

The Fundamental Math of Balanced Creating

1st Edition

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Introduction

“Nature is an infinite sphere, whose center is everywhere and whose circumference is nowhere” Blaise Pascal.

The center of everything is an immovable fulcrum of Balanced Love desiring to express itself through the idea of motion. The quality of Love is the living foundation of everything and its opposing yet equal in potential radiative/gravitative process the universal expression of Love’s divine Nature. Nature is an equation that seemingly divides stillness into the motion of giving Love for regiving. Love is Life. Life is everywhere; and yet goes nowhere by expressing itself.

Love is eternally balanced and the cycle of giving/regiving Love is eternal. Without the question of death there is only the answer, or divine experience, of eternally expressing Life.

Centering Self-expression with the foundational answer and expression of gravitation being radiation, of Love being Love, of Life being Life, of Nature being Nature to infinity, the sense of being split between living and dying ceases being a seeming reality. As they are known to be the one eternally repetitive equation of giving/regiving Love, the sequentially alternating two of life and death become as natural and comfortable as rising from sleep in the morning and falling asleep in the evening.

This document was written to inspire readers to release the question of death by mentally unifying with Balanced Love at the center of creation: freeing one to rest, both mentally and experientially, in the ecstatic Nature of the supremely balanced personality the Creator shares with all of creation. It was written to inspire those who ask the questions, *“why is this happening to me ... why do I feel this way? ... and what can I do to make things better?”* to create the experiences of the material world with the answer of Balanced Love and its balanced equation, thereby forgoing suffering to rest easily in the divine Nature of imagining motion.

Prologue

When Mind first began to flower with the truth of Self-control through states of walking Samadhi, I felt compelled to leave the difficult things and focus on applying what I believed about enlightenment to that point via the simplicity of being relatively alone. I had experienced lifelong fibromyalgia, suicidal depression and crippling anxiety, and I was exhausting empirical solutions. I left everything and I moved to another country. After a couple weeks, though, I felt just as equally compelled to return to my seemingly complicated life. I couldn’t yet put words to it, but I intuited that I had to mentally set things straight and the body didn’t need to switch zip codes for me to do so.

Although reveling in the blossoming truth, I didn’t yet truly understand the simplicity of mentally centering my creations with Balanced Love and thereby extending the Law of Balanced Expression. By my own lack of application of truth in the thinking and activities of daily living I took the opening bouquet of revelation from the forefront of Mind and closed it in the back. My thinking fell right back into extending the problematic nature of the belief systems that I had tried to escape, and my actions followed suit. I continued to make spiritual advances, but it was a kind of two steps forward, one step back process as I persisted with manufacturing the duality of sometimes wanted, sometimes unwanted effects in my body, relationships, and environment.

And then after the spontaneous State in the fire, which I disseminate in the book [*Without the idea of death: there is only Life*](#), I again returned to repeating the thinking back of the variable expressions which veered from the answer. I took an even greater step backwards through inactivity and became almost bedridden. I wanted nothing more than to pursue the desire to live forever in the State without

acting with a body, which is technically impossible to fulfill because the foundation of Love desires to express itself through action. I developed an aversion to addressing the unbalanced expression of Life and its teeter-tottering between deficits and accumulations of unwanted effects – almost like an allergic response – which produced even more effects of pain, muscle weakness, chronic fatigue, and eventually a reversing of the polarities between day and night.

Backed not by continuous recall of the centering State of knowing the balanced expression of Love being Love but by invalidated spiritual and scientific teachings and social belief systems, I wanted to leave my roles altogether. I believed I simply needed to meditate until the body disappeared forever into its Source. I wanted nothing more than to never have to return aka never again be *'reincarnated'*. I put reincarnated in quotes because it is an often-misinterpreted word, which will be redefined shortly. Essentially, I believed myself to be helpless in making the simple mental change and subsequent action necessary to transcend the old conditioning that was manufacturing a malfunctioning body of stagnant pain vs a barely noted body of ecstatic motion.

For more than a few years, the math of my thinking and actions was severely unbalanced as I thought and acted with the old conditioning that was out of sync with the Creator's balanced expression. There was always an unsatisfied integer that was lacking its equal opposite mate in either direction of manifesting balance. When looking to empirical conditioning vs the State in the fire, problems seemed to require solutions in the material world. Even though I knew it wasn't the answer, I contemplated suicide often to escape. I lived awake and in spiritual ecstasy at night and yet I felt like a zombie during the day, as if the Mind was a balloon tethered to a string, whipping about in the wind, never activating the body to emulate Spirit's desire for balanced creative expression. The body malfunctioned further in alignment with spiralling thinking that ended in the idea of death. The more I attempted to meditate until the body disappeared, the more difficult it was to escape the sense of being imprisoned in the body. I was certainly not going to sleep easily in the evening and rising easily in the morning, and I used many different medications to try and resolve the difficulty.

The following is a quote from Walter Russell that sums up the refusal to manifest myself through thought and action with the centering balance of the Creator:

"You must always remember that DESIRE is of the Mind. Desire is expressed in thought-waves at the universal speed of thought polarity, which is 186,000 miles per second, and the knowledge, inspiration and conception which patterns your desire will come back to you at the same speed.

If this is all you want in life, however, you may sit at ease and commune with God with inspiring thought exchange and be uplifted by it until your very body falls apart from inaction, which it will soon do.

You want more out of life than that, however. You wish to give form to your desires. You wish power to achieve. You wish to grow in physical and mental stature, build your body and other bodies, and manifest your thoughts and conceptions. This you can only do through physical action."

The discovery of the works of Walter and Lao Russell seven years after the State in the fire, with their concrete and scientific explanations that wholly matched up with the innate knowledge revealed in the State, brought me back from the trappings of erroneous belief systems and spiritual practices to face the stark but happy realization that I had to apply the gift in the State of knowing Absolute Balance if I wanted to experientially forget the body and know my Self as Spirit. Earth is not the final destination for God's Idea of Man; however, I could not simply live in the State and never manifest a body – those remaining beliefs violated the very Law that balance mentally extended from the Godhead is regiven through balanced action/reaction cycles in a seemingly physical world. I had to center my Mind with balance to simulate balance in synchronistic dimensions. Invisible, still Life and its visible expression are indelible; and Man, who is one with the Creator, naturally must think, and act, in alignment with extending the Creator's balance to experience the ecstasy of knowing a balanced creation.

Life's Balanced Expression

The State in the fire was the pure knowledge that there is nothing beyond the appearance of individualized matter but the universal Nature of Love being Love as the still awareness of the equilibrium of the central Idea to create is mentally imagined to be equal-in-potential pairs of opposing states or spirals of motion.

The Creator imagines ecstatic motion based on equal division of equilibrium into pairs and systems of pairs of interchanging opposites which simulate, or reflect, the balance of equilibrium. The foundation of Love is extended everywhere by its one expression of giving/regiving Love. The Creator is Balanced Love and extends a balanced reflection or record of the Idea of creation via a thought-wave action/reaction cycle of growth to maturity and a reversal of the cycle for regrowth to maturity. This extension of cyclical balance wholly endures as interchanging ecstasy because its pairs of opposites reflect the one totality of divine desire to eternally express the whole Idea. Duality ceases coming to a dead end via a series of arcs which consume themselves in a point and comes to be experienced as one unchanging ecstasy as one mentally aligns with the interchanging point and balanced spiral pairs of the Creator.

Events vs Non-Events

Motion is recorded as matter that is electrically connected or sensed as one while the stillness of imagining Idea equally divided into its interchanging parts is mentally known as one. Think of the analogy of *'Adam and Eve'*, each harmoniously working with the Creator to record the idea of Man that is sensed as one, and mental ecstasy as the Idea of the pair is qualitatively known as one. The records or sensed experiences of Adam and Eve creating are experientially known as non-events as they simulate the living equilibrium lighting up the Idea of creation. The bodily equation is a non-event as it expresses the equilibrium of the eternal answer. Pain and suffering are the events of expressing Idea without centering the Self in Balanced Love.

The Creator is always perfectly centered in the Idea of creation. For simplicity's sake, we'll call the sense of Oneness with Balanced Love *'comfortable'*. That which seems quantified by systems of extended equilibrium, or the effect of a 3D body of creation, is sensually perceived as comfortable or uncomfortable based on the perfection of Self-expression being centered in Balanced Love or the imperfection of being off-center or *'on tilt'*. The Mind can be voluntarily centered. Mind may be commanded to regive the balanced Will of Divinity through the sensed connection of physical matter and thus, record an experience through it that is known to be divine.

The Desire to Create

The desire of the Creator for rhythmic, balanced, interchanging motion is the motivation for expressing the Idea of creation. Divine desire is 100% positive and contains no negative qualities in its centering foundation or extension into rhythmically interchanging pairs of opposite conditions. Creation is a sphere, not just a circle; however, for simplicity's sake, let's start by picturing creation *'on paper'* as a 2D circle within a square divided into four equal sections of two diagonal pairs of 90-degree angles. Section the circle again with equality and we have 45-degree angles. All divisions divide in half; therefore, each of the segments of the pairs is a perfect reflection in reverse of its mate, and all of which share the one point of their expression, or foundation, in the center of the circle. If the Creator's desire to express balance didn't originate from the dead center point of the circle, the division of the circle would not be into pairs of equal opposites. If we mentally locate the still point of Mind off-center to divide the circle, the division into pairs of opposing sections is not balanced and neither is the thinking of Mind. With unequal pairs, half of each pair is either bigger, or smaller, than its opposite mate. As we mentally interchange the unequally paired segments with their opposites, they represent not the Creator's balanced thinking, but the unbalanced thinking of less becoming more and more becoming less. The way to express balance is to be it, by centering the circle of the Idea one desires to create.

Undesired experiences naturally seem to occur separately, or apart from the extension of balance, and they are fraught with the duality of the pleasure of more and the pain of less. Unifying one's thinking with the divine Will or desire to eternally express Balanced Love commands one's experience to reflect the changeless ecstasy of one's true Nature. Nothing is ever exaggerated on one side or left out on the other; thus, nothing seems to change as the two halves work together. Anything that is expressed off-center via an unbalanced or false spiral pair is continuously reset by the Creator until one voluntarily synchronizes one's thinking with the Creator's desire to express balance. One comes to rest in the divine fact that changeless ecstasy is the only motion there is, and its expression is a perfect symmetrical reflection of it. Desired experience is known to be unified with one's divine Nature.

The Law of Love aka the Law of Balance

After the State in the fire, the two-word phrase that immediately came to Mind to describe it was '*Absolute Satiation*'. A synonym for satiation is repletion. The Law of Love/Balance is that Love, which is Absolute Balance, is divided equally into interchanging pairs and equality is repleted. The Absolute State of Mind is qualitatively knowing the Self expressing balance.

When Man imagines Idea expressed by a balanced equation, Man also knows his/her creation to gloriously endure for the equation or action/reaction cycle is such that all integers are absolutely balanced, or satiated, by their opposite mates. That satiation of equality is qualitatively known as ecstasy. Pairs of perfectly interchangeable opposites serve to eternally simulate the balance of perfect equilibrium. Man denies his/her own inherited ecstasy by not mentally qualifying the pairs of opposites to express balance and operates at a seeming deficit or with residues of excess.

Without desire based in expressing the central balance of Divinity, Man manufactures the unwanted effects of a seeming separation and return to equilibrium through the undesired experience of mitigating unbalanced effects. Using a basic math analogy of two times two equals four, the ecstatic thinking of Divinity to take four apart into its balanced equation of interchangeable pairs is never separated from the original four; and thus, the seeming change of the answer into an equation reflects the changelessness of its origin. When Man conceives of Idea without mentally centering his or herself within it as its Balanced Source, he or she manifests an experience that is outside the glory of balanced Self-expression. The living universe is experienced as if it is a separately occurring, dead end question until it is balanced, or answered, by mentally associating with the absolute Nature of Life.

Rest in the Constant or Unrest in the Mitigation of Unwanted Variables

When Balanced Love is extended for giving, it is as if effect is virtually unnoticed, or changeless, for the wholeness of balance cannot be equally divided into opposites that are unsatisfied by one another. Divine desire is always satisfied by the balanced interchanging expression of itself. The mirage of night flows cyclically into its opposite yet equal-in-potential day and then day into night and then back to day again, without deviation or interruption of the mental ecstasy of eternally giving/regiving the balanced answer. Life follows death, the in-breath follows the outbreath and all with the divinely experienced assurance of eternal expression. The divine qualitative Reality of Love being Love or the answer being the answer is alone what is revelled in. There can be no problem if the equation is known to be sealed in the answer. Knowing the ecstatic Reality of the answer is the true nature of the changeless Reality of '*being in Heaven*' as Heaven is expressed through seeming change on Earth.

When the mental division of Idea-in-inertia into its seemingly moving expression is unequal, the effects of inequality are experienced as dual – alternating between wanted and unwanted - and the eternally balanced Nature of the Self seems to disappear from the sense of the physical. Without the invariable

answer that night must quietly equal day, that death must quietly equal life, that division of one asset must quietly equal the opposite multiplication of it, it seems like the answer is always at the mercy of discrepancy. For every off-center equation producing imaginary numbers that is imagined, man seems to operate via alternation of excess and deficit which comes with unwanted sensations. The math of eternal creating is a simple equation using whole integers. Both sides of the poor math coin are experientially uncomfortable. Unwanted gaps of lack or residues of excess continue to repeat until Man makes the mental effort to center his/herself and express the answer correctly. True desire is to mathematically extend mental balance and seamlessly experience through the physical the glory of a balanced equation. Both halves of the equation are equally desired.

When the balanced answer is not regiven as a mental quality/equation, the knowledge of Love being Love is not sensed as connection with the constant. When balance is not the quality that is extended, creation is not experienced as an eternal cycle of the giving/regiving of the Idea's totality. Thus, does everyone innately desire, whether knowingly or not, to rest in, and act with the expression of the constant vs wrestle with changing variables. One truly desires to understand the fundamental math of balanced creating, and to work with it.

The Divine Trinity of Light – The Two-in-One Equation

The Divine Trinity of Light, which is Love's foundation of zero motion and radial leverage of gravitative/radiative expression, is one equilibrium operating as an inseparable threesome. The one fulcrum radially extends itself or divides into seemingly opposite but equal pairs and controls the balance of the interchange of the pairs via the equality of the original division. Zero plus one always equals zero minus one: each *'one'* is paired with its equal opposite on the other side of the equation. Zero is in the middle, or center, of the equation, and each half of the equation together add up to zero. The answer to the equation of Adam plus Eve is the central Idea of Man, divided into its equal opposing parts which multiply the one Idea through balanced interchange with each other.

Let's briefly return to my story of the belief in separation and being seemingly unable to manufacture desired change. Stuck in trying to empirically remedy the question *'Why do I suffer so?'* I simply had to mentally recalibrate my thinking to be centered and re-give through action the balanced action/reaction cycle extended by the Creator. I had to be and express Balance to experience myself as I truly desired, which is one in the same as aligning with the Creator's desire for mankind and is also akin to answering my own prayers. I had to mentally take control of manufacturing the record of my body, my environment, and my relationships. I had to work with the centering and controlling balance of the Creator to be *"the fulcrum of my own power,"* (Walter Russell) and move the universe as I so desire.

This is an *"action follows thought,"* (Walter Russell) universe. So, with the central desire in Mind *"to grow in physical and mental stature"* and knowing my Self/Mind/Soul as the One Light of the Creator imagining the two interchanging lights of creation, I began to balance the expression of my body, my relationships, and my environment. I had to be, and act with all that I know, to begin to experience my thinking as the ecstasy of my knowing.

Manifesting Divine Happiness

Happiness is in manifesting balance. Happiness is not in taking the body of another or in gaining material possessions to offset the scales of an unbalanced action/reaction cycle. Happiness is in acting with the desire of Self to extend equal, balanced spirals of seeming motion which eternally give to one another. Happiness is in giving with the right hand to the left and experiencing the reaction of regiving as the left hand gives back to the right. The way to command and control gravity given by God is through balanced Self-expression. Gravity can't be taken from the hands of another; it must be given/regiven by one's own two hands. No substitutes for balanced thinking can balance the effects of unbalanced thinking. To experience balance, equality must first be measured into the action/reaction cycle.

As one works with the Law of Balanced Love that the Creator's, and thus Man's Mind is wholly bound by, the material universe is known to be balanced in the living fulcrum or foundation of the Law, and this knowledge is pure ecstasy that is expressed and recorded as changeless comfort.

Rectifying Unlawful Desires

As far as rectifying the unlawful desire to never manifest a body, let us now redefine the word '*reincarnation*', as I promised I would earlier. Walter Russell has said that '*repetition*' is a better word because one never actually becomes the body. With full knowledge that creation is not the Creator, just as a painting is not the painter, or a book is not the author, one will surely continue to think with the Law of Love as the desired actions/reactions of the body rest in the balance of divine Self-expression. In other words, as one continuously thinks and acts with the divine desire that expresses the material universe with living balance, one ceases identifying with the effect of the body. One is not the body; one is eternal Life recording an idea of one.

Being the Timeless Answer – Lawful Desire for Equality

The Life of the balanced fulcrum of the Self is here, now – to manifest a balanced creation with. As the Mind functions as intended to function, radiating what it desires to fulfill its desires, one rests in the changeless qualities of all needs being met.

Divine desire forever remains located in the mental repetition of equality. Desire to express balance is never outsourced to the world of effects. All needs are met by the one desire conceiving and completing and repeating balanced simulations of Idea. Imagined needs of the left hand are met by the right as they occur in the timeless Balance of the Divine Trinity. Desire for counterbalance is only sensed to occur if the division of Idea is unbalanced and the pairs of opposites do not fulfill one another. Therefore, one meets all needs by mentally being and physically acting out the timeless answer.

Appearance for Reappearance

Spirit never ceases imagining the level breath of one ecstasy into a balanced interchanging two. Try holding your breath out. Undoubtedly, the need to breath in again will arise. As the body is preponderantly breathed out/expanded/decentered, it, too, as conditions are correct for its re-expression, will inevitably re-concentrate or be breathed back in. Spirit is always the cause of qualitative ecstasy via imagining the rhythmic, balanced, interchanging ecstasy or '*motion*' of the cycle of nebulous idea growing to maturity and reversing back to nebulosity for re-expression. To Spirit, this ecstasy is simply unity with the qualities of balanced thinking/balanced breathing/balanced imagining of dynamic equality that serves itself.

As I had previously believed, there is no remaining as cause without reflecting a body – or without producing seeming effect. There is, though, the free will to center the Self with the Creator to experience the illusion of simulating balanced mental ecstasy through action. Creating with Love manifests ease and order as the body, relationships, and environment of the one sensed effect of creation function as the one expression of Love's eternally repeating qualities. The realization of being one with balance wholly frees one to be an eternally co-Creating Being vs feeling like a '*created*' body that seems forever doomed to be burdened by excess or threatened by lack. It frees one to think with the straightforward Nature of being centered, vs battle with the distorted perceptions of being off base.

Separation is only seemingly real via the Self-deception of unequal division and the experience of Life seemingly contained by distortion. Unity with the Divine Trinity of balanced knowledge and its expression of imagining balanced motion is the only true Reality back of everything that appears, disappears, and reappears. The circumference of the sphere of creation or '*edge*' of the universe is nowhere, and its center is everywhere.

The Eternal Nature of Imagining

Mind is synonymous with Self/Soul/Source/Creator. The ego database of sense-based observations and opinions about them can be withdrawn, but the Mind cannot be. It is an error to believe that *'Mind can be killed'* as many have interpreted various spiritual sayings and as I believed when I desired, unlawfully, to live in the State forever without commanding and controlling effect.

The ego database of sensed observations can be transcended via withdrawal of identification from the senses, but the Self cannot be withdrawn, neither temporarily nor permanently. To say Mind can be eliminated is to say that the Creator Who backs all of creation can be eliminated. Killing the Creator is a ludicrous supposition based entirely in egoic fantasy. If the Creator ceased imagining ecstatic motion all of creation would instantly be null and void, and this is an impossibility of the Universal Law which the Creator *is*. Ceasing to create is desire based solely in the projected sense of distortion, imagined imprisonment by it, and the desire to be released from it. However, attachment and aversion to unwittingly imagined, undesired effect can be withdrawn, the Mind recalibrated to liberate the senses, and imagining known purely.

The Love of Balanced Creating

The center of the sphere of creation is Love. Love is Balance. Love desires to express Balance via the two of one pair describing one symmetry. The entirety of the Idea of creation as it is eternally desired and imagined by the Creator can be known as the balanced thinking of one centering rest point of stillness radially extended into eight pairs totalling nine *'zeros'* of dividing equators acting as electric mirrors to multiply itself into seeming motion. The sphere is the union of two opposing spirals. The human body is a system of spheres divided in half by one of the equators that reflects the right half of the body system in reverse of the left. The dividing equator controls both halves of the body. Whether it be God's perfect symmetry reflecting in the body, relationships or the environment, the unification of two opposites into one symmetrical unity is *"balanced mating"* (Walter Russell). In other words, creation can be known simply as the ecstasy of divinely orchestrated sex.

To expand on the description of creation in Genesis: *"Let Us, God the One, and the equal-in-potential but opposing aspects of the division of The One into an eternally interchanging pair, Who create and recreate wombs of space reborning children of matter, make Mankind in our likeness and image."*

The Creator is eternally still and yet is eternally conceiving balanced motion. Creation is the self-propagating *'child'* of sex-linked mother-father opposites. To strive to eliminate the Creator's ecstasy meant for Man to know via the balanced mating between all the opposing aspects of creation is akin to striving to eliminate the Creator, and all that can occur is Self inflicted suffering as one seems separated from one's own Idea of making Love.

All that need happen to realize the supreme Nature of the Self, or the Supreme Personality of Godhead is to withdraw identification with the split sense of duality into the one balanced interchange of Self-expression. Withdrawal of Mind from the seat of identification with sensation in the brain into the still center of the Mind imagining divine sex is all that occurs in illumination, deep sleep, balanced meditation, and communion with the Creator. One may command the withdrawal of misplaced identity at Will by centering the Mind in the Light of creation.

The concept of kill the Mind and never again have a body promoted by students misinterpreting various teachers is, according to the essence of the Russell Cosmogony and the State in the fire, wholly false, and terribly misleading. It is a source of active and passive suicide, murder, and over-population of the diseased and disordered. The intellect of belief, based in identification with the ego database of split observations is all that can be slain. It is unanimously better to recognize that the Mind is eternal and to work with the Law that governs its eternal expression. Bring the *'prodigal son'* of the *'separate self'* home to rest in the divine orchestration of one's own imagined pairs the body reflects.

Balanced Thinking vs Unbalanced Thinking – Ease vs Disease

"Our present almost primitive civilization is barbarian, in the respect that it is attempting to survive, endure, be happy and prosperous by violating God's Law of Love." (Walter Russell)

The thinking of the masses is to take from others for self, which violates God's Law of giving Love for regiving. The masses extend the unbalanced thinking to take without first giving which results in great suffering. That which is unbalanced cannot endure. The Creator's thinking is a balanced cycle of desire to eternally express the Love of the whole. Its endurance is wholly desired without deviation or interruption. Humans must think with the Creator to be happy and prosper.

The Creator's thinking to extend the action/reaction cycle of giving/regiving Love is a balance of concentrating and decentrating thought and the universe or body of creation is ordered and balanced as it unfolds in four opposite efforts towards maturity from its seed pattern of Idea and refolds from maturity back into its seed for re-expression. Each radial half of the equation of zero plus one, two, three and four and zero minus one, two, three and four are balanced by the other as the pulsations of thinking unify the efforts of the pairs into one perfect sphere. The addition of the sun on the plus side of the equation is eternally balanced by the evacuation or subtraction of light from space on the minus side. Both equal the zero of their centering stillness, leveraged into an equation of giving/regiving Love.

The Creator is Rest, Equilibrium, Stillness, Balance. The Creator measures the pattern of giving for regiving and that measurement precisely balances the interchange between all pairs of opposite conditions. The Creator moves not with that which seems to move. The Creator *is* Balance, and therefore balances and controls that which seems to move.

The Creator's universe/body is ordered and balanced. All movement is cancelled out by its equal and opposite movement and then the cycle repeats. There is no lack of desired sensation or residues of undesired sensation. The Creator is the ecstatic, interchanging point of stillness as each cancelled motion, after its voidance, becomes the other.

The motions arranging the seeming of life and death are one; they are equal and opposite division and multiplication, subtraction and addition of the equilibrium or zero point of eternal Balance. Nothing ever leaves the interchanging point of eternal Balance. All that is seemingly divided and multiplied, added, and subtracted is at rest in the Creator's Mind. Nothing ever leaves the Mind; the Creator does not separate from Idea to become the records of creating. The Creator remains as the Creator always is and will always be. The Creator is the formless stillness of eternally Balanced Love ecstatically imagining Love to be dynamic.

The body, and its comfort zone, is the Creator's ordered and balanced universe of Self-dynamism that is the effect of the Creator's thinking knowledge of Idea into its ordered, sequentially interchanging parts. Balanced in the Creator, the universal creation is comfortable.

To manifest the Creator is to manifest unchanging comfort. To violate the Law via the extension of thinking that varies from balance is to manifest a sensed sequence of extra alternating with lack.

To be comfortable does not mean to have more than what is needed or sacrifice what is needed – it means to manifest all that is desired by radiating all that is given. To be comfortable means to radiate what one desires to gravitate that which one desires. Residues of taking gravity without first radiating the Creator's extension of it do not express the divine comfort of the Will to express Balanced Love. Examples of unwanted residues from unbalanced thinking are countless.

The Creator divides and multiplies eternal rest into the eternal illusion of motion without one iota of residual effect. This motion is only seeming, and yet, imagining motion is all there is to the Creator's Mind. The Creator knows Life as stillness and thinks to express Life in seeming motion. Life is One Idea, eternally thought into the seeming of two interchanging roles. Creation, which reflects the Creator's

thinking, eternally expresses Life. The Creator does not outsource Mind to *'think about'* the records of imagining but lives with the ecstasy of imagining them. The Creator manifests a comfort zone or *"Goldilocks Zone"* for the expression of the Idea of Man, and thus is the Creator's universe comfortable for Man. It is the Creator's idea for Man to manifest the Creator, and the Creator is comfort. To be happy, Man is meant to live forever with the Creator, and forever express the Creator's comfort zone through the balanced equation of giving Love for regiving.

The Desire to Give/Radiate Love

The Creator's ordered and balanced radiational/gravitational body is based in the mental desire to give. It is not based in the unlawful desire to get, or to take gravity, but to radiate it. The Creator gives Love out (divides/radiates) and that same Love is simultaneously regiven (multiplied/gravitated). Equally divided Love is equally multiplied Love. That which is equally divided, or expanded, or given out from the Creator returns to the Creator equally contracted, or regiven/multiplied. That which is regiven automatically gives out again; it becomes its opposite. It is an eternal action/reaction cycle of giving for regiving.

The Creator's universal body is dual, to match the Creator's dual thinking. The Creator knows the two at once. For each sphere of sun, there is a balancing cube of space. Cube-and-sphere, black-hole-and-sun, darkness-and-incandescence, are the dual lights of the Creator's mentally divided Light, expressing the Life of the Creator's eternal rest. The energy of the Creator's eternal rest is still. Energy is the still fulcrum from which all radial motion-in-opposition is leveraged. The Creator conceives and completes, and eternally repeats, the universal body with the pulsations of thinking equally leveraged two ways from the one still fulcrum of Mind. Energy goes nowhere. The Creator's body seemingly appears to disappear to reappear here and there, and the Creator's Mind is never here, nor there. The Creator is the Omnipresent Zero-Point of expression of every creating thing; and yet, the Creator is not those things.

The Creator is Magnetic Light imagining the electric mirrors of creation. The Creator is the all-attractive answer. The answer is seemingly divided into the equation that expresses the answer. There is a process of creating and completing Idea for re-creation that is constant and never deviates from the Law that Love must forever be given for regiving. The Creator's way of thinking the answer into its enduring expression never varies. Man knows Oneness with the Creator to the extent that Man centers creation and works with the balanced Energy that Man is.

Working with the Law of Love

The interchanging point of Self-expression that extends the Idea of the Self into pairs of interchanging spirals of motion can be known by identifying with and extending the qualities of Balanced Love. Identified with the qualities of Love, one does not fear the seeming birth and death of the universe but knows the Life Energy of the Soul eternally expressing it. One does not seek the circumference of the sphere of creation that is nowhere and assign that imagined place to be the end. One eternally lives everywhere.

The fear-based identification with a timed universe weaves the belief in the need to take for personal survival into the daily thoughts and activities of mankind and thus is the Law of Love violated. Taking from the outside of the equation can never solve the problem inside. Taking from the outside continually only temporarily adjusts the material scales for better/worse without ever wholly balancing them from within. We can alleviate this fear through knowledge of the divine centering foundation and thinking which only disappears matter for reappearance.

The Big Bang (and Suck)

The Big Bang theory is empirically believed to be the universal beginning of all bodies – it is believed that some cataclysmic event separated and sent all of one whole violently expanding away from itself into an unknown oblivion thought to be its ending.

The Big Bang only tells half the story of eternal creativity. There was no beginning and there is no end to the Creator or the illusion of creation. Everything breathes the same way in the same sequential pattern of breathing out to breath in again. The radiative out-breath sources the gravitative in-breath, which sources the next ‘start’ of the sequence. The universe is repetitively reborn.

Matter appearing and disappearing for reappearance is the ongoing explosion/implosion or unfolding/refolding of the eternally expressing Idea of creation. The Big Bang of expansion is irrevocably mated with a ‘Big Suck’ or opposing motion of compression. The outward exploding motion is paired with its opposite inward imploding motion. The Big Bang only describes half of the Creator’s concentrative/deconcentrative thought process. The Big Suck is the other half which re-concentrates deconcentrated matter for re-expression.

“Physician, Heal Thyself”

The balanced Mind which centers the Idea of motion is the ultimate physician of the expressing body. *“The consciousness of man is in absolute control of his body,”* Walter Russell. Centering the imagining of motion means unifying with the Balance of the Creator and thinking and acting equally with both the pattern halves of short-range (fast) motion of incandescence and long-range (slow) motion of evacuated space. For every plus on one side of zero in the equation of the four efforts bringing concept to maturity and back to seed of Idea, there must be an equal in potential but opposite minus on the other. Centering the Mind works with the Law of balanced repetition and eternally interchanges the divided lights with perfect rhythm.

The Mind of Man is the omniscient, omnipotent, omnipresent stillness of the Creator expressing a dynamic body of motion which is the record of the unfolding/refolding image of the Self-concept. The senses detect the incongruencies of unbalanced thought-waves, not the congruence of Mind nor the desire for balanced expression. The short-range senses detect the maturity or completion of the four efforts, and the long-range senses detect the return to conception. The one still Light simultaneously expresses each to birth the other. When thinking is balanced, the short and long-range senses are congruent with the desire for balanced expression and the record of creating is comfortable. When thinking is unbalanced, they are out of sync and thus distortion is detected.

The effects detected by the short and long-range senses could also be labelled male and female, gravitative and radiative or any of the other pairs of opposites which create the one illusion of reproducing forward motion. Male is represented by seeds of bright light and female, wombs of dark light. Light that is divided radially outwards in the direction of space is the dark womb of the female half of seemingly divided equilibrium and she gives birth to the male seed of the sun, who in turn fathers mothering planets. Nothing in the cosmos from the galactic to the atomic varies from balanced interchange of giving for regiving between the pairs of opposites simulating equilibrium.

Mind of Man is the Self-same interchanging point centering and balancing the systems of light curvature expressing his/her appearing/disappearing/reappearing body. There are nine inert gasses of one’s seed pattern expressing Self-concept in an indestructible cycle of Life. As gravitated light passes into its other half of radiating light, light radiated is the reversal of light gravitated. The cycle of Life’s expression of Idea is experienced to be a timeless march of ‘moving forward’. The body is one cycle of interchanging motion that cannot be literally separated into its two halves. To be one’s own physician, one centers one’s seed pattern to control the balance of the cycle. As the inert gasses of the seed pattern of Self-concept are centered, thinking reflects balance in the electric mirrors of the pairs of opposites, and the body seems to move forward with perfect symmetry.

Centering One's Seed Pattern with Divinity

"The glorification of spiritual man lies in emulating the balance of carbon in relation to the universal balance, and of man's body structure as typified by the perfection and symmetry of the carbon body structure." Walter Russell

Let's expand our 2D rudimentary image of a circle of creation within a square with two equal interchanging pairs into the 3D spherical inverse of a cubic wave field with four pairs, which traverse the symphony of expression from nebulosity or seed of Idea to the perfection and symmetry of carbon and back to nebulosity for the re-expression of carbon. The formula for the four balanced mental efforts of radial growth from seed of Idea to maturity and back to seed for re-expression described by Walter and Lao Russell in the Universal Law, Natural Science and Philosophy Course is: 0-1-2-3-4(0)4-3-2-1-0. The two fours centered by zero represent the consummation of the two opposites into a perfect sphere centering the space of the wave field. The Creator is the zero-point centering the sphere of creation. The total number of zeros in the equation is nine. Four on one side plus four on the other plus the one centering zero equals nine zeros. The double four expresses the maturity of the expression that is carbon, and the other pairs the stages of carbon as Idea unfolds and refolds.

All of God's creating things peak at the half-way point of the cycle of expression as the efforts of perfectly mated pairs crescendo in the polarized momentum of carbon that is always on the amplitude of its wave, '*standing up*' at 90 degrees from the inert gasses of the seed pattern on the plane of imagining from which it arose. Carbon is a perfect sphere which crystalizes as a true cube. All its faces are satisfied by their opposites. At this juncture, all the elements of the pairs before carbon are wholly discarded, just like crawling is no longer necessary as humans gain the structure and strength necessary to stand up and walk without falling over. The maturity of Idea is always expressed as the element carbon, and its predecessors and successors of growth and decay before and after the maturity of standing/walking are stages that lead up to carbon and return to carbon as the seed pattern is unfolded/refolded. "*Carbon has nine lives*" Walter Russell, and each one lived '*ends*' as the beginning of the next: the whole balanced cycle a divine symphony.

Desire to crystalize concept erects an invisible cubic wave-field. "*Desire in Me is Soul in Me*" (The Message of the Divine Iliad). The invisible seed pattern of Idea surrounds the still point of the Soul for eternal expression; and the body that appears/disappears/reappears from it is the visible creating thing in seeming motion. All creating things have invisible seed patterns of inert gasses that cannot be altered by the evanescent waves of rainbow bodies they emanate as the White Light of the Soul eternally centers them and expresses them for re-expression.

Cubic wave-fields produce within them two-way electric mirrors of opposingly curved lenses of electric light controlled by equators of Magnetic Light which join or divide two opposing mirrors. There are six multiplying mirror faces to the cube and three dividing mirrors positioned at 90 degrees from one another in the center of the cube-sphere. Spheres are assembled and disassembled within the cube via the joining and dividing equators. Positioning Mind in the center of an equally divided-into-four 2D circle-square '*on paper*' is short the division-of-90 degrees-in-half dimension of breadth, which makes the square into a cube and the circle into a sphere. Centering Mind in a formless cube-sphere by mentally erecting the three central dividing mirrors at 90-degree angles from one another is the same as dividing our 2D circle into four 90-degree segments, except that breadth is now included. We cannot easily draw three dimensions on 2D paper, but we can know them in Mind by adding the third dimension of breadth.

The Light of the Soul is the center of everywhere, and the boundaries of the cube-sphere the Light centers are nowhere: all motion is voided in the mirrors of the cube where curvature ceases and the image projected is reflected in reverse. Carbon, which crystalizes into a true cube representing the

matured perfection of the central Idea, is the perfectly crystalized form of Idea representing balanced expression. Consciousness itself is the still dividing and unifying equators commanding and controlling the balance of the electric mirrors, not the moving lights of carbon. Consciousness commands and controls the production of carbon and its creative activities.

The angle of the Light given out through the seed pattern determines the balance of the repeating rainbow body, and it is the angle that Man, one with God's mathematical precision, determines the command and control of the reproduction of balance. Balance is off in the pairs of electric mirrors if the mental division of the seed pattern is off-centre. The breath in cannot equal the breath out. God always centers one's seed pattern as all of God's creation breathes equally in to breathe equally out. When one is not unified with God's centering of one's seed pattern, the image of the mature body is not crystalized in God's symmetrical image of perfect balance, but in one's own asymmetries. Breathing seems to come to an end in a final gasp. The interchanging pairs of unbalanced mirrors produce unwanted residues of effects like an engine fly wheel that is out of balance. The extra vibration, gears slipping, burning smell, vibrating clutch pedal and clutch drag all demand that balance be restored to the system.

When the angle is dead center of the radial expression, the pulsations of thinking that appear and disappear to reappear the imaged concept are balanced. Mentally adjusting the '*position*' of Mind to be in sync with the Creator is the simple way to set things straight in the body. In very plain terms commanding this angle to be 90 degrees by assuming the dead center position of one's seed pattern of Idea so that one's breathing is balanced is like thinking to correct one's poor posture gleaned from continually contorting the Mind into unnatural positions that the body reflects.

The angle is affected as one expresses balance by keeping those mirrors erected at 90-degree angles, or one tilts them in one's '*favor*' by adding more without equally subtracting. When the angle of expressing the two-way mirrors of electric light is 90 degrees the short and long-range senses are in balance with one another and unwanted sensation cannot result. While centering one's seed pattern, there is no discrepancy noted between the two types of senses that seems to separate one from the Divinity of unfolding/refolding one's seed perfectly. Divinity itself, as a word, is based in the division for multiplication of perfection being the dead center source of the motion of creation. The '*God-like attributes of divinity*' are balanced interchanging spirals of opposing motion and as one knows the Self as the commander of the body to be balanced by centering the seed pattern, the unwanted sensations detecting the distortions of off-centred Self-expression dissolve. The experience of being off base demands that one mentally returns to Home base. Returning Home inspires one to act with balance. This inspiration translates to knowing how to manifest balanced creations by '*starting*' with Balance, and how to act to correct situations that present the effects of the out of balance flywheel.

Most of us are caught up in unwanted holding patterns of our seeds of Idea crystalizing in distorted symmetry. I have scoliosis and the asymmetry of my body does not therefore emulate the balance of carbon in relation to the universal balance. I do know, though, to position the inner mirrors of Self-expression to change that record over 'time' as can anyone who desires to know and work with Universal Law. It takes time to bring the Idea of Balanced Creation to the world of effects, and time is unlimited. One '*graduates*' from Earth school of learning to command the body, to centering sun-seeds in space with God. Full knowledge is omniscient, omnipotent, and omnipresent and enables the full omniscient, omnipotent, and omnipresent expression of the creative Self. Every graduation from sensing distortion and suffering from it to knowing what to do about it is a fresh start.

As Man comes to include both halves of the equation of balanced creating by centering his/her seed pattern, he/she will know the body to be an eternal cycle of carbon and to act in sync with Divinity to emulate the perfection of the cycle. Once the illusion is known to be what it truly is – eternally still Idea imagined to be eternally moving – the expression of Idea will be commanded and controlled by

Balanced Love and suffering through discrepancies will end. Wholly knowing that Man is the Consciousness that controls his or her body, and is not the body, the body will live out its nine lives with eternal ease. *'Dying'* will be as simple and unmysterious as going to sleep at night, and *'living'* as simple as waking in the morning.

Commanding the illusion with balanced giving/regiving Love is the same as ceasing taking and experiencing loss, shame, guilt, diseases, and disorders etc., that seem to imprison one in a house of tilted mirrors reflecting distortion. Balanced erection of the electric mirrors simulates the ease and order of the Creator's balanced answer and expression of Life as that which is radiated from the three dividing mirrors is abundantly regiven without gaps or residues from the six multiplying mirrors. The master physician of his/her own body is perfectly centered; and thus, is in perfect harmony with the rhythms of the pulse of Life expressing Balanced Love.

Questions and Answers

Q: You have taken a different view of the Mind or so that is my impression. Perhaps you can comment on this aspect of Mind so I will be clear on this *'elimination'* of Mind.

A: Many so-called sages seem to promote *'killing or eliminating the Mind'* as a path to spiritual enlightenment. This sentiment, whether believed-to-be-true by the sage and promoted, or literally interpreted by an audience to be true, is based in the belief of being split from the one Source/Mind of the Creator expressing the interchanging two of creation. The kill the Mind concept goes hand in hand with the belief in death and leads not to enlightenment but to murder and suicide, and thus repetition of suffering vs the non-eventful eternal manifestation of the Self.

Mind, the way I knew it absolutely in the State in the fire, and the way Walter Russell describes it, and as Jesus Christ would have described it (if his audience at the time could comprehend what he was saying without grave misinterpretation), is synonymous with Soul, Self, God, Creator, Source. The body of creation is a natural effect of Mind. Jesus summarized what he couldn't explain fully by saying, *"I am my Father are One"*. He knew himself to be one with God's Balanced Love, the image of his body to be an effect of expressing Balanced Love.

Grasping the truth of the mental Nature of the universe, one is well on the way to mastering the body. God's body is man's body, and man's body is God's body. Command and control the body with God, and rest in the eternally divine ecstasy of balanced creativity. The body is simply an effect of balance when it is centered in Balanced Love; it is a *'non-event'* at rest in the Will to express balance. It is a vehicle for blissful living.

Command and control the body via the unbalanced thinking of the identity split between the short-range and long-range senses and there are unwanted effects in the body that seem to block the ecstatic State by periodicities of seeming living without suffering and dying with suffering. One could say that it is *'mind'* with a small *'m'*, synonymous with the belief in the impossibility of a *'separated self'*, that is responsible for malignant teachings and/or misinterpretation of benign ones. In truth, a sage who says, *"eliminate the Mind"* is saying, *"balance the Mind and heal the split-identity"*.

Q. What is the ultimate point or function of the Mind?

A. The ultimate function of Mind is to eternally manifest the Law of Love, which is recorded by the seemingly physical, not to become *'unmanifest'* aka permanently discontinued expression. Oneness with the Reality of the unmanifest Self is simply non-association with the unrealities of the seemingly manifest simultaneously combined with correction of one's thinking that manifests the sense of imbalance.

The Godhead of supreme creativity that is believed to be a literal destination is nothing but an eternal State of Mind that cannot be reached by identification with the illusion of effect, nor can it be reached

by the denial of effect. The eternal State of Mind includes full knowledge of Oneness with Universal Law and the ability to manifest the Law through waves of balanced mental movement. Look at all of God's creating things: the Intelligence back of their design cannot be denied. The ability to manifest supreme Nature is the divine climax of Man's unfolding from a sense-based seeming existence to one that is knowledge-based. Man unfolds to know the Self as the interchanging point of Mind which eternally expresses the Idea of creation as a balanced dual body of seeming motion.

All bodies are radial extensions of the one point of Mind or stillness into one unity of interchanging pairs. When both halves of sensation are known to be opposite but equal in potential, the seeming sense of being created or '*split in two*' between life and death dissolves in the eternal Nature of the One creating.

According to the Russell Cosmogony, the time-period of concentration is approximately the same as the time-period of decentration. If a body is active or '*lives*' 100 years, it '*dies*' for another 100 years or so before it repeats. To use an analogy within the Russell Cosmogony, life of the body is like a photograph negative being developed into a colorful positive over time and death is those same light rays that were concentrated from the negative fading back into the negative over time to be printed in color again when the conditions are correct. The seed pattern of the one negative and the positive is timeless.

Man is one with Universal Law, and all thinking produces images interchanging between their positive and negative halves. Due to mistaken concepts and conditioning beliefs and without the mental correction of centering in the desire to express the wholeness of Love, many are caught up in noting the effect of a cycle of mostly unwanted suffering sprinkled with brief moments of pleasure.

An unwanted effect of the belief that Mind can be stilled, or killed, occurs as bodies become stagnant sitting in unbalanced meditative postures, waiting for the Mind to die and for the split-identity to be proven '*right*'; and they fade back into their negative half prematurely. Their seed patterns in the inert gases in space which have recorded the imbalance often '*reprint*' birth defects and a shortened period of the cycle. Seed patterns can only be repaired by centering them and commanding the resurrection of Balance.

Q. What is the difference between cosmic consciousness or knowledge of creating and dreams?

A. There is no empirical consensus as to what dreaming is or what it means, although it is easily explained when it comes to the image printing and fading from the seed pattern surrounding the still plane, or fulcrum, of imagining. The sense of rising (or waking) from the plane of imagining is the short-range detection of incandescence and the sense of falling (or going to sleep) is the expansion of incandescence back to the nebulousness of the seed pattern of Idea. In simple terms dreaming means that the senses are not quite asleep or fully decentrated – they're not quite back at zero on the reverse of contraction to the still plane of the concept of the Self. While we are dreaming, the sense of Self in motion is not quite at rest on the static equator of the mental concept or Idea of the creating body – we are no longer noting the short-wave sense of the printed body image but noting and identifying with the long-range sense of the negative of the image. Our senses are still vibrating on the reverse journey to the point from which they arose only they vibrate slowly as our bodies lay on the horizontal plane of equal pressures the Earth's surface is. As our bodies lay depolarized but not quite at the Zero of their expression, our brains loosely replay the records of images and sounds in random ways that seem unique and possibly even prophetic.

Cosmic consciousness is being aware of the balanced expression of Life interchanging both its short-range concentrated state (life) and its long-range decentrated state (death) to eternally express Idea. Man is God's Idea and to be an enlightened Photographer is to express the seed pattern of the dual body with God.

“God is my rock and my salvation” – ‘rock’ refers to the fulcrum of stillness all motion is leveraged from, and ‘salvation’ refers to the quality of the Mind as stillness is equally divided and multiplied. There are many other references to rock as being the foundation of creation and often, they are taken to be formations to be gained for self in the 3D world. For instance, legends pertaining to the use of a ‘*Philosopher’s Stone*’ to heal the body, transmute one element into another and many other alchemies flourish among dreamers.

Legends are made of dreams. Dreams are made of the senses. What legend passes by is the fact that discovering a miraculous substance that can alter the states of Mind bound by Universal Law is essentially fantasy conjured by the senses. Any seeming alteration comes from belief and dissolves with belief as belief wears off. Cosmic consciousness is knowledge of Oneness with the immovable fulcrum of Law that God, or ‘*The Stone*’, is, and the balanced two-way wave of ‘*philosophy*’ leveraged from The Stone. The wave of creation journeys to and from the climax of manufacturing the one element, carbon, that is in perfect circular orbit around its still point and expresses a balanced creation. All that is necessary for healing the body or transmutation of the elements or any other miracle is to express the body like God expresses carbon or locate the position of the desired pair of opposites on the wave to or from carbon. God is not in conflict with His-Her Self via identification with the printing and fading octaves of imagining the birth and rebirth of carbon, but in homeostasis with the still Idea of carbon and its balanced expression. No philosophy can move The Stone; The Stone stays put as it philosophizes.

In Cosmic Consciousness we are communing with God and centering the seed patterns of ourselves with God’s divine philosophy expressing Balanced Love. We are at rest in the stillness centering the inert gases of our seed patterns which do not mix with the elements of the printing and fading of our carbon images. Control of the body is at the level of the stillness centering the inert gasses. When we are in the state of Cosmic Consciousness we are in the normal, undistorted state of central awareness, communing with and being the balance of the Creator, which tunes our seed patterns to reflect balance in our bodies, relationships, and environment. When we are associating with dreams, the stuff that legends are made of, we are not controlling anything at all, but simply associating with the opposing states of motion otherwise described as the senses.

Q: I picture all suffering and death ending by all the ego/fractal/past ending and all there is the timeless, eternal, infinite now. It’s like we are particles now and our true being is the field. The particle world is the world of the ego, and the field world is the world of the Holy Spirit, and there’s total communication failure between the two. I think that is why the (ACIM) course says that your function is to accept the Atonement for yourself.

A: The end of all suffering and death ‘*happens*’ via the realization that one is neither field (long-range sensing) nor particle (short-range sensing), one is neither black hole nor sun, one is neither the photograph negative nor the color print. One is the still point of interchange between field and particle or negative and positive. The negative body half and the positive body half are equal and opposite mates, and their one still Source remains the cause of their interchanging motion. Particles appear from the field and disappear back into it to reappear again, but they are known by their cause for what they are, not by what they seem to be to the senses.

A sun is created by the fast vibration of the Creator’s thinking the idea of creation into the image of a centering sun and a black hole is the particle’s encompassing field or mate that is the origin of the fast motion. An identity split between the opposing states of motion is the reason there seems to be communication failure with their Source.

The Self knows of absolute unity between the two as they are equal halves of the division of one Idea into a mated interchanging two. The ego, that is focused on identification with the short-range half of the equation only, says there is separation. The communication failure is between knowledge of the

Divine Trinity and identity seemingly split by focus on either half of the senses. At rest in knowledge of the two-in-One, there is only the ecstasy of the eternal now of the Creator's thinking the one Idea of creation -- which is noted/recorded as an interchanging pair. When the particle disappears, it has seemingly become the field. When the particle re-appears, the field has seemingly become the particle. One is neither; one is the unified stillness at rest in interchanging ecstasy which is transcendental to the sense of divided motion, so, nothing must begin, or end, to instigate, rectify, or correct one's true being. Knowing this divine truth and forgiving the ignorance of the unknowing - including one's own ignorance - accepts the Atonement. The Atonement is the mental recalibration to think with both and extend Balance.

Q. May I put a hypothetical question (for brain storming) ... For what purpose does an immortal formless appear here within a mortal form? Many believe that the purpose is pre-agreed. If that is true, then whatever happens here with/by the duo of form & formless relates to the execution of that purpose and a delayed awakening plays a spoil sport in execution. Who is the one responsible for this delay? Who is the one who judges it as real/illusion... (the true Self or separate Self) ...? Does the performance form the basis of reincarnation if it so happens?

A. The appearance and disappearance for reappearance of creation is the eternal effect of the Creator's heartbeat or pulse of "*concentrative/deconcentrative thinking*" (Walter Russell). It is Universal Law that the body repeats, and yet, the Creator never becomes the created. Cause never becomes effect. The driver of the vehicle never becomes the vehicle, he/she simply operates it.

As per the concentrative beat, suns, that are seeds unfolding/refolding the Earths which unfold/refold the Idea of Man, appear from the expanded pattern of measured space they were concentrated from. As the Creator deconcentrates or relaxes concentrated thinking back to the zero of space, the sun disappears into the vacuum created by its concentration and reappears on the other side of its wave axis. It's an eternally consistent dance between concentration of light and deconcentration of light for reconcentration. Suns don't die, they radiate life as they are reborn. Suns are simulations of invisible radiating/gravitating seed patterns centered by stillness. As rhythmic, balanced pulsations expand concentrated matter back to zero, a new equation that adds up to the reconcentration of matter via equal and opposite pulsations takes their place.

Over and over without deviation, '*Brahma's Day*' becomes '*Brahma's Night*' to become again Brahma's Day as Father Brahma eternally thinks the Idea of Man that is eternally known. Idea is one indivisible Magnetic Light at rest and the thinking of Idea into its seeming parts is Light seemingly divided into pairs of magnetically controlled electric opposites which interchange roles, presenting the illusion of activity and rest from activity which balance one another. Mind controls the body, just as the driver controls the car.

The Creator's thinking is known in Oneness with the Magnetic Light of knowledge to be continuous. Qualitatively, void of identifying with the alternating sense of using the gas pedal and the brake pedal, the continuity of the concentrative pulse beat becoming the deconcentrative beat becoming the concentrative pulse is changeless ecstasy. While noting the undesired effects of our own unbalanced thinking arising from ignorance of Universal Law (for instance, our many unbalanced applications of the gas pedal which lead not to parking in the garage to resume driving the next day but to crashing the car on the way home), we believe there is separation from the Creator's knowledge and thinking that is '*punishment*' from God. We believe there is a '*true Self*' and a '*separate Self*' and yet there is only a seeming division between the Self of Magnetic Light and the Self in motion. Motion is only seeming. If one gives motion Reality, it seems there are two selves – one that is still, and one that is in motion. When the Mind assembles those inner mirrors of division at odd angles and identifies with the reflective scales of unbalanced thinking, one experiences the seeming motion of pleasure alternating with pain.

When the mirrors are erected at 90 degrees from one another, the sense of division is voided by balanced multiplication, and one feels only the mental ecstasy of the imagined motion of Love becoming Love. When the senses are wholly satisfied by the mental centering that divides them equally, there can be no seeming reality to *'incarnation'*.

The body eternally reflects the electric thinking of the Magnetic Self that is Idea in the Mind of God. *'John Smith'* is not a body, but the Creator thinking the Idea of John Smith as seeming motion, which is detected by motion alone to be a body. As John Smith knows and expresses the *'Self as God created'* or the seed pattern Idea of John Smith centered by Himself, he then becomes *'Cosmic Man'* (Walter Russell) for he knows Oneness with God's eternally balanced ecstasy of imagining stillness as balanced, interchanging ecstasy detected as balanced flow of thought. He ecstatically imagines His body in the image of God's balanced thinking and simulates this balance in all his creations. As John Smith eternally manifests God/Self, He no longer identifies as *'John Smith, a temporary record of creation'*, but John Smith, eternal co-Creator.

The purpose of creation is the ecstatic nature of ongoing creating; it is knowing the ecstasy of balanced thinking and actively simulating that balance with God's modeling clay of paired opposites of interchanging motion. Thus, does God only *'incarnate'* as Man who knows eternal Oneness with formless ecstasy and does not identify with the seeming stop-frames on that ecstasy by the belief in the life or death of forming/un-forming/re-forming effect. To paraphrase Walter Russell, Jesus Christ is the only such Person recorded in history who truly knew Oneness with God and could therefore be called God.

Re: *'pre-agreement'* – there is only the Idea of Man eternally unfolding/refolding to unfold/refold again and everything goes according to Universal Law. Each pair of opposites that seemingly find unity through contrast to illustrate the Creator's imagining becomes the other. There is absolute, pre-determined order to the expression of Life. The Creator's infinitely present thinking process has limits to it that it never exceeds. It does not go beyond the expression of the One Idea or the exactly precise order and patterning of its unfolding/refolding of Idea. It is an exact, ordered process that has predictable and measurable effects all throughout the universe. The uni-verse is *'one (limited) song'* repeated without limitation to infinity. The *"delayed awakening of the spoil sport"* is routinely balanced as populations not working with Universal Law are routinely corrected for rebirth by the natural disasters that result from unbalanced thinking. Via *"the weeping in every home"* that happens as vice seemingly overcomes virtue, everyone learns through undesired sensation to desire only to work with Universal Law. From seeming tragedy arises the Phoenix of inquiry into and identification with the centering Self.

The responsibility for this *'delay'* is simple ignorance of Universal Law via the identity split between the senses. Jesus Christ said, *"Forgive them for they know not what they do"* – the un-Realized know not of the connection between unbalanced thinking and undesired experience.

All pattern unfolding from seed is carried back (refolded) to seed as it unfolds. The concept of reincarnation is based in the Law that all motion repeats. Reincarnation is simply repetition of effect as the motion of life continuously becomes the motion of death to become again the motion of life – its all happening/unhappening timelessly – there are only intervals of seeming time via identification with either half of the senses. The human body is a dual body of concentrated matter and decentrated/vacuumed space, and it alternates its preponderance sequentially between both halves eternally. Reincarnation aka repetition is inevitable, is unavoidable, and every pattern of unbalanced thinking is unwittingly repeated until one mentally centers both halves of the repeating body and begins to manifest balance through the body, by knowing and being the Law.

Illusion is sensed and believed to be Reality by the unknowing until the Point of Reality is known, and the senses are knowingly commanded and controlled. The relief of being a co-Creator takes the place of the belief in being the created.

Q. It's a simple choice to be timeless or not. Choose doubt, and you're not timeless. Choose conscious Oneness, and you are timeless. It's not that complicated.

A. Indeed. Doubt is being mentally off-base from extending certainty. Dividing/extending the stillness without equality results in the dubiousness of unbalanced pairs of spirals of opposing motion. One can either join the Top of Extending Love by mentally centering with equality to divide concept into its equal opposites, timelessly multiplied as a perfect creation, or wobble with doubt in time.

Q. When you put it that way, it makes it easy to decide! Lol! My latest vision has a timeless simple pattern surrounded by countless echoes of that pattern. We literally become echoes thinking we exist without the original pattern. However, we exist because of the original infinitely eternal pattern of Love extending Love. In the past we are simply echoes of that and these echoes seem to make us up. We are and we are in the original pattern. That's why anything ever *'works'*.

A. The original pattern is our invisible seed pattern of inert gases in space that rhythmically unfolds/refolds/unfolds/refolds a seemingly material body as carbon *'lives'* and *'dies'* its nine lives to/from those inert gases, appearing/disappearing/reappearing a *'movie on the screen of space'*. We determine either a balanced expression/seemingly moving manifestation of the pattern by thinking to unfold/refold it with God's balanced breathing/heartbeat/pulse of Life (which is experienced as timeless ecstasy), or without God to experience a wobbly one that seems to fall over and *'die'* in time. The good thing about it is the experience of the material body is at our full command and control and so no condition is ever unresolvable. There is no past except by a mental definition of before and after belief, as a past can only be determined by the end of the old and the start of something new. All that can start, and stop is ignorance of Universal Law via belief. We never start out as a created effect; it just seems that way via identification with information gleaned by the senses and ignorance of the Source of true knowledge. We are always one with cause. We can always choose the timeless now to relinquish belief in being effect and work with Balanced Love to experience the Self as one with the balanced ecstasy of the Creator.

Q. I think we see the same thing and describe it differently. I see God's balanced breathing, heartbeat, and pulse of life as the one real pattern and the things that seem to spring up which you call wobbly things that must fall over and die ... I call them echoes of the Real Pattern. God creates you (every you) in God's one timeless breath, heartbeat, act of passion. You never change from being the created of the Creator. In the echo world that seems to spring up, you seem to be born and live and die. My theory is the only reason this seems to happen is so that you can know the answer to the question *'Who am I?'* And when you know that answer beyond all doubt then the echoes no longer serve a purpose for you and you consciously know who and what and where you are, mainly in the one Original real pattern as the created of the creator.

A. Yes! And yet, again, we never become *'created'* by the illusion of motion rising and falling from our seed patterns; it just seems that way as we give the illusion of motion Reality. The body is never created but imagined by The One Who never becomes the repeating effect or *'echo'* of imagining that the body seems to be. We transcend the need for the sense of creation, which tells us when our tops are wobbling and to correct their alignment, by mentally centering the Mind and thereby correcting the math of expression to be balanced. From that point on, we are knowing co-Creators, severed from the need to sense a classroom, so to speak, at rest in the ecstasy of the perfect creating of The Teacher as our bodies simulate divine creativity. The eternally repeating body of creation is forgotten as it virtually dissolves in the ecstasy of its creation. We unfold/refold to become One with God/Nature/Changeless

Ecstasy. We don't get *'there'* individually until we all get there universally. And thus is *'God's Only Beloved Son'* seemingly given to be crucified until every prodigal Son comes Home.

Q. What needs forgiveness if we are all on the same path?

A. The belief to be forgiven is that one must take from sentience to add to the Self, vs radiating sentience that is naturally given by the Creator centering creation. Nothing goes beyond the zero point of Source and yet everything seems to as what is mentally imagined is recorded in the physical body. Every thought is recorded somewhere in the body and the thought to take immediately records loss of balanced symmetry. Loss of symmetry in the body is experienced as dis-ease.

The simple math equation in line with our four pairs of balanced spirals derived from centering Mind in the cube-sphere of Life's expression is: $0 \div 4 = 0 \times 4$. One must radiate one's own divine qualities to multiply them in the body. This simple equation goes with Walter Russell's extension or expansion of Einstein's law, "*For every action, there is an equal and opposite reaction*". Walter Russell coined this law correctly as: "*Every action is voided as it occurs, is repeated in reverse, and is recorded as it is repeated*". This expresses the Law of Love dividing the stillness and recording the reverse of division as creation eternally multiplied. The error to forgive is in unwittingly taking that equation and mentally reversing it to $0 \times 4 = 0 \div 4$, thereby reflecting/recording the reverse of multiplication as divided Love, or loss.

'Who am I?' I am Creative Man, knowing only changeless ecstasy to the extent that I divide Love first for all, or seemingly suffering-in-a-body man, ignorant of Universal Law, chained to the Earth to the extent that I multiply Love first for myself.

Q: Where is a black hole located?

A: All light waves are in spiral, or cone, formation. Black holes are the back-to-back cone bases of spirals and suns are the unified apexes of opposing spirals. Motion given out from the point of centering Soul expressing Idea is simultaneously retracted back to the same point as matter seemingly embodying Idea. Black holes are spherical wombs which encompass the spheres of galactic solar systems and microscopic cellular systems. Black holes are the unified other body half patterns of matter centered by Divinity. They are evacuated or vacuumed of the light waves that are concentrated in their centers as primary suns and their satellites. Black holes and suns co-exist and the pumping motion of each giving to the other presents the sequential illusion of each giving its life for the other. Another way to put it is to say that Light is divided in half to be concentrated or shortened at its centering point of expression and decentrated or lengthened at its outer cubic boundaries – this shortening and lengthening is always opposite in volume but equal in potential. This effect is achieved via expressing the equal but opposite opposing pairs of spirals of which interchange with one another. Walter Russell has provided many diagrams of these opposing spirals in his vast library of work.

In the State in the fire, I first travelled through the mechanics of a wave-field. The experience of oneness with the sun was not of the spherical shape of the sun, but of radiating angular shapes. The sun was all activity, throwing off rings to be repolarized into planets expressing all the various crystalized images of creating things. A crystal is a perfect cube with a spherical nucleus. Carbon is the divine example of maturity of idea in its seeming form.

The experience of being one with the black hole was not of being lost in endless darkness, but of being one with a perfect black spherical body. The black hole was the rest from activity that sourced activity. In the first half of the cycle of expressing the paired mates the pulse of Life's expression preponderantly contracts Light, in the second half, the pulse beat preponderantly expands it. The two beats of expansion/contraction are of one Heart; they are inseparable. Both black holes and suns both seem to *'die'*, but what is really happening is they interchange roles as each opposing force creating them is *'born'* from the *'death'* of the other. They are the two of one still point of interchanging gravitation and

radiation. They only seem divided into an alternating sequence to the short-range senses watching the inner movie through the long-range senses.

The inner movie of Idea cannot seem to exist without projecting it through convex black light to appear as if concentrated images of incandescence on a screen of space. The concentrated sun sphere radiates back to its other half the light that was borrowed from it or *'grows'* the seed of Idea and the movie of Life unfolds from its seed to refold back to its seed as polarized spheres of suns, planets, moons, and body cells of creating things are depolarized for repolarization. One half of the pulse cannot exist without the other. Like a pump, with definite measurement, rhythm and order, pairs of spirals inside and outside of their opposites interchange matter and space through points of centering stillness. Light is *'breathed'* out and breathed in from rest points of dividing equators to centering rest points of uniting equators. Expanded light is re-concentrated into the appearance of matter. God, Who is eternal Rest, breathes in and out and both halves of all bodies appear and disappear to reappear one unit of Idea sequentially alternating between the seeming of life and the seeming of death. All is seeming. There is no death. There is no start, or stop, to the Creator breathing the Idea of creation to seeming life.

In the State in the fire, it was as if I was the architect of the movie projector machine and had withdrawn the sense of viewing the movie, becoming qualitatively associated with its inner workings. The quality associated with both the seeming activity of the sun and the seeming rest-from-activity of the black hole was of ineffable Love becoming Love becoming Love. The motion of death boring through the poles of suns to make them into rings thrown off at their equators for reconcentration into planets and body cells of planetary life and planets into moons and moons into comets and then again decentrated space to be reconcentrated was the exact same in quality as the motion of life drawing/gravitating/vacuuming those expanded light waves back into the appearance of incandescence.

And then I became one with the non-sensed-to-be-sequential qualities of my architectural Self imagining the eternal interchange alone of push simultaneously with pull, expand simultaneously with contract, concentrate simultaneously with decentrate, all through one point of stillness, and I knew my Self to be one with the still Source of those qualities. The four pairs of efforts expressing equal but opposite states of motion is perfectly simulated in the body of Man having two equal but opposing arms, and two equal but opposing legs. The four right angle opposing segments or *'appendages'* of dark light and incandescence eternally interchange roles via the Creator's pulse and thus does the universe eternally cycle between seeming appearance and disappearance for reappearance. One may realize both halves of the body pairs to be balanced and eternally working together, expressing the one balanced Idea of Self, and rest in the Source of this interchange for eternity as the left hand joins the right to pick up and put down along the North/South dynamic equator of Magnetic Balancing Light, and the left leg follows the right to move forward and back along the East/West of the static equator of Balanced Magnetic Light: the appearing/disappearing/reappearing body naturally simulating only the Creator's rhythmic, balanced pulse of all imaginings, with no separation from the ecstatic qualities of Being the Light noted.

Q. Can you comment on the sense of Man being divided into two different genders?

A. The Creator is the interchanging point or eternal balancing control point of the pairs of opposites or the male and female directions of motion of radiating light and gravitating light. The Creator of dark light wombs and light sphere children is both genders unified in being everywhere, and neither gender apart from the other. God is a *'He-She'*. Bodies are both male and female with only a preponderance of one or the other that dictates desire for unity with its balancing opposite to simulate the universal balance of the Creator.

We only identify with gender if we identify with being a body. Our Soul knows only unity of the two-in-one, but the ego seems to think there's a big difference. What is the ego? The ego is the collective world database of split-from-the-one-whole, sense-based observations that the world feeds into and

eats from. The ego is the compartmentalized Mind watching the movie on the screen as if it is detached from its projector and has a life of its own. This mental '*ideal*' that is detached from Divinity has viewed women as being subservient to men simply because of difference in concentration of physical strength, completely bypassing the different-in-volume but same-in-potential mate to the male of gravitation that is the female of radiation. As mentioned before, each of the opposing pairs births the other, and there cannot be one without the other. Without the wombs of dark space, there could be no children of bright suns.

The Soul is equal in both men and women. This is a thought-wave universe of stillness imagining motion, and that stillness cannot be divided by its two seeming halves. It has no form; it has no dimension; it has no motion; and the male and female of Adam and Eve are analogies for the opposing light workers of the Light, leveraging the still Idea of creation into the seeming form, dimension, and motion of the movie of creation together as one.

Q. Please speak to '*withdrawal of the senses*'.

A. God's thinking is balanced and thus the division-without-separation of one stillness into an interchanging two opposing motions of thinking, presenting the illusion of appearance/disappearance/reappearance of effect of that division is known eternally, qualitatively, as interchanging ecstasy. To withdraw the senses is to cease from viewing and experiencing the movie of creation as a separate affect and mentally rest in the central knowledge of its balanced and balancing cause. It's like putting the binoculars focused on one's own effects of being mentally off-center down to rest in the nebulosity of one's seed pattern as it pulses purely with the Expression of Divinity. When the Mind is centered with Divinity, the sense of creation is virtually mooted, as each half of all pairs of short-range light units and long-range light units are wholly satisfied with one another. The Creator is always balanced, always centering and controlling creation, and is never affected by the effects of creating. The unification of Mind with the Creator's command and control center '*positions*' one's thinking to be balanced and therefore manifest balance. The manifestation of balance does not produce the experientially undesirable scales of duality that off-centered thinking does. The desire to manifest the balance of Divinity's pulse via hand-to-hand and foot-after-foot action which simulates it will naturally arise, and one is resurrected on the stage of the static equator as a knowing Playwright vs unknowing actor.

All thoughts are simply records of Mind's imaginings, whether they are in the image of Divinity or not. They are not the Imaginer/Mind, but merely effects of Mind's imaginings. To identify with the ego and think about effects without including the option to center with Divinity leads one nowhere but to being like a caged hamster on an exercise wheel, so to speak. To know the qualitative Nature of the interchanging Point of Divine Thought cycling between unmanifest idea and seemingly manifest body of motion is the ultimate ecstasy. One desires not only to rest in this ecstasy, but to simulate this ecstatic rest in all of one's creations.

Center the Mind with Divinity to heal the split identification alternating between the short and long-range senses and know them both as one divine effect, fully at one's balanced centering command and under one's balancing control.

Q. I am reading the twelfth lesson (of the Universal Law, Natural Science and Philosophy course by Walter and Lao Russell) presently, to get the big picture view... just started though. I like to have as wide a view as possible. I do have another question, however. A friend of mine is saying we cannot withdraw our senses, but that only Grace can do the withdrawal. So, how does one withdraw the senses?

A. Be Grace. The senses cannot withdraw themselves, per se – they are not the Self, and so can do nothing of their own accord. However, one is the Grace of balanced Self-expression – not an identity split-in-two by the sense of distortion. Be Grace and note the experience of imagining motion to be

qualitatively graceful. The sense of a separate self unwittingly bumbling about trying to mitigate distortion dissolves.

Q. I have completed A Course in Miracles workbook several times. I noticed that *“I am not a body I am free; I am still as God created me”* is a lesson in the Course at which people often stop doing the lessons and abandon the Course. How do you understand that you're not a body, when everything about your body tells you that you are?

A. The belief in being a body of distortion forms a kind of matrix of related controlling thoughts. This web of empirical *‘understanding’* is a database of sensed observations relating to the detection of and identification with bodies in motion or the *“unrealities of sensed matter in motion”* as Walter Russell calls the illusion of effect. The matrix is wholly comprised of distorted/off-base observations and ego opinions about those observations. There are all these different belief systems within this database that mentally grid the Earth and until we center ourselves with Divinity, we all unwittingly act out these belief systems. We're not looking to the Creator by centering our Minds to gracefully manifest Balanced Love, but to this database of effects that has no power to do anything but enable experimentation with it and unwitting repetition of it. We repeat information and effects within that database and call that *‘living’*. We repeat all the political stuff, and all the different trends in society, and all the different fashions, and all the different bodily identifications and so on.

In the State of knowing balance divided - and yet still maintaining its wholeness - into its equal and opposite pairs as the cause of the effect of an eternally loved and loving creation, all disappeared into the Grace of that one interchanging point of Being-ness. My dual body of short-range sensing enveloped by long-range sensing had never been my identity and would never be. My identity was wholly included in Love's Beingness that expresses both halves of the senses equally as the pure knowledge of one Idea. As I was at rest in the state of Balanced Love, the body went about its business of obeying my one-with-Divinity Will, and there was no matrix of outside information necessary for it to do so. The lesson *“I am not a body, I am free”* is indeed a beginning, not an ending, and people abandon the Course at this point because of the tentacles of belief. However, whether readers return specifically to the ACIM workbook or not, the ACIM is a generic course. The truth will be realized. Belief in the body as being the Self is always surrendered to Self-Realization.

Q. What is the solution to the *‘Human dilemma’*? We seem to be born feeling separated.

A. The belief in separation is an effect of ongoing conditioning that occurs via repeating identification with the senses. We teach ourselves that we are helpless bodies, and we cling to one half of the cycle without recognizing the wholeness of it that is at our command to be expressed. We need to think with equality, from the point of Balanced Love that expresses the dual senses as one repeating cycle of effect.

We can't find solutions in the ego database or magnifying glass of short-range sensed observations because it is simply a database of records of imagination that has nothing to do with the creative currency of imagining the whole cycle now. We can't find solutions in anything that is *‘out there’* in the world of effect; all solutions must arise from unity with the central Grace of creation's balanced cause. We must cease outsourcing our power to create to the ironically destructive powers of belief and be the powerful co-Creators we are. We've been experimenting with the split identification with concentrated effects for far too long. We are like Alice caught up in the view through the looking glass, taking pills and potions to escape when all we need do is recognize whose hand holds the looking glass, whose eyes are peering through it, and whose Mind is believing in its distortion. Our pills, potions and inventions based in ignorance of creation are only digging us further into the rabbit hole of belief in separation. For instance, without knowledge of oneness with Universal Law, we keep pulling highly radioactive elements out from underneath the earth's protective mantle into the vulnerable atmosphere where they can explode flesh and bones. To do so is dangerous experimentation and it has gotten us into some pretty

hot water so to speak. In its proper order of expression, deep beneath the Earth's compressive surface, a radioactive element serves its purpose to forward the whole idea of balance. Its concentrated radiative power breaks apart the rock to form the soil suitable to support life on the surface. Unnecessary picking up and putting down of the elements is a large part of the human dilemma. To cease viewing life as a dilemma, before acting we must go beyond the split for the answer, to our one identification with the Creator imagining both halves of creation, one of which is like the looking glass, and the other like Alice, but each is equal in potential to the other. It fully behooves us to forever act out the answer vs invent the problem. It's important that we learn what stillness is, and how it imagines a balanced creation that endures and thus is known as changeless ecstasy and experienced as changeless comfort.

We learn when we silently desire with all our hearts to know the answer to the question ahead of extending the equation in the 3D world. We can and do know all answers without outsourcing the questions to the world of motion. As we unwittingly violate universal law, and we suffer the unwanted consequences we learn to correct. We learn to correct our thinking to be centered with the Creator's – we learn to *be* the balance of the Creator and manifest the balance of the Creator. We learn that there is an order to creating that is inviolate and thereby to discard the unbalanced thinking that expresses a purpose that is not in alignment with the ecstasy of our knowing being our thinking. We learn to locate Mind at the center of the cube-sphere and realize the Self as wholly Mind as the imagined body moves by the sheer momentum of being on the amplitude of the wave, functioning purely (polarized, depolarized, repolarized) at 90 degrees from the plane of imagining. We learn not to erect the inner dividing mirrors off-center, because we then divide the cube unequally and put its imagery on tilt. Distortion is then multiplied in the opposite mirrors vs perfection of Idea. The universal balance of carbon is not emulated, and our creations can't help but fall.

We learn to balance our thinking to produce balanced effects that endure vs unbalanced ones that fall us on our faces. We learn to be satisfied like the Creator, because the Creator is wholly satisfied by being the Law of Love that divides equally and therefore needs not sense a split from identity. The Creator *is* the correctness of the Law. Each pair of opposites that is expressing the one Idea of Creation is satisfied with its other half, so the Creator is in a continuous state of mental ecstasy. Knowledge is the whole puzzle '*ahead of time*' and assembles its parts from there, vs the split identity which aims to (hopefully) collect all the parts first and then piece them together. Without identifying with the centering cause of the complete puzzle, incompleteness is what is noted as the pieces are assembled, and that sense of incompleteness is what repeats experientially.

The continuous state of mental ecstasy is man's inheritance. The ascension of Man is to go from the seeming rest point of belief in division/separation from inherited Love to being one with the eternal rest of the Creator's mental ecstasy as the effect of creation easily unfolds and refolds to unfold again.

Q. Did we humans do something wrong to cause creation?

A. No. Our only error is seeming ignorance – we act without the Grace of innate knowledge. Creation is not a '*thing*' - it's imagined movement and we simply need to balance the Mind to create the desired flow of eternal Nature.

When a part of the Creator's body runs out, it goes to sleep in its other half for a period equal to the time it was '*moving*'. It traverses the reverse journey through its other half of its one pattern to lay down, back to the zero plane of its cause, and then it raises up again with its next inbreath of awakening that is powered by the outbreath of its sleep. Desire to breathe in is ever present at the end of the breath out. The play of being an unknowing or split-in-two actor ends as Oneness with the Creator of the material world is known. The body operates on the autopilot of the divine Will and there's no suffering from thinking with a misplaced identity located in distorted effects - there's no experiential

dyingness inching the Self towards an imagined end. One doesn't notice the body's birth/awakening or the body's death/sleep because one knows one is not the body. Knowledge replaces ignorance. One knows one is Spirit and Spirit is never born and never dies; it continues.

Because we believe that there was something we did wrong to "*imprison ourselves in form*", because we believe "*now we have to 'get out of the body' and go to Heaven*" or other places separated from the non-dimensional now of eternal creativity, we're not timelessly manifesting ourselves with the simple ease of going to sleep at night and waking in the morning. We're in effect doing the opposite by seemingly imprisoning ourselves in the illusion of being split from ease. Like distorted-imagery-obsessed Alice, or the characters of Narnia relying on a secret doorway, we're completely avoiding the now of being one with the Creator's ecstatically balanced imagining of creation. We're avoiding eternity by believing that the passing of the material half of the body into its immaterial half can kill the Spirit that imagines the image's eternally interchanging dual halves. We're avoiding our power, our omniscience, our omnipresence, and our creative inheritance to develop greater and greater mental abilities through the imagining of concepts powered by balanced, dynamic Love. We're avoiding the now to be that supremely balanced artist or sculptor or architect or writer or inventor or space traveler - those desires are within all of us, and they are the desires of the Creator. True desire is not to piece together the incompleteness of the empirical, but to express concept that is completely known. All is there for the asking if we only center our Minds with the Source of all there is to receive it.

"*Desire in me is Soul in Me*" says the Creator in the Message of the Divine Iliad. Of course, desire for the flesh is a whole different story and that's where we get caught up in the matrix of identity split between short-range sensing and long-range sensing. That's where we become seemingly entwined in the beliefs and opinions about those split-in-two observations and what we're supposed to do with them. None of so-called meaning of distortion exists in the divine desire of stillness imagining balanced motion. Meaning given to the split will provide an undesirable sensual testimony that seems as if it creates our true Reality, and yet it never does nor ever can.

In truth, cause never becomes effect, and effect never becomes cause. Movement never stills and stillness never becomes movement. Effect cannot affect cause. Rest in the centering stillness vs identify with motion to realize the Self as never being embodied, and yet always imagining a body.

Q. How does one become imprisoned by the matrix?

A. The matrix can only seemingly imprison stillness if one believes that one is an identity split away from the still Self and that the cause of balanced motion is inaccessible because of the split. Healing the split is simply centering the Mind in the cube-sphere of Life. To identify with the creative Soul is to rest in the desire for balanced manifestation versus struggle to uphold the matrix of short-range-sense-based-manipulation while leaving out the long-range journey back to zero and consequently the Source of both.

Fear is a sensation linked to identification with start/stop frames of seeming motion and stillness is the Reality of knowing Balanced Love interchanging within itself. One may withdraw all identification with the fearful notation of seemingly divided-from-source motion into the inner stillness and rest there, one with the Life of the Creator.

Crucifixion or imprisonment can only occur if one identifies with being a helpless body-half that has a start time and an end time. It's only the matrix of individual belief that crucifies its members as one declares the Self to be a prisoner of it. Something that is never born and never dies cannot be killed. So, all one can '*kill*' is belief; one can stop feeding and eating from matrix. One may cease meeting at 3:00 PM with the ego management of that fear-riddled database and meet instead at 3:00 AM with the empowering Grace of all that is divinely intended for the next day.

One can just turn off the matrix by ceasing to identify with being a part of it. One may simply cease participating and by so doing mentally correct the belief system that the separated part reflects. As we repeat opinions based in identifying with the short-range body-half without simultaneously including the long-range body-half and the Source of both our bodies are subject to the effects of those opinions, and we suffer. We stay awake at night thinking about something in the world thought view – something in the ego database - and it's our own bodies, relationships and environment which express unwanted diseases and disorders because we deny ourselves the journey Home that inspires the next day's travel.

One might ask, who is in control of the matrix? The ego database will inform through various cults of belief pertaining to limited observations that '*a wrathful God of war*' is in control of it. We make something up; we give it Reality and then we use it to define ourselves. The truth is that its controller is anyone who makes it up and believes in it and feeds it and eats from it. The only wrathful God is the ego. The fear-based realities of the ego database are imaginary and each individual controls them to the degree that they feed into them; so, everyone has the switch to turn them off. If one doesn't feed into it, the false ego has not been invented and therefore has no power to direct one to create unwanted effects in the material universe.

One has no awareness of the matrix whatsoever beyond the false awareness of the split identity. To identify with the matrix of short-range control and seeming loss of wholeness by not including Source and the balancing other half is to separate from knowledge of wholeness in cause; it is to separate from the "*Soul in Me*" which desires to manifest the illusion of a creation that is known to endure. To recall the Soul and forget the limitations of a split identity is to be fully aware of what is always true, with no qualifying distinctions created by the falsehoods of belief.

Q. Why do we feel like we are dying? How can we know eternal Life if the body is suffering?

A. Sensation is not thought: "*Mental decision is a thought but the electric message of the body to the body is but sensation*" Walter Russell. The Mind is seemingly off-center while entertaining the belief in separation and the body reflects it. Lack of mentally relaxing and keeping the two body halves in balance with one another will bring about suffering, which is the trigger to correct one's thinking by surrendering the short life of the day to the short death of nightly sleep.

In every situation one may know what to do with it by centering the Mind with Divinity. Relinquish the belief in information gleaned through sensing incandescence to its other half of encompassing dark light. Mend the split by deciding to know eternal Life expressing all pairs of opposites to simulate existing balance. Having imagined wakefulness, it's time to unify imagined wakefulness with imagined rest. Equating Life with concentrated motion alone writes a sense of doom upon one's creative desires via the thought that the Spirit can be born and that it can die and both nightly sleep and the long sleep of death are feared. Ironically, surrendering to what is feared is the answer to erasing the fear. Releasing the state of alertness is the key to recovering it. When one stops projecting the belief in death, those imagined (ine)qualities cease appearing as the experientially unwanted. At any point, one may relinquish the propensity to identify with the matrix of short-range observations and its unwanted sense of the terminal. One may surrender belief for relief and rest in the divinely qualitative dimensionless, formless, stillness of balanced imagining. On the tightrope of expressing Life, rest is one half of one's balancing pole. Allow the passing of the concentrated effect half of creation into the decentrated effect half. The passing away of the concentrated body into its decentrated half re-expresses its concentrated half. Dedicate half of the 24-hour day to relaxation and sleep. The fundamental math of balanced creating is simple. Develop a balanced routine based in 12 hours '*up*', and 12 hours '*down*'.

Q. How is the Law violated?

A. Our math is off as we spend sometimes the full 24-hour day without downtime. The concept of 8 hours being sufficient for sleep may be true, but it must be preceded by 4 hours of relaxation without

concentration for the quality of sleep to be sufficient for regeneration. Our routines are grossly out of sync by being unnecessarily alert and responsive to the material. We lose regenerative sleep as we stay alert and worry about a *'treatment'* appointment booked for the next day. Everywhere in the heavens we can see evidence of balanced creating and unbalanced creating. If we were to look at the record of our solar system from somewhere else in space, we would see a very unbalanced one because our race of humans hasn't learned to think with balance yet.

We have wars which perpetually upset the balance of the expression of the inviolate relationship between the pairs of opposite which born each other for eternal interchange. We violate the Law of Love in so many ways by the extension of inequality and consequent taking to try and balance the violation. Every race of humans that violates the Law eventually goes extinct. The humans who work with the Law and inherit the Earth as it is reset are "the Meek". A new race is born of the ashes of the previous one. Our current race thinks to kill to survive, and so cannot endure as it is.

If we were to look at our solar system with the outside perspective of another looking in, we'd know that our whole system must be balanced by equal and opposite giving for what has been taken. We'd know that we need to cease marauding our neighbors (including the animals) of their possessions in the night, and sleep peacefully with them.

Q. Why does God allow suffering?

A. Man imagines to be off-center from balanced creating and thereby suffers the unwanted sensations of an identity seemingly split between the short-range and long-range senses. Suffering is the seeming of the need for correction and God doesn't allow suffering to endure. Because the Law of Love is inviolate, suffering ends when man-seemingly-chained-to-Earth desires to Be Man, by thinking with Balance.

"The elements are but the alphabet of man to write what he chooses with it's letters," Walter Russell. We are writing our belief in death with the elements, instead of our knowledge of eternal Life. Our prose, without the balanced knowledge of the Creator, writes a book of pain and suffering. And thus, our bodies cannot peacefully endure for the full measure of the divine desire for eternal expression. Our tools for Spirit collapse before the day is over; before Love has naturally, peacefully, used them up to serve imagined purpose, and the rebirth of their premature passings is sorely noted as broken Law. There is suffering in the world because we're learning the one integral lesson to center the Mind with Love and express the Self with the Grace of Love.

The Creator gives Love to measure a creation that regives Love for eternity. Even as the universe is seemingly dying, it is being reborn. Without sleep, the brain cannot simulate with neurotransmitters the Beauty of the whole Mind. Desire to express Beauty divides the Idea of creation into equal opposites which serve each other. It is the measure of equality that is full of Beauty.

Accurately measured into opposite but equal halves, the motion of creation is qualitatively known as ecstasy. The difference between the Creator and (un)Realized man is that the Creator *is* the absolute ability to measure equality into the light workers of Adam and Eve. Man thinks without his centering Soul that he is the body of Adam or the body of Eve.

Expressing the three-worded Law of *"rhythmic, balanced interchange"* (Walter Russell) between pairs of opposites is key to resuming one's correct Identity. Without rhythmic balanced interchange accurately putting together/taking apart all the pieces of the one whole, residues of imbalance pile up like unwanted tumors which serve no function other than to seemingly disturb the equilibrium of the system. The formation of the unequal must be halted, and its residues destroyed for the system to return to homeostasis. The short sleep of night and the long sleep of death recalibrate those residues.

The measurement of absolute equality by centering with Divinity is what man-of-Earth learns as he/she ascends to be one with the Light of Universal Man. The sensed records of creation are the tools to get this measurement right and Earth is the classroom. As the material world is mastered by known unity with the Creator, the body can virtually be forgotten for one has learned to measure all actions and their inviolate reactions with equal desire for them. As one learns to balance rest with activity and vice versa, one learns to be Master of the Cosmos.

One becomes a nonlinear gardener with God as one learns to measure the balanced equilibrium of stillness into the ecstasy of equal, rhythmic balanced interchange simulating the eternal stability of still Idea. One becomes wholly the Light, commanding the lightworkers of cosmic expression to manifest a balanced creation which is known to endure.

Q. Please speak to how the use of atomic energy and other unnatural activity has impeded the balanced development of our solar system.

A. Balance is expressed in all equal opposites and is seemingly upset as opposites are divided unequally. The earth has a fever from man's historic and current use of atomic energy and other practices such as clearing land for animal agriculture and drilling for fossil fuel. Taking parts of creation out of their orderly, balanced expression vs building with it is the founding source of reaping our current global dysfunction. Splitting atoms, containing animals to later slaughter for food, and procuring and combusting resources is no different than experimental leaps over cliffs which lead not to the other side like we'd hoped, but to falling into the gully below and breaking all our bones. The damage done to the whole when parts are destroyed and/or taken out of their proper order and the purposes of those parts are disabled equates to suffering until all those bones are reset. We have control over our actions but the reactions to those actions are inviolate. It eternally behooves us to equally desire the reaction part of the action/reaction cycle ahead of time. If any activity impedes the ability to sleep easily at night, it is in violation of the Law because it does not have an equal and opposite desired reaction.

Q. How does one '*undo the karma*' of violating the Law of Love?

A. To start, arrange one's 24-hour routine of activity and rest into 12 up, 12 down. While relaxing, think again of our simple 2-dimensional analogy/active meditation for centering the Mind. Imagine a perfect circle. Imagine picking up a pencil and placing a dot in the very center of it. Now mentally pick up a ruler and divide that circle into two by extending the dot from East to West. Now extend that dot into a line from North to South. Notice that each segment is at a 90-degree angle and has a diagonal equal opposite. If our dot is off center, the division of one into two pairs violates the Law of rhythmic, balanced interchange between the pairs. The two pairs of opposites can never be satisfied with one another, and the experience would be the asymmetry of too much on one side and too little on the other. Positioning the Mind off center is like shortening one leg and elongating the other, impeding the ability to walk with Grace.

'*Confusion-ism*', to coin a term for the effect of referencing and repeating databases of observed asymmetry, seems to be a popular religion among those who don't realize Oneness with the Law of Love and the indelible manifestation of undesired experience by simply being off-centre. Universal operating rules outside of balanced expression are imagined based on distorted seed patterns and whole enterprises arise from guess work and experimentation. Hell is the unwanted experience of the unbalanced thinking to multiply Love first via the man-imagined qualities of fear and greed. In essence, it is the reversal of the equation to radiate divinely inherited Love for re-gravitation. To take without equal and opposite giving is like chronically breath-holding with no refreshment of the breathing mechanism, or like chronically staying awake with no refreshment of the morning.

Undoing karma is simply surrendering or repenting discordant thinking to the inner symphony of rhythmic, interchanging, balanced qualities of Love being Love, until the Will to express only those qualities is wholly reclaimed.

Q. What is the mathematical difference between manifesting hell on Earth and manifesting Heaven on Earth?

A. Hell on Earth, as we are experiencing today, is the effect of multiplying the concentrative beat without repenting to the voluntary inclusion of the decentrative beat. For example, a routine of 18 hours up time with only 6 hours downtime multiplies the concentrative beat 25% in excess of the decentrative beat, which divides the decentrative beat by that same 25%. Each multiplication for half of Self-expression equates to division for the other and thus as the entire universe moves to balance an unlawful action on anyone's part is life universally experienced as unbalanced for all. Hell is suffering the effects of a wobbling top on tilt because one is not centering one's creation. Repentance is simply balancing the math to spin the top at a 90-degree angle from the floor.

Heaven is the wanted experience of knowing rhythmic balanced interchange between all pairs of opposites which are not withholding of themselves but are eternally operating based in the Principle of Love by first giving to their divine mates. 12 hours down gives equally to 12 hours up. 18 hours up will qualitatively subtract 6 hours from the manifestation of balance, and therefore the quality of the following up time will be impaired.

When humans, one with the Law (whether we know it or not), get the equation of giving for regiving backwards without the effort to balance it '*all hell stays broken loose*' as there was no initial expression of balance nor effort to correct the disqualifying start.

When we get it forwards, we know the Self to be effortlessly at rest in the centering stillness controlling the heartbeat of eternal Nature and the comfort zone of Heaven on Earth naturally springs forth. Suffering is being out of mathematical alignment with the Will to manifest the perfection of a formula that equals the predetermined answer.

Life is eternal. All that dies during short or long sleep is the false ego, lord of preference in the information gleaned through short-range sensing without surrender to the long-range. Spirit goes nowhere while the body repeats. One need not lose the belief in the body tragically to the sense of dyingness, but peacefully to the knowledge of eternal Life. Being peaceful centers creation with God and lets the body go on the Autopilot of the divine Will to express Life, which is Love. Life/Love only seems interrupted by the body and the desire to die to end its suffering if one expresses it with inequality.

The mathematical difference between manifesting Heaven on Earth or Hell is simply a centered equation that expresses the balanced answer - or an equation that isn't centred and doesn't.

Q. The inconvenient truth is that we have no choice to change or not to change. In Zen things don't change, things are change.

A. We have free will to command and control our actions and therefore change reactions to being ones that are equally desired. We can choose to be centered with Love, expressing its balanced rhythms, and desiring the full action/reaction cycle, or off-centre, expressing the unbalanced thinking of desired actions alternating with undesired reactions.

The automatic reactions of balance or imbalance to freely undertaken actions are inviolate and out of our control, but we have the intelligence to act with divine desire and mitigate our actions-based-ignorance with reactions that balance the actions. For instance, we can either refrain from jumping off a cliff to command ourselves to work with the Law, or if it's necessary to jump off the cliff for a higher purpose, ensure that the landing is in a safety net. We are not helpless beings: we have the same Power at our disposal that the Creator does. It's a simple matter of working with the Law of Love versus against

it. Working without the Law of Love results in suffering and the sense of dyingness because it imagines an unholy creation that does not express comfort. Transcend all belief in terminology and look directly to the Zen of inner knowledge.

Q. Poor people are interested in how to survive the next couple of days. Only about 5% of them would be interested in learning about Universal Law.

A. Perhaps. Even if your estimate is accurate, everyone, regardless of world-status must think and act with the Law of Love to manifest abundance. Even during suffering, Balanced Love inherited from the Creator must be divided to multiply the solutions to material needs. Even if only 5% are interested in learning of and working with the Law of Love, that is enough leadership necessary to move from recreating disease and disorder to manifesting ease and order.

Q. Choosing to kill animals for food is perhaps the biggest error when it comes to violating the Law of Love. 500 BC Greek philosophers (Pythagoras etc.) and many others since then warned us, "*As long as men massacre animals for food, they will kill each other and spread karmic violence throughout the world.*" Currently we have 95% of the world eating animals, slaughtering 80 billion animals every year, for a diet that creates all the major diseases, whereas the plant diet reverses diseases and creates health both physical and mental.

A. Indeed, animal agriculture is a leading source of effects of universal law violation. We violate the Law of Love by attempting to multiply our own flesh by taking flesh from other sentient beings. We are meant to give Love and experience the abundance of its material multiplication, not take Love and experience its material division/loss. The nightmare of suffering and dyingness is based in getting the math equation for the expression of eternity backwards. We are meant to garden alongside the animals, not take them for our own sense-based purposes and experience the sense of dyingness alongside them.

Q. I asked Jesus as to what I could post regarding what appears to be happening in the world, but which is really happening in your mind, and this is what came up: "*you have no need to be less loving to God's Son then he whose love created him as loving as himself*" (ACIM). If you are a long-time course student, you should realize that this world is a complete hallucination and its a totally false projection from a split mind. War is a false projection from a split mind. Pray for peace to be brought back to the mind that's projecting a war against God and his Kingdom. The world is not being done to you. It's coming from you. You must awaken from the dream, not in the dream. True empathy is to love everyone who thinks there is a war outside of their mind. I lose the world from all I thought it was. There is no world! Be vigilant for only God and his Kingdom. Stay above the battleground. Practice true prayer and true forgiveness. This is the key to the Kingdom. Peace is the condition of Heaven. Bring your mind back to peace and you are home.

A. Indeed. "*Bring your Mind back to peace and you are home*". The off-centred Mind begets the identity split between the two halves of duality and manufactures all the nightmare effects we experience as balance is attempted to be gained '*after-the-fact*'. The ACIM also speaks to the Son relinquishing the belief in separation to instead simulate existing unity with God aka become a co-Creator. This, to me, is why Jesus says, "*the Course is just the beginning*". The student moves on from manifesting a nightmare based in the sense of lack or burden to knowingly creating the illusion of balance with God.

Creation itself is pure illusion but creating an image reflecting concept in inertia is what the Creator '*does*'. The divinely balanced image or record of creation itself is not a hallucination of the split mind; the off-centered identity split between short-range sensing and long-range is. By bringing the Mind back to peace we center our Minds with Love and work with God's balanced thinking to manifest a balanced illusion of creation that is a perfect reflection of God's concept of creation. Being one with God's creative thinking of Love eternally given for regiving, there is no distorted sense of lack or burden of

excess. Many in the most recent world war, as in all wars, may need to *'lay down their lives'* to balance the taking of the entity they are fighting for, and thereby come to know what it means to be Love as Life is regiven. God always *'takes the last step'* for everyone, which is never an ending, but a new beginning.

Q. It has been said that we create our own suffering. Can you elaborate?

A. *"Sickness of any kind is self-made whether knowingly or unknowingly wittingly or unwittingly,"* Walter Russell

As previously stated, the Law of giving for regiving applies to all thoughts and actions. All thinking/acting produces either balanced or unbalanced quantities or records in reverse. Love has no opposite, so its record in reverse of balanced division is abundance, not lack. Both balanced and unbalanced thoughts/actions are regiven as sensed material bodies. As mentioned at the outset of this document, the Creator is 100% positive, and qualitatively extends no negative qualities. Negative qualities are invented by believed-to-be-individual-man as he/she positions the Mind off-centre and identifies with the seeming split in identity as being the locus of power.

Anger, for instance, offsets Love's expression by creating an imbalance between pairs of opposites, and they no longer can join in a balanced fashion to simulate the one thing that is neither of them. Anger is in essence taking Love or withholding the extension of Balanced Love. Love is for giving for regiving not for withholding for retaking. If eternal Love is divided, eternal Love is multiplied. If the belief in the possibility of death is divided by killing, it is multiplied by the sense of dying. As quoted previously, *"every action is voided as it occurs, is repeated in reverse, and is recorded as it is repeated"*. Thinking and acting with anger become physical effects in the thinker and actor's own material creation.

An example is getting angry, cutting your skin and the inner fluids of blood and plasma leak out. When skin is cut, space begins to get on the inside at a faster rate. The passing of the material body into its other half for the long sleep of death is sped up. The balanced motion of the outside of everything becoming the inside of everything, and the inside of everything becoming the outside of everything is violated and so must be rectified by equal and opposite reaction. So, you put a band-aid over the break to serve as a temporary seal while the skin heals. Or a surgeon sutures the break. The pairs of compression and expansion opposites then have a chance to simulate skin again. Scar tissue is the regenerated skin where the break was. It functions, but the undesired experience of being cut is better off prevented via the knowledge and application of Universal Law that avoids acting with anger. If we even think to take for ourselves an extra in-breath vs extend the out breath for regiving as the next in-breath, we think to experience not the multiplication of balanced Love, but the division. We are seeing a world of lack because we multiply ourselves first with puffs of imagined qualities instead of dividing ourselves first to extend the gentle breeze of existing Love. With knowledge, one only thinks and acts if the reactions are equally desired.

Humans in general have the equation of give to get reversed due to the belief that we are helpless bodies who must take other bodies unto our bodies to survive. We are constantly thinking to kill or to take and we're constantly experiencing being taken and killed. We are constantly looking at disease and disorder in the mirror vs the images we desire to experience. We are continually equating taking with survival and the reverse of what we desire is experienced as we manifest smaller, weaker, and less intelligent brains which cannot produce endorphins. We are denigrating our very seed patterns by adding killing and taking on dying without repairing our thinking by centering the Mind with Love to extend Love. The way to heal our seed patterns is to give the Creator's Love for regiving. The way to heal humanity is for everyone to begin the action/reaction cycle of repeating desired effect by extending Love for repetition. Every thought and action must be centered in Love so that the material body is a representation of regiving Love.

Q. How can I manifest true satisfaction in my life that doesn't have a *'downside'*?

A. Center the Mind and manifest Balance. *'Satisfaction'* is an invented word I think is apt for the volatility of satisfying the senses without first inquiring into whether the equal and opposite reaction to the action of satisfying them is desired. In *satisfaction*, one's *'sadness'* is temporarily relocated by the action half of the cycle, but it returns via the inviolate reaction half.

We can tell what is making a person sad by unveiling the hidden determinants of human behavior that are not based in the expression of one wholly desired action/reaction cycle of giving/regiving Love, but in identification with the unconsciousness of a split between action and reaction and the belief in externals being able to fill in the gap.

If we are in harmony with the Law of Love that Nature functions according to, there is no gap between action and reaction. There is full consciousness of rest in the whole cycle. A body needs air, and air is naturally supplied by the last outbreath powering the next in-breath. A body needs water, and water is naturally supplied by the condensation of the clouds that is the evaporation of pooling rain. A body needs food, and food is naturally supplied by the interchange between the Earth and the heavens that produces plants and gardeners of plants. Bodies are conditioned to repeat cravings for the naturally repeating effects of the Idea to extend Love's rhythms and order. So, bodies getting what they need from the Creator's Idea of a balanced creation is a natural process.

The process becomes unnatural when we cater to desires that are out of sync with the naturally desired action/reaction cycle. Body cells will crave to repeat whatever unnatural conditioning has been introduced to them, syncing with unconsciously operating belief in the need to fill the gap. When the conditioning wears off, withdrawing body cells will tell the brain to repeat the substance. It is like body cells are temporarily like grapes, or polarized spheres, when the unnatural substance is introduced, and then become like raisins as the substance is withdrawn. The body's natural ability to keep cells hydrated and able to process nutrients is impaired when a substitute for working with natural laws is introduced.

Understand that just as the car is not the driver who determines the quality of gas put in it the brain is not the Mind that centers it and controls the qualities of its neurotransmitters that control the functioning of all other types of cells. Most people are being run by unnatural cravings without any input whatsoever from the still Intelligence that is centering creation. They're run almost entirely by the unbalancing effects of motion their neurotransmitters tell their bodies to repeat.

The make up of our body cells determines our cravings and that make up is determined by how we build them. When we see people ingesting unnatural and unnecessary substances what's making them laugh and then cry is the temporary sense of satiation and then withdrawal in the microscopic/mitochondrial cellular communication entities which have been altered by the consumer. Without the unnatural substance, the communication to repeat it dies off. For example, parasites within rotting animal flesh that relocate in the body cells of humans and alter the mitochondrial communication demand they be fed the chemical make-up of their originally desired meal. The human obeys this craving by repetitive consumption of what the parasite demands. Once a craving for repetition is satisfied, there is only a temporary sense of satiation because the withdrawal half of the cycle begins from the point of satiation. The human is not being run by their own divine thinking, but by the purely instinctual thinking of the parasite that is in the death half of the cycle of the appearing/disappearing/reappearing body and should not be part of the life half. Thus, is the Law of Love violated and does suffering occur. A parasite is driving the car that the human's body is, and not the human.

The old saying, *"You are what you eat"* is exemplified by human bodies appearing in the bipedal images of the creatures consumed and not in God's balanced image of Man. Picture huge bellies, barrel chests, inverted backsides curving in parallel to the belly and disproportionately thin legs to walk with, and you have conjured the image of a human enslaved by the desire to consume the flesh of four-legged beasts.

Many scientific studies to support the fact that we build our bodies and the experience of them by what we consume will come to light as humans wake up from the slumber of sense slavery.

Willpower is using the intelligence that is centering the sphere of creation to cease introducing the unnatural and thus balance the unwanted cycle of craving and withdrawal. The intelligent person looks at the out-of-sync-with-Love-being-Love effects of motion they are repeating and says, *'Hey, this unnatural craving is what's making me cry, and I can never permanently satisfy it. It's up to me to stop the car at this juncture and take it to a repair shop'*. It takes time for body cells to be reprogrammed, but they can be, and they will again be wholly satisfied with the effortlessness of being in harmony with natural desire. Natural desire encompasses both the action and the reaction, and a body built in God's image is a balanced body that walks the Earth without the aches and pains of an unbalanced one.

"Thou shalt not kill" is not a mere suggestion as the reaction to consuming/being exposed to the death half of the cycle is never desired. We are paying unwanted testimony to the sense of dyingness via killing to satisfy unnatural cravings and then *'living'* with the unwanted effects. Every creature is designed to intake certain foods to output certain seeds and fertilizers for the regrowth of the whole. There are beneficial and destructive viruses, parasites, and bacteria, and we must be in sync with their order of production for reproduction to work with Universal Law. Recall that all is motion. Thus, there is a big difference in effect between humans consuming the prebiotic motion of good bacteria and viruses that aid in the digestion of fruit and vegetables and the bad-for-consumption bacterial, viral, and parasitical motion which Nature employs for decaying flesh.

Flesh begins to decay the second that sentience ceases to command and control it. Our soil, water and air are contaminated by mass graves, bacteria, virus, and parasite-laden excrement and so on. The natural gardeners, whom Man is meant to garden alongside, and their excrement of seeds for replanting are sorely diminished.

Thou shalt not kill is a commandment to work with, not against, because once we have killed or participated in the effort of rendering flesh purposeless our mental equilibrium and output affecting the cycle of life is so disturbed that it's difficult to get back to being effortlessly sustained by Nature. As one man uses the body to kill, everybody registers the disturbance. More and more harmful bacteria, viruses and parasites are expressed, and less and less life-forwarding seeds, prebiotics and fertilizers are. Non-purposeful garbage piles up and up and yet we continue to create it. We know intuitively that our bodily waste should be useful for regrowth of food and yet we continue to consume foods that make our waste products unusable. We're constantly out of sync with the divine desire commanding and controlling Love's expression and our body images reflect that. We're in constant violation of the Law of Love as we repeat the action of violating the cycle which results in the experience of being violated. We're constantly crying about desiring the unnatural and acting out the disturbing means to uphold that desire.

There's a complete disconnect from the Spirit of Love as the ego that cannot know lawful desire says, *"oh, but that part of an animal's body, grilled to perfection on my BBQ and loaded with spices, is yummy"* or *"kill that side of humanity to get the power over this piece of property because our side of humanity is superior"* etc. The disconnect continues as we cannot make use of the waste products from eating and burying fellow gardeners, nor can we overcome zoonotic disease and environmental pollution, nor can we escape the exponential growth of graveyards as those we powered over rise and slay us in turn. The malignancy of the ego is the voice that one listens to when one obeys the cravings of cells conditioned by the death half of the cycle. If we instead center the Mind in the divine desire to express equality, we know that it is not natural to want to kill; it's not natural to want to take. It is natural only to want to regive what has already been given by the Creator. As a global society our equilibrium is tremendously disturbed from expressing balance, and we each must cease the action of

taking for sense satisfaction and extend an equal and opposite time-period of giving for continuance of the whole. We might still feel residues of emotion as the old, imagined top-of-belief-in-death we're spinning wobbles and falls for good, but our cells will be reconditioned by the natural intuition to express Balanced Love, and once they're reconditioned the punishing drive to take will be gone. We will be free to be kind and loving.

The commandment is there to keep the union with Love experiential. The minute we get seemingly entangled with an unnatural effect of motion we will repeat that experience indefinitely, until we voluntarily fill the gap with consciousness of the whole cycle expressing Balance. By centering the Mind with Love and acting with the holy desire to consume what is divinely ordained for consumption, our bodies are manifested without any interruption of mental ecstasy.

Quite literally, obeying the Law of Love is a release from the malfunction of expressing the belief in death. As part of our ascension from belief in a split '*existence*' to the relief of expressing wholeness, we leave the days of sense slavery behind.

Q. I have prostate cancer third stage, which means treatable. I was a vegetarian until 2013 when I had to cook for my uncle who came to live with us, and we started eating meat. Now, while someone may want to make a case that the meat caused the cancer, I don't rest my mind on that. There is no single cause for anything. When we find a single first cause for anything (unless its a machine) it's because we want to use that cause to validate our theory of life. As scientific studies show, we can find an infinite number of causes for any one thing. The fallacy is that we apply our successful logic of cause and effect of the machine to life, and life is not a lawn mower.

A. The Law of Love is inviolate, and all suffering must come to an end in it. The undesired experience of dyingness from cancer or any disease is simply the equal and opposite reaction to the desire for the satisfaction of taking without equal and opposite giving. Gardening gives first, and the harvest is the natural multiplication of that giving. Flesh is not meant to be consumed by humans as it violates the commandment "*Thou shalt not kill*". We cannot control the effects of parasites, viruses, and bacteria in the death half of the cycle, nor can our digestive systems turn flesh into viable waste product for the gardening cycle. While consuming flesh, human waste contains no seeds for replanting and due to the parasites, bacteria and viruses associated with consuming decay cannot be used as fertilizer. In addition, animals are natural gardeners and the clearing of land for the growth and consumption of their flesh puts further gaps in the cycle of creating.

Thinking needs to shift from taking Love (multiplying it for self and experiencing the repeating effect of loss) to giving Love and experiencing the repeating effect of gain. When we repeatedly kill or take for the upside of sense satisfaction, we experience the downside of repeating death. When we surrender the carnal desire to take, and give or extend the allowance of Life, we experience repeating Life.

Veganism or moving towards it is stepping in the direction of being "*Cosmic Man*" (coined by Walter Russell) Who is in control of expressing eternal Health/Normalcy/Truth/Light/Love. It is a necessary step in the direction towards manifesting our bodies in God's balanced image.

Indeed, Life is not a machine; however, the body of creation is. To re-use your lawn-mower analogy, human's eating flesh and expecting functionality to endure is like pouring water into your lawn-mower's gas tank and expecting its functionality to endure. When we think to kill, we simulate the sense of non-functionality in the world of effects. When we think to give/allow, we are one with the extension of eternal Life.

Q. What is anxiety from a universal law perspective? How can one cure anxiety naturally?

A. Like all other diseases, disorders and discomforts, anxiety is a manifestation of unbalanced thinking. It results in parts of the body having too much of something, and other parts having too little. In this case, that something is blood flow.

Balanced thinking is, in effect, sequential alternation between simulated rest, and simulated activity. Balanced thinking is, in cause, the concentrative/deconcentrative thinking of the Creator that is back of all dual-bodied effects of motion.

The body is an amalgamation of effects of motion kept in balance via balanced thinking or upset via unbalanced thinking. Balanced interchange between the dual bodies of creating things is what keeps the universe in balance. Rain becomes vapor to sequentially become again rain to become again vapor. As water is pressured to transmute, it obeys the Creator's balanced thinking, and there are no residues of imbalance.

Anxiety, or the fight or flight response in the wild is resolved by a giving/regiving symbiosis that generates the life of the whole, and we can apply the same principle with humans.

The deer senses the wolf and the fight or flight response kicks in, sending the bulk of blood flow to the large muscles, temporarily away from the internal organs. As the deer runs from the wolf, homeostasis is naturally returned. The large muscles return the blood that was given from the large organs. Once resolved, the fight or flight response disappears as quickly as it came. There are no residues of imbalance in the deer's system, and the activity of balanced giving/regiving is generative to the health and continuation of the animal.

In humans, anxiety is an effect of experiencing undesired reactions to one's own actions. What happens in the human body experiencing an undesired reaction is the same as what happens in the deer's body as it senses it needs to move. Blood flow is concentrated in the large muscles to assist with the need to move, and yet, there is no apparent threat, and so there is no attempt to move.

Without the correct response of a counter measure, blood flow remains out of balance until it is slowly returned via the innate symbiosis of the Creator's thinking. Via man's unbalanced thinking that isn't immediately balanced as it is in Nature, too much blood in the large muscles accounts for the restless legs and fibromyalgia. Not enough blood flow to the heart, lungs and stomach accounts for the nausea and shortness of breath. We humans take addictive medications that alter our cell chemistry for these symptoms that can both be prevented by remaining centered with Love and fixed by centering with Love.

In the wild, the deer doesn't stop and think, *'oh, the wolf over there is giving me anxiety, I'd better move'*. Being wholly controlled by instinct, deer immediately run – they engage those blood-filled large muscles – and they are either returned to the simulation of homeostasis by escaping the wolf or to the zero of their expression for re-expression if the wolf consumes their body.

Please note, the deer running from the wolf in the wild does not experience suffering if the wolf catches it and consumes it; it experiences the divine control of the Creator imagining a balanced creation. Divine control veils the animal's experience of pain by putting its nervous system into shock. In unnatural settings where animals are slaughtered by humans without the balanced rhythms of Nature, there is no divine shock pre-empting its passing and the animal experiences painful sensations. The fight or flight cascade of hormones is crystalized in the flesh of the slaughtered-by-man animal, and then is transferred to the human body that consumes its flesh. It's a vicious cycle of violating the Law of Love meant for Man to abide by to manifest comfort for the whole.

For the human generating the fight or flight response without resolving it, anxiety becomes all sorts of disorders and diseases of residues of imbalance as blood flow is chronically unbalanced without resolution.

“An ounce of prevention is worth a pound of cure” as the saying goes. Prevent anxiety by centering the Mind with Love to know no threat as the body runs on the Autopilot of the Will to manifest Balanced Love. Cure all unwanted reactions with controlled effort to void unwanted effect. If the fight or flight response is triggered, use the large muscles with Love until homeostasis returns. Run. Skip. Play. Move the body with rhythmic joyfulness until the large organs are restored of comfort. Lovingly play until the heart beats again with perfect rhythm. Join the balanced pulse of Love being Love.

You are Love. Love is the Law. You may only command and control the concept of your Self that your body-vehicle appears to be via the knowledge and expression of the Law that you are. You cannot alter the foundation of Love by expressing negative qualities that do not exist in the desire to express Love; you can only cease expressing those qualities. They are wholly unwanted. There is nothing to fear, but one’s own unwillingness to express the answer of Love being Love with balanced equations that reflect it.

Q. What happens to the body after death?

A. If we were to ‘see’ the bodies of ‘those who have passed away’, they would be the radiating light of the second half of the cycle on the way back to the first half. We can’t see this half of the wave cycle, but we can know it. Consciousness never dies; the desire of Mind for Self-expression lives fully through both halves of the cycle. To communicate with a loved one whose body has passed away into its other half of the cycle is accomplished by Soul-to-Soul communion in the still point of eternal Life expressing all of creation. We are always one with everyone in Balanced Love, and never joined by the seeming of birth or separated by the seeming of death.

Our loved ones whose bodies have passed have gone nowhere. The Mind is still and continues to imagine motion.

Epilogue

The miracle impulse to surrender unbalanced thinking lead directly to the State in the fire of knowing my Self as being centered with Love. In the State, I was qualitatively aware of divine giving/regiving Love and the body radiated Love on the autopilot of the Will to extend the action/reaction cycle. There was no sense of lack or burden of excess.

Being wholly Mind, centered with Love, there was no threat of dying in a house fire. There was simply pure knowledge of the body completing the Will of Divinity to collect loved ones and escape the fire. Had the body passed into its other half vs escaped, I still would not have noticed as I was indeed in the state of ‘*God-shock*’ that forgets the body. Like the deer being captured and consumed by the wolf in Nature, I was in a state of knowing homeostasis with God and the sensations of the body were voided. Without Mind engaged in identifying with the illusion of one-sided life, everything in God’s creation is known to interchange through one whole and complete Self qualitatively. The Mind is a real subject of Love, not an imagined object at the mercy of the belief in separation from Love.

With Love as the central quality for leveraging Idea into interchanging motion, the lawful desire of expressing creation is a non-event. Events only seem to happen outside of the divine Nature of unity in Love when the Law of Love is violated by the off-centered projection and continuation of unlawful desire.

The purpose of the seemingly moving parts of creation is not to be attached to them nor to be afraid of them (i.e., possess/consume them, or fight with them) but to manifest the invariable constant of centering balance through them. The manifestation of Creation is simply a simulation of the qualities of the rhythmic, balanced interchange between desire for activity (conception) and equal-opposite desire for rest from activity (completion). It is God’s symphony – the one verse continuously conceived and completed in many playful forms. ‘*Preconception*’ is re-conception with desired upgrades in line with the

perfect Nature of Love becoming Love. If effect doesn't seem to complete Love, the sensation of incompleteness presents itself to correct one's thinking back to the balance of the Creator's.

At this stage of unfolding, the bulk of Man's body is controlled by the sequentially alternating pulse beats of the Creator's balanced thinking. The concentrated body is born of its own accord as decentrated effect re-accumulates, and it decentrates of its own accord as accumulated charge is discharged for re-accumulation. The heart beats of its own accord, the lungs breathe of their own accord. A physical impulse to obey the senses, geared to the programmed belief in separation from Source, is to seemingly split the Mind into the short-range sense of material body-ness, and make the separation in charge of breathing it instead of the balanced thinking of the Creator. The miracle impulse is to rest in the Creator's balanced thinking, and *to act with the divine desire of the Creator*. The miracle impulse is to allow the supremely balanced Self-control of centering creation and acting with eternally giving/regiving Love.

There is no Reality to the senses, whole or split in two, so there can be no 'doer' associated with them. There can be no actual placement of Spirit in the body. All is the unmanifest Self in the balanced Mind of God imagining a balanced play of creation. As God's balanced thinking sequentially alternates between concentration and decentration, the body naturally stands up and lays down, and one need not be concerned over such details as it living or dying. One with God's desired action/reaction cycle, Man may rest in the balanced imagination of the Self and literally forget the activities of the body.

One may transcend the physical impulses to separate from Love to rest in the miracle of God's balanced thinking and allow the body to stand up and lay down from the timeless point of interchange between the timed notions of standing up and laying down. As one rests in this Point, it becomes known that the sensed experience of discomfort is there to alert one to having thought to separate from comfort and to therefore return to comfort. Unwanted sensation is built in so Man can 'see' the handiwork of simulating concept and make any necessary corrections to balance thinking. Man learns to knit a perfect sweater with God – God, the Law of Love, and the Teacher of Law. The senses let Man know if he or she has skipped or doubled a stitch, and to surrender the unwanted effects for the miracle of their balanced resolution.

When I returned to the effects of my own unbalanced thinking, I returned to viewing the records of violated law I had created while my thinking was off base. The choice was there to replay those records, or to create new ones based in desire for the entirety of their action/reaction cycles. And so, I had to balance my thinking in all situations, no matter how much I was suffering by the effects of my own violations. I had to regive the answer first to alter the situations wherein I had taken it. In both thought and in action I had to extend the answer by centering myself with Love's balanced division to see Love multiplied. To be my own physician and forever cure myself of the belief in death, I had to begin to think, and act, with the centering intelligence of the Creator imagining an eternal creation.

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Links to the free course in downloadable .pdf documents are available at DarcieFrench.com