

Contents

Prologue	9
Part I REALITY - One or many?	11
1 Realities, realities, here a reality, there a reality, everywhere a reality	13
2 Realities everywhere and not a single reality to drink—except yours.....	17
3 When one plus one equals three.....	23
4 Real learning about reality	27
Part II UNIVERSE - The real universe in which you live	31
5 The energy of you and the universe.....	33
6 Why you want to know that the harmony of the natural universe is fractal.....	41
7 How does the Law of Attraction really work?	47
8 The reality of a musical universe.....	51
Part III CO-CREATION - The reality	55
9 You're eternal	57
10 You are your thoughts	61
11 You're a creator, creating a different reality than anyone else.....	65
12 Ok, you're actually a co-creator.....	71
Part IV YOU - You are so much more than you know	75
13 Let's start simply by showing that you're so much more than your physical	77
14 Your field and the Matrix	89
15 The magnificent human brain	97
16 Why positive thinking can lose out in a battle with negative beliefs.....	113
17 You're a sophisticated system designed for a physical experience.....	119

Part V YOUR MINDS - Who's running the show?	123
18 Your mind is not in your body.....	127
19 Where is your conscious mind?.....	133
20 Your cognitive mind	139
21 Your holographic mind.....	145
22 The subconscious mind, your higher self and the ego filter.....	151
23 Collective consciousness	163
24 Your intuitive mind and how you learn	167
25 One body—lots of minds	175
Part VI JOURNEY OF THE ETERNAL	179
26 The how and why of creating a fear-based subconscious mind.....	181
27 The shift in consciousness of history.....	195
28 The aftermath of the cataclysm and the aftermath of the aftermath.....	199
29 The Way Back.....	205
30 Your history and you are one	209
Part VII CHANGE IS NATURAL- The Natural You..	213
31 Beliefs are us	215
32 The context of the subconscious	219
33 Your subconscious mind.....	227
34 From the subconscious at work in the womb to the survival cognitive mind	237
35 Limiting beliefs, guards and overrider	243
Part VIII TIME, THE CREATOR AND YOU	249
36 Understanding your physical as a thought form within Earth consciousness	251
37 Change the approach to your overrider and you change your life	269
38 Learning from 14,000 years of history	281
39 Choosing your new archetype	285
40 Your new world.....	291
41 Whole again.....	297

**Part IX LIFT THE VEILS TO REALITY -
...revealing the one reality 301**

42 We are so much more 303
43 There is only one reality 317

Appendices - Meditations

Appendix I Promote Your Survival Mind 323
Appendix II Merge Your Guards & Overrider 325
Appendix III Daily Bubble of Higher Self..... 331

Bibliography 337
Index 339
Biography 347