

Beverley Buckley, "*Final Days of Judgement*"

Xlibris, 2015, ISBN: 978-1-5144-4292-0

There are presented chosen quotations from this book, commented by Peter Jakubowski, in order to put the Beverley's grandiose ideas in harmony with the Unified-Physics knowledge of the new paradigm in science.

(p. ix)

Many peoples experienced instability in their lives. Some experienced major trauma. Some felt their lives to be meaningless. Others told me that they had lost the will and physical energy to purpose their dreams. What was happening at the level of the individual was a mirror for what was happening worldwide. Poverty and inequality have been increasing over many decades. Disasters of all kinds were, and still are, occurring with increasing regularity.

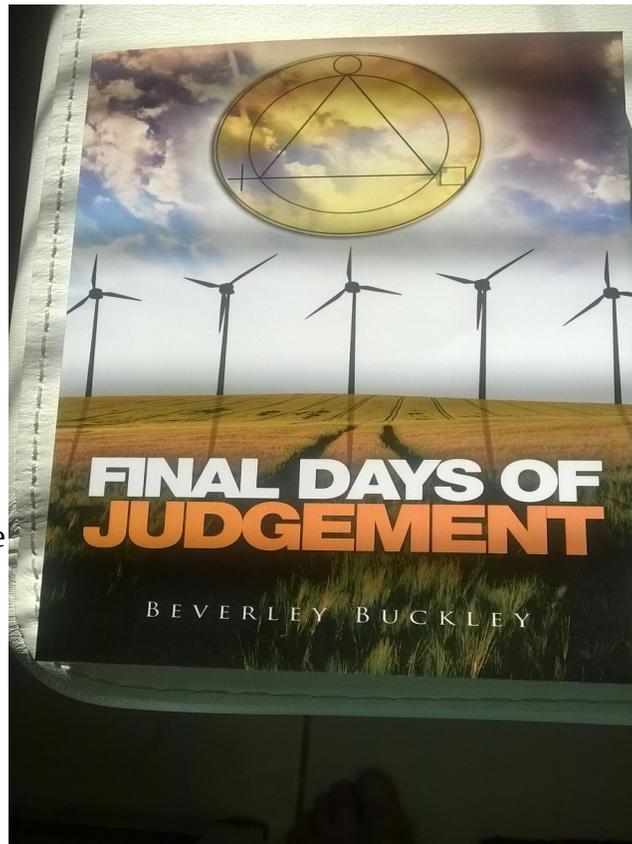
When I told clients that everything was exactly as it should be, they were not reassured. I can accept this statement as true but only because of my own personal journey and the

experiences that have enabled me to see things very differently from the way most people see them. I know that what appear to be hindrances are actually helping us to understand things that we couldn't understand before. We would like our lives to be smooth and predictable, but our purpose is to grow in understanding. This doesn't happen unless we are pushed, sometimes far further than is comfortable.

(P. J.)

A collective trauma experienced in human history between 9000 and 6000 years ago is still influencing our collective life on Earth today. The physical reasons and properties of the cosmic events that caused this collective trauma have been described in my online books "[Our illusory physics](#)" and "[Atlantis of the Neanderthals](#)", as well as in many articles on the [Open-Science-Academy website](#).

Beverley speaks in her book very often of "our purpose" to do something. It presumes someone like an "intelligent" producer or designer of the Universe. It sounds for myself to be too close to the misused term "intelligent design". Therefore, I prefer to exchange in the quotations from the book by Beverley the word "purpose" with the word "task", because in that meaning we remain the responsible persons, putting our tasks for us by ourselves, without the necessity to give our responsibility for our activities away from us to some unknown instance.



(p. x)

It was possible to think that because the Mayan calendars ended in 2012, it was a prediction that the world would come to an end at this time. I prefer to think that we have come to the end of the world as we have known it and that we are about to step into an entirely new way of acting and being.

... I liken what is happening to pretty much the same thing that happens when you decide to renovate the house. ... When you renovate, we know that the house we are accustomed to living in will no longer be as it was before. It will essentially be the same house, but better and bigger. So, too, the world of the future will essentially be as we know it now, but it will be a much better place to live in.

(P. J.)

This comparison does not work when we are considering a paradigm change. When changing our paradigm, we have to abandon the old house (the old paradigm) and to "jump" across the gap between the old and the new paradigm into the new house (the new paradigm). The new house does not need any renovation, it is ready and awaiting us to arrive and to set it up, equip it with our new science, new culture, new spirit. All older ideas, as for example, the milestones of the old paradigm in physics (including Einstein's Relativity Theories, primordial space-time, universal constant speed of light, traditional quantum mechanics, elementary particles being the fundamental building blocks of Universe, "big bang", "black holes", "multiple Universes", "dark matter", or "dark energy") have to stay on the old-paradigm side of the gap between the both paradigms, filling in a museum of science.

(p. xi)

Like Earth, we too are healing. The problem is that as we change our thought patterns the chemistry of our body also changes because our bodies and our minds carry the same patterns. Sometime healing the mind causes a short period of physical pain in the body. We do not understand that pain is a sign either of healing or of the need for healing. ... Pain is basically the only thing that really forces us to change. What we need to understand is that pain is not the problem. It is a symptom of the problem. Pain is an indication that something is wrong. We need to feel the pain, let go of our judgement of it, and then fix the cause rather than try to eliminate the pain.

(P. J.)

It is really very important to understand the role of the "pain forcing us to change".

(p. xii)

What we have forgotten is that the process that has brought us to this point was designed by us. We established the rules. We put the plan into action even though we haven't been consciously aware that this has been the case. Ancient texts, from times when people were more consciously aware, attest to this idea. We are returning now to this level of consciousness. We are becoming more and more aware of the secrets that have been held at the subconscious level for the entire history of the Earth. The difference between what will happen in the future and what has happened in the past is one of conscious awareness. From here on, we will be consciously co-creating the future world, but this creation will come about because we are aware of the mistakes of the past and we are aware of what we have learnt from making those mistakes. It will be creation from a higher level of consciousness. ... Understanding the physics of what is happening makes everything easier to accept and to realise that what is happening isn't an accident.

(P. J.)

There was not an external "designer" in human history. However, there was an external, very strong

and decisive, cosmic influence upon the human beings' evolution. The most important point of time in that influence was the period between 9000 and 6000 years ago. The "ancient texts, from times when people were more consciously aware," concern exactly this period of time in our history, the very recent evolutionary "jump" from the previous Genus of our Family Homo Sapiens (the Genus Homo Sapiens Neanderthalensis) to our present Genus Homo Sapiens Sapiens. In a direct consequence of those events, which happened in that period of our history, humanity had lost most of its old members, together with their old, conscious knowledge, abilities and practical skills. Our present, first Species of our own Genus has reached a global turning point at the beginning of 20th century, when humanity, for the first time in our history, has physically evolved into a global civilization covering the entire Earth. Beginning with our present Global Civilization, we really have a chance to overcome our collective trauma, lasting upon us for already about 7000 years, and return to the ancient level of consciousness, knowledge and practical skills. Therefore, the Beverley's remark ending the above quotation: "Understanding the physics of what is happening makes everything easier to accept and to realise that what is happening isn't an accident." is very wise and constructive indeed.

(p. xiii)

It is thought that Earth has always operated at the rate of 7.8 Hz. This is called the Schumann Resonance. ... A resonance of 7.8 Hz puts Earth at third-dimensional frequency. At the higher frequency of 13 Hertz, Earth operated at a fourth-dimensional frequency, which is the frequency where synchronistic happenings become an important aspect of life.

(P. J.)

This is an example (fortunately, a very rare one in the commented book) of a completely misunderstood connections between our life and the physical conditions on Earth. According to Wikipedia, Schumann resonances are global electromagnetic resonances in the cavity formed by the Earth's surface and the ionosphere; their fundamental frequency of 7.83 Hz is a standing wave in the Earth-ionosphere cavity with a wavelength equal to the circumference of the Earth. The higher resonances occur at: 14.3 Hz, 20.8 Hz, 27.3 Hz and 33.8 Hz. The Schumann resonances are traditionally considered to be generated and excited by lightning discharges. According to our new paradigm, our holistic treatment of all natural processes in our Cosmic Hierarchy, we cannot separate the lightning discharges in "Earth-ionosphere cavity" from the internal and external energy transfer in the entire Cosmic Hierarchy. And the mentioned "dimensionality" of the Schumann frequency (whether third or fourth) has no theoretical physical basis. Consequently, the increasing Schumann resonance cannot be made responsible for our global awakening. At least its increasing fundamental value could be considered to be a result of such awakening and of our global increasing sensitivity to our cosmic environment. However, in the recent decades there are numerous "global experiments" running around the world. Some of them strongly influence the atmospheric electromagnetism, including the Schumann resonances. The most "aggressive" of those experiments seems to be the HAARP experiment (belonging to the so-called "Geoengineering"). We can see, for example on [Internet videos](#), how the Schumann resonance completely disappears as a result of the HAARP ULF Start experiment. Therefore, we have to avoid any direct conclusions from such uncertain observations. The fascinating Beverley's book doesn't need such a weak support.

(p. xv)

Magnetic-field strength decreases are thought to be a forerunner of magnetic polar reversals, and Professor Banerjee (of the University of New Mexico) believes that such a reversal is due. This reversal is called Zero Point, and it is something that has occurred previously according to ancient records. ... A

dramatic shift to a new level of spiritual awareness is occurring as a consequence of the shifts in Earth's electromagnetic fields.

(P. J.)

The magnetic polar reversals have occurred previously in the Earth's history according to ancient records, however not in ancient texts but in rocks found all around the Earth. The reversals can be documented in that way over the entire Earth's period of existence since the Moon's formation 3507 million years ago (compare, for example, Tjeerd H. van Andel, "New View of an Old Planet; History of a Global Change", University of Cambridge, 1985; ISBN 0-521-44243-5). However, the magnetic pole reversal is nothing mysterious if we consider the Earth's past from our new-paradigm point of view. As a result of the huge collision between the largest remnant of Proto-Mars and Proto-Earth 3507 million years ago, the rotating Earth's core, producing (in the dynamo effect) Earth's magnetic field, has started to swing along the newly defined North-South axis. Each time the core crosses in its motion relative to the Earth's crust the equator plane, the magnetic field decreases to Zero Point, and appears with the reversed polarity until the swing stops and a new cycle begins. (More details to my model of the vibrating Earth can be found in Chapter 1 of my online book "[Atlantis of the Neanderthals](#)"). It is sure that such events have to influence the life on Earth very strongly, but hopefully not so much dramatic as the known global extinctions, like at the end of the Dinosaurs era (65 million years ago), and even less dramatic as those at the end of the recent Ice Age (around 20 thousand years ago). With our model of the vibrating Earth we have now a scientific tool to research the previous reversals and their past and future consequences.

(p. xvi)

Strategies we have used in the past have their origins in fear and judgement. Strategies for future will arise from unconditional acceptance and will be in alignment with the laws of universal existence. They are becoming available to us only as we move into a state of unconditional acceptance of ourselves. As we change our own vibrational level by letting go of fear and other low-frequency emotions, new choices are becoming available to us.

(P. J.)

This is a beautiful, humanistic-psychological-therapeutic definition of the present paradigm change.

(p. 3)

Our mirrors are an application of the Law of Attraction. We attract into our lives those things that reflect what we hold inside. A good example of this is television. We watch the programmes that mirror things about ourselves. ... In fact, when the issues that the TV specialises in are cleared, we find it boring and a waste of time because it no longer serves any useful purpose other than to put us into a hypnotic trance of non-response. So, too, do the newspapers lose their appeal. The daily dose of negativity no longer serves a useful purpose once we clear the negativity that is represented by this information.

(p. 4)

I have almost reached the point where I can accept unconditionally the fact that I am totally responsible for all that happens in my life.

(P. J.)

Our global civilization will become adult, if the most of us will reach this state of responsibility.

(p. 7)

Just as waves are made up of the water molecules that comprise the wave within each moment of time, so, too, the universe is made up of everything that exist in that moment. And just as a wave doesn't come into existence without an energy source, the universe is also driven by an energy force which we can think of as the God force - the energy that brings things into existence.

(P. J.)

It is very fine definition of the universal driving "force" in our Universe. The two small aesthetic corrections are that there are never water molecules in water, but simply water nanoparticles, and we have to speak about the energy transfer, or energy flux, instead of the non-scientific term of "energy force".

(p. 10)

It became obvious that what happens in our lives occurs as a result of the negative decisions and judgements we make about ourselves and the situations we find ourselves in when we are very young children. ... Decisions, particularly ones made in times of emotional turmoil and a result of some form of trauma, are the means by which we create the patterns of our lives.

(P. J.)

Yes, it is true. And it is extremely important to understand the real scope of such "creation" of the patterns of the lives of those hundreds generations of our predecessors living after the recent cosmic "quantum jump" of level 5 of our Cosmic Hierarchy, which has culminated 6820 years ago.

(p. 12)

Not having what we want provides us with the motivation to keep going.

(p. 13)

Imagine that knowledge is floating in a vast celestial library. It is contained as an energy vibration.

(P. J.)

Exactly what I imagine, too.

(p. 14)

Channelling, as I understand it, is a conscious form of tapping into some aspect of universal awareness, but we are only able to access information that corresponds to our own vibrational frequency.

(P. J.)

I think, each information accessible for an individual has to be "addressed" with it own personal address-code (like every data-packet in the electronic data transfer). I suppose, our DNA-antennas are the key to this code. Only very sporadic, by specific stress situations (for example, during the birth process), it becomes possible to "deform" one's own address-code and read the information of someone else.

(p. 19)

Earth's story is the story of control versus avoidance of personal responsibility. ... We have tried every strategy possible for avoiding personal responsibility and/or making others responsible so that we could blame them. In order to make the strategies of avoidance work, we have developed a whole repertoire

of laws and rituals. The effect of doing this has been to polarise society. One group has taken responsibility for everyone and everything and, in doing so, have gained total control. The other, much larger group has abdicated total responsibility for everyone and everything, including themselves. They have willingly given their powers to those who have assumed control.

(P. J.)

It is true for our history during the recent 9000 or so years (compare the previous remark to p. 10).

(p. 25)

We are accustomed to the idea that some people live in absolute luxury and have huge resources which they use to gain power and control over others and over the resources of the world. We explain this to ourselves by thinking that these people must be cleverer or more resourceful or even more dishonest than we are. Possibly, the reason for this to have happened is really simple. The truth is that we have allowed it. We have not taken responsibility for the resources and gifts we have been given, and we have allowed them to be used for the benefit of the few. By our thinking, conscious and unconscious, we determine our circumstances.

(p. 27)

When we attempt to create a new reality without first letting go of the thinking that has kept us in past reality, we cannot succeed.

(P. J.)

It is true for a paradigm change in any aspect of our life and knowledge.

(p. 33)

The learning we gain in the accomplishment of each task we are given opens the door to an even bigger task.

(P. J.)

We are lucky, if we can experience this.

(p. 36)

We can only create that which is a reflection of who we are and of the same vibrational frequency. ... In the third-dimensional world, fear and anger are the tools of abundance, and control and manipulation are the most successful weapons.

(P. J.)

Replace "In the third-dimensional world" with "in the old paradigm", and I completely agree with it.

(p. 38)

As we move into higher-frequency living, everything that has its origin in lower-frequency motivation will vanish. They will no longer be needed.

(P. J.)

It is the main practical advice for those changing their paradigm.

(p. 43)

It is only when we let go our fear of being not good enough and of having no value that the controllers lose their power. Control strategies work because they give us what we are afraid to take personal responsibility for. The strategies used are easily identifiable. Those in control would lose their power immediately if we were to refuse to play the game, but for the most part, we haven't even identified the fact that a game is being played and that we are willing participants.

We are willing participants because the game was designed by us in order for us to learn to take responsibility for ourselves. Once we become strong and take responsibility for our own destinies, than the game is over. For the most part, we haven't done this yet. We will learn. It might take a while longer, and the bar might have to be raised even further, but it will happen. People will wake up. Many have done so already, and the numbers are growing. When we move into a state of unconditional love where even those things we don't like are seen as being part of All That Is, the game will be over. None of this has occurred by accident. It is a strategy that was designed by us, way back in the beginning of time, to learn to let go of judgement and live in a state of unconditional love.

(P. J.)

I like this explanation very much. The only detail which has to be completed, is that the "way back in the beginning of time" has to be understood as the time before the humanity's "cosmic jump" 6820 years ago, when our direct predecessors, the recent Neanderthals (the world-wide Atlantis civilizations) had really lived in a paradise, "in a state of unconditional love".

(p. 47)

No matter how much preparation I do in terms of information, equipment, and skills, it is unlikely that what I create will be successful if I hold the belief, 'I am useless'. This is what hasn't been understood until now. ... Since our thinking determines what we create, if our thinking is entangled with scarcity or low self worth, what we create reflects this.

(p. 47)

Most people now realise that if we continue as we have been doing, Earth will not survive. Now we have the opportunity to stop, reflect, and learn from what we have done.

(p. 48)

I have lived a long time and done many things. Now I realise why this has happened. To do what I am doing, I need lots of information and many skills. ... It is for this reason that much of the valuable work on Earth is being done by those who are advanced in years. They have devoted their whole life to this task, preparing in different ways.

(P. J.)

I agree. And I imagine, how much more of valuable work has been done by the long living and gigantic members of the Atlantis civilizations.

(p. 53)

It seems that a long, long time ago, there was a crisis on the planet Niburu. Niburu is the twelfth planet in our solar system, but because of its elliptical orbit which takes over 3,600 years to complete, it has not been identified. ... The people were technically advanced, far more advanced than we are on Earth even today. Their need for gold was so vital that they came to Earth to mine it and take it back. The people on Earth were primitive. They were overwhelmed and overawed by the 'gods' who came. Some

of the earthlings, wanting to learn the secrets of the Anunnaki, collaborated with them. I was one of the collaborators.

(P. J.)

Let us learn about the new-paradigm structure of our Solar System within its Cosmic Hierarchy, with all its consequences (including the above mentioned details of our own evolution on Earth), and only then we can see, whether we still need to believe that some unknown planets and civilizations were necessary for our evolution to our present level. At the moment, I don't see any necessity for such a "replenish" of our scientific knowledge.

(p. 57)

The causes of non-communication are attitudes of judgemental self-righteousness, close-mindedness, and avoidance. When we judge others as unacceptable on the basis of difference, we don't have any need to communicate with them. When we don't communicate with them, we maintain separation. When we separate ourselves from others, it is as if they do not exist in our reality. Judgement of others is a great strategy for maintaining ignorance. It ensures we don't step outside what is known. It also means you don't have to ask questions. You just accept what you know, without question, and anything outside of what you know is excluded. You can't have an opinion about anything because your world is confined to what you know - and you don't have opinions about what you know. What you know remains unquestioned.

(P. J.)

Let me just repeat: Judgement of others is a great strategy for maintaining ignorance.

(p. 60)

Learning is irrelevant if nothing changes.

(P. J.)

Simply brilliant.

(p. 61)

Our experiences during the first seven years of our lives are critical in understanding how our life unfolds from then on. Whatever is contained within the energy field of the members who comprise the family is magnified upon our arrival and results in all sorts of interactions and situations.

(P. J.)

The first cycle of 7 years and 7 month of our life (beginning with impregnation) ends really at the age of 6 years and 10 months. And the energetic constellation of each new member in a family is the same as, for example, for a new star in a stellar "family". The golden-section relation optimizes the mutual interactions with the mutual disturbances. Without the interactions the group cannot build a family, and without the disturbances there is no interactions possible. The golden section (and golden angle) relations makes the universal optimizing rule in the whole Universe.

(p. 65)

Problems in life stem from just one source: negative thought patterns that originate in decision or judgement about who we are and about our experiences in the world. Problems come from not realising that our experiences are reflections of who we are on the inside. Our external world is a mirror of our

internal world. It can be no other way. If we want to change the external, we must first change what is inside. Change thinking at the deepest levels, and the problems which are a direct consequence of our thinking just disappear.

(P. J.)

It can be no other way.

(p. 67)

The structures and organisations of the third dimension (*old paradigm*; P. J.) are collapsing under the weight of the reliance that they have created. They no longer have the means to supply the needs of those who have become reliant. They do not have the answers any more. Those who seek continuance of such structures know, deep down, that it is only a matter of time before they will collapse. The fear that is felt is massive, and it is eating deep into the hearts and souls of all who seek to maintain control for their own self-importance and because they know no other way.

(P. J.)

We observe the same seek to maintain the old structures and models in science; the fear that the old paradigm is lost is massive indeed.

(p. 68)

I prefer the idea that the universe operates by design.

(P. J.)

I agree, if we are the designer of our world.

(p. 69)

Attraction occurs because of the power of **electromagnetic force**: the power source that makes things happen.

(P. J.)

We have to replace here (and in our memories) the electromagnetic force with energy transfer, or energy flow.

(p. 70)

This is the basis of synchronicity: the coming together by what appears to be 'chance' of two or more unrelated things, people, and/or ideas. When such things happen over and over again, it becomes obvious that coincidences are not quite what they seem to be. Initially, we might think that our lives are being guided by some unexplained external power. Eventually, we realise that the 'power' is within and that we are responsible for the synchronistic events in our lives. ... Synchronicity seems to play a major role when it comes to turning points in our life's journey.

(P. J.)

It is an interesting definition of synchronicity.

(p. 74)

Using the river as a metaphor for life lived in alignment and balance, we see that it is not a matter of taking the middle road but rather of having the option to investigate one aspect of life, then the other

opposing aspect, accepting both and respecting each for what they offer. We live in alignment and balance when we live our lives prepared to investigate outer limits and are able to continually adjust to changing circumstances.

(P. J.)

It is because balance is not a natural ideal. The "golden disturbance" is such an ideal.

(p. 76)

The role of dependence and independence shifts from one to another as we enter an upward spiral of personal learning, growing, giving, and receiving. This is the true essence of cooperation and interdependence. Needing to be dependent or needing to be independent means that we cannot grow. Both options are valid. Only with independence of thought and action does it become possible to create. Only in dependence do we have the freedom and time to spend on learning, which is the basis of creation.

(p. 76)

It is not possible to heal traumatic events of one's life without revisiting them, but when such events are hidden so deep in the subconscious that we do not even suspect they exist, nothing resurfaces until something happens to trigger memory.

(P. J.)

Are the wars of the recent six millennia enough trigger-happenings for our civilization to resurface the traumatic events of the period 9000 to 6000 years ago?

(p. 78)

We enter into co-dependent relationships with others with the intention of getting from another those things we lack in ourselves.

(p. 79)

When we learn about the childhood of people who have achieved incredible things in life, the motivation for doing what they have done often comes from extraordinarily difficult years as children.

(p. 79)

Our families and relationships provide our most important mirrors.

(p. 83)

This is nature's way of preserving the integrity of the natural world. If unbalanced plants were to produce seeds, the plants which would grow from those seeds would not be perfect. Imperfect plants are destroyed by pests and disease before they can reproduce. It is a brilliant design.

Weeds also have a role of repairing soil that is not in balance. Specific weeds grow in soil that lack or have an imbalance of particular elements. As soil quality is improved, the variety of weeds changes to reflect the improvement in the soil. They become softer and less invasive. Healthy plants have the ability to repel insect attack. ... The amazing thing about soil is that if it is left alone, it actually returns to balance. This is how nature operates.

(P. J.)

This also is how Nature operates when human being evolves from Class Mammalia to Order Primates

16.4 million years ago, and next from Family Homo erectus to Family Homo sapiens 172 thousand years ago, and finally from Genus Homo sapiens Neanderthalensis to Genus Homo sapiens Sapiens, around 7000 years ago. Imperfect children become increasingly unable to reproduce, until the new branch of the genealogical tree dominates the available world. Our ancient myths telling us about the 'Gods' protecting the new, just emerging human race against the 'Half-Gods', is a reminiscence of the difficulties during the recent transition phase of our evolution between 9000 and 6000 years ago.

(p. 85)

Earth has been judged not good enough to satisfy man's greed, and we have sought to control it to satisfy our insatiable appetites. Because contact with the land puts us in touch with our feelings, and this makes us feel uncomfortable, we have separated ourselves from it and chosen to live in artificial environments of steel, brick, glass and concrete.

(P. J.)

It is sad but true.

(p. 86)

Earth is not something that can be abused thoughtlessly forever without us suffering the consequence. ... At all times, Earth strives to maintain balance, and it will survive. Unless we change, we might not.

(p. 88)

Not realising that our primary duty and responsibility is towards ourselves, we develop a variety of strategies to ensure that we abdicate our duty to ourselves. We make other people, organisations, and ideas more important than we are. We impose intermediaries to interpret how we should think and act rather than take responsibility for deciding for ourselves. Finally, we give responsibility for our well-being to others.

(p. 91)

As the vibrational shift on Earth takes place, groups that have been in control, such as large multinational businesses and financial institutions, are becoming more and more aggressive in their marketing and in their determination to stay in control.

(p. 93)

We all need the freedom to make our own choices, but we also need the freedom to experience the consequences of making the wrong choices.

(p. 93)

We are all guilty of referring to others to point us in the direction we need to go or to solve the problems we have ourselves created. That is why we go to doctors, psychologists, clairvoyants, or tarot-card readers. It is why we seek advice from others.

(p. 94)

We really don't need the church to act as an intermediary between ourselves and our God. ... Whilst I do not know exactly who or what God is, I have been given enough evidence to know that there is a higher power, that there is a definite plan for Earth's evolution, that we all have a role to play, and that we are guided at all times to achieve our higher purpose for this lifetime.

(P. J.)

No, I don't agree that there is some higher purpose for all of us. I think, it is rather the huge functional difference between a "normal" human brain and a super-brain, which is responsible for our impression to be guided by a "higher power" according to some "definite plan". The same impression can be supposed in a single bird or fish moving together with a huge swarm of his species. In the case of human beings standing on our present evolutionary level, our super-brain emotions and impressions are received not necessarily from a "swarm" of other people, because each of us has already more or less developed "initial" super-brain in or gut and other internal parts of our body. We are still not able to "think" with this "emerging" super-brain, thus we receive its signals more in that domain we are used to call subconscious, in opposition to conscious reactions coming from our "normal" brain.

(p. 98)

Early in 2015, some very interesting information was channelled by someone whose identity remains a secret. The information was that, at this time, people who have been preparing for many, many years will act to set in place a series of revolutionary trends that are intended to change the world's power structure. Working in unison but independently, they will start a revolution that will cause people to become much less dependent on the existing power structures. As the processes are set in place by this group of people, who are on Earth at this time for this purpose, people will start to realise that things are changing.

(P. J.)

Gaia needs a change and "seeds" the capable people with corresponding ideas?

(p. 104)

At this time of Earth's evolution, we are being given a huge amount of help so that we can complete the journey that we undertook to travel millions of years ago, because we are close to reaching our destination. That is what the shift that people speak of is all about. We have reached the end of a cycle. All that is now needed is to clean up the mess and consider the learnings. Once we have done this, and it might take a long time to complete the process, we will be ready for the next challenge.

(P. J.)

Not quite so easy! We have really reached a turning point in our evolution. But we have no time "to clean up the mess and consider the learnings". The Cosmic Hierarchy of our Solar System is a cosmic clock that never stops. We have to continue "learning by doing". We have reached the deepest point of our evolutionary depression after the immense traumatic event around 6820 years ago. We are exactly in the middle of the lifetime of our present species. It will be finished in 6758 years. We are at the beginning of the still very young first Global Civilization in the Earth's history. It began 1905 and its lifetime, as every other civilization is 1118 years.

(p. 109)

Learning does not occur through reading about something or being told something by someone. Learning, if it is to create change, must be full-body learning: learning that involves encoding of the information at the cellular level.

(P. J.)

A very important aspect of education.

(p. 109)

Whilst it would make it easier if we were to know our purpose so that we can identify the patterns, the universe doesn't not work that way. Generally, we only get to see the full scope of our purpose once we have identified it. We only get to understand why we need to undertake a peculiar course of action once we have taken that action. Trust is vital.

(P. J.)

I cannot agree here, too. What for Beverley is a "purpose", I consider as our personally chosen task we are able to do. However, it is not a task chosen consciously in our brain-thinking process, but a task "felt" unconsciously as belonging to our field of competence. It is why it emerges in our consciousness not earlier then after we have identified it with our conscious brain.

(p. 110)

When we block our memories, we deny ourselves vital clues. Missing memories are probably far more significant than existing ones because missing memories contain the really important data we are searching for to find the purpose of our lives. Without these memories, we live in a fog, and things happen without reason, seemingly without purpose. When we cannot see, there is no pattern and no meaning.

(P. J.)

It's fine; but compare also the previous remark.

(p. 111)

Forgetting means that the secrets have been kept, but now, secrets are being exposed, and more and more information about Earth's history is becoming available. For a long time, we have thought that man is a relatively recent phenomenon and that man has evolved from a very primitive, ape-like creature. Now, archaeological digs are finding evidence which suggests that man's history is far more complex than we have been taught to believe and might even involve long periods of time when Earth was visited by 'Gods' from other planets. Nothing else seems to explain the drawings of giants, space beings, long-forgotten pyramids, or the skeletons of enormously tall people that are now being discovered in many parts of the world.

(P. J.)

*This is **one of the most important remarks of the whole book**. And it demands a careful consideration. I am still convinced that "man has evolved from a very primitive, ape-like creature". However, during the recent 16.4 millions of years, we had have enough time to evolve from those "creatures" to human beings, people like you and I, already at the end of the "lifetime" of the Family Homo erectus, about 334 thousand years ago. Since then, we were always just consecutive Generations, Civilizations, and Species of the two Genera of this Family. First of them (living between 334 ant 172 thousand years ago) I have called temporarily Homo sapiens Heidelbergensis. The second one (living between 172 thousand and 6820 years ago) was our direct predecessor Genus Homo sapiens Neanderthalensis. Our own Genus Homo sapiens Sapiens was born during the recent event of level 5 of our Cosmic Hierarchy, which culminated 6820 years ago. Our own Species Homo sapiens Sapiens "modernus" is the first Species of this Genus at all. And it is very important to understand that we (you and I today) have reached in our own Generation, the second Generation of our first Global Civilization on Earth (which started 1905), the middle point of the "lifetime" of our Species of 13.5 thousand years. It is why we are awaking just now from our traumatic rigidity of fear that this catastrophe could repeat again.*

We see today our real chance to return to the terrestrial conditions from before the level-5 events. In those paradise-like times there were long-living giants on the Earth indeed, whom our later myths called 'Gods'. But they were never citizens of any other planet. They have lived in grandiose Atlantis Civilizations all around the world of those times, after the recent Ice Age was finished. And only thanks their fight against all terrible circumstances during the level-5 event, we have obtained a real chance to develop our own, new Genus of our Family Homo sapiens. And we are here today. So, we have to be very thankful to them, and not longer "play secret" with their existence and their role in our own evolution. Not only our bare survival, but also all our cultures, religions, and technical skills, were impossible without the active help of the last Atlants (the last Neanderthals). We can be proud to be the youngest children of Atlantis.

(p. 112)

We are like the man who, once he completed the learning about unimportance that constituted his life's purpose, realised that, when he values himself, he has something to offer others. That which he offers others or to the Earth is our higher purpose. It is what we are here to do.

(P. J.)

Here, Beverley expresses with something other words to our "task" here on the Earth, what I tried to express just above.

(p. 112)

Learning something that we haven't previously understood means we have become more than we were before. This is what growth is.

(p. 113)

Contrary to what we would like to believe, families do not exist to give us what we want: unconditional acceptance and support. Their purpose is to provide us with a mirror to show us what we have judged unacceptable in ourselves. Through the decisions we make as children, we establish the learning path for our lives. It is a path that leads us to face the things we most fear. Eventually, we understand that everything, even fear, has a purpose. Families provide us with unconditional love only when we love ourselves unconditionally. While we hold on to judgements about ourselves, our family demonstrates these judgements very graphically. The sisters who are vindictive, the brothers who invalidate us, and the mothers who are powerless to intervene in abusive situations provide us with a mirror to see ourselves. The judgements we make about them are the same judgements we have brought into this lifetime to heal.

(p. 117)

Like separation, free choice is also an illusion. When learning is complete, we will let go of the need to have free choice and understand that our only viable choice is to operate within the laws of universal existence and from unconditional love of All That Is.

(P. J.)

It is exactly why I think, also the Earth's purpose is an illusion. The universal laws are our only choice.

(p. 118)

Earth has been working with the task of learning about fear. That is its 'life purpose'. Gradually, the fear

that was held about having no choice but to feel pain and fear has been understood.

(P. J.)

To heal our collective trauma is our task like a true 'life purpose' of Earth today.

(p. 119)

Up until now, Earth has demonstrated what is created when we operate from fear, greed, and the need to control.

(p. 122)

As parents, we would like to think that we know how things should be. Too often, we believe that it is our job to teach our children what we know so that they don't have to go through the same trial-and-error learning process that we have had to go through to learn. Unfortunately, it doesn't work this way. We can't do the learning for another.

(p. 125)

We put medical doctors in charge of our health in spite of the fact that we know that medical doctors have a high incidence of suicide and premature death. We put psychiatrists in charge of our mental health in spite of the fact that the incidence of mental disorders in psychiatrists is far higher than for the general population. Leaders have demanded our trust, but too often, we read that they are untrustworthy. When the trust they engender is insufficient to persuade others to follow them, they have not been above using force, manipulation, subterfuge, lies, and incentives to maintain their leadership positions. ... Control of the media is absolutely vital when power rests in the hands of the few because secrecy is vital if the few are to remain in control. With the advent of the Internet system, which still remains relatively independent, secrets cannot be kept.

(P. J.)

Well observed, important to remember.

(p. 126)

We have experienced the result of operating on the basis of our own rules. We know that making up our own rules doesn't work unless our own rules are in alignment with the universal laws.

(p. 127)

We have looked to science and understanding of the physical world to understand, and we know that science hasn't provided us with all the answers. Science does work when it identifies the truth, and we can make decisions based on the truth. Knowing what doesn't work funnels us into doing the things that do work, even when we don't like having to do the things that work because they require us to face our fears and may be onerous to implement.

(P. J.)

Science cannot identify the 'absolute' truth, because it doesn't exist; all is relative.

(p. 127)

Meaning is what we have always striven for. Meaning comes when we see that everything is organised according to particular patterns. For as long as we have forgotten past memories, we have been unable to identify the patterns in our lives. We have not realised that things do not happen in isolation.

Everything is connected. Each event is part of a much larger whole.

(P. J.)

It is very important to remember.

(p. 128)

Doing, which comes out of being, provides change, growth, challenge, and excitement. Doing is active form of being. It involves the creation of those things that are a reflection of who we are being. The process of creation involves both being and doing. That which is created is a reflection of the creator. They are different aspects of the One.

(P. J.)

*This is the second **very important idea of the book**. It describes the Unified Family of all physical quantities with more popular words and concepts. "Being" corresponds to the quantum dimension (area), to the existence of a quantum of our Universe. "Doing" corresponds to the quantum period, to the experience of a quantum of our Universe. They both are different aspect of the "One", the Universal Unity.*

(p. 128)

We are the creations of the universe. We are created in the image of All That Is. To all intents and purposes, we are a reflection of All That Is. In much the same way that we are the creation, we are also the creators. Our creations reflect who we are. It is in not understanding this simple idea that we have separated ourselves from the creation and from the creator. We have maintained the separation through a process of externalisation. We have given 'God' existence that is outside of us. We maintain the separation by a vast number of strategies. ... We have always created reflections of who we are. Wars, violence, horror, and depravity are reflections of us. They are external manifestations of what we hold within. It can't be any other way. ... We prefer to feel worthless than to face the truth of our own responsibility.

(p. 129)

It is in the separation between the being and the doing that problems arise. Of course, there has never ever been real separation. That is an illusion, just as the separation between the creator and the creation is an illusion. ... Having judged ourselves as being unacceptable, we then look to an external source to make us acceptable. We look to God to 'forgive our sins'. We take the words attributed to Jesus that His death 'absolves us of our guilt', and we use them to rationalise that we do not have to be responsible. The fact is that we are 100 per cent responsible. Accepting this enables us to apply the mirror principle to every aspect of our lives.

(P. J.)

It is also important to remember.

(p. 130)

The universe operates on the principle of all or none, never nearly. Total obedience is demanded for Earth as it is for us. ... Unlike schools, where it is not necessary to get everything perfect before graduating to the next level, we don't have that option. These are truly the last days of judgement. All the judgements we have ever made are now being thrown at us.

(p. 131)

Once we understand the consequence of operating out of choices that are not aligned with the universe, we also understand that, again, we really have no choice. No choice is the only choice available, when we realise that any choice other than that which is in alignment with the Laws of Universe leads to chaos and destruction. Understanding this allows us to willingly choose 'no choice'.

(P. J.)

Fine philosophy.

(p. 132)

It is the principle of attraction that holds the universe together. Without the feminine or magnetic aspect of existence, there would be no universe. The universe is a fine balance between two forces: energy and magnetism.

(P. J.)

Sorry, Beverley, but for our task of children education, it cannot stay here without a correction. In the old paradigm, it could be either: "The universe is a fine balance between two forces: electric force and magnetic force", or, "The universe is a fine balance between two aspects of energy: electric energy and magnetic energy". However, because in the new paradigm, we avoid a division of a unified whole into any imaginary and illusory parts, like classical electricity and classical magnetism, we have no choice (comp. quotation from p.131), and have to follow the Universal Laws (collected together into my Unified Physics).

In doing this (comp. quotation from p. 128 and my remark to it), we can really treat the magnetic energy as a classical expression of the feminine aspect of the existence. Mathematically, it is a vortex, a sourceless quantum whirl. If so, it also means the being of a quantum, a quantum dimension (area), or a body. On the other side, we can treat the electric energy as a classical expression of the masculine aspect of the existence. Mathematically, it is an electric charge, a vortex-less quantum monopole. If so, it also means the doing of a quantum, a quantum period, development in time, or a mind. In this dualism, I see the only possibility to use our classical experience with electricity and magnetism in a unified terminology of the Unified Physics and the new-paradigm description of our Universe.

(p. 133)

Magnetism can be thought of as the 'being' aspect. The masculine energy represents the 'doing' aspect. Without the other, neither functions as intended.

(P. J.)

Here you are completely right, if we agree to follow the unified interpretation from above.

(p. 134)

Reuniting the being-and-doing aspects will come about when we end the separation of the male-and-female aspects of ourselves from the emotional, mental, and physics aspects. The intention behind the separations has been to stop emotional pain. We now know that separation does not give us the relief we seek. It merely prolongs the pain.

(P. J.)

It is important to understand the tendency.

(p. 136)

When we realise that what is happening is the logical consequence of our own actions and thoughts, we no longer need to 'appease the gods'. Instead, we can look where responsibility really lies.

Understanding the cause of catastrophe somehow makes it easier to accept. Obedience to the Laws of Universe does not require blind faith. It requires us only to remove the veil that we have superimposed over the underlying truth so that we can understand.

(P. J.)

This can be also treated as an advice, how to understand the paradigm change.

(p. 137)

No one ever told me that the body can hold on to past trauma, but it is being recognised in the condition called Post Traumatic Stress Disorder. I suspect we are all victims of post-traumatic stress. ... I came to the conclusion that this was evidence that my body was releasing poisons.

(P. J.)

Here you have pointed exactly, what I am explaining all the time. I am sure, "we are all victims of post-traumatic stress" after the level-5 event that culminated 6820 years ago. And I am convinced, through all the "wars, violence, horror, and depravity" (comp. the second quotation from p. 128), humanity was just releasing poisons of this enormous stress. It was not a natural human behavior. Thus, we have a real chance to change it back to our normal "mode".

(p. 143)

Energy changes from crystal to matter and then into wave form depending on the vibrational frequency.

(P. J.)

I would say, forget this comparison; we don't need to complicate what is simple. Each quantum in our Universe has its unique, characteristic energy and its corresponding frequency (and of course, all other physical properties, if we need them in our description of the Universe). Change the state, and the corresponding quanta change too, including all their (perfectly unified) characteristics.

(p. 144)

Change involves remembering old decisions and understanding what we have learnt from them. It involves letting go of habitual patterns of the past. When we let go of judgement, there is no energy to attract these things into our lives any more. When we let go of judgement, we will no longer be giving our energy to the things we don't want. This is what is meant by 'the final days of judgement'.

(P. J.)

Thank you for the explanation.

(p. 145)

Adherence to the Laws of Universe allows things to flow in their right order. The alternative is control. When we operate from control, we work to make things the way we want them, rather than allow them to be right for all.

(P. J.)

It is also important to understand.

(p. 146)

Flow is the energy that bind people together. When flow is blocked, people have to operate as individuals. Energy flow affects how people operate in partnership and within both small and large groups. Flow is blocked by power and control, manipulation, egocentred greed, fear, and pollution. Understanding flow is important in understanding how Earth functions, and one of the important things I realised about flow is that trust is needed if you want things to flow.

(P. J.)

It is a correct translation of the universal physical interaction, the energy transfer, or the energy flow, onto social networks.

(p. 149)

For anyone wanting to grow into their true power, surrounding yourself with those who are completely unlike us is the quickest way to identify those things that are still being held in judgement. As with the separate flows of water coming together, close proximity leads to merging and acceptance. Different energy patterns become attuned. This is the meaning and purpose of community. The individual retains his or her own characteristics, but when they merge, they are capable of producing something new, something that is different from either, and something more than either.

(P. J.)

*It is the third **important observation of this book**. It explains how the individual brains in a community merge together to a state approaching a super-brain. Its "effectiveness" is sometimes extremely high, lying much above an individual brain ability.*

(p. 151)

Earth has a distinct pattern of energy flow through and around it. This is called the 'torus', and is similar to the energy flow around the human body and beyond to form the aura.

(p. 154)

Taking energy from others restricts their ability to be who they truly are, because energy is life force. Energy vampirism is a much used strategy, which enables us to feel good. Mostly, we do it unintentionally, having learnt the techniques in early childhood. It is very easy to 'steal' energy from other people when we put them into confusion, defencelessness, or make them fearful. ... Physical separation may be forced upon us as a strategy to avoid loss of our energy.

(P. J.)

Sometimes a physical separation is really the best way to retain our energy.

(p. 156)

Death is a transition process not only for the one who has died but also for those who are left behind. ... Change is generally uncomfortable because the support system that we have grown accustomed to is no longer available to us. Death occurs when it is time to let go of and move on. It is a time for grieving and a time for rejoicing because once we understand the real meaning of death, we know that although one cycle of learning is just complete, another is beginning. ... At that point, we will understand that we are not our physical bodies. We are more. We are much more.

(p. 156)

It is not easy to accept that there are times when it is appropriate to do nothing, but moments of doing nothing may be extremely valuable. When we allow things to happen, information is provided in some form: an idea, a book, a person, or an event.

(P. J.)

I like this advice.

(p. 160)

We set goals to get us the things we need, without realising that focusing on the thing we think make us happy is simply a tool to motivate us to take action. Activity generated in goal-oriented behaviour causes movement. As we move, we experience a range of situations and experiences, each of which either takes us towards our goal or provides us with information about things that don't work. When we reach our goal, we understand that it does not actually provide us with the satisfaction that we sought. Satisfaction comes from meeting a range of challenges involved in achieving a goal, which help us discover more about who we are and what we are capable of doing. Satisfaction comes from understanding our world.

(P. J.)

Yes, but my goal is the "understanding our world".

(p. 164)

One of the benefits of movement - whether it is generated by revolution or is simply the result of a change in occupation, or housing - is that it allows us the opportunity of meeting challenges that we would not have been called on to face, had we stayed within a familiar environment.

(p. 165)

When we lose our attachment to having things the way they have always been and having things the way we think they ought to be, we find that new possibilities and new adventures await us.

This is what is happening on Earth at present. Earth is now in a process of letting go the systems and organisational structures that have supported people's lives. Even though they were put in place out of need for control, they represent safety. They are known and accepted even with all their faults and problems, and there is great fear as it becomes obvious that they can no longer fulfil the purpose for which they were designed.

People who have a vested interest in hanging on to control are fighting tooth and nail to retain it, but the reality is that great change is occurring. This makes it impossible for the control strategies that worked in the past, to remain effective. Greater and greater force is required to maintain the status quo. To the degree that we resist letting go the old patterns of fear, anger, inadequacy, and worthlessness, we will find ourselves faced with unpleasant experiences, which will force us to let go of old patterns.

In resistance, we are creating exactly what is needed to demonstrate categorically that the old ways no longer work. Even in the face of extraordinary hostility and violence, people are choosing to honour their own truth and, in doing so, are paving the way for others to do the same. When the price of safety is to not to honour one's own truth, safety is no longer an option.

(P. J.)

Once more an advice and a guide for those who are going to change their paradigm.

(p. 176)

Helping those who refuse to learn that they have created the problem, so that they can continue with the behaviours that cause problems, is not useful.

(P. J.)

It is really not useful, as it never was.

(p. 183)

Memories of such things as the Earth turning over, the earth shaking, and people in total terror with no time to do anything have been recollected by several clients, and the phrase 'totally frozen in panic' is one that I have heard repeated on several occasions. When memories such as these surfaced, I was surprised. I had not expected that memories that pre-date the present era of Earth's history would have been available.

(P. J.)

While difficult for a scientist like myself to verify these findings, the more important issue is their effects on those who recollected them, because it suggests a strong, collective effect on the whole humanity. Evidently, terrible occurrences from our Past are not only capable of being stored in our collective conscious over hundreds of generations, but actually recalled and deeply felt still in our Present.

(p. 183)

In human, brain cell destruction occurs because of a chemical brain bath that effectively destroys all non-myelinated axons (brain cells that haven't been used) washing through the brain just prior to each growth spurt in a child. ... The brain-cleaning process removes something like 80 per cent of the existing neural mass. What is unused, and what has not reached the appropriate level of development for the next phase, is destroyed. I see this is happening at present on Earth, and I suspect we will see more evidence of it in the future. I suspect that people who have not learnt what this phase of Earth's evolution was designed to teach them will be unable to move to the next level and will leave.

(P. J.)

Sounds hard, but consequently.

(p. 184)

The patterns are universal. We haven't been able to identify them previously because we haven't, until recently, had the means to remember the information or the means to integrate the pieces within the whole. Being able to see the patterns requires the ability of right brain processing. It only gets put together as a whole when integration occurs. ... Memories allow us to understand that things don't happen in isolation. ... Without seeing the pattern, life and evolution has no meaning.

(P. J.)

Let me just repeat: The patterns are universal. Without seeing the pattern, life and evolution has no meaning.

(p. 185)

The sequence of Earth's development parallels the phases of human development and individual growth.

(P. J.)

Mathematically correct, the 'felt' relation should be reversed: the phases of human development and individual growth parallel the sequence of Earth's development (along our Cosmic Timescale).

(p. 187)

This is a completely new territory. We are currently in the process of integrating information that is available to us from our experiences over many centuries of living. We are in the process of discarding that which will not support us in the coming phase. Discarding what we don't need is a difficult process because even the things that we no longer use are part of us and part of our story.

As this is happening on a world scale, it is happening for me at the personal level. I am throwing out old clothes, selecting and giving away books that are no longer relevant, and cleaning the house in preparation for moving. This is simple process compared with throwing out the structures, beliefs, organisations, and habits that we have built our lives around.

(P. J.)

A paradigm-change guide once more.

(p. 188)

Transition is a time of chaos. We will only get caught up in the drama of chaotic experiences if it is necessary for our highest good. This time, Earth will not be destroyed, but our problem is that we still carry the fear of destruction from previous periods of transition, and we live in great fear of it happening again.

(P. J.)

We live in fear until we have understood, what has happened 6820 years ago.

(p. 189)

In the beginning, there was a void, and within the void, there was nothing but unconditional love. In the void, consciousness did not exist, because consciousness requires duality. It requires a mirror by which it can know itself.

(P. J.)

In the beginning, there was a Universal Spirit, the Universal Creative Potential, and it created the first "Big Quantum" of our Universe, and within it, among others, our Cosmic Hierarchy of the Solar System. BTW, does also the "unconditional love" not require a duality, a mirror of itself?

(p. 189)

So the decision was made to create unity as plural, of minimum two. For the purposes of experiencing all aspects of life, a split took place and separation occurred between the light and the dark, which are two major forces of universe. The light is represented by the 'doing' or male aspect. The dark is the feminine, magnetic aspect that holds everything together.

(P. J.)

*No, Beverley, surely no! It is your **weakest point in this book**. I don't like the deeply medieval concept of light and dark representing "two major forces of universe". And I even abhor the highly destructive, life disturbing connection of the male aspect of life with the light and the feminine aspect of life with the dark. It is exactly that crazy idea, which had brought, and still brings, an immeasurable sorrow and*

injury to millions of women.

If we follow what I have said in my remark to p. 132, it is enough, and maybe still constructive also in the new-paradigm thinking, if we say that the feminine aspect of the existence corresponds with 'being' (of every quantum in our Universe) and can be considered to be represented by the classical (source-less) magnetic energy, whereas the masculine aspect of the existence corresponds with 'doing' (of every quantum in our Universe) and can be considered to be represented by the classical (vortex-less) electric energy. And let us remember forever, only through the combination, a perfect unification of the both energies, magnetic and electric, can we have light in our Universe. Neither alone can really exist.

(p. 191)

As a consequence of the ability to create in material form, which came as a consequence of separation, Earth and its people were created. This was a period of love and total acceptance on Earth. It is possible that this time corresponds with our mythical Garden of Eden. Earth was a place of exquisite beauty and abundance. Earth operated at a very high vibrational level and everything was given freely in spirit of light and love. There was connection with Spirit. It seemed as if nothing more could be desired.

(P. J.)

It is just our infantile imagination of those times in Garden of Eden (between 19,000 and 9,000 years ago) inspiring us to conclude that "nothing more could be desired". The priests (scientists?) of Atlantis knew very well that their paradise-time was just a single cycle in the long history of humanity. They knew about the many already extinct Genera and Species of our own Family Homo sapiens who lived during the long and numerous Ice Ages. And they knew about the horrific consequences of the coming soon level-5 event. They prepared their own civilizations to try to survive in many newly created colonies (as those in Balkans, Andes, or Tibet). And they built the energy sources for them, the pyramids, and gave them other skills, tools and helpers. Nevertheless, the intensity and the duration of the cosmic event (more than two thousand years) went even beyond their own imagination. It is also, why we needed almost seven thousand years to awake from the post-traumatic stress.

(p. 203)

All this has happened in order to bring us to this time: the time when each of us individually, and Earth itself, are in the process of completing our 'life purpose'. We are about to transition into a period when we will be able to fulfil our 'higher purpose': conscious creation in alignment with the Laws of Universe.

(P. J.)

Just replace our 'life purpose' with our 'life task', and our 'higher purpose' with our 'first Global Civilization', and you will know, why you are reading this text.

(p. 204)

Our external reality, present and future, is always a reflection of our inner world. Change the inner world and the outer reality also changes. It is such a simple concept but people don't listen - or if they do, they don't understand. 'Not understanding' is a brilliant refuge to hide behind to avoid taking responsibility for what is happening on Earth at present.

(p. 205)

We attribute power to others based on external evidence: wealth, position, status. We fear those who have the power to take away or destroy what we have. Too often, we give energy to those who carry the

symbols of power. Much is attributed to those who have the symbols without regard to how the symbols have been obtained. When we realise that authentic power comes from within, we will no longer give our energy to those who use sophisticated strategies to take power from us.

(p. 206)

Those in power have only one thing working in their favour: the ability to create fear in others.

(p. 207)

When we operate from the perspective of 'me' and our actions are based on being the victim, the martyr, the abused, the neglected, or the unheard we lose power. When we operate from the perspective of 'we' and we offer empathy, consideration, and/or compassion, we gain power. ... Wisdom gives birth to integration of both 'me' and 'you': the coming together of two and remembrance that unity is plural. Wisdom comes from seeing what happens when we pursue a particular course of action and see the outcome.

(p.210)

The turmoil and disasters we are witnessing are caused, I believe, for one of two reasons. The first is that the people who are in control are terrified that they are about to lose control and they are using every strategy they can implement in order to maintain the status quo. The game has become very intense indeed. In their desperation to win, the controllers are making some very stupid mistakes and more and more people are starting to wake up to the fact that all is not as they have been taught to believe. The second reason is that what we are witnessing are symptoms of healing, similar to the healing crisis that people face after they have let go of the negative thought patterns.