

Lessons in Mastering the Illusion



“**B**ut with things on our planet so far out of kilter, how can you say that a state of balance already exists?” Larry asked.

“Ah, it seems you are failing to see the invisible,” the Voice mused. “We will illustrate with a simple example. Imagine a tube of glass bent into the shape of the letter U. What happens when water is poured into one of the two openings?”

“The water moves down one arm of the tube, around the bottom, and up the second arm,” Larry said.

“Precisely so. Is one column of water higher than the other?”

“No, they’re equal because the air pressure pushing down on both of them is the same.”

“Good,” the Voice said. “Now imagine that the U-tube represents all of Creation. At the macrocosmic level, if you will, all matter is in one side of the tube, offset by an equal amount of antimatter on the other. The same model works at many different levels. Take personalities, for example. Every overt expression has an opposing counterpart held in tension somewhere in the psyche—that is, on the other side of the emotional U-tube.”

“That’s like saying each action has an equal and opposite reaction,” Larry said. “So is the U-tube another illustration of entanglement—that whatever takes place locally must have an unexpressed counterpart somewhere else?”

“Quite correct,” the Voice agreed. “Sometimes, as you have already learned, these unexpressed, or disowned, personalities are heavily suppressed. Sometimes they are simply dormant. But they always exist. You will find that the deeper you delve, the more you will find the subtle hand of entanglement at the helm.

“We referred to O-worlds a few moments ago—an excellent example of this principle. Imagine that the U-tube goes through a piece of cardboard so large that you can only see one half of the tube at a time, never all of it at once. Can you still accurately predict the level of the water—or in this case something less tangible, like emotion or Light/Love energy—in the other column?”

“Yes, for sure. The cardboard just obstructs my view, it doesn’t affect the levels in the tube, which remain equal.”

“Now, envision the cardboard as an infinitely large screen separating two parallel universes. Whichever tube you, the observer, are looking at is the one that finds full expression, or is explicate, if you will, while the other tube is suppressed, or implicate. Which one is real?”

“They both are,” Larry responded. “It all depends which sea you decide to swim in.”

“Excellent,” the Voice said. “Is one more valid or desirable than the other?”

“No. Both simply *are*. Validity wouldn’t have anything to do with it.”

“Bull’s-eye!” the Voice exclaimed. “By the way, the same point applies concerning the myriad doctrines and teachings that sprout up on your planet like mushrooms after a rain. Each one portrays itself as the golden path to the Promised Land. In the end, each is little more than a coalesced point of view offering adherents tenets of belief.

“You see, when it comes to balance, it doesn’t matter which side of the seesaw you sit on. Being too high up in the air is just

as unbalanced as scrunching down on the ground. Positively oriented beings—those seeking to serve others—who have not embraced their dark side are as out of balance as their negative counterparts, who delight in dominating others while disdaining the Oneness of all Creation.

“We would like to offer a method for balancing any system and keeping it in conscious equilibrium by defusing the distortive impact of implanted beliefs. This can be accomplished by taking advantage of the wormholes that interpenetrate the sheet of cardboard, as it were.”

“I don’t follow you,” Larry said. “What do you mean by ‘wormholes’?”

“Ah, the vagaries of language,” the Voice sighed. “Zeus, can you help us with this one?”

“I’ll certainly give it a try,” Zeus chuckled. “Larry, in theoretical physics, wormholes are a geometry of four-dimensional space/time connecting two separate regions of the Universe. This is your science fiction writers’ favorite explanation for time travel or hyper-light-speed jumps through the galaxies.

“Unfortunately, wormholes open and close so rapidly that even light can’t make it through. However, thought and Consciousness can! That’s why our host here chose this particular term. Whenever you simultaneously view two distinct realities—even if only in your mind’s eye—they are connected by a wormhole.”

“Ah, I get it,” Larry said. “It’s like what Junie showed me. When my Aware Ego chooses a perspective that can hold the tension between opposing subpersonalities, it becomes like a wormhole. Then I can see both sides of the U-tube at once.”

“Quite so,” the Voice interjected. “Thank you, Zeus. Larry, it’s through a wormhole that your Higher Self allows you direct access to the time/space continuum. There your Consciousness

can connect to all possible alternate realities, so all events appear simultaneous. In theory, then, you can return to the exact moment a belief was implanted and create an equal and opposite viewpoint to neutralize it.

“However, in practice this process has proved time-consuming and not very dependable. Moreover, it is only useful in addressing the fourth kind of energetic implant, the ones the entity itself puts in place during its current incarnation. It can do little to dislodge the deeper energetic blockages put in place by the Higher Self and by the Veil.

“Fortunately, there is a much better way to achieve balance. It requires only that you become keenly observant, so you can produce alternate points from which to view.

“Let us take your earlier outburst as an example. You felt ridiculed for your response, and you reacted immediately. In fact, your words, ‘balance them,’ were the appropriate response. Zeus’s comment was not meant to judge; it was merely an attempt at humor and a commentary on how rarely beings within the illusion are able to appreciate the obvious. However, because of patterning within your third chakra—where imprints dealing with self-image and fear of rejection reside—you took his words personally and felt the need to defend yourself.

“This, like all involuntary emotional reactions, provides a perfect opportunity to clear your chakras. We would like to offer a set of lessons on how to accomplish this and attain the balance required to move on to the fourth density. Are you interested?”

“You bet I am, “ Larry responded.

“Very well,” the Voice continued, “the first set of lessons deals with the mind. And lesson one teaches you how to balance your emotions. As you feel an emotional reaction rising, imagine a seesaw, and visualize that emotion sitting on one side of it. For

the sake of this exercise, no emotion is better or worse than any other; just observe the amount of energy it carries. In a sense, emotions are simply energetic thought forms having amplitude and vector. They can thus be balanced by an opposite thought form of the same amplitude and opposite vector. For example, whenever you experience a moment of joy, pause briefly and visualize that joy causing one side of the seesaw to drop to the ground. Then imagine altering the current circumstances to create an equal amount of grief to add a corresponding weight to the other side. Then watch as the teeter-totter returns to equilibrium—into balance—again.

“Obviously, you are encouraged to run this process in the other direction as well, adding a positive emotion to counterbalance a negative emotion. Eventually you will realize how much you, and most other humans, depend on outside circumstances to trigger your feelings of self-worth and happiness. Does it really make sense that another’s words or actions can so directly affect your emotional state?”

The Voice’s last sentence triggered a torrent of memory vignettes in Larry’s mind: the highs and lows in his relationship with Marianne . . . the way he felt when the pretty barista at Starbucks remembered his name and that he liked his wet decaf cappuccino extra hot . . . how he made himself feel whenever he looked in the mirror after a particularly groggy sleep. “My God,” he gasped involuntarily, “there’s no escaping those thoughts, is there?”

“Why ever would you want to do that?” the Voice inquired. “They are your most valued teachers. You must meet each of them head on, with as much Awareness as possible. In time, through this practice you will find balance and completeness within yourself, and so transcend the grasp of the Veil. Keep in

mind that in the context of this exercise, even positive emotional thoughts, which tend to prop up your self-esteem, are as skewed as negative ones.

“So, Larry, when you felt we were mocking you, what counteracting thought could you have evoked?”

Larry was silent for several minutes, fighting off his unwillingness to see happiness, joy, and other emotional highs as undesirable. The Voice fully understood his dilemma but said nothing. In time, the internal dialogue settled into the amorphous repository housing Larry’s growing collection of paradoxes, and he could turn his mind to the Voice’s question. At last he spoke: “I guess I could have seen the three of us as a team, aligning our intentions to help the planet. If I’d shifted my point of view to match yours, I would have seen that my answer—simple as it was—was exactly what was required.”

“That’s excellent in theory,” the Voice said, “but of course, that’s not what took place. Before you had a chance to shift viewpoints, the horse bolted from the barn, so to speak—your emotional reflexes took charge. How might you use the lesson we just gave you to balance your reaction?”

“I like the idea of the seesaw,” Larry answered. “If I place my feeling belittled on one side, I can see how heavy it was by how fast the seesaw tips. I know it originated from a subpersonality, or a thought form embedded in my third chakra, that doubts my self-worth. All I need to do is create a positive thought that tells that part of me, ‘I understand what you said and the programming that makes you feel that way. But *I* am far more than you realize, and whether I goof or am brilliant has no bearing on who I really am.’”

“Precisely.” said the Voice. “*All* thoughts—especially those with high emotional content—have an opposite. Your job is to identify each one that throws your seesaw out of equilibrium,

whether it's positive or negative, and balance it with one of equal intensity. There's a subtle but vital difference between the processes we offer and affirmations, which imply a desire for change mixed with an element of judgment."

"Yes," Larry replied. "I think I'm getting it. Rather than trying to change things, I need to learn to embrace each interaction as a gift—regardless of whether it makes me feel good or bad. Although I have to admit, this is the first time I've heard anyone put a negative thought to good use. But it makes sense."

"May we say, we are gratified that you grasp the essence of this teaching," the Voice said. "It's actually a three-step process. First, recognize an emotional reaction as the reflex of a preprogrammed thought, imprinted in a chakra, that's been triggered by some external circumstance. Second, embrace that emotion as a valued teacher. Third, create an equal and opposite emotional thought-picture. Take the time to experience the opposite emotion fully, using the full panoply of your senses, so it matches the power of the original emotion.

"If this is clear to you, we'll continue with lesson two of the mind: accepting oneself as complete. Please listen carefully, as this point is easily misunderstood. The third density is not the place for you to overrule your dominant personality attributes. For the most part, these were carefully selected for you—and by you—prior to your incarnation. When you use your egoic self to judge your personality and then try to make changes so you are better liked or more successful or more effective, you simply load your chakras with more distortions. As you so correctly said, the object is balance, not change. You will come to realize that you are already complete, irrespective of how your personalities manifest within your illusion. All this transpires of its own accord—a natural by-product of your efforts."

“Wow,” Larry said, “this sounds like the opposite of what everyone else is trying to do. All those self-help books and seminars are chock full of advice on how to improve yourself and your life. And you’re telling me that all they’re doing is rearranging the deck chairs on the Titanic? No wonder people can’t make sense out of their lives.”

“It’s another paradox,” the Voice said. “If you really want to affect major change in yourself, simply become more in tune with what you already are. All that’s required is balancing the skewed polarity within your chakras. I promise, you will be amazed at the results!

“This brings us to lesson three of the mind—seeing the completeness of others. The gift of this exercise is that every entity you encounter becomes, for that moment, your personal guru.

“When you note an emotion or thought arising in another, follow the same three steps outlined earlier regarding yourself: First, recognize the energy as coming from an energy blockage within a chakra. Then, view that emotion as a valued teacher for both yourself and the other entity. Finally, in your own mind, create an equal and opposite thought or emotion and silently project, into the situation on the other’s behalf.

“The key to this exercise is remembering that each entity you meet has its own continuum of I’s. That is, when you meet another, do not merely acknowledge the beauty of physical form, the pleasantness of personality, or such outer trappings as financial condition, intellect, and social status. These are merely the outer shell. Consider that each of that entity’s traits—both positive and negative—were put in place to help teach it lessons, just as you are learning from us now.

“The next aspect of this lesson requires you to visualize the other entity as your other self, complete with its own Higher Self, its own circumstances, and its own challenges. Appreciate that

each of your fellow humans is making a unique experiential contribution to the All That Is, just as you are.”

“Do you mean I should view everyone as my brother and sister?” Larry asked.

“No, this looking is deeper. You view the other not as separate but as an aspect of yourself. Acknowledge the Oneness in everyone you encounter. Realize that when any third-density entity—whether an individual, a group, or a nation—takes action, it is generally the egoic self interacting with the distortions in its own chakras. The other entity, like you, is being challenged to awaken and is trying, as best it can, to navigate through its own blockages.

“The exercise’s purpose is twofold: first, it allows you to emotionally detach from any emotionally charged situation, and second, it teaches Compassion as you realize that all entities share the same path with you.”

“I suppose that makes it easy to forgive some pretty dumb actions,” Larry said.

“Like that statement?” Zeus interjected.

There was a brief pause, providing Larry a chance to recover from Zeus’s latest thunderbolt.

“From now on, you might choose your words more carefully,” the Voice suggested. “As you progress toward a higher quotient of Light/Love energy, your words take on increasing power. Be advised that from now on, what you think, what you say, and what you do will send greater and greater ripples throughout the All That Is. With Awareness comes responsibility. I strongly suggest you take a moment and balance your last words.”

After several moments of silence Larry spoke only one word, “Sorry.”

“Not at all,” the Voice said. “Your apology is accepted, though hardly necessary. You simply spoke through the distortions.”

tion of a restricted chakra, which, at this stage of your development, is to be expected. Your course of growth will continue to provide opportunities for learning until you no longer need them. Rather than sensing remorse, perhaps you can see the value of feeling joy in this moment?”

“When you put it that way, I guess I do,” Larry replied. “Thanks for your forgiveness. I really appreciate it.”

“Whatever gave you the idea that you’ve been forgiven?” the Voice responded. “Your new age movement so venerates this overused concept, yet few realize what it actually means.”

“Doesn’t forgiveness come from the Bible—when you are wronged you must turn the other cheek?”

“Not unless you want two matching cheeks,” Zeus interjected. “Larry, you’ve uncovered yet another paradox of this illusion. Forgiveness does not really exist. It’s an impossible act to perform.”

“What do you mean?” Larry asked. Surprisingly, the What-What bird was nowhere to be heard.

“When you felt we were poking fun at you—didn’t part of you feel hurt, victimized?”

“Yes.”

“Didn’t that part feel you were wronged and judge us as rather callous?”

“As I remember it, yes.”

“And yet you were willing to continue listening to the Voice’s discourse. Does that mean you forgave us?”

“Yes, I suppose it does. I don’t seem to be harboring any ill feelings about it.”

“No, Larry, that’s not it at all,” the Voice said. “Something else took place. Had you not addressed the distortions in your chakras, you would not have been able to balance the energies causing the feeling of hurt. Once you used the first lesson to

create alternative points of view, and realized the intent of our remarks and the source of your reaction, the entire emotional content was drained from the incident. What was left to forgive?”

“Nothing.”

“Correct,” the Voice said. “Now you’ve got it. Forgiveness is not an act, it’s a state. Forgiveness is simply the suspension of judgment. When you go back to an incident and balance its polarities, all emotional content is removed. You are no longer invested in defending or being stuck in a single point of view, so you are free to appreciate multiple perceptions simultaneously. In the process, all judgment is suspended. Where there is no judgment, there is nothing to forgive.

“This principle lies at the very heart of the third lesson of the mind. When you have fully balanced the emotional and conceptual content of any interaction, there is no longer the impetus to judge. When people offer therapies allowing you to look back at past incidents and forgive yourself and others, they are on the right track. But, unfortunately, they have not gone deep enough. What is the value of simply saying, ‘I have been profoundly wronged by my parents—or my wife or the IRS—but I forgive them?’”

“Another Band-Aid on a festering wound?” Larry offered.

“Precisely so,” the Voice said. “There are other exercises one can perform in the realm of the mind, but these will do for now. If you’re still interested, we can proceed with the lessons of the body.”

“Yes, please, go on.”

“Very well, then. Lesson one of the body is the balancing of love and wisdom. The current intensification of the instreaming Light/Love energy provides an excellent opportunity for refining one’s attitudes toward sexual interactions. This area of contact

between humans has become so heavily distorted precisely because it offers such a rich potential for experiencing the I's of infinity.

“Craving another’s company to combat the feeling of loneliness, wanting to connect, to touch, caress, make love, wanting to join as one—these are products of natural bodily functions, yet they carry so much emotional overlay that they are a prime source of chakra blockages. Be aware of the thoughts concerning sexuality and balance them as they arise, using the process you have just learned. Try to distinguish between their physical aspect and their deeper, more sacramental meaning. If one is willing to make the effort, great wisdom can be gleaned from exploring the allure of sexuality.

“This lesson asks that you express physical love with Awareness. Be mindful of the exquisite entanglement that enfolds both entities into a powerful moment. Be aware of the suspension of time and local reality. Go beyond the perception of the senses, beyond the flow of hormones, and use the sacredness of love to catch a fleeting glimpse of the reflection of the All That Is. Do you not see a similar magnetic attraction between two entities in love, the tide’s response to the call of the moon, and the return of all Creation to Oneness?”

“I think I do,” Larry mused. “The one thing I miss most about my relationship with Marianne is intimacy. We actually did merge when we made love; all our local distortions were overridden and the two of us rocketed off the planet. I always got the feeling that at the moment of absolute connection, we became gods honoring each other’s divinity. It was so perfectly complete, I always wondered why I couldn’t sustain the feeling more than three minutes after orgasm. Now that I’m learning more about how the mind works, I can see why sex is so addictive—and so easily misunderstood.”

“Sexual expression is one of the greatest opportunities for gaining Awareness,” the Voice continued. “Much of human-kind’s confusion in this realm is due to religious and societal taboos that denigrate the physical form.

“This brings us to lesson two of the body—understanding the connection between the body and the mind. The state of the body is very much a product of the mind. This is true of all thought, and especially of those decisive conclusions that embed themselves as energetic distortions in the chakras.

“It is productive to tune your attention to how emotions affect different parts of your body. With practice, you will be able to observe which thought patterns cause the stomach to tighten, which cause the back to hurt or the head to ache. You can then neutralize these sensations by balancing the causative emotions with their opposites.

“The third-density body is subject to the immutable energetic geometry of the illusion. That means it has a dual nature. In this incarnation, you are a male. However, every biological male is also part female, just as every female is also part male. You need not physically express the opposite sexual bias, but you must become aware of its innate presence in yourself and balance it within your energy centers. Explore first one and then the other gender within you so you can understand the jewels each presents.”

“So tell me, sport, how do you feel about having both ‘him’ and ‘her’ alive and well within you?” Zeus teased.

Larry smiled. He was intrigued by the thought of people carrying the opposite gender within them—being complete in themselves—yet still finding such richness in union with that opposite outside themselves. Zeus’s question opened up endless limerick possibilities. After a few moments to collect his thoughts, Larry said:

You tell me that, strictly between us,
Although I'm endowed with a penis,
I come from the stars
Being programmed by Mars
With a little assistance from Venus.

The three of them, for the first time, laughed together, and Larry felt, despite his awkward attempts at balancing, as if he'd indeed scored another point or two.

"Ahem," the Voice asked, "shall we resume?"

"This brings us to the last lesson, the one regarding spirit. Larry, may I inquire whether any part of you is still interested?"

"Oh yes, Great One. Please, do go on," said Larry, obviously still under the influence of the moment of humor. "I eagerly await your venerable and most glorious wisdom." He'd never known he could speak with a Punjabi accent until now. This was getting very, very interesting.

"And so I shall, Little One," the Voice responded gently. "This lesson concerns contacting Infinite Intelligence. Unlike the others, it is not a process that the mind can consciously direct. Rather, it will flow organically once you have mastered the earlier exercises. Spirit's function is to integrate the upward yearning of an entity's mind/body energy with the powerful down-pouring of Infinite Intelligence—much as the streamer stroke reaches up to meet the leader stroke descending from above to form lightning.

"The spirit portion of your being is relatively free of the chakras' distortions, so it can be a pathway to the Infinite Intelligence and the higher aspects of your I's. When your body and mind have become receptive by clearing chakras through the practice of the earlier exercises, your spirit operates as a direct

shuttle between your third-density self and your Higher Self and beyond.

“The purpose of this subtle lesson is to help you remember who you really are. The awakening occurs gradually, as you practice holding the viewpoint of a detached observer. In time, you succeed in piercing the illusion’s glitter and deception and become aware of the core essence of your being.

“In the process of balancing your chakras, you will garner three important benefits: one, you consciously participate in the flow of Creation; two, you become aware of the awesome power of the Love/Light energy permeating All That Is; and three, you fully recognize yourself as the Creator. These major breakthroughs are requisites for you to make the decision that will shape your existence for the next several million years.”