

What are the 12 levels of BEING?

A more detailed Description of The 12 Levels of BEING

Level 1: CHOICE

The 1st Level of Being is Choice. That does not mean this is the only level where choice occurs, but it is the first level where CHOICE is encountered. Level 1 is actually the first level where everything is encountered because it is the level closest to the physical dimension of being.

Level 1 is about Power. Do I feel powerful in this situation or do I feel powerless? And this all comes from our perceptions and our beliefs.

In this Level we look how we perceive a situation and what we choose to believe.

Level 2: HARMONY AND CONNECTEDNESS

If there is an area in our life in which we feel powerless to change we will take that powerlessness into Level 2. Our emotions will be confused, disorderly and turbulent. We will feel angry, depressed, sad, frightened and we will feel depleted and tired. There will be dis-harmony and dis connectedness.

If we have claimed powerfully Who I Am in Level 1, then we will feel emotions that are harmonious. We will feel peaceful, happy, relaxed and content. In Level 2 we choose how we feel in any given situation.

Level 2 is all about how our physical self and our emotional self choose to live together. Our emotional body can then become a harmonious extension of who we are or it becomes an enemy we feel we have to overcome.

Level 3: BALANCE

Recognising and embracing the polarities that operate within we begin to align Choice and Harmony through the power of reason.

Balance is when you have two equal and opposing forces. We are in Balance when we are neutral in the face of two opposing forces. In other words we have to have opposition in order to have balance.

Balance is never dependent on the external physical event although so often that is how we live our lives.

We find balance somewhere between shadow and light. We sometimes need to step into the shadow as part of a journey. We overshadow ourselves and in WHO WE ARE.

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### **A Poem**

#### **I am a Pendulum**

I seek balance always. In my quest I swing from one side to another, sometimes wildly and seemingly out of control. I must explore both extremes and all points in-between or I will be pulled later to what I have not already investigated. The still centre, which I crave, is the result of visiting all possibilities, all extremes.

#### **Level 4: TIME**

We talk about time as if it was a physical object. Have you got time for this? There is no time. I've run out of time. Where has the time gone? We relate to time as something that will run out.

We look at Time on our watches, and see the seconds and the minutes ticking away. However Universal Time is more than this. To fully understand and master Time we need to feel it. As you allow yourself to feel time you will understand what is needed to move beyond time. To feel time we need to understand it as a vibration, like colour and sound are vibrations.

Time is a Dimension of Being. It has nothing to do with whether you have got enough or too much of it. So when we say that it is time to be doing something, that dimension of our being, which operates Time, knows that an action is needed to be taken as part of the soul journey.

#### **Level 5: SPACE**

The study and exploration of Space creates a vehicle through which we can gain insight and understanding into the realm of Universal Consciousness. Scientists can now explain how matter dispersed at the end of a planet's life is gradually reformed to create a new planetary body. We can thus see the microcosm of human life reflected through this very same phenomenon.

The spiral of experience.

In Level 5 we are offered 3 new opportunities

1. To take a risk that will expand my perception of myself and in doing so I will choose 'I can'.
2. To realise that I have the power to Be whoever it is I choose to be and therefore recognise that I have now gone beyond excuse and justification in my life. Now life will become a series of risks and creative leaps.
3. To choose not to take a risk and not to move into a place of uncertainty and to continue to feel uncomfortable and safe for a while longer.

#### **Level 6: MASS CONSCIOUSNESS**

Level 6 creates the opportunity to look through at life through two lenses. Like two different pairs of glasses. Through these two pairs of glasses we see humanity from a cultural, national and religious perspective.

We ask ourselves whether the culture we live in supports and enhances who we feel are and what you want to do or, does it limit our expression of ourselves.

In level 6 we can choose to look at events from a **Universal Aspect** or a **Mundane Aspect**

The **Mundane Aspect** is where we feel an attachment to the emotion. The Mundane presents us with a linear perspective. We become attached to the appearance. Someone has to be at fault or to blame for what happened.

The **Universal Aspect** presents the event, or the situation as an ongoing part of the cycle. It is where the significance of an event takes is seen from the perspective of humanity.

The Mundane Aspect of Mass Consciousness sees events, situations people as either guilty or innocent.

The Universal Aspect of Mass Consciousness sees events, situations, and people as part of a bigger story through which attachment to emotions dissolve.

### **Level 7: INTENTION**

We are going to look at the three aspect of intention.

#### **1. Visualization- Know what you want**

If you are not sure what you want how will you know when you have it? You will be just as likely to manifest something you don't want unless you take the time to sit and become crystal clear about what it is you do want

#### **2. Invocation- Step beyond the physical self and connect to Self and Spirit**

The act of Invocation calls upon a Higher Power.

#### **3. Declaration- Sound out loud**

And God *Said*, 'Let there be Light: and there was Light.

In Genesis we read, 'the spirit ( rooach) of God moved upon the face of the waters. Even before God spoke a word His Spirit connected with the dark formlessness of the earth. Then God spoke. He declared his intention and He said, **Let there be Light: and there was Light.**

To create and manifest our Intention we must speak the words of our Intention out loud. This then becomes a declaration. Words are sound vibrations in the form of language. The moment a word is uttered its energy is released into the world and as with all sound it reverberates far beyond the parameters of human hearing.

Declaration requires the word or words to be spoken out loud.

### **Level 8: SPIRITUAL SERVICE**

Level 8 allows us to explore who we are through the limits we have put in place to the limitlessness of who we truly be.

**"Your vision will become clear only when you look into your heart.**

**Who looks outside, dreams. Who looks inside, awakens." ~ Carl Jung**

Standing at the entrance to the rest of your life, where will we allow our imagination to carry us next?

### **Level 9: CHAOS AND UNCONDITIONAL SPONTANEITY**

In Level 9, there is a build up of confusion, conflict, and chaos. There is fear. When people do not know what is going to happen next, there is anxiety, fear, and uncertainty. This energy builds up and up in Level 9 until something shatters. Until, as has occurred many times in history, there is a Fall.

Every Fall in history ultimately leads to a reconstruction and a re-integration.

A wonderful example of chaos is the Global Financial situation. As long as people depend on material gain and material pleasure the vibrational frequency of the mass consciousness cannot allow for humanity to be in the Light of Love.

To fully experience Level 9 we must give way to and release completely, our old attachments to *Rigidity Structure, Order and Form* The initial result of letting go of Rigidity, Structure, Form, and Order, as we have known it, is Chaos.

Man's belief that he is in control, that he can manipulate the energies for material gain hits the wall, tumbles down the stairs. We come face to face with the Illusion of our human control and planetary consciousness is all but drowned in the mire of the consciousness of the masses.

Level 9 explores Chaos from the perspective of letting Be. In other words recognising what will be, Will Be. Pre-empting, preparing, and even prophesying events cannot prevent or prepare us from the experience.

Level 9 is not about fixing, healing or eradicating Chaos. In fact trying to fix a problem often creates more Chaos. It is about learning to embrace it.

This is Level 9. The pressure or Chaos becomes so great that the energy shatters. There is a stage of darkness. Some call this The Dark Night of the Soul. Call it what you will this is the time when all beliefs, judgments, attitudes are released and healed. This is the time when our sense of darkness becomes the black hole through which we travel and ultimately create a new Universe of BEING.

## Level 10: ANCHORING THE MONAD

When we complete level 9 to move onto level 10 we finally step beyond control. We look beyond our own Earth. We look beyond Man's construct of time. We look towards the Solar System for this has no man-made rules or regulations. The Solar System has its own order based open frequency and vibration. It is a completely different energy.

### Anecdote

*As I lie on my back and rest my eyes upon the Solar System, watching the occasional shooting star I realise the gift of darkness.*

*The light of day obstructs her wondrous beauty.*

*Day time sounds drown out the soft chattering of the night. As I lie on my back and rest my eyes upon the Solar System there are no roaring car engines, barking dogs, buzzing mobile phone, no elevator music or road-works hammering, no fridge, computer or dish-washer humming and no tick-tock, tich-toch of timetables, dead lines and back to back appointments to deafen the gentle whisperings of darkness.*

*I have begun to look-forward to seeing the night sky. I pull on leggings, throw on a sweater, then a jacket and finally warm gloves, and drive off into the darkness. I lie back on my rock and look up surrounded and enfolded in stillness.*

*The only movement is the twinkling of the stars.*

*I am becoming familiar with the star and planets. Some stars I see only from my window in the early hours of the morning, some planets appear radiant red, and some flicker a brilliant blue as I watch them.*

*Sometimes I look into the darkness and not at the stars. Melting into the darkness. On the new moon the sky was breathtaking. I sat in total darkness. I could not see my hand in front of me. And as I lay back on my rock I sank into it and became the rock. It was impossible to distinguish me from the rock. Suddenly I realised I was invisible to all but nocturnal creatures.*

*I am a rock chameleon. I am one with the rock.*

*Lying in the darkness I become one with All That Is.*

*Lying in the darkness, The Solar System has begun to talk to me. It whispers Ancient Wisdoms into my heart and I become the Light. I become the Light that was hidden on this dark, dark night.*

On a physical level the Monad sits in the pituitary and oversees the pineal gland. It is the point of pure consciousness. It is from there that we can leave Earthly consciousness and connect to the great energy of the Solar System.

## **Solar Winds**

Solar winds are a perfect example of how the Solar System operates in Harmonious Cooperation.

There are tremendous forces that move through the Solar System. These are called Solar Winds. Unlike the winds on earth these winds do not blow anything away. In fact these winds are the source of what I call Harmonious Cooperation.

These Solar winds have magnetic fields that change according the current state of the Sun. Nothing is static and the sun too is constantly changing.

The solar wind streams off of the Sun in all directions at speeds of about 400 km/s (about 1 million miles per hour). The source of the solar wind is the Sun's hot corona. The temperature of the corona is so high that the Sun's gravity cannot hold on to it. Although we understand why this happens we do not understand the details about how and where the coronal gases are accelerated to these high velocities.

The Solar Wind is not uniform. Although it is always directed away from the Sun, it changes speed and carries with it magnetic clouds, interacting regions where high speed wind catches up with slow speed wind, and composition variations

When these winds are originating from stars other than the Earths Sun they are called Stella Winds.

Therefore, our planets are vibrating and each one is orbiting in his own unique manner in its own energy. As a consequence the planets energy is transmitted to the sun and also to every other part of the solar system. The

solar winds assist in this distribution of energy. They are winds of Life and Light.

So Harmonious Cooperation exists through the natural sharing of energy. The winds help the planets closest to the sun to distribute their energy and the larger planets have their own winds which assists the most outer planets to send their vibration to the younger ones.

### **Level 11: THE MIND OF GOD**

There are 3 aspects to Level 11

1. Intent
2. Clarity of vocabulary
3. Understanding of Universal Symbols.

The world has become very fast. So much so that we often presume to know what is being said before it is spoken. We do not fully listen to each other. There is an expectation that we know what the other person is going to say so I am going to think about how I will reply. Sometimes we hear people say, "I know I know" even before the other has finished speaking the sentence. When we step into the Mind of God we take on a very great responsibility to listen and be very clear.

The Mind of God is Wisdom, it is Love, it is Vision, it is Infinite Possibility. If you are connecting to that element and you do not have a clear intent about what you choose to share, then you could cause confusion and pain. If our intention is to BE enlightenment and joy then we must make that Intent very clear.

If our intent is clear but the phraseology is cloudy we can totally mislead another.

When we step into the Mind of God, clarity of Intent is the first prerequisite. Secondly is the expression of that intent. And thirdly we need to learn to understand Universal Symbols.

Since early man first learned to make a mark on the wall of his cave, symbology has become an important part of the human experience. Every day, we are bombarded with symbols that direct, warn, and inform but the symbols that communicate directly to our subconscious, the universal symbols, make the greatest impact.

What a symbol means can vary greatly from person to person. Our life's experiences and personal attitudes strongly impact how we relate to a given symbol.

## **Level 12: BEING ONE WITH GOD**

What does it mean to Be ONE with God?

In this level we will look at three examples of individuals and the paths they took to become one with God.

### **The Buddha, The Profit Mohamed and the Master Teacher Jesus**

The Buddha chose the physical expression

Mohamed chose the Spiritual expression

Jesus chose both the Physical and Spiritual expression.

As we refine and raise our vibrations and become One with all levels of our BEING we bring more and more light into our being and radiate more light out of our being

As we experience the 12<sup>th</sup> level of BEING we will do two powerful meditations. One meditation called the Sacred Blue Flame Meditation, will offer you on going healing and protection. The second meditation will connect us to highest realms possible for each of us. And we will learn how to travel in a Light vehicle called a Merkeba.



We all have a Merkaba field around us. "Mer" means Light. "Ka" means Spirit. "Ba" means Body. We can use it to connect with the higher dimensions. Its shape is a tetrahedron or the intersection of two 3D six pointed stars.

The Merkeba is the divine light vehicle used by the Masters to connect with and reach those in tune with the higher realms. It balances our Yin/Yang - duality - polarity - electromagnetic energies.

In the sacred mystery schools sacred geometrical exercises were the bases on this knowledge. It was understood that in order to transform your physical body into LIGHT that you had to **create an energy field of light around you in order to separate you from the lower vibrations.**

The Mer-Ka-Ba is that vehicle of Light