is observed requires an observer in order to exist as far as you're concerned. Therefore the observer and the observed are both part of the same "field of energy", are the same thing.

Put differently:

If you do not use your memory, who are you?

If you do not use your memory, can you find this "me" that you think you are?

Contemplate this before reading on.

And if you are not this "me" that is merely a memory, merely a thought, what are you?

Are you pure awareness?

And can you see yourself as pure awareness?

But if you can observe yourself as pure awareness, you cannot be pure awareness either. So if you are not that either, what are you then?

Such are the Contemplations and Meditations conducive of reaching the 600s.

They are not an Analysis (400s) but merely an observation of that-which-is and the intention to find out "What am I?"

In the 600s you are not "an Observer", you are Observing-ness itself, you *are* Awareness.

700 Non-Duality, Oneness, Void

The void is an infinite space that appears as "Nothingness" to a human mind. It is a level of consciousness or energy that many mistaken with "The Ultimate Enlightenment", because it is indescribably vast. Its an infinite space which one is. One is not "in" that space, one "is" it. There is nothing at all there and yet it is the context in which all things appear. There is no mind, no self, no thought, no desire, no attachment, no purpose, no emotion but only vastness, only awareness. As incredibly vivid and rich this "Nothingness" is (which is not nothingness at all), there is really not much to say about it, except that it is is-ness, existence, being-ness in its pure form. But it is not "the ultimate state", despite its appearance.

Imagine you are turning a radio dial around and it picks up various stations, various *realities*. In between the stations, in between the realities there is static, a sort of "Nothingness". But this static is not only in-

between the stations but in the background of all the stations. In fact, it is the silence from which all stations arise.

Another example: You could not hear the bird chirping if it were not for the background of silence. If everything were noise, you could not hear anything in specific. So you need a lot of "nothingness" to perceive any "somethingness". The Void is that which is ever-present before, during, after, in front of, behind every creation.

As consciousness expands of its own accord pure non-dual being-ness, pure observing-ness, pure universal and cosmic floating-ness is what arises. The world has not created the vocabulary to describe states above 700 which is why these sections are like trying to describe rocket science with ancient latin vocabulary. Maybe you can get a felt sense of it with the following descriptions:

As you sit there notice what you hear. And notice how hearing happens all by itself. There is no "I" or "I hear" required for hearing to happen. There is no thought or intention required for hearing to happen. No effort required. Hearing is a given. So for a moment, let go of the „I hear“ or the thinking-about-hearing or the wanting-to-hear and *be hearing* itself. Notice that no "I" is required for hearing. *Be the hearing and what is heard*. Rest there for a few minutes. You will notice that there is no "me" that is separate from the Universe. That "me" is an Illusion.

Then, try the same for looking, seeing or observing. Perception here also happens all by itself, without a goal, intention or effort required. Disregard the "I see" for a moment *and be what is seen and be seeing* itself. At level 12-16 you are an observer, at 17 you *are the observing* – if that linguistically makes any sense. The separation between "me" and Infinity starts disappearing.

Non-Duality means that all is experienced as ONE. Hot-and-Cold, Light-and-Dark, Up-and-Down, Left-and-Right are not separate items but the same thing. Actually there is no such thing as darkness, there is only light and the absence of light. Likewise, you only have a light-switch but not a darkness-switch. Is this making sense? In Infinity the concepts of up and down, left and right, higher and lower do not exist. In fact, already beginning at 500 you notice how the levels of this scale, especially 0-499 are "all nearly the same level" when compared to a broader context. This is why the scale is irrelevant on this level of being.

Levels 700-1000 are places and states normally experienced as a soul for example in pre-life and afterlife realms. Strictly speaking they are not "above" other levels but *encircling* them. Imagine several concentric circles and this scale of "levels of energy" representing the quality of the innermost circle or density. The innermost circle then contains the linear-thought in which such a scale can be shown. The outer circles are other dimensions and contain beings and events beyond the concerns of the incarnate human. So the innermost circle is contained in the outer circles but not vice-versa.

Above 900 is "the" field, not "a" field but *that* field from which all other fields arise. Shape, Action, Movement, Emotion, Thought, Intention are formed here. Play, Fun, Beauty, Ethics, Truth, Consciousness, Individuality, Identity and the physical Universe are created from this level. A soul radiating at 900 experiences Multi-Dimensionality, Parallel Universes and the Omniverse as a whole. Duality and Polarity are only tools, not realities here. Concepts that measure in the 900s are: Jesus Christ, Buddha, Krishna, Zoroaster.

I do not know what is above 1000 and my conscious mind only has the vaguest impression of it. It is about

God, Creator, The Almighty, Ruler of the Universe, Maker of Heaven and Earth, The Grand Architect of the Universe, Maker of all things visible and invisible, Omnipotent, Omnipresent, The Supreme, The Supreme Being, Source of all Life and Existence, Source of all that is, The Holy Spirit, Allah, An, Shiva, Vishnu, Brahma, Ishvara, Rama, Krishna, Christ, Christ Consciousness, Purusha, Self, Atman, Infinity.

This completes the basic Scale of Energy. You now have more than enough information to process. Once learning about energy-levels, it can take a lifetime for the mind to *grasp the enormity of it all*, but that happens all by itself once the general levels are understood. That means knowing the scale alone will heighten your awareness and facilitate your spiritual growth, without any specific practice or exercise required. You may extrapolate this knowledge to all kinds of things if it contributes to your compassion toward others and your enjoyment of life.

4 Enlightenment

My grasp on the subject of Enlightenment is not because I am enlightened myself, but have experienced *glimpses* of it, as it is understood in Eastern and Western Mysticism, at various times throughout life.

At the age of 14 I went into a state of indescribable vividness, which lasted for several days before I "came back down". This state was without any sense of limitation, any sense of self, any sense of need. It was intensely energetic and blissful. However, I was unable to function as a normal human because I lacked nothing. I did not feel the desire to eat, to go somewhere, to do something, to learn anything, because I felt infinite - aware of everything at the same time. So what I mostly did was sit around in my room staring at things in awe. Even the most mundane objects had a shimmer to them, everything looked fluid and shiny. The world was not one of hard objects fixed at a certain location, but of flowing continuum. Just sitting there staring at the world was the most amazing experience. After a few days my sense of a distinct "self" living "in the world" reassembled so that I could function as a human. Prior to that there was the sense that I could leave human existence and just let go of the body and "life", and that it would not mean too much if I did. The "Life" we all take so very seriously felt like one huge comedy show. With the return to a "normal state" the rushes of energy and ecstasy that had been coursing through the body also disappeared and I was my "normal" self again. It would always be a few years before further "glimpses" into states of hyperreality and superconsciousness would occur. Its as if Id always be given just enough "experientials" to appreciate this State and talk about it later on but not quite enough to

be liberated from the human condition. There is always the sense that if too much energy flows through the body, the body will just die off and consciousness would just fade out into Infinity.

At the age of 22 there were various paranormal events such as out-of-body travel, clairvoyance, and spontaneous healings. Many of these paranormal abilities never returned again. There was the realization that these abilities are not "my" abilities but the abilities of the overall energy-field that was merely *using* my body-mind for various miraculous occurrences. Taking personal credit for supernatural skills would be inappropriate. At 22 I also had what I would later learn are "Kundalini" surges or awakenings. This basically meant that energy surged through the body and made it jerk and jump involuntarily. At one of these times my body, lying in bed, jumped up so high it hit the ceiling of the room and stunned my girlfriend who demanded to know: "What is going on with you?" Not being that literate in spiritual matters I had no clue what exactly went on with me but knew it must have something to do with all the meditation practices I was trying out. Then again, many years of nothing as I just lead the mundane life everyone else lives. It's rather disappointing to live that normal life after knowing a state of experience that is thousands of times as intense and real. In comparison to the state this so-called "reality" pales, similar to how a 2-Dimensional drawn picture of a tree pales in comparison to a real tree. There's just not as much "realness" to it. Many years later, at the age of 27, and then even later at 33 I had further experience of these states which are known under all kinds of names and categories in spiritual teachings of the east but less known in the west. It was thanks to eastern literature that I was able to put some of these experiences into some perspective. From these experiences there are many

things I do not know, but there are also some things I can say with certainty.

* There are different types/qualities/stages of enlightenment. So when someone is referring to THE enlightenment he is most often referring to one of the various stages of enlightenment. One stage feels like unconditional love. Another feels like bliss. Yet another feels like infinite nothingness. Another is kind of celestial. And another is non-dualistic.

* Another certainty is that anyone who claims "I am enlightened" is not. The reason for this is that the self, the "I am" cannot experience enlightenment because enlightenment is a state of concept-less, infinite and eternal oneness without any sense of a separate "self".

* One cannot "achieve" enlightenment in some sort of progression, acquisition, because enlightenment already is. This is kind of hard to explain. An analogy: A drop of water in the ocean cannot "achieve" becoming the ocean; it cannot "achieve" becoming water, because it already is. Therefore any "self" that is attempting to "achieve" enlightenment is merely playing a game and not likely to experience, no matter how many years of meditation he does, how many teachers are visited, how many books are studied, how many techniques are practiced.

Glimpses of these super-real states (as I call them, because they are outrageously beautiful) are actually easier to experience than most suspect. I am not qualified to teach how to be these states permanently because that has not been my own experience, but I can share insights on getting a taste of them.

5 Measuring Levels of Energy

The main means of knowing the energy-level of anything is *familiarity* with the scale. It is easy to tell what something is in general.

I know there is nothing outside of 1-1000 on planet earth so that narrows the scope.

I know that anything above 600 is very rare so that narrows it down even more.

I know that 0-100 is the hellish, 100-199 are low and animalistic emotions, the 200s Function and Physicality, 300s Success and Productivity, 400s Intellectual, 500s Joy and Love, 600s Peace and Bliss.

From this alone any reader could immediately place anything into a general 100s-bracket. Discerning between 700, 800 and 900 would perhaps require more spiritual education and experience.

Those who are not familiar with any such scale, can still perceive what is closer to the Light and further away from it on our Thermometer of energy. Anyone can tell hot from cold under normal circumstances. What is not of Love and Peace is not of God, it does not take a genius to realize that. The only people who have difficulties discerning between what is beneficial to humanity and what is not, are those vibrating below 200, those who have strayed away from truth, reality, workability, positive intention. Use your common-sense and your intuition.

You perceive even more truth, goodness and reality (which are Synonymous, in my view) when you are in a fairly relaxed or neutral state. It is only *Demonization* and *Idealization* that distort perception.

Through heavy-duty indoctrination and manipulation techniques I can make the bad look good and the good look bad. Some examples...

Idealization: "The IRS is a sincere outfit"

Truth: The IRS is not really interested in you

Idealization: "Iced-Coffee-Powder is made with Premium Coffee"

Truth: There is no real Coffee in there

Idealization: "DMT is the Spirit Drug with which you can Travel to other Dimensions"

Truth: Its only Astral-Circus.

Idealization: "Angelina Jolie is an Angel sent from above"

Truth: Jolie is a human with normal ups and downs.

Idealization: "This book is the most brilliant ever written".

Truth: Its only one way of seeing things.

Demonization: "9/11 was an Inside Job"

Truth: 9/11 was reflective of Incompetence within various Government Agencies

Demonization: "Democrats/Liberals are Communists"

Truth: They are mostly just normal people who desire Freedom.

Demonization: "Republicans/Conservatives are Fascists"

Truth: "They are mostly just normal people who desire Freedom.

Demonization: Catholics are Pedophiles

Truth: They are mostly normal people.

Demonization: "Homosexuals are mentally Ill"

Truth: They are mostly just normal people

The way to stop distorting and perceive reality as it is, is to give up all expectation, want, aversion, judgement and intention in that moment and simply *look* or perceive without any of those filters.

Look at some object in your surroundings. Give up all filters and effort and concentration and merely "receive" what is there. Whatever sense or feeling comes up naturally when you do not spin stories or labels about it, is what is true. Some people naturally have this "open" way of seeing things from birth, others can learn it. Another method to allow perception to open is to look at a thing or a thought or a person or a event and tell yourself one of the following attitudes.

"I don't know anything about this"

"I don't understand this"

"I don't know what this means"

"I let Higher-Self reveal its deeper meaning"

"I let God reveal the truth about this"

"I let go of trying to figure this out"

"Show me how to see this differently"

Practicing to see things openly, even childlike (as if you are seeing them for the first time) once in awhile will open your perception of truth.

On a level of consciousness above 800 you perceive everything as energy not only inwardly but also visually (things have a shimmer around them or *are* no longer seen as solid objects but fluid energy).

Once you know you are perceiving things-as-they are, or at least as they-are on your level of consciousness, you can begin asking yourself. . .

"Is this above _____?"

“Is this below _____?”

“Is this above 350? Above 385? Above 380? Is it at 380?”

The answer is sensed in your chakras, often in the solar-plexus region or the upper chest or forehead. The further away you are from the mark, the more “off” your energy-sensors will feel.

It is actually even better to make statements than ask questions because your energy-sensors (which the chakras are), only respond to something true and fail to respond to something untrue. So if you say “This is above 200” and you feel nothing or feel down, then the statement is wrong and you can continue with “This is below 200”, “This is below 150”, etc. When you say “This is at 140” and that “feels right” and no inner objection arises spontaneously, you have your answer.

To review – the combination of familiarity with the scale, open/free perception without filters (as a camera would perceive a scene, not as a biased human would), and asking or making statements and feeling the answers as just described, will make it possible for you to determine the energy level of anything and everything.

For good measure and as the icing on the cake we will add muscle-testing to those three items. Muscle-testing is based on the fact that your body doesn’t lie, that your muscles go weak when confronted with falsehood and remain strong when confronted with truth. If you don’t know what muscle-testing and especially solo-muscle-testing is, I recommend you read up on kinesiology before applying this to levels of energy. This book is not the place to teach its basics. Muscle-testing levels of energy works the same as the statement-method just outline except that rather than an emotional response you are feeling for an

immediate and spontaneous muscle response. You for example say "This bottle of coke measures above 200" and then press down on your index finger with your middle-finger while trying to resist the push. If the index finger stays strong, the statement is correct, if the muscle goes weak the statement is incorrect. If it stays strong you would continue with "This bottle of coke measures above 250", and continue in this way until your muscle goes weak. Keep in mind that if you are biased or hold strong beliefs about a subject, you will get different results than someone who is neutral on it and merely intending to find out the naked, unvarnished truth. For Coca-Cola the average measurement testers get is between 220 and 305, btw. If you did not get a result in that range you are not in touch with bias-less perception or you are on a level of consciousness in which muscle-testing does not work (that would be below 200 and above 600 where one no longer goes weak on anything).

And finally, for near-perfect results you can form research-groups with other people in order to get your results confirmed by additional sources. Just like its not possible to learn a language entirely on your own, this type of research cannot be done over longer periods of time without any corroboration, support and scrutiny from others. All by yourself you can make anything to be "true". It is only when certain results can also be experienced by others that your confidence in reading energy increases.

Also note that you will need to teach your body and mind one system, one scale of thinking. I recommend you use 1-000 since that was used in this book, but of course you could also use a scale of 1-10 or 1-100 000 or anything else for that matter.

One of the most rewarding results of learning the scale of energy is that life begins to make sense in deeper ways and you begin to see things differently than ever

before. The scale in this book is meant to give the entirety of your energy, including lower pockets, a boost to 475 – a level from which life really starts getting interesting.

Enjoy the Ride!

Frederick Dodson 2009

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Disclaimer: None of what is written in this book is a substitute for common sense, your own intuition, or conventional medical assistance. The author is not responsible for actions derived from the books contents.

Final Note: Do not turn the contents of this Book into a Belief-System, "Absolute Truth" or some kind of Cult. This book is only *one* way of seeing things. Once you are finished seeing the world Dualistically, you can see it *Spectrally* for a while. Then, one day, when you are finished seeing it Spectrally, you let go of that too and see it from the Eyes of Infinity.