

THE SIMPLE TRUTH
FAST PATH TO FREEDOM
By All Great Sages In History
Set Down Again Herein by JD Aliix



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BACKGROUND INFORMATION

Greetings and salutations, intrepid cosmic wanderer!

This is a small book. That's because Truth, and living it, is very simple, and we don't mince words or desire to waste your time and energy.

All you must do is what this book says – with as much habituation as you can manage – and you will be truly free as quickly and efficiently as is possible for your personal design. And please understand finding this book is part of your personal design.

Your personal design brings us to this. You are not in this dream just to leave it, be it through Ascension or any other artificially manufactured belief structure. You're in this dream to maximize your use of this tremendous "physical" device to help with a massive project with galactic implications, planned on galactic management levels over 80,000 years ago, as the illusion of time is arbitrarily tracked in this system.

To gain freedom, you don't need anything other than what's within you, and the objective is to take charge of your own mind, which is freedom, but there are powerful tools which can help. We ourselves offer some of the most powerful tools on Earth to make getting clear – *pure* is a more accurate term – drastically easier to do. To gain freedom and keep it requires essentially two things: 1) clear all the unneeded low-vibe stuff away, and 2) keep it away. This is far easier said than done, as we'll illustrate as we go along.

Much is said these days about the idea of service to others and service to self. We shorten these to *selfless*, and *selfish*. Clearing work, in effect, means to become selfless, because it is only the small self, and everything it hangs onto, that needs clearing away. Only the small self, the small-minded individual, can be selfish. Once that's done, you think, feel and *be* on a much higher level, where thinking and acting for self is downright laughable, even alien.

We stress this point because it's crucial to understand the best way for you to be in service on this planet at this time is to get clear, pure, empty, and thus free. Sure, there are things your body, and its surface persona, can do to be in service, humanitarian type things, helping where possible on the 3D level.

You are most powerfully in service when you purify your “physical” and subtle bodies and become free, sovereign, and simply continue to be that way.

Everything you need is within. It's so easy to lapse back into the habit of thinking you need to strive, move forward, get ahead, expand, improve yourself, evolve. This is what the light-chasing industry would have you believe, but it's not true. The beautiful truth is you as a volunteer here have willingly stepped a few million (if not billion) years *backwards*, evolutionarily speaking, to help out here, and you can't evolve in this 3D Earth system to anywhere *near* the level the *real* you already is.

Chances are, you've never really felt you're a part of this place, and that's because you've retained memory of your home world deep within you. The truth is, the you from that world is within your layers of being right this second and using your body and senses right now to experience this world and to do its work, most likely without your awareness. So please, let this evolution myth go right now, because it simply isn't true, at least not for

you. It's true, however, for those you came here to help get to their next level.

You don't evolve. The bodies you temporarily inhabit and discard evolve, which is what embodied experience is all about.

We won't be going into this massive project in this book, but you can read about it at our project Website, The Superbeings (<http://thesuperbeings.net>).

This is a self-contained program, coherent, clear, simple, with actionable steps you can start today, and anybody who can read can follow it. The following pages condense thousands of pages of information into what amounts to a short and easily digested snack. It doesn't require meditation, focus, visualization, intense discipline, trinkets, gimmicks, crystals, or a change of any kind in lifestyle, but these practices and objects could without question shorten and simplify your processes. To be successful with it, the only requirements are a desire to be free and to do what it says with as much consistency as you can manage.

Your consistency will propagate more consistency, and everything in this little program will become second nature and become as effortless as breathing, or so we hope!

Everything in this little book is found in greater detail all over The Superbeings (<http://thesuperbeings.net>), our group mind and project site, most especially under Mastery. We have copious quantities of information there, loaded with the most priceless pearls from all wisdom teachings, including what is *actually* going on here on Earth. We have found over time, however, not everyone likes to poke around and read stuff. Many just want to be guided in what to do in simple and actionable steps. To this end, I was guided – firmly, I might add – to consolidate and simplify these immense jewels of truth and

wisdom into a simple, concise yet comprehensive program designed for the seeker who is too busy in this chaotic Western World to live both the life of a seeker *and* the life of a Westerner at the same time.

Indeed, this program is faithfully and sincerely dedicated to you.

Let's get to it.

It all starts with this question: "What do I want?" If you sat down and thought about it, you might find yourself thinking about it for days, and while doing so find out you don't want something you did just a day or two ago because you have learned something about yourself through this deep inner probing all brought about by the question: "What do I want?"

It is a tough question, but to break it down into simpler components is easy. It's easier, for instance, to answer this question: "What do I want to be?" or "What do I want to do?" These two versions are what you might ask yourself. If all one asks is what do I want? then the answer can only be "I want things," or "I want things to be the way I want them to be."

But in the end, the answer is simple. No matter what you come up with in trying to answer any of the forms of the question, the only *true* answer is "I want freedom," or if the question is "What do I want to be?" the answer is "I want to be free." It's at the very basis of everything, and you have lived every imaginable circumstance to explore what it means, what it is to not have it, and hopefully, with this program, what it takes to gain it.

So, the truth is you are not free, or at least this much would be evidenced by the fact you have been guided to this book. If you are free, truly free, you don't need this book. If you're not free, we're saying you're not free of your own mind. We're not saying you *need* to be free (about half those on this planet need the opposite, for the completion of this Earth Project, for eons

to come). We're just saying it's very likely you're not, and this isn't a statement as to your level of consciousness expansion, or what you know, or the depth or degree of your wisdom.

We're saying if you were completely free of your own mind, you could disappear where you stand, or fly out the window. We're also saying if you're reading these words, chances are your *desire* for freedom ranges anywhere from casual interest to thirsting for it, and it's also possible nobody has really mentioned you're imprisoned only by your own mind.

Nobody, nothing, outside of you can imprison or limit you without your agreement or direct involvement in planning and implementing the nature and circumstances of your experience. This is hard-wired into the basis of Creation itself.

The Simple Truth is as plain as the nose on your face, and it is, on paper at least, easy to understand and to follow. It sets down the one inescapable fact of reality, the Great Universal Truth: I am a composite of every thought, word, deed and emotion I have ever expressed in the multitude of bodies I have experienced *in this system*. We say *in this system* because you arrived here, ready and willing to help, pure and free of all the slime, sludge and toxicity this 3D Earth system intrinsically contains. When you got here, immersed into this toxic soup, you got all its stuff on you. That was inevitable, and your family and friends from your true home warned you it would happen.

It will be useful for some for us to break down, in general terms and concepts, the levels of perception, or consciousness, with which this world is composed. These levels could also be called "layers," since these really are strata on which almost everybody can be classified, and in which their head operates. What is fantastically important to understand is not *one* of these levels is higher, lower, nor in any way more valid than any other. They all represent chosen experiences, designed roles,

and there is no role more nor less valid than any other in all of Creation.

It's not possible to sufficiently emphasize this last point. The role of a criminal is as necessary as the role of a goddess. We live in a movie, in a game, a play. All the roles are necessary, planned, implemented and carried out by beings (we prefer the word "people," because they are just people) on higher perceptual levels. We're the "ground team" for everything coming from higher level (frequency) people. While everybody runs around telling everybody how and what they need to be, the fact is all the roles being played are necessary, and nobody needs to tell anybody what their roles *should* be. So, with that in mind, be prepared to let go of the idea anybody anywhere needs to change to suit what you believe they need to be.

Consciousness Layer/Level 1 – This is the drama layer, and those addicted to their dramas love this layer while at the same time complain about it, unaware of the fact they themselves set it all up and chose every bit of it.

This is the layer which often thinks "I am a victim," and for this I blame others. We are all victims of injustice, oppressed, exploited, disenfranchised, marginalized. The world just happens to me and there is nothing I can do about it. There's no justice. It's the draw I got, and now I'm going to figure out a way to get through it, because I'm a survivor, and for that I am proud. There is sometimes light at the end of the tunnel, and I'm always waiting for God or something else to bring it to me. The world is solid and real, and can be a cruel place. Life brings pain, suffering, joy, sorrow.

You only live once, so make the best of it, and then you die. Your children, same pattern, then they die too. There is much to fear. I wish people would stop treating me the way they do. I

wish people would stop hurting each other. I wish the world would just give me a break. Change must come, and we who are the righteous – and our opinion is never wrong – must fight for that change, to make a better world. I will not rest, at peace, until my opinion of what the world needs to be has come into being.

This is the level, the mental layer, on which most people walk this planet, those who are in fact are native to this evolutionary project (for which you came to help). This is the level where the desire for freedom is buried deeply within layers of “I don’t deserve,” “I see no way out,” “I am powerless to bring change into my world,” all of which are necessary traits for the intended experience, so of course we’re to leave them to their desired experience.

Freedom isn’t available to those who can’t see the door, more importantly are not *designed* to see the door, don’t want to see the door, or are on an even lower level, let’s call it Level .5. This is the level where they’re not even aware they’re imprisoned. This is the level where you could say ignorance is bliss, and you yourself know plenty of these types of people. Remember, it’s just a role, and they’re playing their role beautifully. Honor them for it.

We’ll repeat for emphasis, because its importance can’t be stressed enough. Everybody is thinking, acting and emoting precisely according to their function and self-design. They’re involved in something the rest of us, who are awake, are here to help with. To even *try* to awaken this level is to be part of the problem, as it is necessary they remain on whatever level they’re on until they’re ready to move up. But they, like all planetary social experiments everywhere in the Cosmos, must do it together.

Consciousness Layer/Level 2 – This is the layer where the drama begins to recede, but can still assert itself in your life if you're not keeping a close eye on it. It's the layer where you begin to see "I am a composite rendition, a living result, of all my own thoughts and emotions and the choices those thoughts and emotions drove me to make." I have created myself. I take full responsibility for that. I now recognize my own causality in how I am treated by the world. I take responsibility for it, if begrudgingly, and I blame only myself. In taking responsibility for creating everything I *don't* want, I simultaneously acknowledge the same understanding of responsibility can be used to create what I *do* want. I am the author of my world, and I can attract to me the life I desire. The world is solid and real, and the people on it can make it a cruel place with their thoughts and refusal to take responsibility. The pain, suffering, joy and sorrow have taught me a great deal, and I am grateful for it all. This prison we're all in can be made to be a wonderful place, and it's up to *me* to do it for *me*, to brighten my little corner of the world. I still have fears, but I choose bravery, choose to move through fear, to not be limited by it, and hopefully put it behind me.

I am nurturing the wisdom to see events and circumstances are chosen by every participant in this fabulous lesson factory, for personal experience, and they don't require me to change their minds, their plans, or how they choose to use this Earth Classroom. Most importantly, I endeavor to change my choices NOW to mold the ever-modifying me-composite which is to become.

This is the level a significant portion of the human potential movement people are on – the Law of Attraction crowd, if you will, the self-empowerment crowd, the New Agers. Most of this level will move through it quickly, leaving it behind, because Metaself (a term we use to describe the multiplicity of higher

selves everyone has) doesn't want them dwelling on the perpetuation of the problem, which is "manifesting the life I desire." Why is this the problem? Because it emphasizes what the small self wants instead of encouraging the small self to let go of Earthly things, think selflessly, and thus to make room for Metaself, which will deliver stuff you can't even imagine if you'll just set yourself aside and let it in.

Consciousness Layer/Level 3 – This is the layer where the drama is somewhere beneath you, but you still dip back into it from time to time to fulfill a function of your role. You might forget for a moment you're an actor. This is the layer where you deepen into the age-old truth: "The manifest world is composed of energy, and not matter, for there is no such thing." There are no solid things. Energy is just consciousness objectified by perception in response to thought. Thought itself is the source of the energy. I am localized consciousness within a limitless sea of consciousness, and understand my local intent, visualization and actions modify the sea of consciousness within which I function. The sea of consciousness is nothing but pure awareness, but it becomes something the moment I think it. The more I think it, the more energy is applied to its objectification in my perception. The universe has no recourse, no choice, but to comply with my thoughts.

The content of my consciousness is the content of my world. My inner world *is* my outer world. Consciousness creates everything but consciousness. This is all I need to know.

This all being Mind, a lucid dream, phenomena of my perception, means all material things are just phantoms. I don't require phantoms. I require passion, fulfillment, excitement. This all being Mind, what am I to do with it? What am I to think? The only questions I need to ask: What do I want to be, to

become? What do I want to do? What excites me more than anything?

Fear is also phantom, itself the only thing to fear. I no longer fear any of the things I myself created. There is nothing sillier than to fear what I myself have created.

Since time is an inconceivably large simultaneity of events, everything I can think, and thus create, is already created. Otherwise, I wouldn't be able to visualize it. Therefore, creating, manifesting, is nothing more than choosing from an array of already created experiences.

What is left is one of two ways of being, one leading to the next: A) my belief I can make it real will make it real, or B) by *knowing* it is *already* real, I have nothing to do but move towards it, which is accomplished by C) being detached from any outcome and making all actions be from the love of the doing, and D) following my excitement, my passion and intuition.

This is the level the most awake New Agers are on. This is the level of so-called Masters, miracle-workers, high level shaman and sorcerers, all of whom the *real* you is already equal to or beyond. The reason we say "so-called Masters" is because they themselves think it's a silly designation. They see YOU as a master, perhaps well beyond their own level. Now let's just awaken you to that fact.

Consciousness Layer/Level 4 – This is the layer of consciousness where the drama is far beneath you and you dip back into it just for the fun of it, perfectly aware at all times you're playing a role. This is the layer where it is completely understood "I am Universal Flow." I am a function of Infinite (Infinite Mind), God, Source, All That Is, whatever designation you prefer. What is, IS, and it's already true. In simply being, and doing, whatever

mental phenomena being and doing may appear to be on the surface, if it already IS, then I already function according to the Will of Infinite Mind. When necessary, I adhere to the dictates of my intuition. Whatever Infinite Mind chooses to bring into my life is determined by what excites me, fulfills me, makes me happy, as these are Infinite Mind's way of telling me what my truest function is, what my true place and purpose are.

I am free of doubt as to my course, as this is already determined by Infinite Mind. It is not my choice, for I am nothing. My excitement, my fulfillment, my happiness, could not *be* without this already determined course. My desire is the same as the desire of Infinite Mind, and because of that, nothing is impossible, and it is none of my business what the appearances of this desire take, whether I am a pauper or a billionaire, a miracle worker or a floor sweeper. I gladly and with a thrill in my heart, surrender utterly to the Will of Infinite Mind.

No thing, no accomplishment, no outcome is any less possible than any other, and functioning AS Infinite Mind, all things are not only possible, but are already done. My role is to *be* an outcome, not to *reach*, or strive towards, an outcome. Every single visible and invisible thing in all of Creation is functioning in a needed role. This I accept with every cell and fiber of my being.

This is the highest, happiest, most fulfilled way of being literally in all of Creation, and it is possible to attain in this body. We know. We've done it. Just as interestingly, this level happens to be true about, and applicable to, everybody in all of Creation, but layers of perception, as given above, exist as how certain needed functions, needed by Infinite Mind, are carried out. Said another way, every level of perception is needed, and everybody, already existing on the highest levels, chose those levels of consciousness/perception and thus volunteered to perform as a function of Infinite Mind while at the same time

benefitting from a world-stage, a passion play, which could provide an experience for self-enrichment.

Not one person is what or who they think they are, not even one. The appearance of anyone, and anything, is not what it truly is, but is an artificially manufactured cover form, and story, and that's what makes all this discovery so much fun and so constantly refreshing. To know thyself is to expose the trickster, the liar, within, and to recognize it for what it is every time it attempts to do what it is best at: to deceive. Through that, I endeavor to cease completely the practice of self-deception. I am free of myself. I am at peace. I am in joy. I am ecstatic to find out what's next. I am Sovereign, whole unto myself.

The only deciding factor for what level of consciousness, or perception, anybody is on, is what they're ready for. Invariably, whatever someone is ready for they will be guided towards. This is to be trusted, absolutely. So, it is for none of us to pass judgment on anybody's roles, on what level on which a person is designed to function. For the exact same reason, it is for none of us to pass judgment on ourselves.

Put another way, if as an example you read the above and think, "Oh, I want to be on the highest level, of course," but at the same time you take great excitement in deciding for yourself what you want and want to get about the business of manifesting the life you desire, then *do* that. To automatically assume you want to be, or *should* be, on the highest level is just another way of admitting you're *striving* to be something else when all you must be is what you already *are*.

THE FOUR TRUTHS – True for all people everywhere in Creation on all levels of perception, the following Four Truths are the parts and sum of The Simple Truth:

1. The content of my consciousness is the content of my world.
2. The content of my consciousness is the only domain I have the right, permission and power to change.
3. Becoming fully in charge of the content of my consciousness is to master myself.
4. Self-mastery is freedom, and freedom and mastery are the same thing.

The only domain over which you are absolutely free to exert your will is to choose for yourself the content of your consciousness. Choosing for yourself the content of your consciousness is the only domain in which the concept of free will has any validity. Live your life in full acceptance of The Four Truths and you'll move rapidly towards freedom.

But there is an even more crucial element to cover. By consciousness we also mean *subconsciousness*, the vast and deep domain of consciousness of which you are unaware. If your conscious mind is the tip of the iceberg, your subconscious mind is the rest of the iceberg, below the surface, with a thousand times the volume of stuff to deal with. This is the stuff which makes it difficult, if not impossible, to get fully in charge of the content of your consciousness in the present. All that content is composed essentially of accumulations of all expressions – thoughts, emotions, words and actions – you've ever had in this system.

Why is this true? Thoughts, emotions, words and “past” actions all have mass, which means they’re energy, which means they exist, and where they exist, where they live, is in you. Unless you’ve done clearing work, it’s all there, no less valid than your hand, a table, a tree or a car. Yes, what you thought, said, did and emoted 3000 years ago in Mesopotamia, 2000 years ago in China, 1000 years ago in South America, 500 years ago in Europe, last year, last week, and yesterday, could still be lodged in your system.

If so, they are *patterns* of expressions, and they fuel the content of your consciousness right this second. It’s much like being possessed by a demon, but the demons are all your “past” expressions, deep psyche, your unknown personalities, and the sea of programming within which you live. They are at least partially in charge of your mind. But cut yourself some *huge* slack. Don’t be hard on yourself for not being fully in charge of your own mind. There are very few people on the planet who are, and we do mean *very* few.

With this in mind, the First Truth could be expanded to say, “The content of my *subconsciousness* is *also* the content of my world, even though I’ve never been aware of this fact till now.” Upon becoming aware of it, however, you can find ways to be free of it. That’s where The Simple Truth comes in.

Clearing away all the past accumulations NOW makes it easier to assert yourself over your own mind TOMORROW.

Since The Superbeings is a social network and we hang out together all the time, you have a ton of help at your disposal through conference calls, support forums, opening you further to your own inner guidance and how to “listen to guidance from other selves with a more sensitive and acute ear.” And we have other extremely powerful tools we’ll introduce you to, designed to make the process so much easier, and smoother. Our job is

therefore also quite simple: it's to make your job of getting pure and in universal flow far easier to do.

THOUGHTS & ACTIONS NOW

The content of my consciousness is the content of my world -

The first thing to know: **thinking is doing**. Whether you want to believe it, thoughts have mass, exist as objective *things*. We know we've said this before, but it bears repeating because it is so important to fully understand and embrace it. Just because you can't see thoughts with your eyes doesn't mean they don't exist. But the truth is you *can* see thoughts, because everything you see right this second is in fact a thought.

Thoughts are mostly regarded as just that, an image or idea which doesn't exist in reality, and that's because it can't be seen or heard or felt. But you also can't see the waves that come through as music via the radio, nor the waves which come through as cell phone calls. But these are also *things*, data, information. These days, thoughts are often referred to as *thoughtforms*, although this is redundant, as thought *is* form.

Consider this. If you were to enlarge the nucleus of an atom to the size of a basketball, the orbiting "cloud" of electrons would be a quarter of a mile away. This means all "matter," including you, is 99.99999999% space. This means you yourself have very nearly the same density as the thoughts and emotional expressions you can't see. The difference in density between you and the thought you just had is not even 1/10,000th of 1 percent. Think (pun intended) about that. It's important to move towards understanding and fully embracing it.

The only reason you can't see them (unless you're a gifted clairvoyant) is because they vibrate on a level you access when you dream in sleep. They're in a different frequency range, a

different radio wave, but as such are still part of you. As you can see in your dreams, everything in form in the dream exists and is experienced as solid, just as it is here, but like here none of it is actually solid.

An excellent mantra for all this is: “Every passing moment is either a *missed* opportunity to direct the power of thought in ways I choose, or is a *seized* opportunity to direct the power of thought in ways I choose.”

TAKE RESPONSIBILITY – The place to start is to accept full responsibility for everything you think, do, are and have (or don’t have), thus weakening the powerful victim thinking. It’s also important to accept this responsibility for everything you have thought, emoted and done. Those who think they’re victims will remain as victims until they take full responsibility for everything in their lives.

Method - I did this. This is my doing. Let that thought rule every moment your mind is idle until it has settled so deeply within you, you no longer have to use it as a reminder tool.

SELF-VIGILANCE – Get settled in with the complete acceptance every thought is every bit as valid an entity as you are, and you therefore must keep a very close eye on all your expressions. That thoughts are things, and we are birthing these things, we must be impeccable stewards of what we birth. Your expressions are in fact your children.

Toxic expressions do harm to everything, *especially* you. Your stuff is everybody else’s, and everybody else’s stuff is yours. Now maybe you’re less inclined to be concerned about what

you do to yourself with your expressions, but you should be *very* concerned by what you do to everything and everyone *else* with them, because you are in fact toxifying, or on the other hand, *purifying*, everything and everyone with them. Do what we suggest in these pages and you yourself will notice the difference, and it won't take long to notice it. With tangible results, something which can be tracked and measured, you'll never stop moving closer to full acceptance of this Universal Truth.

Method – Keep a Tally. Even if it's just in your head, keep a running tally or even journal. If a journal, you can use a notebook or your cellphone, either the voice recorder or a notes app. If you're keeping a running numerical tally in your head, and you produce a toxic expression, as you move through your day say to yourself, "That's one!" If another, "That's two!" If using this method, as you turn in for the night, in your mind, think, "Purifying Flames come forth! Burn away and transmute into purified energy all my low vibe expressions of this day (week, month, whatever)." You can't overdo this. Visualize yourself engulfed in these flames, knowing they're consuming and transmuting your damaging thoughts, emotions or words. Even if you can't remember them all, a part of you has them duly and faithfully recorded and will handle it. Trust that, completely, because *that* you is ***ever vigilant***, but can't, according to Universal Law, take responsibility for the *you* layer, the layer reading these words.

The more efficient alternative to the above is to think or say, "There's one!" and take it up in Purifying Flames on the spot. Even if you take them up on the spot, if you do the five-minute exercise as stated above at night after turning in, it's just a failsafe you have completely consumed and transmuted all you can.

Judgments - Don't forget your toxicity includes judgments. Judgments are broadly defined "as anything you feel should be thinking, doing, saying, or acting differently." Upon passing judgment, take it up in Purifying Flames on the spot and/or do the exercise after turning in for the night. Visualize the flames consuming your stuff. Those flames exist. They're doing work. Trust that.

We get more into judgments as we go along.

LET IT ALL GO – If Consciousness Layers/Levels 3 and/or 4 as outlined in previous pages are what you want to be, or express, then you must let it all go, all of it without exception.

Most people confronted with this may wonder, "Let what go? What do I need to let go?"

Valid question, but most are perfectly aware of things to let go, surface things. There are easy ways to determine what those are, and ready tools and methods to help you let go whatever it is. We include the method at the end of this section, if you want to skip right to it.

The more you let go, the more surrendered to Universal Flow you are, the freer you are to listen for the guidance which will come, which will lead you to peace, ease, happiness and grace. Not only will your listening "organ" improve, but so will your intuitive "organ" as the translating mechanism for the messages.

Guidance could come in the form of ideas for projects, creativity of any kind, people to contact, places to go. The intuition-driven course may sometimes, maybe even often, make no logical sense to you, but it's the logical self which must be de-

emphasized. Things don't have to make sense. But you will find out in following your intuition, your gut, your heart, you'll discover just how spot on the intuitional signaling will be. Learn to trust those instincts, and in doing so, nurture them to more acute levels. Guidance will always lead to doors, thresholds, and it's a choice to cross them, in effect choosing to determine what content gets added to or removed from your consciousness.

Crossing those thresholds with faith, purpose, definitive thought and action, raises you to another plateau of being, and vibration, with every taken step on this constantly purifying path. At The Superbeings, we have tools to help immensely with definitive thought and action.

Relationships – The content of my consciousness is the only thing I have the right, permission and power to change. This is all about *relationships*, but in the broader context of what is meant by *relationships*. You have relationships with friends, family, animals, and you also have relationships with the features of this world, with groups, with countries, with religions, with government officials, with what government and other groups do. The reason you have relationships with entities not close to you, such as what government does, is because you see what is happening and you develop a relationship with it the moment you believe you are right and it is wrong, or whatever it is needs changing. This is the moment you cease believing everything and everyone is playing a necessary role. This is the moment you begin believing you have a right to tell them what their roles *should* be. It's upon this moment you've developed a relationship with whatever that might be.

In this last instance, there are two things to let go: 1) that you are right, and 2) that they are wrong. If you see something as wrong, then in your mind it is not as it should be, which means

their designed role must somehow be wrong. The easiest way to handle it is to completely let go the idea you are right. Whether they're right or wrong is actually none of your business, and this includes everybody you know, including siblings, significant others, spouses, your children, whomever, whatever.

Let's dig in a little on something while we're at it. In the world we appear to be individuals, but on a less illusory level of being we share a single mind, a single thought organism. That level is a "pool" of thought energy we either continue to pollute, or continue to cleanse, with every passing moment. We wallow around in this sea of toxic expression. If we get clear and pure, we help to cleanse that level, and therefore *this* level. This is why one of the Big Tricks is to make it so none of it has any effect on you.

Cleansing that level, this shared pool of consciousness, changes the catalytic thought patterns of those we would otherwise seek to change, or judge, without any thought or energy expenditure on our part. All we've done is get pure and clear. Adding our judgments, the idea we're right and they're wrong, to that pool is in fact pollution. The way change is effected in this world is by getting pure and clear, so we can become a wide open and pure channel for all the higher codes, frequencies and information hammering away at the periphery, trying to get in through your either cleared being or your cluttered being.

In the end, believe it or not, the most powerful way to change something is to cease trying to change it. Just let it go. Whatever it is you might think needs changing, if it doesn't fit with the new and increasing energies and frequencies, it's going to topple all on its own with no effort on anybody else's part, least of all *yours*. This 3D Earth Project is on a path, a trajectory, and nothing is going to stop it from where it's going, even

though there are many playing the roles of those who are trying, and increasingly failing, to be disruptive.

There are many who read this who will, of course, argue this is just passive, it acquiesces to “the powers that be,” but what they, or possibly you, don’t understand is they use the energy you expend to openly oppose them to clutter your mental fields. Opposing them is what they want you to do.

Since it will come up, opposing something isn’t the same thing as exposing it. Exposing the underlying liar is all that is happening on this planet, in effect increasing awareness and thus expanding consciousness individually and collectively.

Another thing which might come up in your mind is not judging something is the same thing as not doing something your role might call for, like intervening in a crime.

This explanation alone could call for a 500-page book to fully explain and bring deep understanding, but we’ll condense it into a few sentences. If you want elucidation on any of it, go to *The Superbeings* and ask for it.

On the level of mind of Metaself, the victim and the criminal are the same entity, because Metaself thrives on the experiences of *both*. Metaself has fragmented into all the sides, all the teams, all the opponents. This is another way of defining what is meant by One.

So if one fragment of Metaself judges another fragment of Metaself, he or she is essentially judging themselves and adding to the accumulations to be cleared away. But let’s give a real-world example, using myself.

Judging anything at all is the same thing as judging yourself.

If I’m watching a crime in action, and if I can do something about it, I’ll do what I can to stop it. Does it mean I’m judging

the criminal? No. I'm not. I'm incapable of thinking the criminal is wrong. Am I playing a role? Yes, and I'm eminently aware of it and happy to play it while being acutely aware that I am. Did I choose it? Yes. Did the victim choose it? Yes. The criminal? Yes. Courts, lawyers, cellmates? Yes. All involved chose it. It's a veritable network of chosen roles. This thinking will take on an increasingly impactful role as you unravel your small self. Becoming eminently aware it's all roles is HUGE in this.

When you're perfectly aware you're playing a role, an actor acting out a script, your consciousness is on two levels at once: 1) Metaself, 2) small self. This is the objective: to be aware on both levels of mind. Go ahead and give an Academy Award-winning performance. Just don't forget you're acting so the drama can't pull you back in.

Moving along. Freedom is Sovereignty. You are not sovereign because you are not an island unto yourself. You are not an island unto yourself because your thoughts – which are pieces of you – are on all the other islands, which themselves can't achieve Sovereignty for the same reasons you can't. Put another way, whatever you judge you also limit, thus making its path to Sovereignty just as difficult as your own.

Since the sovereign you (Metaself or all higher selves on consciousness layers between) already exists and in fact birthed *this* you for a specific function, all this is merely a matter of allowing *that* self to become you, and you might be surprised how much effort *that* self has already put forth in trying to overcome the organized addiction that is you. And you might be equally surprised at how much effort you have exerted – consciously or otherwise – to keep the sovereign you at bay.

It messages you through intuitive consciousness, through your feeling self, or at least *tries*, endlessly and often thanklessly. Seldom do people listen, as you might well know, much less

heed the content of the memos, but instead choose and act according to either fear or programmed desires, which are just addictions when you boil it right down. This of course is the drama, the drama layer.

Let's expand on that idea a little. Programmed desires are also thoughts. There are "forces" acting in the world who know how to feed into our shared consciousness layer/pool the desires they want us to have. They're very good at it, and we shouldn't hold it against them because that is their role. Indeed, in the freedom way of thinking, they must be honored for their roles. Most people don't know it, but they are *told* what to want from that layer, and when they believe what they're told from that layer, and act on it, they're automatically forfeiting sovereignty.

This includes the desire for money for the sake of having it, by the way, as it is the most successful programming device the world has ever known. So, the fact is you're programmed, thus freedom is also getting free of the programming and staying so clear it can't get snagged in the complexities of your organization of being and/or psychographic landscape. Once clear, the crap just passes through the nothingness you have become, as there is nothing on which it can get hung up.

The clearer *you* are as a vessel, the more room for Metaself, and that self is what complied with your volunteerism and facilitated your trip here. Metaself, Sovereignty, has a zillion jobs going on all over Creation even as you read this, and it's an expansion-promoting device to acknowledge this multiplicity of being, and even to nurture ways to get in touch with those selves. We also have that part covered at The Superbeings through our Awareness Bilocation Training.

Method – Identify What To Let Go – Open a word processor or grab something to write with and a piece of paper. At the top, jot this down:

What in all my present experience is NOT as it should be?

And then itemize everything which comes to mind in a numbered list.

Whatever winds up on your list could be said to be your “problems,” the list of things to let go, and these problems are the content of your consciousness. They belong to you. You’ll want to include everything about the world, about your community, family, *everything*, and most importantly about yourself.

None of this means you can’t change your vision of yourself and how you go about effecting such change. Count on the fact that if you’re guided towards change, you’re the one who did the guiding, and it is precisely as it should be.

That it’s time for change is the very reason you’re reading this little book, and change is in fact the only constant in Creation.

Another way to say “problems” is to say “judgments.” So this would be your judgment list. You might wonder how judgments qualify as guilts, shames, regrets, or people or things you have to forgive. It’s a valid question, so let’s briefly look at it.

If you have guilt, shame or regret, then you have judged yourself for having done something you feel you shouldn’t have. Remember this: roles can’t have the words “should” or “shouldn’t” applied to them. Roles are roles. The movie needs them. You can’t change an actor’s role after the movie’s been filmed. Whatever you have done, you did it by agreement. It’s impossible to wrong another person, just as it is impossible to be wronged. Which brings us to forgiveness. If you feel you have

to forgive someone or something, it means you feel *you've* been wronged. Again, this is not possible.

There are no victims. There are only volunteers.

We also know forgiveness can have associations with pain, which is important and we'll get to it in the following pages.

Letting It Go - Now to letting go of the stuff on your list, the list you have or will make as instructed previously. The deep psyche programming, the stuff fed into the shared pool of consciousness, is very successful at creating and installing into that pool the catalysts and triggers which endeavor to keep us in judgment mode. Thus, as stated, as you clear, you clear those around you, who clear those around them, which becomes an exponential momentum. In the pages to follow, we discuss deep clearing work, so we'll be getting to that soon. Getting in there and getting those catalysts and triggers out of you will make it easier to let your judgments go and to bit-by-bit bring an end to those thinking patterns.

Given everything in this little book, you have the option to embody an immense being. In embodying an immense being, you *are* an immense being. Beings of this immensity don't choose sides. They maintain the balance of life. This is what it means to be on the Middle Path, which is what we're all about at The Superbeings.

We who have left the drama layers behind, this is what we do. We maintain the balance of life, thus acting as fully open and immense beings while in bodies, no longer affected by the drama layers.

Metaself and all higher selves between you and it see everything in precisely this way, free of drama and judgment,

and if you let Metaself in to transform you, you will also see things from this considerably expanded perspective.

Method – Simple Acceptance – Accept everything and everyone, just as it is. Acceptance and letting go are so similar conceptually and vibrationally they could be said to be the same thing. Whatever it's doing, it's a role, and that role must be accepted.

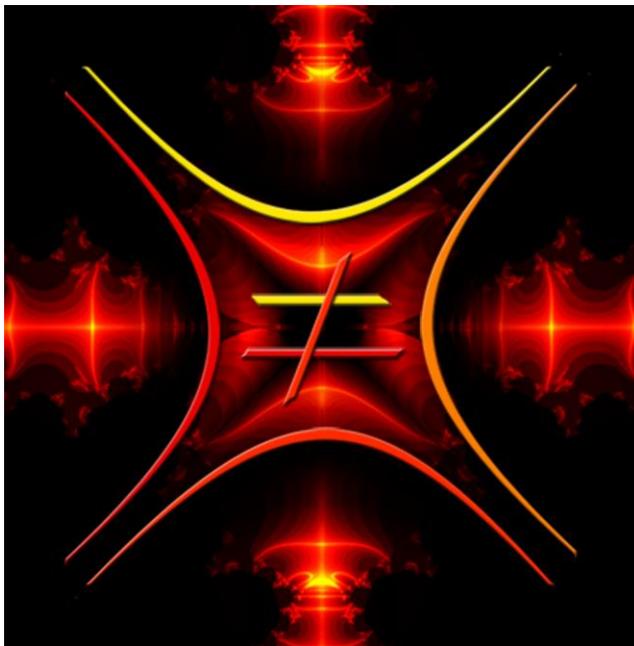
This whole acceptance/letting go part is not easy, not in practice anyway, but the practice of it changes your wiring, your physical being, the organs of attitude. Simple Acceptance is fantastically good as a stress-relieving mechanism, and is amazingly healthy for the heart and other organs and glands directly associated with the chakras.

If you find it difficult to accept something, keep at it and consistently remind yourself the deep clearing work discussed in the coming pages is going to make it much easier for you to accept everything because you are dislodging and getting clear of the judgment programming.

This applies to you, too. You must accept everything about yourself. It's extremely important. It doesn't mean you're acquiescing to anything, because change will happen no matter what, but as you get clear, change will be orchestrated by Metaself and/or higher selves, and whatever that might be will exceed your own ability to have imagined how it all will look when you cease imposing the small self's (meaning the drama layer you) limited vision upon it.

If judgment arises, a useful on-the-spot device for this would be to think, "It's a role," and then take the judging thought up in Purifying Flames.

At The Superbeings, we have a powerful set of tools called Source Code, 33 symbols from the Core of Creation that themselves do potent work when you sincerely use them for that purpose. This symbol is the one for Release, and doing nothing but getting quiet and open will initiate its work. It knows what it is and does. It's even more powerful if you visualize it instead. The reason visualizing it is more powerful is because it exists on a more causal level of being, and its frequency is *much* higher, and its punch more powerful, than it is in this book.



TOTAL SURRENDER – This is an often-misunderstood concept because it is mistaken for abandonment, or quitting. Nothing could be further from the truth. Practice the Art of Surrender at every opportunity until you are flowing with the natural order, the Universal Flow. Surrender and simple acceptance are so close in concept and vibration they are the same thing.

A helpful thought in understanding the full scope of what is being shared here: “You will traverse the distance between Points A and B. You are in a boat on a mighty river with a destination which can’t be changed. It’s inevitable and nothing can stop it. What is optional is how bent, bruised, broken, pissed off, and how many lives, or iterations, it takes, and how victimized you are upon arriving at Point B.” You see? You are already flowing along with this mighty current, and nothing is going to change your course, but you can sure make it more fun, simple, clear and easy for yourself if you just let it all go and flow with it.

Here’s an interesting thought for you. You could spend eons purifying (which is perfecting) yourself as a great cosmic being to earn access to the most hidden secrets in Creation, which would take almost unimaginable responsibility to do. Or you could be in absolute surrender, right now, and gain access. But here’s the catch. If you surrender with an agenda, as the means you might gain access, you will not gain access. Do you see the subtlety? Total surrender is complete, without agenda, without attachment or objective.

Total surrender is nothing more, nor less, than submitting to Universal Flow. It is nothing more, nor less, than getting out of the way of the largest and most benevolent entity in Existence, allowing it to utterly run this marvelous instrument – our body – and the optimal use of it for The Great Plan. Total surrender is submitting utterly to the unknown. It’s the restoration of

unsullied innocence. It's becoming the Cosmic Child in open wonderment, teachable, humble, noble and pure.

Let's give a real-world example of what it really means. Let's pretend you have surrendered, totally, and you feel sincere about it. Then let's imagine some immense being shows up, tall and in flowing gowns, golden hair all afloat, and she says to you, "OK, now that you've surrendered, we're gonna need you to submit to being nailed to a cross and undergo three full days of unimaginable torture, and then die in agony. You ready to get started?"

If the answer is "No," then your surrender was never sincere to begin with.

This example is obviously drastic, but it does illustrate the point. When your surrender is absolute, you are willfully submitting to the unknown, and apprehension about that isn't a bad thing. That just means you're circumspect. It's important to know that even though you're submitting to the unknown, all that will be brought into your life will be awesome, beautiful and fun.

Method – Surrender - You can surrender the way I did, and the way I have many times since. The first time was in about 1992. It was just after Christmas, the New Year a couple days away. I was assessing the previous year and wondering why nothing I did worked, why nothing I wanted came. I was "crunching the numbers" for the coming year, wondering what I might be able to "manifest."

Then something came into me and I thought, "This is crazy. This is just insane. I don't want to play this game anymore. Everything I have dreamt up has done nothing but waste my time and energy. It's time for *You* to show me the way. It's *Your* responsibility to guide me where I need to go. There. It's done. I

hereby wash my hands of my own life. I promise I'll hold up my end of the bargain and do my best to pay attention to the signals, the guidance. Now get busy."

To whom I turned the responsibility of my life over is what I might call The Presence. It's Infinite Mind. It's everywhere, within everything, from the smallest particle to the largest superclusters of galaxies. Where does God live? Within everything. It *is* everything, and it is brilliant beyond any mind's capacity to conceive, ever-aware, ever-present, with a sense of humor (humor is at the core of everything, in fact), is cool beyond belief, is Love, and is in fact the mind/energy you direct with your thoughts.

Two weeks later I was guided to investigate and educate myself on what became known as the World Wide Web, and my life catapulted into a whole new and exciting trajectory. I smiled to myself, thrilled The Presence was able to get through to me via the action of Surrender. It otherwise would not have happened.

There are surrender ceremonies which might be even more powerful than my spontaneous pragmatist's method in 1992. The many beings who would show up to help you with letting go *love* ceremony. If you're the type who also loves ceremony, *do* it. Maybe you already know of a good one. If so, groovy. If not, we have a powerful and excellent one at The Superbeings. You could also just use this one as a guide.

Pick a day to do it, by yourself. It would be ideal if you could be outside somewhere, especially near water. But if outside is not possible, that's all right. Take candles and a blanket, and something, an object like a crystal or stone or whatever, which can fully represent your surrender. If the object is dear to you, has sentimental value, whatever, it will be even more powerful because it will represent your sincerity.

Give yourself over to the Higher. Whatever your concept of that: God, Source, Higher Power, Infinite Mind, The All, Universe, Metaself. Surrender to that. Light your candles, arrange your area and maybe even portable altar, and say, "I've become convinced my mind is not large enough to conceive of what is possible for me. I thus turn myself over to you. Show me the way to my highest possible expressions."

If it's sincere, it might be emotional, and you can't hedge your bets. As was said previously, you can't surrender as the way you gain something, or achieve something. You're at the edge of the volcano, and you're willing to throw yourself in. Surrender, in that respect, is sacrifice, and sacrificing small self for the greater plan, the bigger picture, the influx of Metaself, is what every great being in a "physical" body has done in every world there is. It's an equation at the foundation of Universal Math. This has to be complete, and you have to understand that hedging your bets is the same thing as hanging on to something, making your surrender insincere, self-deceptive.

Know this: you can't bust a move on Metaself, and so make damned sure you're sincere about this. And though you'll have several chances to get it right, if needed, if you continue to be self-deceptive in this very important process, Metaself might eventually come down on you with some kind of wake-up call.

Then hold your object, your crystal or whatever, and say to it something like, "I consign to you everything of me which stands between *this* me and the me with the highest potential while in this temporary vessel. Please take it, and I thank you from deep within my heart." Feel free to use the words I used in my own.

If you're near water, you'll want to cast the object into it. If not near water, then bury it. In both cases, you'll want to visualize it also being cleansed of your stuff by flames, which will automatically transmute it all.

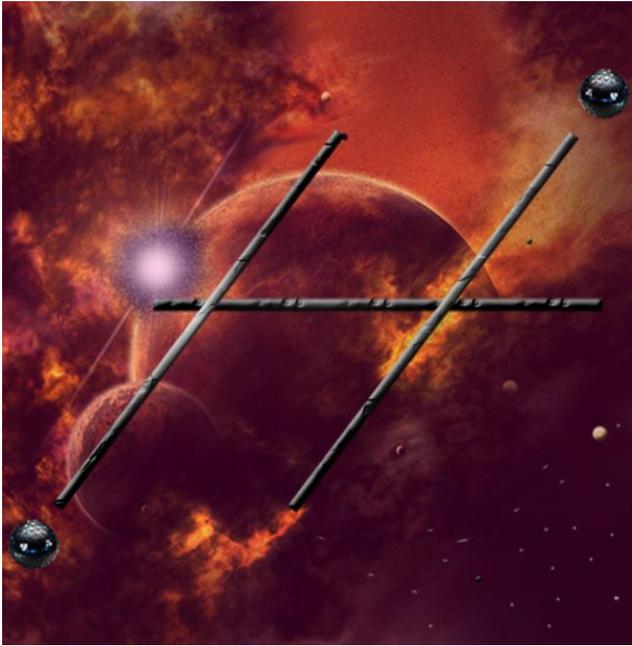
I hereby wash my hands of my own life. I promise I'll hold up my end of the bargain and do my best to pay attention to the signals, the guidance. Now get busy.

Emotional Pain – We all know emotional pain. When we're in it, it's everywhere, relentless, brutal, and doesn't care how we feel, which is ironic, isn't it? The first thing to know where The Simple Truth is concerned is that as you get free of all the deep and surface stuff, the less and less susceptible you will be to emotional pain. In fact, you will be far less susceptible to all lower emotions, such as guilt and shame. Eventually, it won't be possible for you to experience them at all. Pain, like everything else of the drama layer, will leave. Trust that, because it will happen. But that doesn't take care of it for right now. Let's help you with that.

Pain is a *powerful* energy. It's why we volunteer to experience it, because it can be used so potently for so many things, including our own accelerated movement towards freedom. Picture yourself as a chunk of carbon. Now put huge pressure on that carbon. What results from the pressure is a diamond? Yes, emotional pain is one of the energy sources which transforms you into a diamond, and pain is in fact the pressure.

The secret trick here is to use that mighty energy to heal the wound itself and let it all go. As we've mentioned before, at The Superbeings we have 33 Source Code Symbols. On the next page is one of them, and it's for emotional pain.

Either use this symbol, or memorize it so you can visualize it, because you now know the visualized version is more powerful. All you have to do is get open, quiet, sincere, look at or visualize the symbol, and think something like, "I offload my pain into you, unburdening myself. I trust you will do what is correct with the energy, and thank you."



CLEARING WORK – Becoming fully in charge of the content of my consciousness is the same thing as self-mastery. One way or another you are going to have to clear away the thoughts and expressions from what could amount to hundreds, or thousands, of “past” lives, and just as importantly, from *this* life. This is the place where simple acceptance of what is going on now leaves off and the deep work, way down there in the secret folds of your vast psyche, picks up.

You’re probably perfectly aware of the surface stuff you need to work on, and if not, this little program is a way to find out what those are, as outlined previously. Whatever that stuff is, it’s being generated from root programs, created and propagated by past expressions, which need clearing away. These root programs are responsible for you continuing to make the

choices you make until you finally see what you're doing and learn from the repetitive patterns. They're almost all accumulations of thought, strengthened by the power of emotion, and it's almost all either conditioned responses to relationship stimuli, or you yourself have created the emotional drama from essentially nothing.

Now is as good a time to make sure you understand something. A tendency for some after reading what's above is to *try really hard* to repress thoughts or other types of expressions to keep from toxifying the astral (psychic shared pool of consciousness) and physical levels. **Now hear this!** Holding stuff in can be equally, or even more, damaging, especially anything with emotional content or extra energy behind it, such as anger, guilt, jealousy.

You have stuff in there. It needs to come out, and it might need some form of expression to do that. Don't fall into the guilt trap because you're experiencing thoughts or emotions of which you don't approve, as that is judging yourself. If you don't approve of them, then you are either arrogant or self-righteous or both, and these are among the biggest pitfalls of all. In any event, let everything which needs to express itself do so, and after it has, once again take it up in Purifying Flames you visualize, knowing those flames exist and are doing a job. This way, you're both clearing it from yourself *and* keeping it from harming all else.

Speed Isn't Always Good – The natural tendency for most people is to get things done as fast as possible. You've maybe noticed we prefer the word *efficient* over *fast*. Embedded within this efficiency is an important understanding. Your system of being is founded upon all the stuff to be cleared. In other words, it's literally the foundation and infrastructure for you as a

structure. If you remove it too fast, it can lose equilibrium, even topple.

Think of your system of being as a human-sized Jenga puzzle. If you remove too many pieces too fast, it will topple. What instead needs to happen is to remove a piece and replace it with a piece which supports your new way of being. All this takes is patience with yourself, cutting yourself *huge* slack, and following your heart/instincts. Many of our tools are replacement pieces for what is being removed.

At The Superbeings, as stated before, we have some of the most powerful tools on Earth for deep clearing work, most of them free. We have many ways to accomplish it, and with fantastic efficiency. They're the methods we have in fact employed for ourselves. Again, you'll find all that stuff on the Website.

But in the interest of keeping this little book a complete and self-contained manual for freedom, we include an excellent method in the following pages.

Here's something which might help you to grok why what we do is effective. We have at our command hundreds, even thousands, of beings at the ready to help anybody who is willing to undergo deep clearing work. Since they are our partners, friends and associates, we call them people, and they *are* people whose perceptual level is just on a higher frequency. Many of them are just us.

That you're reading this book means you have at least two with you right this second, and it could be many more. If you want their help, you have only to think it, and they'll start their work immediately. The following method dovetails perfectly with their work.

The Release Symbol suggested for use in a previously covered method will loosen and clear some of the deep programming,

but not like the following will. The release symbol is really more to help you let go of stuff you've been wanting to let go, or forgive, or whatever.

Method – Breathing into True Sun. This is something you can do anytime, anywhere, and will be refreshing, rejuvenating, load lightening.

Close your eyes and put your attention in the middle of your abdomen just below your solar plex chakra. Touch your tongue-tip to the top of your mouth and to the backs of your upper row of teeth. Breathe deeply and evenly through your nose, directing the breath down into the True Sun Center.

It isn't necessary right now for you to understand what that center is. It's deeply esoteric and you'll come upon that understanding by and by if you hang out with us.

With increasing awareness, if you're not immediately aware, you will become aware of the location of this center. Even if you can't feel it and don't know where it is, the people with you do, and they'll be helping you to direct the energy which is only available in the air on this world.

As you breathe, produce this sound in your mind: *oshahaka* (pronounced oh-shaw-haw-kaw). This sound is essentially a request to clear whatever is ready to be cleared next, and next after that's done, and next after that's done. Its vibe is also used. Yes, when you hear it in your mind, it has a vibration. Feel free to vocalize it, if you like. Although the sound can do the work all by itself, the people with you know exactly how to help with it.

It works very well when you audibilize in your mind *oshaha* on the in-breath, and *ka* on the outbreath. Do this one. It's amazing.

That's all you need to do, and you yourself will feel the effects, and maybe sooner than you think. If you want to look into even more powerful ways to clear and reconstruct, check us out at The Superbeings.

It's possible all this will cause detox symptoms. If they come, they should be mild. Trust the process. Above all else, trust the process and the pace at which it unfolds for you. You have more love, help and support than you can possibly imagine.

*If you're in total surrender, you're in Universal Flow.
In Universal Flow, trust is a useless concept.*

PURPOSE – Self-Mastery is freedom, and freedom and mastery are the same thing. Freedom, mastery, is in fact your purpose, but how you act any of this out in the world is optional, is all about your creativity, your freedom to do and be anything you like.

Much is made these days in human potential circles about finding one's purpose, and it's a worthy cause, if not just plain fun. We won't say pursuit, because if you pursue it, it will always evade you, mainly because how you act out your increasing mastery in the world is trying to find you right this second, but you evade it when you chase it, much like a cat chasing its tail. You make it more difficult to catch and settle into you when you have so many programs and beliefs cluttering up your mental topography. It also is simple, but we must preface this with some helpful information having to do with purity.

As should be abundantly clear by now, purity is about removal, and there is absolutely nothing more to it than that. A prevailing misconception in New Age thought is purity has to do with Light, or Divine Light or some such belief. Not true. Purity is nothing. The purest way to be is right in the middle, between Light and Dark, because the truth is you're both, and too much Light is just as damaging as too much Dark, and in this Earth Classroom much has been done from higher spheres to balance the Light out with implemented measures of Dark.

A favorite saying comes from Eastern thought: "The hands shape the clay into the form of the vase, but it is the emptiness inside that we seek." This is resoundingly true, and you could base your entire life on it and you'd be free faster than you can believe.

Along these lines, we can distill even further what's going on, and what purpose truly is. If the goal is to find and live Purity, Clarity, Balance, Abundance, Purpose, you can throw out everything but Purity. The reason for that is Purity IS balance, IS clarity, IS Abundance, and it is, in fact, your innermost Purpose. So you could say your purpose is to get pure, and then to help others do the same.

How your surface layer purpose is acted out, however, is through opportunity, and opportunities are set up by Metaself. How you determine what to do is to follow your passion, your excitement, your intuition, for these are the ways Metaself tells you what you, the surface you, can do to be pure to, and in symphony with, the purpose of your multilayered selves.

TOOLS & TECHNIQUES

All over our Website are tools and techniques you're welcome to use for free, all powerful and effective. If you did nothing but

the thought disciplines as outlined herein, and used our free tools, freedom would be yours...with time and effort, which is a good thing, but maybe isn't the *best* thing.

Our most powerful tools have to do with Alchemy. They can simplify, make easy and efficient, all processes discussed above. And there is nothing wrong with exceptional efficiency in any deprogramming and self-reconstruction process. Putting them to use will shorten your journey to freedom by literally 90% or more, no exaggeration. And alchemy, and other tools, have been used in this way for thousands of years.

Know-it-all gurus argue there are no shortcuts, but they couldn't possibly be more wrong. If someone says that to you, plug your ears and make noise because they're attempting to pollute your mind. There are – erroneously named – shortcuts, but maybe a better way to say it is there are myriad paths which end up at Point B – it's just some of them are more efficient to walk, some *far* more efficient. And the truth is if you find more efficient paths, that's precisely what Metaself wanted for you and this was your path all along (which is inarguably true).

Ours is the most efficient way we know of and has been around for eons for this very purpose. Those of us who have undertaken the "work" with these tools have had plenty of incredible peak experiences and unity-with-all moments of reflection, insight and understanding. That depth of unlearning is truly a thing of grace, power and beauty. You can always go deeper, learn or unlearn more – it never stops unfolding. The Infinite is without depth or measure, and it will never be fully probed or explored by any entity in all of Creation *ever*.

Even though our mental approach and tools do 95% of the work *for* you, you are nevertheless going to have to apply it, and you *will* experience it. We ourselves have – we're living proof – and

it's been a mind-shatteringly, heart-explodingly beautiful process.

You can find out all about this stuff, get your questions answered, get comfy with it all, on our Website at <http://thesuperbeings.net>.

CONCLUSION

If what you want is to see through this clever and potent illusion, and we guarantee you *do* want this or you wouldn't be reading these words, then everything we've talked about above is what will help you do that. It really is that simple. If you continue to judge, to impose, to hang on to stuff, you are in effect propagating your belief it is real and NOT an illusion. That's how you remain trapped in the drama layer, with strife and difficulty and suffering. When you do that, you help to keep it in place, firmly maintaining yourself as part of the problem.

Whether you're willing to accept what has been said here, it happens to be true, and it's never *not* been true, for tens of thousands of years. If freedom from your own mind and its creations is your desire, everything herein said is indeed all you need to know. But we fully realize personal circumstances can beg for clarity, deeper learning, different ideas, different angles, and those conversations can go on for days as a process of applying The Simple Truth to one's own situation.

To cover as much of the personal-level things as possible, your specific situations and circumstances, we have discussion forums to ask questions, free workshops to gain deeper understandings of what's being said, and to keep it clear of pitfalls and obstacles, and free conference calls and gatherings to energize, cleanse, share, and just be together. We love each other, and we love to hang out.

Most importantly, our group is a bunch of very cool, funny, open and expanded people, and we have a lot of fun. We hope you decide to have some fun with us in this rapidly moving wave of change we're currently surfing.

Final thoughts. This is a tough place, no joke, and it takes a stalwart "spirit" to be able to handle it. Before coming here, you were warned just how tough it would be. Some of you scoffed at that, thinking "I can handle it!" and then once you got here, you were calling for backup, and even silently shrieking "need an extraction STAT!" This is why detachment is so important, because understanding this is all roles to be played out makes this place not just tolerable, but eventually, once free, absolutely beautiful, fun, and in keeping with the core design of this place, which is its cornucopia of sensual delights.

Because it can be so rough, it is up to you to cut yourself HUGE slack at every opportunity. Please, be kind to yourself. Maybe the surface you can take the self-brutality, criticism, etc., but there are parts of you, levels of you, with skin not so thick and who can be deeply hurt by it. It is impossible to be too kind to yourself, just as it is impossible to over-pamper yourself. Please, do this for yourself and everybody else.

Thanks so much for reading, go well, and be impeccable at every opportunity you are given.