

THE KINGDOM WITHIN



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ESUNICK

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Foreword

We perceive reality completely differently, depending on if we see it through a limited being perspective or an enlightened perspective. One of the aspects of The Kingdom Within is that it explains the enlightened perspective in a way the limited being perspective is able to understand.

What is the enlightened perspective?

This is how an enlightened being sees the world.

What does it mean to be enlightened?

From the many possible definitions of enlightenment, I choose to look at two, kind of on opposite poles of the spectrum. In the view of Dr David Hawkins, enlightenment for a person starts when their level of consciousness is calibrated over 600 (reference Power vs Force for a breakdown of how this works).

In the view of Jed McKenna enlightenment means being untruth unrealized, which means being in constant awareness of the unreality, malleability and virtuality of what we like to call reality.

Whether somebody is enlightened or not cannot be seen from the outside, it can only be felt or known. If it is calibrated according to Hawkins it is important to be free of a point of view about it when calibrating.

What do you know?

Esu has a very clear view on this reality game that we play, and the deep insights he shares can only come from somewhere else. That high vibration is present and perceivable throughout the whole book.

Yet what makes it very special is the style of total approachability. You, the reader, will receive immense value, no matter what level you are at, if you are just willing to be open. Often authors lose touch with their audience when they approach enlightenment or go through that gateless gate. Esu didn't. His stories are inspiring, he explains even advanced concepts in a simple way, and it is impossible not to learn a lot reading this book.

- Dr Björn Lenz, PhD

Preface

I write this book because I am called to write this book. From my point of view there is neither the perfect nor imperfect potential reader. There is no desire within me for this book to be anything in particular to anybody in particular.

During the process of writing I have observed that the book has its own character, its own values, even its own desires. The role it is playing in my life is not that of an asset or a tool, but rather a Being, one who I have supported through a period of evolution & maturation, like a parent to a child. I'm deeply honoured to have supported this Being into existence.

Just like parent and child there comes a time to let go, to step back from such an active support role so that the child can spread their wings and fly. Then who knows what may occur, as the child navigates their way through reality, experiencing and being experienced.

I occupy a state of excited anticipation as to how it will all unfold.

Throughout the book I will refer to things as being better or worse than others. The use of the word 'good', for example, is a judgement, based upon my own conclusions about what is good or bad. My conclusions about what is good or bad are not absolute truth, as nothing is truthfully good or bad. Things just happen and we label them as good, bad or inbetween.

Why is 'good' a judgement?

Good says one thing is better than something else. In the context of how I use it here, it may be that I suggest that one realm of body consciousness (as we will explore in chapter 1, Four Realms) is better/worse than another. What is shared in this book is an awareness

of your true nature, and the sheer magnificence of every little bit of you. This can serve to support a person moving through the 4 realms; which I consider to be the best choice. This is the judgement.

The labels of 'good' and 'bad', and the associated judgements, are nothing more than conclusions we have made and accepted; they are not the objective truth of things, but rather our subjective conclusion about how we experienced things.

Judgement, as with everything else, is a tool when we know how to use it. Moments of conscious & unconscious conclusion, assessment and judgement, allow us to label an element of our experience. These labels come together to paint a picture of the outside world, which the Ego uses as a blueprint to keep us safe, defining the boundaries of our identity in the process. While this is a great service in moments, it is also a great hindrance in others.

Again these labels, created by a lifetime of conclusions, assessments and judgements are not objective truth, they are just your subjective conclusion on whether something felt, or feels, good or bad for you; this is the same for each and every one of us, and every possible experience we can imagine.

Nothing is good, nothing is bad, it is all in your mind. That may be a triggering thing to read, or not. What I can say about this statement is that if you are willing to let go of all resistance to what you think you know, and sink into this notion, you become liberated. Liberated from a self imposed prison, one that human beings seem to be very good at getting stuck in. A prison of judgement, resistance and attachment; a place from which life is experienced as scarce, limited and perhaps even scary or dangerous.

It may seem strange after sharing my view on judgement, to then be OK to be so open with my own judgement as to what represents a virtuous path.

Because on this particular subject I am more than happy to move into the space of sharing my subjective experience of reality, and the accompanying assessments as to what is 'good' and what is 'bad', with you. I am also more than happy to be initially perceived as judgemental because, for all who take the time to read the book, this perception will dissolve soon enough.

At this moment I can only label this information as subjective, because my direct experience is all I have. Yes I have led people into this awareness, and they have the same experience I do. So I feel with every fibre of my Being that this is an objective truth we can all experience, but until there is a significant amount of people who feel the same, I will hold back from calling my use of 'good' and 'bad' objective truth. Only time will tell.

While it is important for literary integrity that I frame this as I just have, I will also take a moment to speak unfiltered about the potential of what is shared within these pages. In short, you have in your hands a guide book for awakening. If you desire an improved, more fulfilled and joyous life; that is available to you. If you're striving for enlightenment; that is also available to you. As is everything in between.

All limitations you may experience in life are chosen by you. I appreciate that what I just said may be tough to swallow if it does not match your subjective experience of life; but it is no less true. It is precisely this that I have come here to support people with; liberating themselves from this self imposed prison so they are empowered to experience all life has to offer.

In the opening paragraph of this preface I said, "There is no desire within me for this book to be anything in particular to anybody in particular", let me correct that as I do have a desire. My desire is that you receive from this book everything you are ready and willing to receive and that I make that as simple as possible for you.

The process of human awakening can be compared to the blossoming of many different types of flower in a field. Each flower will blossom at

exactly the right moment for its design, never late nor early, always on time. It is the same with people, we are all designed to blossom and awaken at some point. Sometimes the farmer cuts the grass and we are mowed down before we have had a chance to blossom and awaken; so this is not realised by all.

When we understand human awakening like this, we can see that nothing that has ever happened in our lives has been a delay. Just as the seed needs to absorb external additions to move through a process before a flower can sprout, blossom and bloom, we need to move through life collecting all the experiences required for the recipe of our awakening. Like the flower, this cannot happen before it is destined to.

When you reflect upon the moment you awaken, remember that it's occurrence can only ever be perfectly timed, it can be no other way.

Within these pages resides an awakening transmission, but this cannot be forced onto you, you have to choose this with your own Free Will.

The simple act of understanding this right now and proceeding with the book is all you are required to do to be open to receive, there is no requirement for any grand ritual. With your awareness you now know what is possible, and with your Free Will you choose to proceed; this creates the configuration required for you to receive the awakening transmission.

If you'd like to read without any transmission, simply make it your decision to resist any connection to the book beyond an intellectual one. However, I passionately invite you to play full out here, because the more you are invested in this, the more you will be rewarded.

To those of you who embrace this with open arms, and who are ready to join me on this path, I look forward to seeing you on the other side of the gateless gate; life is a beautiful adventure when we allow it to be, and I'm delighted to be dancing alongside you.

Introduction



In a world of ever more complex and emotive distractions designed to lead us away from ourselves, there has never been a more pressing time for a person to begin walking the path of discovering who they truly are. Such a path can be daunting to consider, for fear of what may be uncovered or lost in the process.

My own journey with this has been one of trial and error, of exploring different philosophies and practices, some very well known and some

which I have discovered hiding in random esoteric books. While this has proved to be an enjoyable process, it has been a process of moving closer to what I truly am only by virtue of experiencing what I am not. I found wonderful ways to entertain my mind, to give me the sense of becoming ever more authentic and to connect me with people desiring the same thing; but that was about it.

It wasn't until I began a journey with shamanic medicines that clarity replaced confusion in my relationship to reality, only then did I truly rise above the web of confusion. I realised that the truth of how things are is so much more beautiful than anything I'd ever read about or learned from a teacher or guide. A beauty beyond the capacity of any person to come close to describing, the utterly indescribable.

The simplicity of the truth being presented to me was astounding, it was the elusive obvious which had forever sat on the periphery of my awareness. It was the grand truth which highlights our limitless magnificence, our divine perfection and the capacity for wonder we have while residing within the human body.

There are many different schools of thought when it comes to understanding the human body, and with them many practices for maintaining health, wellbeing & vitality. Nothing that I share here will be in conflict with any philosophy or practice you currently have, as long as they are beneficial for you. Philosophies or practices which sacrifice one part of the body for another, or which reduce the body to a single use for some form of egoic gain, for example, may indeed be in conflict with what I share here.

You may discover that beneficial philosophies or practices are actually enhanced by what I share within the pages of this book, as the layers of distortion keeping YOU from YOU are dissolved. So I invite you to be open to what we will explore here together, without expectation as to what it may or may not be, just feel what it stirs up inside of you.

While I invite you not to have expectations, I will make that just a little more difficult for you by sharing what is possible. Simply by reading this book there is a possibility that you will see a fundamental aspect of life in a completely different way. However, if you adopt and embody all I share

here, you may just come to realise that magic is real, you are more powerful than you thought possible and that life is a game designed for You, by You.

But remember, no expectations!

Chapter 1

The Kingdom



In Western culture, it is common to assume that one's Self and body are one and the same. That the body is the whole self. But this is not the truth of things.

Your body is a civilisation of Followers who serve one God, your consciousness. This applies to every person. You are God. Your body is a Kingdom inhabited by your Followers, who are dedicated to serving you - the real you - your consciousness.

The Followers are your cells, and they have one purpose - to create a temple as an exact reflection of your conscious and unconscious thoughts, wishes and actions. This temple is your body. And the Followers do not make mistakes. The body you have in this moment is perfectly built based on the blueprint you have given them.

When we learn to align with our Followers, we become ever more unified, and are able to create a blueprint for living more harmoniously with the things we desire most in life. When we honour our Kingdom with deep respect, love and gratitude, we create inner unity.

Why would we want to be in union with our Kingdom?

Because it is the highest realm of body consciousness possible for a human being, and as this book unfolds you will come to see that this realm is where great acceptance, love, joy and peace flourish.

We often hear people say things like 'listen to your body', 'what does your body want?', 'my body does not like this' and other similar things, because there are many out there who have a deep connection with the body. There are many wonderful practices which exist to support us in making this connection, but while we are only seeing the body as a singular entity, we can only ever be vague in our communication.

Addressing our Followers in this way, as just 'body', is like addressing every person you meet in exactly the same way and only as 'human', ignoring all of the uniqueness of the Being you are speaking with; which of course makes no sense as it does not account for the plethora of variation in our species, and when we consider that there are 8 billion people on earth, and your Kingdom consists of over 37 trillion Followers, it makes even less sense to address your Kingdom as just body.

We are all God within our Kingdom, this is inescapable. The only time this is not true is when this lifetime is complete.

Why is this not more commonly known?

Because the level of consciousness held by the vast majority of humans at this time is not high enough to transcend the shouting of the Ego, to then hear the Follower communication. This disconnects God from the Kingdom in a way which gives Ego far too much power.

Why?

Because when God cannot hear the communication of the Followers the Ego steps in to help, playing the role of messenger, taking messages from the Followers and delivering the Egos interpretation of those messages to God.

This disconnection & the power it gives the Ego is not ideal, because on the journey between Followers and God, the Ego pollutes the message with all of its limiting beliefs, conclusions and patterns, meaning that God receives a distorted version of the message. Because of this the wisdom of the Followers is lost in translation, cutting the channel of divine wisdom which exists between the two.

So, let us take a look at the basic inner architecture of our Kingdom. We can then begin to see how the different elements have the potential to synergise with each other, but how for most people this potential is missed and the elements end up creating a great sense of inner conflict.

What roles are being played in the Kingdom?

- Ego
 - We could explain the Ego in many different ways. Due to its abstract nature we require multiple metaphors to better understand it, as with the cube in the following example.

Imagine you only exist in 2D reality, and one day you are presented with a 3D cube. From your 2D perspective you would not be able to understand the cube. In order to do so, you would need to combine the 2D perspective from each of the six sides of the cube. When you then piece them together, you would be able to understand the cube. It is the same with the Ego, because while our perception is tied to

3D reality, the Ego exists across many more dimensions, so requires multiple metaphors.

One which works particularly well here is that of the messenger-Ego. Within the Kingdom one role the Ego plays is to carry messages between the Followers and God. The requirement for the Ego to play the role of messenger-Ego is a result of two main things; a messy inner world full of unresolved issues, and a lack of awareness as to the true nature of reality; which combine to limit a person's level of consciousness.

A messy inner world refers to our inner state before we have begun working on ourselves. The human journey through childhood and into adulthood is one of making conclusions about experiences, creating beliefs based upon these conclusions and then creating automatic behavioural patterns which support said beliefs. These conclusions, beliefs and patterns are not bad, as they will have served us at some point. However, what served us yesterday often hinders us today, and it is essential that we bring the unconscious into the conscious to ensure we are able to see beyond any learned limitations. Only then can we be sure that the messages we are receiving are not polluted.

A lack of awareness refers to the fact that most people are not aware that there are different realms of body consciousness, let alone that there is a level such as the Fourth Realm. This lack of awareness leads us to focus our attention on what-is-not, rather than what-is. Energy flows where attention goes, so when our attention is focused on what-is-not, that is what we feed, perpetuating the illusion for ourselves.

While we are intently focused on the realm we are in now, we keep ourselves somewhat blind to the potential of the other realms unless we see them in other people; which is

common for the First and Second Realm, not so much for the Fourth Realm.

By first knowing about the Four Realms, then understanding the nature of the Fourth Realm, we open our focus and expand the potential of what else is possible.

Our ability to hear our Followers is further reduced in our modern societies as Egos have become so inflated in most people, the Followers cannot be heard.

If you hadn't already noticed we live in a very interesting time, in so much that we are seeing humanity create ever more elaborate ways to disagree. Never before have we seen such individualism and celebration of the Ego. All paths lead to Rome, so I know that this is nothing other than perfect, the way things are meant to be. However, it does present a greater set of challenges when it comes to moving beyond the Ego and connecting with our Followers, as our entire outer world is set up to achieve the opposite.

This is why it is important to remember that on the road to enlightenment everything is a distraction and all distractions are the same.

The challenge with an out of control Ego is that the messages can become polluted en route to God, thus reducing the accuracy of the intended message.

What pollutes the messages?

Unresolved limiting conclusions, beliefs and patterns. Anything we have decided is true which is not, anything we have decided is bad which is not, anything we have decided is dangerous which is not, anything like this.

In an attempt to keep us safe, our messenger-Ego flavours

all messages with these limitations, distorting them to the point that they become interwoven. We then react to the message through Egoic external expression, reflecting in the outer world the state of our inner world.

It is not that we have to remove all of these limitations in order to stop this from happening. That is one way, but a more efficient way is to commit to connecting with our Followers. Embodying the practices of the Fourth Realm will support you in transitioning the Ego from the driver's seat into the passenger seat, so that you can take the wheel. This shift in the dynamic of the relationship creates a situation where the master/servant balance is corrected.

Then follows the capacity to be able to see such limitations and no longer fall victim to them. Just like weights on the basket of a hot air balloon, while they may be keeping the balloon from rising, they may be causing no *real problem* and can be released at any time.

When we compare the information available to the Ego with the information available to the Followers, we see that the ego has a finite amount of information, like a DVD, whereas the Followers have access to an infinite field of information, like the internet.

One more thing, it is important not to move into the space of attacking the Ego. Our Ego is a wonderful result of millions of years of evolution, designed as our guardian in many ways. As the messenger in our Kingdom, our Ego is ensuring that things can operate and we are safe, until such time that we are ready to awaken to ourselves as God.

We will go deeper into the Ego in the next chapter, exploring more metaphors and how they are used. For now and to understand the inner architecture of the Kingdom, what we have covered here is sufficient.

- Followers

Our Followers are our greatest friends and allies. This is the absolute truth for every human Being. Because their entire existence is based upon giving us what we request, through our conscious and unconscious thoughts, feelings and actions. Nowhere else in this lifetime will you experience that level of dedication and commitment.

We may say, “If we are managing our Kingdom through our conscious & unconscious thoughts, feelings and actions, then the guidance is confused, and therefore the Followers are confused.”

Not really. They are never confused, what occurs is that they are building what you are unconsciously asking for perfectly, you just consciously feel it is in error because it doesn't align with your idea of what it should be.

YOU are eternally loved, by THEM. You can never be alone. You can never be without support. You can never be without love.

The higher your level of body consciousness, the greater your level of communion is with them. They desire nothing more than to be in open communication with you, for the barriers to fall and oneness to be experienced. Thus, playing the game of raising your level of body consciousness becomes the greatest act of service you can make to yourself. The greatest act of service you can make to your Followers. This inner world harmony brings peace, joy and love.

This inner world state is then reflected into your outer world. The longer the inner world state is sustained, the more the outer world will change. If the inner world fluctuates between unity & disunity, so will the outer world. Thus, a continued

practice of Follower connection is essential in order to maintain harmony.

There exists a delay between changes in the inner world being reflected in the outer world, which is why it is essential to maintain a sustained practice. This delay is due to the process of energy transmutation, when the non physical is brought into the physical. During this process you may experience an elevation into a new reality, which looks something like this.

First your perception of the outer world changes as you begin to experience more acceptance, love, joy and peace in your inner world. Things which used to annoy you now do not, and things you found mundane you now find joyous. Life seems to have changed, even if nothing in the outer world is really any different. The contents of your life may not have changed, but the context has.

Second, people will begin to act differently around you. Your frequency will change, and the rules of energetic dynamics come into play. You begin attracting new and interesting people, and repelling those not in resonance with your new frequency. This creates a significantly different experience of life. Connection breeds opportunity, and at this stage the whole universe seems to be opening up to you.

Third, your outer world begins to really change as the process of materialisation unfolds. It could be a new career, new love, new achievement of some kind, anything. Your outer world will now feel so much more in alignment with your inner world harmony. All that you desire is all that you experience.

This is what is available when we are harmonious with our Followers and have unified our Kingdom. For ease of reference, we will refer to this three stage process of inner world to outer world transfer as the Materialisation Process.

- God

- This is You. That which resides behind all of the thoughts, feelings, conclusions, beliefs, loves, hates...all of it. It is the real you, which on its surface sounds like something we'd have no problem locating; however this is not a common truth in our species at this time. So, it is a wonderful inquiry for each of us.

How well do you know You? Could you describe You? Have you ever even met You?

Your authentic self is always one step prior to any learned perspective you have of yourself. Step backwards until you can't go any further. There, you will uncover a perfectly undistorted Being, free of any conclusions or beliefs. Free of all false identity. Free of all learned limitations. Free of all.

Where will you choose to place your focus? What will you choose to accept? What will you see?

Seeing is believing. Whether or not it's true is your point of view. Whether or not you accept it is your choice. Whether or not it changes your life, we will see.

This part of you is what all other parts of your Kingdom are here to serve, their master. However, as we will come to learn with the continued unfolding of this book, it does not always appear to be happening this way. There often seems to be 'someone else at the wheel' as our experience of life changes in unexpected ways.

When God aligns with the Followers the Kingdom moves into a state of pure harmony, we reach the optimum human state. This alignment creates the environment for the peaks of our potential to be realised, in whatever way we most desire.

These are the key roles within the Kingdom. We will inquire further into the Ego in the next chapter.

When we understand this inner architecture, we can begin to have clarity around the optimal way to synergise the Kingdom.

I invite you to take some time to reflect upon the following questions. Do not obsess over or over analyse them, simply ask them and see what comes up. It is best to do this in a quiet environment where you are unlikely to be disturbed.

What role is each playing for you now?

Do you feel as though your conclusions, beliefs and patterns pollute the way you interact with the outer world?

Do you feel that you are often a slave to your Ego?

Do you feel that you are truly able to hear the messages of your Followers?

Can you honestly say that you believe you are a Good God in your Kingdom?

Do You feel You know who You really are?

Who is even engaging with these questions?

Who is observing the one engaging?

Who is observing the observer?

Chapter 2

Four Realms



There are many different ways for us to understand the body. What I would like us to focus on here is the relationship we have with the body, the role we play in that relationship and how it affects our treatment of the body.

We can begin to uncover the nature of our own relationship with our body, as well as illuminating a path to an even greater relationship, by understanding that there are four primary realms of body consciousness.

I say primary because, as with most things, each realm can be separated further to create a more complex model; for what we are here to do now the concise nature of the four realm model serves us well.

The Four Realms are; the ME Realm, the MINE Realm, the I Realm and the US Realm.

The Me Realm is characterised by naïveté and disconnection. There is a careless or antagonistic relationship with the body. The body becomes a vehicle for instant gratification of the senses; this takes many forms, such as overeating, addiction, procrastination, self harm, sexual promiscuity, and so on. One can feel victimised when their body fails them, even if they have done nothing to take care of it. They become their aches, pains and illnesses, unable to separate their identity or Consciousness from these maladies in any meaningful way.

In the Mine realm, one begins to develop respect for the body. The sense of ownership leads one to care for the body to the extent that it will help them navigate their life, or make them look good. The relationship is much like the relationship between a boy racer and their car. At this level, a nice body inflates the Ego, as it feels like an accomplishment. The body then becomes a vehicle for some form of achievement, and its usefulness is limited to what it can do for a person.

Some examples include a bodybuilder using steroids to gain more muscle, a person getting cosmetic surgery to become more sexually appealing or a busy worker overloading on caffeine & sugary snacks to complete a long shift of work. This realm is easy to become stuck in, as it is possible to get a real sense of achievement, at least in a superficial way. But everything comes apart as soon as the body stops providing this sense of significance and accomplishment. In this realm the body is nothing more than a tool.

The I realm is characterised by the beginning of a sense of real relationship with the body; if one does one's part to care for their body,

the body will do its part in turn. One starts listening to the body, and caring for its needs. Not for significance, but because it is the life-affirming thing to do. Gratitude is felt here, for the lifelong friendship with the body. This is where real communication with the body starts to become possible.

Finally, ***the Us realm*** is the realm of true awareness and reverence. One becomes aware that their body is not a singular Being, but an entire community, with every part totally devoted to contributing to the greater good. Through practice, one learns how to hear what each of the parts is asking for. One can interpret the quirks of the body as an instinctive act. Reverence follows naturally, as one is left in awe of the beautiful system at work in their body, and their relationship to it.

The US Realm is the level of body consciousness where one realises that their body is in fact a Kingdom. This Kingdom is made up of trillions of dedicated followers (modern science calls them cells) whose sole reason for existence is to serve their God.

So, *who plays the role of God within this Kingdom?* That my friend is YOU. Your consciousness, your soul, your inner light, whatever label you would like to give it. The part of you that is always you.

Your body is not just a thing, neither is it just your vehicle, nor is it just your friend. While these labels can be useful for making a point in one conversation or another, they are all a limited description of what truly is.

You are God.

You have an entire Kingdom at your beck and call.

Each Follower within your Kingdom is dedicated to serving You and only YOU.

If you so choose, you are able to embody a state of complete peace.

If you so choose, you are able to find clarity beyond what now seems possible.

If you so choose, you are able to embody a level of wisdom beyond all imagination.

Many wise people throughout the ages have pointed within when asked by their peers about the path to peace, love and enlightenment. This is why I say that enlightenment is simple, don't look that way, look this way.

When we say this to ourselves, it is a reminder that everything 'that way' (all in the outer world) is a distraction. Only by looking 'this way', into our Kingdom, are we able to cut through even the most subtle layers of illusion and realise ourselves as God; in the sense that we are a wave in the collective consciousness of humanity, and also a walking talking God wrapped in an entire Kingdom of Followers.

I have a game for you to play.

Anytime you find yourself beginning to be triggered, repeat this mantra to yourself, if possible with closed eyes.

As you say the first part, “enlightenment is simple”, say it with a smile on your face.

As you say the second part “don't look that way”, point outwards.

As you say the third part, “look this way”, point to your heart and take a moment to breathe.

Repeat this until you feel calmer.

Of course not all situations afford you a chance to close your eyes, or complete the gestures described, but where possible this is the ideal way. Where not possible, repeating the mantra can still calm things down. As with any tool, the more we practice the better we can use it.

Chapter 3

The Ego



The inquiry into the maturity of our Ego requires the use of various metaphors in order to provide a more complete understanding; remember the example of the cube in chapter 2, The Kingdom.

We have already explored messenger-Ego, in this chapter we will explore puppy-Ego, autopilot-Ego and government-Ego. These three not only nurture within us a richer understanding, they each provide simple language to a different aspect of the Ego.

By adopting each individual perspective we simplify the process of understanding and are able to approach the maturation of our Ego in a practical way. By synergising these different perspectives, we multiply the process.

Understanding these metaphors alone is often not enough to bring an ego to maturation. They are a tool for bringing the Ego from the abstract into the actual, from the illusive to the obvious. From here, one is able to better understand what is required for their own Egos maturation process.

Each metaphor helps us understand ways we can work with our Ego to support it in stepping back and into the role of observer, only acting when instructed, or when in autopilot as per a consciously created blueprint.

Remember the cube. If we would like to change the colour of the cube, we would need to paint 6 different sides. If we would like our Ego to mature, we need to work on it from multiple perspectives.

By doing this work from multiple perspectives, we both accelerate the process and are set up to achieve a balanced outcome.

In the last chapter we explored the messenger-Ego, here we explore the puppy-Ego, autopilot-Ego and government-Ego; as they bring synergetic perspectives, helping bring the abstract into the actual.

Puppy

The metaphor of the puppy can be an illuminating way to reframe the relationship with the Ego. It also serves to help better understand why we may have acted certain ways in the past.

When we are young and our Ego is just beginning to develop it is much like a puppy. It is excitable, grabbing hold of things, running around, making a lot of noise and mess.

The possibility exists that as we grow older we become ever more conscious and, in the process, nurture and develop our Ego. Raising the excitable puppy to become a loyal dog, our best friend.

The challenge for most people is that they are not living consciously enough to nurture and develop their Ego in such a way that it does indeed fulfil its potential in becoming a loyal servant.

An untrained puppy-Ego manifests as a person who is easily triggered, rigid in their beliefs and unable to accept being wrong. There is of course a spectrum and this describes one end.

At the other end of the spectrum resides a person who is ever present, not easy to trigger and malleable in their beliefs.

If we observe the world around us we may be able to identify where people are on this spectrum. This is not a judgemental act, but rather one of research. The more you learn about the puppy-Ego, the better placed you are to train yours. When observing others you are able to adopt an external, more objective view.

This metaphor is useful for another reason. Whether we have a puppy or a mature dog, we still reward and treat them in moments. It is the same with our Ego. It is not a bad thing for your Ego to be on show, and for you to celebrate it. It is just that if you still have a puppy and it is not well trained, then it could create challenges for you.

Ask yourself:

How would I define my Ego using the metaphor of the puppy?

Is my Ego a puppy, a mature loyal servant, or something in between?

Where can I see that my Ego either shows up as the puppy or the mature dog?

What is the difference in experience when the puppy-Ego is present, vs the mature-Ego?

Do I like my puppy-Ego/mature-Ego?

How do I treat my puppy-Ego/mature-Ego?

How do I reward my puppy-Ego/mature-Ego?

How do I punish my puppy-Ego/mature-Ego?

How could my puppy-Ego/mature-Ego serve me more?

How could my puppy-Ego/mature-Ego be a more authentic reflection of me?

Government

Within our Kingdom another way to see the Ego is as a government. In the Kingdom the role of government is to serve and protect the Followers. To understand what is safe and beneficial, and what is unsafe and detrimental, to their wellbeing. Then to introduce measures, in the form of behavioural patterns, to support this.

Government can play an important role within the Kingdom but, as it does in the outer world, it has a tendency to overstep the mark. When this happens in the outer world a country begins to lose its identity, as the identity of the government begins to take over. We can see many examples of this in the world today.

In the outer world a country's identity loses its connection to its people, and becomes all about government.

In the Kingdom our identity loses its connection to God and our followers, and becomes all about Ego.

Ask yourself:

What measures does my government-Ego enforce which I do not agree with?

What aspect of my government-Ego's behaviour am I not happy with?

Is my government-Ego an authentic reflection of what is most beneficial for my Kingdom?

Is my government-Ego an authentic reflection of me?

Is my government-Ego in service to my Followers?

Is my government-Ego in service to me?

Autopilot

Another role the Ego serves is the inner autopilot, instructed to follow the blueprint we have given. The blueprint is an amalgamation of every conclusion, belief and behavioural pattern we have, and every point of judgement, resistance or attachment we hold onto. We will refer to these things collectively as obstructions.

When we are unconscious and in autopilot our Ego is in the driver's seat, navigating us through life using the blueprint as a map. Our destination is determined by this map. Considering this is simply a collection of obstructions, this map can only ever lead us into a box of self imposed limitations created by what we have previously adjudged to be good or bad.

If the blueprint you have given your autopilot-Ego is riddled with unconscious obstructions then this can be a great disservice, as in the moments when you slip into autopilot you are likely to create challenges for yourself in the outer world.

Providing your autopilot-Ego with a blueprint which is clean of unconscious obstructions is a wonderful service, because in the moments it is in the driver's seat you remain open to possibility.

Ask yourself:

How clean is the blueprint I give to my autopilot-Ego?

What conclusions, beliefs and patterns am I attached to?

What conclusions, beliefs and patterns that do not serve me am I attached to?

Where am I resisting letting go of the things that are holding me back?

What assumptions have I made about life?

Who, what and where is the target of my greatest judgement?

Who, what and where is the target of my greatest attachment?

Who, what and where is the target of my greatest resistance?

—

There are some simple things that can be done to support the maturation of the Ego. This is not about fixing something that is broken. Nothing is broken. A puppy is not broken because it is not a dog. This is about spending time with the puppy/mature-Ego, being present and observing.

In doing so the blueprint we give to our autopilot-Ego changes, setting it up to serve us in a more beneficial way.

This removes the need for government-Ego to overstep the mark and take too much control.

So, what are the simple steps?

Meditation is key. Entering a meditative state and then beginning an inner world inquiry is the tool for awakening what we carry with us at all times. There are many interpretations of meditation, and many different types of practice.

The following practice can be used as a tool for connecting with any of the three metaphors shared. In doing so we train ourselves to use them as lenses through which we can better understand Ego, and therefore the Kingdom.

The practice is simple.

Lay comfortably in a silent place and try to breathe without making any noise whatsoever.

Have you ever noticed that you can hear yourself breathing?

Even if others can't, you can?

It may be very quiet, but you can still hear it.

Begin to quieten your breathing, slowly making it ever quieter.

Reach a point where there is zero noise, but also so you're breathing comfortably.

Stay here until you find absolute silence and comfort.

Allow yourself to remain here for as little or as long as you desire.

After some time, bring one of the Ego metaphors to mind.

Keep your attention on whatever this brings up for you.

If puppy-Ego, perhaps, *what is stopping you from taking your place as my best friend and loyal servant?*

If government-Ego, perhaps, *what is the thing that you feel you have to protect me from the most?*

If autopilot-Ego, perhaps, *what parts of the blueprint have been there for the longest amount of time?*

Now, do nothing more than observe.

—

The three questions above are shared to give you a direction of travel with your own questions. Then the questions shared throughout this chapter (under each Ego metaphor) offer a direct line of inquiry into each metaphor.

This practice takes us to silence which settles our system and the concentration on our breath gives our mind something to focus on.

When we bring an Ego metaphor to mind and feed it our attention, we expand our ability to adopt it as a lens through which we observe our Kingdom.

The invitation to then observe is important, because this is where the insight and wisdom becomes clear.

This exercise supports us in stepping back from all transient aspects of identity and into our true self, God within our Kingdom. This stepping back is achieved through the realisation that Ego is separate from God.

In doing so we open the space to connect with our Ego, to observe. As we peer into our inner world with this practice we become ever more familiar with our Kingdom. This is an important practice in familiarising ourselves with the different sensations present when God or Ego is in the driver's seat, and how the Followers act differently in each situation.

The more you practice the more you can find this place anytime, anywhere and in any situation. After some time it becomes a practical and efficient way to find the sacred space of your own inner geography, demystifying the Kingdom. I recommend using one Ego metaphor per sitting.

Chapter 4

The Followers



What is there to say about an entire civilisation of divine Beings in absolute, unconditional service to You?

They are your children, your siblings, your peers, your angels.

While life is full of delicious relationships and opportunities to experience connection & oneness, I'm yet to find any relationship which is more important than the relationship we have with our Followers.

As above so below, as within so without; everything which begins inside of us is reflected outside of us. Our entire experience of reality is predetermined by our relationship with our inner world, our Kingdom, our Followers.

The greatest act of service you can give to your family, community, society and the world is to bring harmony to your Kingdom, as this harmony is radiated out from you in all directions. This serves to illuminate the space around you, positively altering your reality (as per the Materialisation Process). This illumination is also healing to all who are in your presence; humans, animals, plants, all living Beings, because this radiation is pure undistorted life force.

What I mean here is that all living Beings radiate life force. This radiation is dimmed by the aspects of the illusion of reality that we are attached to. Animals and plants do not have such attachments, thus radiate a more undistorted life force than most humans. This is why it is so healing being in nature. So, when you radiate your life force undistorted, being in your presence is like being immersed in a natural paradise.

This is the importance of our relationship with our Followers. It is not just about our own realisation of ultimate Joy, but it is also a contribution to humanity which is beyond measure. From one perspective we will leave every Being we come in contact with feeling better than they did before, changing the world one person at a time. From another perspective our raised frequency is a contribution to the collective frequency of humanity and, as we are designed to resonate with each other like tuning forks, we contribute to the raising of collective consciousness.

Your Followers make up 100% of your physical presence in this reality, they are the totality of your physical body. Every cell of every type at every stage of its own life cycle is a Follower whose entire purpose in life

is to serve you. This is why it never makes sense to choose to overindulge one part of the Kingdom at the expense of another.

Would you overindulge one of your children, if you knew it would be at the expense of another?

If this particular moment of joy could only be realised by one if the other experienced suffering?

I think not. Or at least I hope not.

What we are looking at here from an archetypal perspective is the embodiment of the mature Sovereign. The benevolent leader whose primary concern is the wellbeing of the entire Kingdom.

If you consider the world leaders of today, are you satisfied that they are as benevolent as they could be?

Do you consider them empathetic, compassionate and understanding?

Would you like to see a different kind of leader in charge?

If so, what qualities would they have?

How would they look after the wellbeing of their subjects?

How would they ensure that all measures are taken to ensure everyone is looked after?

In answering these questions about our world leaders we put ourselves into the position of the subject, a position our Followers hold in relation to us in our Kingdom. This positioning allows us to better understand what measures we can take in being a good god.

If it helps us to do so then we can even outline the characteristics of what we believe a good god to be, defining this for ourselves and in the process creating a blueprint for our own practices.

The primary thing to remember is that time and presence is key. The relationship we have with our Followers is one which requires nurturing, because for most it has been neglected for so very long. We need to be ready to invest the time, energy and intention into this even if we do not see immediate results

As with any practice, sustained application creates results and, if you are to assign time daily to being alone, present and loving with them, it is not too long before the barriers begin to fall. And when they do fall, there will be no question in your mind as to whether it was worth it.

We will each experience this connection in our own way and each delight in its various qualities differently, deciding for ourselves which is our favourite. For me it is the sense of togetherness which comes with the Fourth Realm, with the unification of our Kingdom and reconnection with our Followers.

There is a permanent sense of being supported, being loved, never being alone. The door to clear inner insight is forever open, creating the perfect setting for a harmonious experience of the outer world. There is a continued sense of being looked after, watched over and being the receiver of true guardianship.

This brings a sense of knowing oneself, of being entirely delighted with every aspect of ourselves and of being lucid enough to easefully transition between different states of consciousness.

The inner clarity creates the space for Follower communication to be clearly received. We begin to understand our Kingdom and the different processes the Followers use to communicate with us in a deeper, more meaningful way. With time we will become fluent in their language and be able to instinctively receive the wisdom which is always flowing through them.

This wisdom manifests itself within us as a natural surrender into the knowing that it is not possible to control where the river of life is taking

us, that we are guided and protected wherever we are and that reality is nothing more than an illusion, created as a playground for us to enjoy.

Our outer experience of life may or may not become more fluid and harmonious, depending on our disposition. What I mean by that is, when we are in the driver's seat of our life it is entirely up to us where we go; some like a peaceful drive, some like a nail biting off road rally, some like it somewhere in between; all is right and all is perfect.

A harmonious relationship with our Followers brings an increased capacity to play the games of life in any way we so choose. If we consider every activity or endeavour a human being can undertake as a game, we can see that there are countless games we could play. The health game, money game, relationship game, purpose game, religion game, academia game, parenting game, fame game, etc., etc. The list goes on forever.

While most of these games are optional (we can choose to be a parent or not, we can choose to seek fame or not, etc.) there are four games which are mandatory. They are health (*if we don't make time for health, we will have to make time for sickness*), money (*if we don't make time for abundance we will have to make time for scarcity*), relationships (*if we don't make time for connection, we will have to make time for disconnection*) and purpose (*if we don't make time for joy, we will have to make time for suffering*).

The fact that these are mandatory means that most people will point to one of these areas (*health, money, relationships or purpose*) as being their main source of pain, or where they most lack fulfilment.

When we are harmonious with our Followers, we demystify our inner landscape, making it easier to dissolve any limiting attachments to conclusions, beliefs or patterns relating to any of the mandatory games of life.

This allows us to show up without the baggage of past experience, and changes the entire way we interact and engage with the outer world, as

we can essentially create our own personalised blueprints of how to win in any area of life. But not just win, win in a way which is aligned with our own deepest desires.

What one person perceives as winning, the health game for example, wouldn't be true for everyone. One person may see it as having a six pack to look amazing on the beach, another may see it as maintaining respiratory health to ensure comfort in old age, another may see it as the resolution of disease or ailment. We can apply this same logic to all the mandatory games.

The unison we have with our Followers allows us to understand what winning the mandatory games of life looks like for us. We discover what form of outer world expression and experience is most joyous to us. When we combine the reflection of a harmonious innerworld and a clear and conscious understanding of how to play our own games of life, we have a recipe for a personalised experience of heaven.

So, I go back to what is perhaps the most important part of this chapter.

The primary thing to remember is that time and presence is key.

I invite you to now schedule at least 15 minutes each morning to be present with your Followers. By yourself, in quiet. Music is ok as long as it does not distract you. Feel into your Kingdom, perhaps even address your Followers. Move around your Kingdom, focusing your attention on different parts, speak to the Followers in that part of the Kingdom. Hold silent space with them, then move your attention to another area, do the same, repeat.

Chapter 5

God



I will begin by briefly defining the functional role God plays within the Kingdom, before we move into a more reflective state so we can inquire into the divinity within.

Within the Kingdom you are God. The never changing part of you. When you inquire within, you may come to discover that there is only one part of you which remains unchanged. One part of you which is the same now as it was when you were born. Other than this, everything else is subject to change.

Greek philosopher Heraclitus, said "change is the only constant in life". If we are to inquire into this for ourselves, we will see that this is the case. Everything is in a state of flux; changing, degrading, slipping away, fading. This state of change is driven by two universal laws; the law of balance and the law of impermanence.

The law of balance states that nature will always strive to bring things into balance, whether that be, for example, an ecosystem, the balance of temperature in the Kingdom or the movement of the oceans; natural forces exist to balance all systems.

The law of impermanence states that everything is set to decay, die and disappear. Nothing is permanent. All will cease to exist at some point.

These two laws combine to create the mechanism which drives forth change. The law of balance creates equilibrium in a system, the law of impermanence will eventually be enacted on one or more elements of the system, taking it into disequilibrium. The law of balance steps in again, this time to push an element to evolve, be removed, replaced or another element added in order to restore balance.

These two laws will go back and forth, back and forth, back and forth for as long as this reality retains its current features and qualities.

There is one thing which is subject to neither the law of balance or the law of impermanence. *What is that?* God, aka YOU. *Why?* The law of balance is redundant here, as God is always in a state of harmonic balance, it can be no other way. And the law of impermanence does not touch God, the unchanging eternal force.

When a person connects to this part of themselves, to the divinity within, to the fractal expression of God which resides within every living Being, they connect to the only thing which is indeed permanent and unchanging. This is therefore the only thing that it is wise for a person to anchor into, the only consistent thing in this reality to lean on...because it is the only thing in this reality not likely to change, alter or diminish at some point.

This is why God is such a pillar of strength within the Kingdom.

The Followers are ever evolving, each with a lifespan of around 9 years. They evolve in line with our conscious and unconscious conclusions, beliefs, thoughts, wishes, desires and actions.

The Ego is ever evolving as every experience we have adds another layer of conclusions, which adds to the blueprint we give it.

The only element of our Kingdom which remains unchanged is God, the real us.

God's role is twofold; as the experiencer and as the decision maker. While it is not possible to avoid being the experiencer, it is certainly possible to avoid being the decision maker. This avoidance may be either conscious or unconscious. In these moments the Ego steps in and makes decisions based upon its blueprint, which almost always contains many limitations.

When the Kingdom is harmonious, God experiences the unpredictable wonder of reality in real time and is also present to make decisions for the good of the Kingdom.

I now invite you to take some time to reflect on the following questions. This is not an exercise of your mind asking your mind, but rather you asking the question and observing what comes up. I invite you to do this now, and also schedule to revisit it on a regular basis.

As God, fulfil one of your roles by making the decision to ask these questions consciously and with absolute presence. Fulfil your other role by observing what then comes up.

Any desire to label, analyse, judge, resist or attach to what comes up is of the Ego, so as God I invite you to choose not to listen. Do not reject, it is not an enemy. Rather let it play, like music you can hear playing in the next room, and continue with what you are doing; being the observer.

—

How do I feel right now?

Where am I right now?

Who am I right now?

Who is responding to these questions?

Can I feel a part of me that has always remained the same?

Can I remember that part of me being present throughout this entire lifetime?

How does that part of me feel right now?

Is it easy to answer that question?

Is there any interference making that line of communication unclear?

How often does that part of me express itself unconditionally, without limitation?

What sensations are present when that part of me expresses itself unconditionally, without limitation?

What sensations are present when that part of me does not express itself unconditionally, without limitation?

What sensations are present when that part of me expresses itself unconditionally, without limitation and is rejected?

What sensations are present when that part of me does not express itself unconditionally, without limitation and is still rejected?

What would be the scariest thing that could happen if that part of me was given the space to express itself freely whenever it chose to?

What would be the most amazing thing that could happen if that part of me was given the space to express itself freely whenever it chose to?

Can I, right now, commit to allowing that part of me the space to express itself unconditionally, without limitation at least once per day?

If it already expresses itself in my life, can I, right now, commit to allowing that part of me the space to express itself unconditionally, without limitation thrice as much as I do right now?

Can I commit to paying special attention to this, being in full concentration and holding total presence with this part of me?

Can I commit to stepping back behind all learned experience, all preconceived ideas of 'what I am' in order to uncover my purest expression?

—

This process is called Limitless Expression, and I invite you to practice it regularly. In doing so you just may peer around the Ego constructed veil, and reveal You. If this is the first time you are meeting You then it may very well be a profound experience. If it is not your first time, then I am sure it will be as delicious as every other time you have.

I cannot tell you what God is, because it is beyond the describable. This is why we refer to it as the nameless one with a thousand names. What I aim to achieve with this chapter is that, by practising Limitless Expression, you are able to have a direct experience of your purest form, your divinity, your Godliness.

By doing so I am doing all I can through the medium of a book to support you in attaining this direct experience, which is the most direct route to the Fourth Realm. An experience at the highest level of light illuminates the entire Kingdom, all distortions fall away and the Followers bask in the warm, nourishing glow of your undivided presence and attention.

Only then can you truly understand. Only then can you see how brilliantly magnificent you are. Any words I can muster to describe this would be wasted time and energy.

Find yourself. You are there. Hiding behind all the self constructed walls. I see you. I know you are hiding. Come out to play. It is safe. You are welcome. You will love it here. The game will not end if you come out.

Chapter 6

Transient Identities



When we come to see that our very identity is created by a collection of unconscious conclusions, beliefs and patterns, we must question the very nature of identity. All of these things are transient, meaning they are not a permanent part of You. Thus, the very identity You have come to know, is itself transient.

When we see this, we see the potential for a few things.

First we see that all the limitations we attach to our identity can be removed.

Second we see that all positive aspects of our identity can be retained.

Third we see that an entirely new identity can be constructed.

Fourth we see that identity itself is an illusion.

These realisations bring the awareness that we can indeed be whoever we desire. Identity and how we show up in the world is entirely up to us, it is a choice we make. If we do not like the way we show up, we can change it. As easily as we can change an outfit.

That seems impossible for most people, one reason being that identity is designed to be sub perceptual. Your identity is like a contact lens, if it is doing its job properly you will not know it is there. This is where most people reside; unable to perceive their identity, and therefore unable to accurately define it, resulting in an inability to see where identity ends, and we begin.

When we are able to separate from any false identity we have been wearing, and we know we can construct any new identity we like, it brings up the question of authenticity; *is this chapter a lesson in how to create a false identity?* No. The point of this chapter is to demonstrate that we do not have to carry any limitations associated with our identity, usually picked up through conclusions we have made about how the outer world has interacted with us.

The conclusions we make are a record of our experience of life, they serve a valuable purpose in many situations. They are a tool we can use to make a quick assessment of something. But if we pay too much attention to the tool itself, we give it too much energy and an attachment is formed.

In this moment it usually embeds itself as part of our identity. This is not useful. We could say that our very identity is a patchwork quilt of all of the experiences and conclusions we paid most attention to. Realising that our identity is something we have created, and often something we hide behind, is a major step in coming out of the shadows and into the full realisation of who we are.

When we allow our identity to be an authentic manifestation of our inner harmony, we find bliss. An expression of who we are, free from all limitations. So while it is possible to use this awareness to create false identities, the lack of fulfilment on that path renders it a sorry alternative. In understanding that all identity is transient, we free ourselves from the shackles of limitation identity can bring.

That is not to say we have no identity, but that any and all conclusions we have made about who we are, and who we are not, are released and no longer form part of our identity. What remains is the us we know we truly are, the us who is always dancing to the tune of our soul regardless of whether others can hear it or not. This total alignment with the true Self, beneath all layers of distortion, brings around the greatest sense of Self knowing, Self security and Self identity.

In this space of divine clarity we are able to move into any state we desire, to adopt a state of consciousness most suited to the situation.

For example, when I exercise I adopt a different state than when I am teaching students, I adopt a different state when I am with my children than when I am with my friends. These are not masks, but rather authentic aspects of my Being shining through undistorted.

In order to do this we must first be able to move behind any false identity we may have constructed, which may be challenging at first.

Why?

Because if you are attempting to navigate into different states while embodying an inauthentic identity, you will not truly move into these

states, but rather create an additional layer of distortion on top of your false identity.

If you are able to step back behind all conclusions about what you are and are not, you are able to navigate different states of consciousness.

Stepping back in such a way, moving beyond all conclusions, beliefs and patterns we have running inside, to step back beyond all judgement, resistance & attachment, can be challenging. Because we have come to be so familiar with these inner limitations, that often we do not see where they end and we begin. They have become 'part of the furniture', so much so that we do not even perceive them anymore; which creates the problem because, *how do YOU step behind something you cannot perceive?*

There is an exercise at the end of this chapter, the Me Exercise, which will support you in doing this.

All that is then required for you to express your purest form in any setting, is to step behind the illusion using the Me exercise, then bring your undistorted attention to the activity you are choosing to undertake. Hold your attention here without labels or telling stories about it, just presence. It is as simple as that.

You may begin to notice interesting sensations, it may even feel as though your physiology is changing as every fibre of your being begins to align with your attention. Stay with it. Remain present. Remain attentive. Remain the observer.

I invite you to practice the Me Exercise on its own first, before moving into different states or activities. *Why?* Because the better you are at using it, the more instinctively you can move into your authentic self, the easier it becomes to focus on something while retaining that state. So it makes sense to start by building a solid foundation.

As with all tools, practice is essential, and there are two key ways to practice.

1. Using the Me Exercise, practice the process of stepping behind, as this will support you in being able to do this more easefully.
2. Once you are proficient at stepping behind using the Me Exercise, practice holding that state for as long as you can, as this will help you to anchor into it so that you can find it quickly in the future.

The Me Exercise is wonderful as it serves to support us in moving ever closer to our authentic self, while also showing us how to embody that state more easefully. Because, the more we move behind the illusion of our transient identity, the more that becomes where we live, instead of just where we visit.

So, the Me Exercise, here we go.

As with any exercise of this nature a quiet, peaceful surrounding is ideal, especially in the early stages.

As you progress and become ever more proficient with the exercise, you will come to see that you are less and less able to be distracted.

Once you reach this stage you may enjoy, as I do, practising this in the most noisy environment possible. *Why?* Because when you are able to divinely connect with your inner realm in this way, you reach a point where nothing in the outer world can disturb that. The connection you have with yourself is sacred beyond measure and, when the walls of separation are dissolved, you come to realise that nothing in the whole of the universe can impact that; unless you would like it to of course.

So, when ready, bring your attention to your forehead, between your eyebrows, at surface level. You are looking to feel the skin in that area. If it helps you to touch your finger between your eyebrows to feel it, do so, but do not keep your finger there. Just touch it so you can feel it.

Repeat the word 'me', every time you do so move 1 millimetre back further inside your head.

Keep repeating the word 'me', pronouncing it in any different way which feels natural. Let go here, let the word arrive however it arrives. You may notice that you change and distort the word in many ways, but ensure that it remains the same word.

Every time you repeat the word move 1 millimetre back.

Keep going until you reach the centre of your head, always repeating 'me' on every step.

It is roughly 85 millimetres to the centre of the average human head, so depending on your speed it could take 3-15 minutes to reach the centre. I tell you this to give you a guide, not so that you time it; which would be a distraction.

While it is interesting to experiment with different speeds, in terms of pronunciation and the silence between, doing so with any intention to complete in a set time is a distraction.

It would also be a distraction to count 85 repetitions, one for each millimetre. Just feel into this. As long as your steps are guided by your feeling rather than any form of counting, there is no right or wrong, only experimentation. You will find your rhythm and make it your own.

Once you reach the centre of your head, remain here for as long or as little as you desire.

Initially you may just practice reaching here, and each time aim to stay longer. This is a gentle way to ensure evolution.

While it is not uncommon for this exercise to have an immediate effect, it certainly enhances with practice. If you are choosing where to include this in your daily routine, I suggest just before bed. *Why?* The exercise can initially leave you needing rest, so it is good to have the space. It also acts as a way to let go of any judgement, resistance or attachment collected through the day.

Chapter 7

Symbolism



Symbolism has been well discussed and written about over the years and is a fascinating rabbit hole if it calls you. For the purpose of what is required here I would like to discuss how symbolism plays a role in the corruption of the Ego and subsequent pollution of messages from the Followers. When we understand this, we can begin to reprogram our

relationship with different occurrences so that they symbolise something useful for us, thereby consciously setting the Ego up to play a truly supportive role.

Let us begin by being clear as to what a symbol is. A symbol is a thing that represents or stands for something else, especially a material object representing something abstract. We live in somewhat of a subjective reality, meaning that the way you and I perceive anything may be different, depending on how we feel about it. The same thing can symbolise something entirely different for two people, and that can then lead to very different feelings, beliefs and behaviours.

Everything symbolises something to us, even something as common as the words eat, sleep or breathe. This leads us to realise that the only way to ensure there is no pollution in the line of communication is to check our assumptions on everything. No matter how mundane or common sense they may seem, we still check.

Language is a great place to begin checking our assumptions, as it plays such a constant role in our lives, and because while the understanding of words could be seen as objective, for the most part it is subjective. Words associated with past experiences will always be somewhat flavoured by the experience, and thus have the potential to represent something other than the objective truth of their meaning.

It is remarkable how many hidden limitations we can release here. It is like the metaphor of consciousness being a hot air balloon that wants to rise, and the only thing keeping it down is the weights on the basket. The weights on the basket are limiting conclusions we hold onto, and a dedicated practice of checking our assumptions is a wonderful way to release even the most hard to reach weights.

Let us bring some clarity to how we engage with symbols.

1. We encounter something in the outer world

2. If this is the first time we have encountered this thing we make a conclusion about it. Then any time we encounter it again this same conclusion is triggered.
3. If this is not the first time we have encountered this thing, the previously made conclusion it symbolises is triggered.
4. A mind altering emotional cocktail associated with the conclusion is released into our system
5. If there are beliefs and patterns associated with this symbol, they are triggered. If there are not, they may be created.
6. The thing we encountered now symbolises this conclusion for us.

This autonomous mechanism is an entirely divine tool. A wonderful feature of our Kingdom which allows us to move through life without having to pay attention to every little detail. Which, if our minds were even capable of such a task, would be overwhelming.

As with all tools we can misuse this to our detriment. Misuse here is defined by ignoring that this exists and never inquiring into what outer world occurrences symbolise for us. If we are unconscious of these things, then we are actively keeping the line of communication between us and our Followers, and us and the outer world, polluted.

Why?

Because the mechanism we speak of here is part of what distorts the Follower messages.

Why?

Because what we are looking at here is our conclusions about anything and everything in the outer world, and how they then influence our responses and reactions. If left unchecked they will pollute all wisdom we could gain from our Followers by passing it through a filter of limiting symbols. An untrained, immature Ego will then shout so loud that we are powerless to resist the triggered feelings and behaviours.

If we are actively playing the game of checking our assumptions about everything and inquiring into how we perceive things, and thus what they symbolise for us, we are actively changing the blueprint we give to the Ego.

The Ego is doing nothing more than keeping us safe within the walls of what we already know and have concluded as safe, away from what we have concluded as unsafe. While keeping us safe, this also serves to keep us inside of our comfort zone, reluctant to step into the unknown and potentially a more intense experience of life.

I have a game for you to play which can support this inquiry.

Get into a comfortable position, without risk of disturbance.

Move into a meditative state.

Set an alarm for 9 minutes.

Pick any word you can think of.

You will notice that when you first think of the word it will evoke thoughts and feelings.

The game is to repeat the word over and over again.

If your mind wanders at any moment, gently bring it back to the word.

After some time you may come to find that the word begins to lose all meaning, and after some time you may not even recognise it as a word, perhaps even questioning if it is a word!

When your alarm sounds, stop repeating the word, stay in a meditative position and state, and breathe. Stay here for a few moments.

Open your eyes and read the word you were just repeating, *what does it symbolise for you now?*

The power of this game is to reduce and remove the attached meaning from the word, deconstructing what it symbolises for us.

The purpose of this game is two fold; firstly it dilutes the characteristics of what this word symbolises for us. Secondly there exists a possibility, as there is whenever we step back from any aspect of the illusion of reality, that we may have a taste of enlightenment.

Create a list of 30 words you would like to review, then each day repeat this process with one new word, assigning 9 minutes to the process. Repeat daily for 30 days and you will see that your entire perception of life shifts as your Kingdom moves more into harmony and the Materialisation Process (as explored in the next chapter) unfolds.

Upon completion of 30 days, read through your list of words taking a few moments to contemplate each. There is no objective here, just read and see what comes up. If nothing comes up that is fine.

Chapter 8

Enlightenment



While this book highlights a path to enlightenment in the current age, enlightenment is not the goal. Therefore, if a person walking this path does not reach that state of consciousness it should NOT be considered a failure.

Why?

Because while what I share in this book supports you in walking that path, it also helps you to uncover a purer expression of your Being; enlightened or not. This path is one littered with the treasure of a deep, more pure, relationship with our body, our Kingdom.

How do I define enlightenment?

Enlightenment can be seen as the unison of God and the Followers within the Kingdom. When this unison is achieved, all else falls away and you fully incarnate into your God potential.

You remember who you really are. You realise beyond question that reality is malleable and life is a game we are set up to win, when we know how.

Whether or not you are able to hear and understand them, the Followers are communicating with you all the time. Without the right awareness, their communications remain unheard and, thus, unanswered.

This is where the Ego comes in.

Amongst its many roles, the Ego serves as a messenger. In its simplest form, it acts as a bridge between Consciousness and your Followers, and then as an interface with the physical world. It picks up messages, brings them to the awareness of your Consciousness, and guides you in your interactions.

However, over time, the Ego has evolved and started to take too much control within most people. Rather than being a servant to the Kingdom, the Ego has become its master. God and Followers have been forgotten. This takeover by the Ego explains why so many constantly feel pulled here and there, living day-by-day at the mercy of their every thought and feeling, unable to keep the larger perspective in mind.

Once you reconnect with your Followers, the role of the Ego is significantly reduced. Your mind becomes calmer as the chatter dissolves and you instinctively feel what is needed in any given moment.

You are then released from the trap of the senses as you take control of the Kingdom. In this moment, you reach enlightenment.

At this point there are two potential paths which are commonly taken, the distinction between being where our attention is placed.

Those taking the first path will place most of their attention on the inner world, delving ever deeper into the abstract nature of divine oneness.

Those taking the second path will place most of their attention on the outer world, shining a healing light out and onto any Being in their presence.

Both paths are liberating, and the choice is entirely yours. Choosing one path does not mean you cannot choose the alternative path in the future.

Now of course it is possible for an enlightened person to find a state of equilibrium between inner and outer world attention, however it is observable that an enlightened person will usually choose one path over the other.

One quality of enlightenment can be seen as putting Ego in a place where it isn't required, which opens the possibility for it to step down permanently into the role of humble servant.

By cultivating a deeply profound and connected relationship with your Kingdom, you begin to see this meaningful connection reflected in your outer world. A beautiful relationship with your Kingdom in your inner world, reflects into your outer world, making it seem ever more beautiful. It then becomes natural to show up in life as a greater neighbour, friend, sibling, parent, grandparent...and whatever else you may identify as or with.

Why is that?

Because the practices for honouring your Kingdom at the highest level are also the practices for being a positive member of society. Being a kind, benevolent, compassionate human being who does not get entangled in stories of the mind or confusing emotional states; creating

the space for others to be themselves and flourish. This is a unifying and community building energy.

For this reason one of the greatest, if not the greatest, acts of contribution you can make to anyone or anything in the outer world is to unify your inner world, bringing balance to your Kingdom. To bring a sense of inner harmony, where Ego is servant to Consciousness and the lines of communication with the followers are open and clear.

The nature of the relationship we have with our Kingdom is reflected in our relationships in the outer world. Relationships not just with people, but with absolutely anything.

So this said, let us take a moment to reflect upon relationships. The very existence of absolutely anything and everything is only possible because it is in relation to something else. Up is in relation to down, light is in relation to dark, Self is in relation to other. Inquire into this, and you will see that you cannot name a single thing in the entirety of this reality which is not in relation to something else.

So we can therefore say that this is a relationship reality, or a reality of relationships as it were. So we could say that relationship mastery, not only in the sense of interpersonal relationships, is in fact the art of mastering this reality. As our outer world is a reflection of our inner world, we can see that if we desire our relationship to anything in the outer world to change we must first change our relationship with our Kingdom.

When our relationship with our Followers is harmonious, our relationship with everything in our outer world also becomes harmonious. Thus, efforts to improve interpersonal relationships can be like houses built on sand, if a person's relationship with their Followers is not first in alignment.

Unification of our Kingdom, the embodiment of the greatest level of inner harmony possible, is the art of mastering our entire relationship with reality and everything in it; in other words, being a Good God.

So what is a Good God? To define it would be to say a God who strives to bring harmony to their Kingdom for the good of all. One who is conscious in the way they live their lives. One who places the needs of

their Followers at the same level as their own and takes the entire Kingdom into account when making choices.

In the coming chapters we will explore ways to find harmony with your Kingdom so that you can begin the process of becoming a good God within your Kingdom and realising the potential you have in this lifetime.



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THE KINGDOM WITHIN

Have you ever considered what you truly are?

Have you ever got the sense, deep down inside, that you are magnificent beyond measure?

Do you realise that you are the peak of creation, capable of miracles?

You my magical friend are these things and more, and during the course of this book I will unwrap this reality for you.

Walk with me as we begin what may be your most awakening experience to date.

How breathtakingly delicious can your life become with this new found awareness?

My friend, that is entirely up to you.

