

## *Something in this Book is True - Bob Fressell*

The way out is always through, which brings us to the third notion: Recreate equals disappear. If you can allow yourself to have a thorough experience of what you would normally tend to resist, the tetany will disappear. You need to "tune" to it and allow yourself to feel it fully. Then it will disappear.

I learned this truth, you might say, the hard way. I was at Campbell Hot Springs in May of 1980, and felt I was advanced enough to go into a hot tub and rebirth myself unassisted. Rebirthing in warm water is a very advanced form, not to be attempted until you have had at least ten successful "dry" sessions. In my case, I had and I thought I was ready. Regarding the second notion, it is well to remember that when the mind thinks it is the self, it thinks it needs all its old stuff for survival. Remember, the tape it is playing contains a thorough record of how you survived. The key here is awareness, which leads to safety and trust. A good rebirther can provide this with certainty: He or she is a companion, a protector, a psychic guide, and a mirror.

A good rebirther will teach you that the breathing rhythm is, as Leonard used to say, "not a discipline, rather it is an inspiration." It is about giving up control. Most people's breathing is totally controlled; they push the exhale out, pause, and then let the inhale in almost as an after thought. One gives up control, but only to their own body, their inner wisdom.

Rebirthing is oddly comparable to hitting a golf ball. Volumes have been written on the mechanics of the swing, and it's just that--mechanics. The point is you need to understand all of it well enough to let it go and be in the rhythm or the flow of the swing. At that point you are one with the swing--you become the swing.

The same is true for the breath. When you let go and trust the breath, you discover the true control of full, free breathing. You discover that you are being breathed by the infinite intelligence contained in the breath, and it knows exactly what to do.

At that point you are effortlessly relaxing and tuning to the process. Just continue to let yourself feel the symptoms without judgment. That lets you have a thorough experience of them, which in turn leads to their disappearance. The session is complete when the layer of old stuck energy has been replaced by new energy. It usually takes one to two hours. Out of choice comes intention to produce the desired result. Your intention must be one hundred percent.

For every condition you have that you say you don't want, on some level--usually a very unconscious level--you do want it and you chose it in the first place. That means there is a payoff somewhere. You will let go of the condition when there is no more value in keeping it around, i.e.,

Anger integrates into determination, which facilitates your effort to get your needs met. Guilt and shame integrate into innocence and a more complete awareness of your natural divinity. Since all your emotions are bound with shame, there will be an integration of shame every time you integrate an emotion. Integrating shame-bound emotions is one of the keys in reclaiming your child-like innocence, which is essential in the process of reconnecting with your higher self and your natural divinity.

. . . to pardon, to overlook

. . . "give for" or to "replace" the ill feeling, to gain a sense of peace and harmony

. . . to give love for yourself

Forgiveness is a simple yet sometimes misunderstood word. Compiled here are some enlightened and concise statements about forgiveness.

" . . . Resentment, condemnation, anger, the desire to 'get even' or to see someone punished or hurt, are things that rot your soul and tear down your health. You must forgive injuries and hurts of the past and present, not so much for the other person's sake as for your own."

" . . . Hurt or hate of any kind scars the soul and works an illness in the flesh. The illness will not be fully healed while you continue to remain unforgiving."

" . . . Forgiveness begins with the one who recognizes the offense. When you get the offense out of your own heart, you have forgiven. The reconciliation which you bring about within yourself will have its effect upon your brother, and there will be an automatic forgiving on his part toward you."

" . . . Genuine forgiveness is not a casual act. The word means a 'cleansing' or a blotting out of transgression. It takes time and persistence for true forgiveness to invade the subconscious levels."

" . . . You may not consciously be aware of what or whom you need to forgive in the past or present. It is not necessary that you know, though often it will be revealed to you, as you invoke forgiveness. The only requirement is that you willingly speak words of forgiveness and let those words do their cleansing work. "

" . . . To forgive means to 'give for' to 'replace' the ill feeling, to gain a sense of peace and harmony again. To forgive literally means to 'give up' that which you should not have held onto in the first place."

" . . . If only one person will dare to forgive, the problem can be solved, regardless of who else is involved, and whether anyone else wants to forgive. The person who dares to forgive gains control of the situation. You may not have appeared to have any prior power to solve the problem, but suddenly there will be a change. The person who forgives will find a divine solution appearing."

*" . . . You must forgive if you want to be permanently healed. Health cannot be accepted by a body that is filled with the poisons generated by unforgiveness."*

*" . . . When your good is delayed, that is the time to forgive. Forgiveness can sweep aside all that has delayed you in your race toward good."*

*" . . . The forgiving state of mind is a magnetic power for attracting good. No good thing can be withheld from a forgiving state of mind."*

*" . . . If Jesus had not dared to say on the cross, 'Father, forgive them for they know not what they do,' he could not have experienced resurrection."*

*" . . . Forgiveness is all powerful. Forgiveness heals all ills. Forgiveness makes the weak strong. Forgiveness makes the cowardly courageous. Forgiveness makes the ignorant wise. Forgiveness makes the mournful happy. Forgiveness can unblock whatever has stood between you and your good."*

**Let It!"**

*A Course in Miracles*

*"The unforgiving mind is full of fear and offers love no room to be itself."*

*"The unforgiving mind is sad without the hope of respite and release from pain."*

*"The unforgiving mind is torn with doubt, confused about itself and all it sees."*

*"The unforgiving mind is afraid to go ahead and afraid to stay"*

*"The unforgiving mind does not believe that giving and receiving are the same."*

*" . . . Without forgiveness the mind is in chains, believing in its own futility. Yet with forgiveness does the light shine through the dream of darkness, offering it hope, and giving it the means to realize the freedom that is its inheritance."*

*" . . . The illusion is that there is something to forgive. Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. Forgiveness is the means by which illusions disappear."*

*" . . . Through your forgiveness does the truth about yourself return to your memory. Therefore, in your forgiveness lies your salvation."*

*" . . . Forgiveness wipes away the dreams of separation and of sin. Forgiveness sees that there was no sin; therefore releasing it."*

*" . . . Forgiveness sweeps away distortions and opens the hidden altar to the truth. Forgiveness stands between illusion and the truth."*

*" . . . Forgiveness is acquired, it is not inherent. Forgiveness must be learned."*

*Forgiveness Affirmations*

*. . . I forgive myself totally and completely.*

*. . . I forgive myself for past errors.*

*. . . As I forgive, I am forgiven. .*

*. . . I am now willing to forgive myself and others for hurting me.*

*. . . As I forgive others, I forgive myself.*

*. . . As I forgive, I see the truth.*

*. . . As I forgive, my mind is released from the chains of resentment and negativity to the rewards of love and positivity.*

*. . . I am now willing to consider forgiving my mother/ father/doctor who delivered me.*

*. . . I totally and completely forgive the doctor who delivered me. This affirmation is always true.*

*. . . I totally and completely forgive (put in person's name).*

*. . . I forgive (name) for (whatever you want to forgive them for).*

*. . . Forgiveness is my salvation.*

*. . . I forgive my mother/father/doctor for their ignorant behavior towards me at birth and during my childhood.*

*. . . I now release, renounce, forgive and free all my unpleasant past, all my imagined future, all thoughts and attitudes of separation and all human relationships into the Light or the Holy One.*

*. . . I freely forgive you. I loose you and let you go. It is done. It is finished forever.*

*. . . I fully and freely forgive. I loose and let go. I let go and let God do his perfect work of healing in my mind, body and affairs.*

*. . . All that has offended me, I forgive. Whatever has made me bitter, resentful, unhappy, I forgive. Within and without, I forgive. Things past, things present, things future, I forgive.*

*. . . I forgive everything and everybody who can possibly need forgiveness in my past and present. I forgive positively everyone. I am free and they are free. All things are cleared up between us now and forever.*

*. . . I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness. I forgive positively everyone. God is love and I am forgiven and governed by God's love alone. God's love is now adjusting my life. Realizing this, I abide in peace.*

*Make a list of people you are willing to forgive. Next make a list of what Leah called "fortunes to receive." For each person you forgive, you create space for your greater good. Make a list of what you*

are willing to receive.

Conclude your list with the following affirmation: "This or something better now manifests for the good of all concerned and in divine order, for I am now willing to consciously receive all the gifts God has given me."

The two alternatives to physical death as we know it are both a function of consciousness. The first, resurrection, is consciously moving from one world to another by dying and then reforming your light body on the other side. With the second alternative, ascension, you don't die at all; you consciously move from one world to another, taking your body with you. It is a very responsible way of leaving.

There are two main advantages with these alternatives. First, you don't stop at the third overtone. You continue until you reach the higher, harmonic overtones of the fourth dimension--either the tenth, eleventh, or twelfth. These are usually referred to as the Christ-Consciousness overtones. Second, you are able to keep your memory intact--in fact, you will never again have a break in memory.

In exhale-oriented breathing, you slowly push the exhale out, and after a long pause, inhale a small amount of air--almost as an afterthought. It is literally holding your breath, and it is the only way to keep your birth trauma suppressed. In addition, exhale-oriented breathing is a death-oriented breath insofar as it fills the cells with an excess of carbon dioxide. It takes an average of seventy years to complete the job. The birth trauma by then has become a self-fulfilling prophecy.

Inhale-oriented breathing is pulling on the inhale and relaxing on the exhale and keeping them the same length. This means that your breathing becomes efficient because you are using all your energy for the inhale. You don't have to exert effort on the exhale because gravity and your natural muscle contractions will do it for you. That leaves all your life energy for the inhale, which means that you are breathing a life-oriented breath. Additionally, you are filling the cells with oxygen, which is healthy. Your cells greatly prefer oxygen to carbon dioxide.

Furthermore, the more enlightened you become, the more activated the death urge becomes. Anything you are still subconsciously holding onto that is less pure than your highest thoughts is fair game to come to your attention. And since you are becoming more conscious, your thoughts are becoming more powerful and they will manifest more quickly.

So if you have never questioned death, you are unwittingly at its effect. You will probably rationalize too and conclude that since you will be meeting your maker, it must be for the highest good. If you really want to meet your maker, go for full aliveness so you can ascend!

Physical immortality is living as long as you want, and wanting to live as long as you do. It is leaving when you choose, and doing it consciously via resurrection or ascension.

Physical immortality creates a conscious context for your life fully supportive of your aliveness--one that is broad enough even to include the death urge. That means when any life-negating thought comes to your attention, you will be able to include it in a setting of awareness, safety, and trust. That in turn will allow you to relax and breathe into it so you can experience it fully in the process of letting it go. In so doing, you can unravel your death urge one thought at a time.

Leonard found the immortals tuning in, not out. There were no modern conveniences. No cars, televisions, microwave ovens--why, these guys aren't even on the internet! They live simply so they may simply live, in harmony with the planet and all life everywhere.

Drunvalo once gave a definition of conscious breathing that I like. He said, "You are a conscious breather when you remember your intimate connection to God and to all life everywhere on every breath." These eight immortals are conscious breathers. The breathing aspect involves the conscious inhalation of prana, while the technique of the remembrance of God's name comes primarily through the use of a mantra.

The eternal name of God is Om Namaha Shivai in its feminine form and Om Namaha Shivaia in its masculine form. This Sanskrit phrase has been used as a mantra for millennia. Constant repetition of this mantra, called japa, focuses the mind on and opens the heart to God.

One of Babaji's many manifestations, according to Leonard, was Goraknath, who has trained numerous immortals. If you go to one of Goraknath's students for instruction, your first lesson will be to work continuously with the mantra Om Namaha Shivai. Then, if you are serious, you may come back in three years for your next lesson.

Thus the remembrance of God's name is the first of the common practices. Then comes the awareness of the energy body, for the energy body is the secret to the physical body. Becoming aware of the energy body is the key to reversing the aging process and mastering the health of the body. Next comes the realization that the conscious use of the elements--earth, air, water, fire, and prana (or ether)--can cleanse the energy body or aura more efficiently than the mind. They blow away, wash away, burn away, etc., all the negative energy concentrations, for they are the physical aspects of the One Spirit.

### **Earth**

Earth purification is developing a conscious relationship with Mother Earth; it is learning to live in harmony with Nature. It is the recognition that we are not separate from it. Standing apart, trying to

conquer and control the natural world doesn't work. When we destroy Nature we destroy ourselves.

The Earth is alive. In order for you to be fully alive, you must reconnect with it--tune to it and feel it. At a certain point, it will begin to communicate back to you.

Also included in the idea of Earth purification is movement or exercise, and food mastery. Leonard used to say that getting out of bed each morning was enough movement and that advanced forms would begin with walking around your block every day. Yes, Leonard does have a sense of humor. I would include the possibility of hiking in Nature as often as possible, and exercising enough to keep the body toned and fit. Regarding food mastery, it is telling to note that more people in this country die as a result of overeating than under eating.

### **Air**

Air purification is conscious breathing—consciously breathing life force energy or prana, that is. So when I speak of air, I am including prana.

1. Take four short breaths.
2. Then take one long breath.
3. Pull the breaths in and out through your nose.
4. Do four sets of the five breaths, that is, four sets of four short breaths followed by one long breath without stopping, for a total of twenty breaths.

Merge the inhale with the exhale so the breath is connected without any pauses. One inhale connected to one exhale equals one breath. All twenty breaths are connected in this manner so you have one series of twenty connected breaths with no pauses.

Consciously pull the inhale in a relaxed manner and let go completely on the exhale, while continuing to keep the inhale and exhale the same length. Use the short breaths to emphasize the connecting and merging of the inhale and the exhale into unbroken circles. Use the long breath to fill your lungs as completely as you comfortably can on the inhale, and to let go completely on the exhale. Breathe at a speed that feels natural for you. It is important that the breathing be free, natural, and rhythmical, rather than forced or controlled. This is what enables you to breathe prana as well as air.

### **Alternate Nostril Breathing**

Inhale through the left nostril and exhale through the right nostril. Then inhale through the right nostril and exhale through the left nostril. Repeat this cycle three or nine times. Make the breaths as long as you comfortably can. You can either hold the inhale, or you can connect the inhale to the exhale as in twenty connected breaths.

This exercise came to me from Leonard, who received it from Goraknath. Goraknath said that this exercise, when practiced daily, along with Om Namaha Shivai, is enough to keep a constant flow of life energy in the body and create immortality.

This exercise cleans the nadis, a series of organs inside the nostrils, which send life energy to all the organs of the body. Do these exercise three or nine times a day for three months in order to experience a cleaning of the internal organs of the nostrils (nadis). Then do it for as long as you want to keep your body.

### **Water**

Water purification means bathing twice a day to clean the energy body as well as the physical body. This can be done either by showers or by total immersion in a tub, the latter being a more efficient method of cleaning the energy body.

The process can be greatly enhanced with the addition of rebirthing. This, however, is a very advanced form of spiritual purification, and you must be ready for it. The minimum qualification, as noted, is ten dry sessions with a well-trained rebirther.

Water purification as an initiation into the spiritual life is an ancient practice--it is called baptism and it was in use long before the Christians began practicing it. Now we have the convenience of indoor plumbing and hot water heaters. Breathing while bathing in warm water produces different results than breathing while immersed in cold water. Leonard likes to point to modern plumbers as the saviors of the world. He says, "If you have hot running water, a bathtub and a fireplace, you have the most sophisticated immortal yogi cave imaginable." He's right, of course.

Fire purification means developing a conscious relationship to fire so you notice experientially what the fire is doing for you.

The word "chakra" means wheel. Your wheels of energy are always turning. When you are by a fire, they are turning through the flames.

Fire is the most efficient element for burning away anger and the death urge, the basic principle being anything that is not God gets burned away.

Being outdoors with an open fire in a pit is the best. Next comes a fireplace or a wood-burning stove. If you have neither, use candles. Candles are much more subtle, but they are beautiful in the cathedral-type effect they produce. Four candles produce many times the benefit of one candle.

The first, shaving your head, is an advanced form of purification. Programs that are encoded in your hair are constantly impressing your crown chakra. When you shave your head, it is no longer receiving

those old impressions. Shaving brings dramatic results that can be either positive or negative--but it must be done consciously. The second is meditating on the full moon. Babaji says the full moon has the power to heal anything. I began practicing this meditation in June of 1981 while attending a four-day rebirthing workshop. I attended the workshop during the day, and watched the moon at night. At one point, a few hours into the second night, the moon turned into Babaji's face. I have had a special relationship with the moon ever since.

When we breathed in that manner our experience of the one reality was completely different. We were like cells in a larger body. What was available to one was available to all. That was literally true. Whatever one individual experienced, anyone also was able to re-live by stepping into a holographic recreation of the entire event. It is the dreamtime of the Aborigines in Australia, a remaining example of this type of Unity consciousness on the planet.

Then, as a direct result of a massive misuse of power in Atlantis when the poles and consciousness last shifted, we fell many dimensional levels, from a very high level of awareness down to where we are now, a very low level of awareness.

We stopped breathing in the ancient manner and started taking in the prana through our mouth and nose directly with the air. The prana bypassed the pineal gland, resulting in its non-use for 13,000 years. The direct result of this is separation and polarity consciousness. We experience ourselves as cut off from the rest of life--inside a body looking out at a world that is not us. And we see good and bad, right and wrong.

Simply stated, we are a disharmonic level of consciousness. Given enough time, we will certainly destroy our environment and ourselves. We don't have the awareness to do it any other way. Even though we are dysfunctional, we are absolutely necessary as a stepping stone to get from where we were in Atlantis to where we are going.

The problem in Atlantis was major. It began 16,000 years ago when a group of transplanted Martians tried to take over the planet by creating an external merkaba field. If successful they would have taken control of the planet, but they succeeded only in creating the biggest disaster the planet has ever experienced. The counter-rotating fields of their external merkaba went spinning totally out of control and ripped open other dimensional levels. This caused spirits who were never meant to be here to get pulled in by the millions. The ascended masters helped a great deal. They were able to repair much of the damage but not all. In essence, they saved the planet, but did not completely heal it.

There were still millions of disembodied beings here who didn't belong. They had to be somewhere, so they inhabited the bodies of the Atlanteans. For the next few thousand years, the situation kept worsening until the place just went crazy.

The ascended masters, looking for an all-inclusive solution, asked for and prayed for help. The answer had to involve everyone, because in the higher aspects of life there is no separation. Everyone and everything is part of the whole. It is only an aspect of our consciousness that causes us to see life as divided.

It was decided by the ascended masters to embark upon a solution that had worked before in similar situations on other planets. The solution was to synthetically initiate a process on the planet that in 13,000 years would give birth to a new level of consciousness--a higher form of Unity consciousness known as Christ-consciousness.

It should be noted that there are five levels of consciousness associated with planet Earth. Each of these levels is related to the number of chromosomes we have in our genetic makeup. Each level has a completely different interpretation of the one reality, and each has a corresponding height range.

The first level, where we were in Atlantis, has forty-two plus two chromosomes and a height range of from three-and-a-half to five feet.

The second level is where we are now. We have forty-four plus two chromosomes and a height range of five to seven feet.

The third level, which is Christ-consciousness, has forty-six plus two chromosomes and a height range of ten to sixteen feet.

The fourth level has forty-eight plus two chromosomes and a height range of twenty-five to thirty-five feet, while the fifth level has fifty plus two chromosomes and a height range of fifty to sixty feet.

The first, third, and fifth levels are differing stages of Unity consciousness while the second and fourth, although disharmonic, are absolutely necessary as stepping stones. Life has never figured out how to go from the first level to the third, or from the third level to the fifth, without first going through the second or fourth levels.

Since the solution to all problems is consciousness, the ascended masters' idea was to get us from the first level of consciousness to the third, and into a higher form of Unity consciousness. Of course, in order to do that, we have had to spend the last 13,000 years on the stepping stone known as the second level.

The third level, or Christ-consciousness, is more advanced than the first level in the sense that you no longer have dreamtime; rather, you have realtime--where past, present, and future are all happening

at once, and your thoughts and feelings manifest instantly and become the self-generated reality. At this level of awareness, the problems that began in Atlantis would be solved.

There is a new grid around the Earth that is enabling this consciousness to come forth. The ascended masters created this grid using more than 83,000 sacred sites around the planet, built in very specific places. The process began 13,000 years ago and was completed on February 4, 1989. The grid is electromagnetic in nature, it is located about sixty miles above the Earth, and its geometry is based on the pentagon, as well as a relationship between the dodecahedron and the icosahedron.

We are deeply and literally into the process of moving from one world to another--that is, from the third-dimensional aspect of the Earth to the higher overtones of the fourth dimension of the same planet. That is why we are in the midst of vast changes. At some point in the near future, critical mass will be reached, and the actual dimensional shift will happen.

In fact, the ascended masters were convinced that critical mass was going to happen in the last week of August or the first week of September of 1990. They believed at that time that the necessary number for critical mass--ten percent or five hundred million of the Earth's population--would be reached, that the energy of this critical mass would focus between January tenth to the nineteenth, 1991, and that by the spring of 1991, we would be in a different dimensional level.

Furthermore, because of the speed at which this was occurring, they believed that every last person on the planet would go through ascension at that time. This in itself is incredible. Usually when a planet at our level of development goes through this change, only a very few initially make it to the higher levels of consciousness. The rest of the planet is even bumped down a level or two. Then over a very long period of time, the initial few are able to raise the consciousness of the rest of the planet.

The ascended masters' initial plan was to bond together and leave the planet in one big ball of light. This was intended to be the catalyst that would propel the planet into the higher levels. Obviously this is not what happened. What did happen is that the planet went into a different form of unity, sort of. January 15, 1991, was the date the Gulf War began, where essentially the entire planet unified against one man and one country--not the sort of unity the ascended masters were looking for.

In order to do this meditation, you need to be aware of your prana tube that begins one hand length above your head and terminates one hand length below your feet. Breathe prana through your tube from above and below, and let it meet in your heart chakra (at your sternum). From there it will radiate into a sphere around your body. You also need to be aware of the new grid around the Earth. Just know that it is there, and at one point in the meditation, you will connect with it.

Close your eyes. You don't need to know the merkaba, but if you do, go into it, or if you know the Christ-consciousness spherical breathing, go into it; otherwise it doesn't matter.

Relax and take a deep breath, see a white mist as you exhale, and relax into it. Take one more breath and feel your body relaxing.

Place your attention on the tube that runs through your body. With your intention, allow the two ends of the tube to open, and feel the white light of prana come rushing in and meet in your heart and then radiate out into a sphere around you. The flow is continuous, whether you are inhaling or exhaling. Just feel this for a minute.

When you get your love there where you can feel it, send it down to the center of the Earth, and wait for Mother Earth to send back her love for you, up the tube. Wait until you can feel this.

Now place your attention on Father Sky, to all life everywhere; all the stars, the galaxies, all the life in the heavens. Feel your love for the Father, think of looking into a night sky.

Take all your love for Father Sky and put it into your heart, where your love for the Mother is. Keep them separate for a moment. Now send it up and let it connect with the Christ-consciousness grid, about sixty miles above the Earth. Then wait until you feel the love of Father Sky come back.

With the love of Mother Earth and Father Sky in you at the same time, the holy trinity is present--mother, father, and child. When this happens, something very special can take place.

Become aware of the tube again. This time, place your attention on the two ends. Open them even further, and allow all life everywhere, the consciousness of all creation, to enter from both poles, to come into your heart, and to radiate as light around you. Open them up, and allow God to come in, and to form a sphere around your body. Now allow that sphere to expand, slowly at first. Then let it get bigger and bigger, moving out faster and faster. Finally let it expand uncontrollably, through all dimensions. Let it return back to all life everywhere.