

The Master Teacher Jesus said,  
"Know the truth and the truth will liberate you".  
He did not say, believe everything I tell you.  
To know the truth is to feel it.

## INTRODUCTION

Nothing I tell you is the Truth

The 12 Levels of Being is the unifying thread in all modalities of healing. It is the journey of Being in every sense of the word. Being human, Being here and now, Being emotion, Being thought, intuition and knowing. Being Soul and Being Spirit. The 12 Levels of Being are 12 primordial forces or universal frequencies of energy.

Long ago before the modern scientific discoveries of electro-magnetism, electric energy power and quantum field mechanics, individuals who dedicated themselves to spiritual practices recognised subtle invisible forces in their subjective personal experience. They classified these forces in nature and the universe in terms of how they affected humans, through physical, energetic, mental or spiritual qualities. Since they experienced the effects of the invisible forces and their energies in these practices, and found tremendous benefit for completing their inner alchemy, they called them the Supreme Natural Force, Original Force or Primordial Force. This use of terminology is comparable to the usage in modern life of "electromagnetic force" and electric energy when the force is activated and used in some application—the term "energy" is used to identify its effects in action, like chi is used by Taoists. Sometimes "force" and "chi" are commonly used loosely and interchangeably to mean the same thing.

The 12 Levels of Being are spiralling vibrational frequencies through which every human being evolves on their way to enlightenment, self-realisation and unconditional freedom. Indeed they are a symphony of frequencies that, when embodied and embraced, transform every event, every situation every meeting, into limitless joy.

Although what I call the 12 Levels of Being is a spiritual truth, it has been called many different names by various groups, communities, tribes and cultures throughout history. The 12 Levels of Being is my perspective, augmented and guided by my Teachers.

Take from this work whatever feels right for you and leave the rest behind. I cannot profess to be absolutely certain that every word I have written is factual, correct and right. I cannot claim that the 12 Levels of Being has been empirically tested and proven. I can only say that this work comes from my truth according to my experience, my knowledge and my wisdom. There is only one barometer of truth and that resides in the human heart.

This is my journey into The 12 Levels of Being. I share how I came to know these energies and what I understand each one of them to be at this point of time. It is, therefore, not only a book of information. If you are willing to engage in an experiment whilst reading this book, I invite you to call upon or invoke the frequency of each level. For example, ask Level 1 to enfold, surround and guide you as you read the chapter on Level 1.

The energy of Level 1 will imbue your every thought, deed and action. In this way,

the truth of each level will be revealed to you through your own experience and ultimately become your own wisdom. Take all the time you want. This is a journey that can take many, many lifetimes.

It can also be completed in just one.

Let us begin.

## PART ONE

### CHAPTER 1

Playing it safe

### CHAPTER 2

Early to bed, early to rise

### CHAPTER 3

A Level of Being is a Field of Energy

### CHAPTER 1

Playing it safe

John the Beloved (“JtB”), as he calls himself, came into my life in June 2000. He didn’t walk in as one may expect, nor did he phone me or write to me. He did none of that. What happened changed my life completely.

In the late 1990’s I was living a very pleasant life. I had a thriving psychotherapy practice and was teaching Reiki workshops every month. I was on the council of a National psychotherapy organisation, and had just been offered the position of being the organisation’s first newsletter editor. Our five children were all in school and becoming more independent.

I had just returned from a ten-day workshop in Bali, led by my friend, Shankari. Shankari calls herself an alchemist and defines this as her ability to take many components and make something new. She takes minerals, metals, colour, shape, form and all her knowledge and combines them into an object of power that people can wear. We met many years ago in Sydney when she was having an exhibition of beautiful pieces of jewellery- talismans of power that enhance and expand the energy of the person wearing them. Having always loved beautiful jewellery and feeling a true sistership with Shankari, we became friends, and I began to embrace her also as my teacher. On our return to Sydney, she shared an experience with me that had impacted her profoundly. As a gift from a grateful student, she had spent an hour talking to a “Spiritual Being” who referred to himself as John the Beloved (JtB). She suggested that I book a session with “him”.

“Who is John the Beloved?” I asked.

Shankari told me that John the Beloved was an Ascended Master, channelled through a trance medium by the name of Helen Barton. Ascended Masters, she explained, are highly evolved beings from various dimensions and planes of existence. They bring different energies to humanity and the earth. The more conscious we become and the more aware we are of these beings, the more we can intentionally access them. This gives us the opportunity to connect, create, play and learn with them. Most Ascended Masters belong to either the 'White Brotherhood' or the 'Order of Melchizedek'. Many

of those belonging to the 'Order of Melchizedek'<sup>1</sup> are currently in embodiment today to assist in the development of humanity.

At that stage, my relationship with spirit was much the same as it had been for most of my life. I have always had a strong relationship with the spirit world. From a very early age I was aware of angels and guides, and spent many long hours as a child in deep conversation with a Being I called 'The Golden Woman'. So, although the concept of non-physical Beings did not surprise me, I was not convinced I wanted to have a session with a woman called Helen Barton, let alone a conversation through her with a spiritual Being. I knew there were many charlatans in that business, and I didn't want to waste my money or my time.

Shankari described how powerful her experience was with JtB and eventually my curiosity was ignited and I finally agreed to have one session. Just one!

The appointment was scheduled for June 6th.

Helen Barton turned out to be a slightly built English woman in her late fifties with a distinct Yorkshire accent. She invited me to sit down and offered me a glass of water. I prayed the water would calm my nerves. Helen explained that she would go into a trance and would remain that way for the entire hour-long conversation. John the Beloved, she explained, would speak through her, though she would not remember anything of our conversation.

As soon as JtB spoke, I felt the energy in the room change. I felt my arms covered in goose bumps and my heart begin to pound. Helen's voice had changed completely. Gone was the light and feathery cockney accent that I recognised as Helen. JtB's voice was much deeper, and he spoke with a unique accent I still cannot pinpoint. His sentence structure does not have the usual syntax. For example, sometimes I will ask him a question and he will reply, "That is a different kettle of the fish," which never fails to make me laugh out loud. His voice has the deep resonance of an older man, yet is over-layed with a lightness of energy.

To believe in the spirit world and to have inner conversations with guides and angelic beings is one thing, but to actually hear the voice of a Being who appears to know me intimately is quite something else!

In that first conversation, John told me that I had forgotten who I was. Apparently, I had come into this life with a plan and a purpose and according to John had simply forgotten what I was here to do. He explained to me that I was a 'teacher of healers' and yet in my present life, I was not fulfilling that purpose. He added that what I was actually doing in my life was 'playing it safe!'

"What do you mean, playing it safe?" I asked, feeling wounded and misunderstood.

He repeated that I was a 'teacher of healers' and I argued with him, defending my life and explaining to him that in fact, that was exactly what I was doing. He gently and firmly disagreed. He replied that he was not referring to what I was doing, but rather, who I was being. He said I did not relate to myself as a teacher of healers. I told him I was teaching Gestalt psychotherapy and Reiki on a regular basis. JtB insisted that what I was doing, was not being a Teacher of Healers<sup>2</sup>.

Then he floored me.

He told me that I was to create and share a model of spiritual development. What I had been doing so far, he said, was teaching the work, the structure and the symbols of other people. He told me that in the months to follow I would begin to access The Ancient Teachings<sup>3</sup>, (I had no idea what he was talking about or what were these teachings). I would, he assured me, construct a modern and contemporary model that would be of great benefit to many people all over the world. He insisted that I already knew this work on a soul level and that it was completely up to me whether I chose to

align my soul with my physical personality in order to teach this work to others. I was shocked and confused and yet I felt the truth in his words.

I said, "I am willing to do what ever it takes to fulfil my purpose in this life time, so I pick up the gauntlet."

JtB responded, "Then we thank you, for the moment you are willing to do this, you will transform not only your own life, but the lives of many, still to come into your life. It is important, that you also recognise that we honour you for your willingness to take upon yourself the resumption of this task. For you will do so with integrity and with honour. There will be, within you, no ego that will cause difficulties for yourself or for others. And as a consequence you will find that you have suddenly acquired a multitude of spiritual workers who are excited to assist you and support you on this journey in any way they can. Do not be afraid to seek assistance."

I did not speak a word to Helen when she came out of the trance. I just paid her and walked out.

I felt like I was standing on the edge of a very high precipice and if I looked down I would fall. My whole body was feeling an intense fear and an electric current seemed to run painfully through my fingers and up my arms as I walked out of that room and into the warm winter sunshine. More than anything, I wanted to fulfil my soul's purpose and yet I wondered what was this work that I had forgotten and what in the world did he mean by aligning my soul with my personality? How does one do that?

Choice - I can... I cannot

I was now faced with a choice. Do I believe in this strange voice coming out of a small, English woman's mouth or do I walk away and dismiss the whole hour as some interesting, albeit rather disturbing experience?

The sun warmed my chilled body as I walked along the Finger Wharf in Woolloomooloo, a stone's throw away from the hub of the city of Sydney. Although I had accepted the challenge presented to me by JtB, I had no idea how to proceed.

Almost immediately new energies started to enter my life. Some came through messengers, disguised as friends or strangers, and others came through making conscious choices such as resuming my study of the Kabbalah<sup>4</sup>. I hoped that by reconnecting with the teachings of Kabbalah, I could trigger some submerged memories that would point me in the right direction. As a young adult, I studied and learned about different religions and enjoyed participating in many spiritual practices. It was during my trip to Israel in 1978 that I began to explore the mystical roots of my own religion, Judaism. I was delighted to learn, through the study of the Kabbalah, that there exists a firm belief in reincarnation.

Once again, I began to attend Kabbalah classes, I meditated daily and read voraciously. I drew symbols and diagrams and I hoped and prayed that somehow I would 'remember' these "Ancient Teachings" that JtB had spoken about.

Wonderful books began to appear unexpectedly. One day, I went to see a Kinesiologist for back ache. Whilst she was muscle testing me, I began to talk about the model of spiritual development that I was researching. I was expecting her to respond in polite silence when she asked me whether I had read anything by Kyriacos Markides. I told her I had never heard of him and spent the next captivating twenty minutes hearing about a healer called Daskalos who channelled John the Beloved. I rushed out to buy *The Magus of Strovolos*<sup>5</sup>. In fact I bought all Kyriacos C. Markides' books and drank in every wonderful enriching word.

I became obsessed with Einstein and read his biographies and autobiographies. I immersed myself in the equation of  $E = MC^2$  and began reading Kip Thorne's *Black Holes and Time Warps: Einstein's Outrageous Legacy*<sup>6</sup> I mentally gobbled up books

by Paul Davies, Steven Hawking and Ken Wilber. I was searching for a foundation on which my future work could be built. Somehow, I believed that part of the answer would be found in physics, and that my reading and research would eventually lead me to understand the evolution of Being and consequently a model of spiritual development. In addition to many hours of reading and researching and writing down pages of spontaneous ideas, I did what I had never intended to do again. I booked another session with JtB.

In this second conversation, John told me that I was now beginning to resonate more with who I Am rather than who I thought I should be. He also said that this would cause me certain challenges. He said, "Often, when a soul is resonating through the personality, as yours is, when challenges arise there is a temptation to believe that you are not in harmony or that you are following an incorrect path. If, however, the intent to be of service has been made clear, then it is very safe on a personality level to acknowledge that this challenge is actually an indication that you are doing exactly what it is you are intended to be doing. If everything is proceeding very smoothly, you are not moving through the levels. You may be moving ahead but you are not refining your vibration which is what moving through the levels entails."

I now knew that this work had something to do with Levels and I wondered how many.

By our third conversation, I asked John whether there were seven stages in this model. "Actually, there are 12". He teasingly added, "You see, sometimes it is better not to ask!" I was relieved to have something concrete, even if there was still a great deal I did not know.

Every two or three months, I contacted Helen and made an appointment to have a conversation with JtB. The topics of these conversations covered many different subjects. I have recorded and meticulously transcribed every conversation. For my records, I pulled out a thread of each conversation and that became the title. Some of the titles are: "I Pick up the Gauntlet", "Kabbalah and Relationship" "12 Energies", "The Sound of Colour", "Spontaneous Stupidity", "The Star of the Disciple", "Beloved of God" and "A Symphony of Infinity".

For three years, I examined every aspect of my life under a microscope. Although JtB was supportive and had clearly become my spiritual teacher and guide, he never spoon-fed me.

By 2003 I was no closer to creating a model of Spiritual Development than I was in writing my own book on physics!

I wanted to give up. It all felt too challenging. I became jealous of everyone who simply went to work, came home and lived pleasant, uneventful lives. I was spending hours and hours in my study, searching and re-searching. But for what? My client case-load had dwindled from ten or twelve people to only four or five people a week. I complained to JtB that I had very few clients. There must have still been a spark of hope within me, stirred by my sense of humour, when I added that at least I have time for other things now. John said that was exactly the point. I needed the time for other things - this thing.

There have been conversations with John in which I have literally cried with laughter. JtB has a delightful and rather dry sense of humour. He is a self-proclaimed trickster in the purest sense of the word, and over the years, I have adjusted my listening of him, and embraced that part of him more openly. In fact, he has gone so far as to say that in order to be truly spiritual you must be tricky!

The words sneaky and tricky can have quite an emotional charge. A trickster in the spiritual sense is a Being who can manipulate energies for the highest good of all

concerned.

The sacred trickster, known in the Native American culture as Heyokah, is a perfect example. Heyokah's sacred task was to teach people to laugh at their mistakes and minor misfortunes. The sacred trickster did not use lies and deception; rather, he prompted people into wondering why they accepted what they said and did. In other words, he provoked them into thinking for themselves rather than accepting without challenge the crutch of wobbly beliefs proffered by others. He was also able to make them smile at their own stupidities, for by so doing they could reclaim their sacred space. By medieval times, the sacred trickster had a counterpart in the role of the court jester- his jokes and antics were often attempts to induce members of the audience not to take life too seriously and therefore enable them to fully enjoy the experience of living.

As I was quite a serious person, it took some getting used to, being teased by JtB and even being 'set up' on occasions.

What do I mean by being 'set up' by JtB? Well, there were areas in my personal life where I felt inadequate. I was sometimes self-critical and lacked confidence. There were people that I was willing to place on a pedestal. I considered them cleverer, more accomplished, more able to express themselves. JtB would encourage me to write papers, give talks, and even set up workshops when I was not sure about what it was I wanted to offer. There were relationships in which I felt insecure and John suggested ways for me to exaggerate my insecurities. Although we always have the freedom to choose everything we say or do, there are times when we can be gently, spiritually guided toward an experience that may lead to freeing ourselves from limitations.

By this time, I knew that I was looking for The 12 Levels of Being, however, no matter what I did, how much I read, who I spoke to, or how much I prayed, they continued to elude me. I felt I was going crazy.

In late 2003 during a session with JtB, he told me I would not find these levels or understand them if I continued to search in the manner I had been currently searching. After all, Einstein had once said insanity is "doing the same thing over and over again and expecting different results."

I closed all my books, stopped attending all my classes and surrendered. "I give up. If You want me to create a model of Spiritual Development, then show me how to do it."