

Follow the Yellow Brick Road

*A Journey in
Consciousness*

OWEN WATERS

Follow the Yellow Brick Road: A Journey in Consciousness

by Owen Waters

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Introduction

Life is a journey in consciousness. Here is the map!

The 12-Stage Map of Human Consciousness consists of two tiers of six stages each. It begins with a material tier of six stages and then progresses into a spiritual tier of another six stages.

Today, a large portion of humanity stands right in the middle. They are standing at the gateway of the spiritual tier of consciousness, ready to step through into a whole new world of expanded potential.

Meanwhile, millions of trendsetters – people just like yourself – have already moved through the gateway and are exploring the next three stages of the evolution of human consciousness.

This book focuses on the nature of today's emerging stages of spiritual consciousness. It is an extension of the discoveries that I presented in my first book, *The Shift: The Revolution in Human Consciousness*.

In this book, you will discover the nature of today's emerging consciousness and how it is destined to transform the entire planet into a creative masterpiece of beauty and harmony. You will discover:

- How the healing power of unconditional love can transform your life
- How to receive inspired inner wisdom
- How to create a new reality filled with inspiration, love and creativity

From Stone Age Survival to Spiritual Awakening

They say that Creation and Evolution aren't supposed to go together, but what if they *both* exist? There is a 12-Stage Map of Human Consciousness which is built into the human experience. Human beings were designed to evolve in distinct stages all the way from cave dwelling to cosmic enlightenment. The entire journey through each of the twelve stages was planned in advance.

Imagine if you had a time machine in which you could go back to humankind's earliest beginnings and then fast-forward through time, viewing snippets of cultural change as society evolved. You would then witness each progressive stage of human consciousness as it unfolded.

You would also notice how each stage of consciousness contains elements which create the need for the next stage. It's like a daisy chain of stages of predetermined evolution, with each one building on the stages that came before it.

Within each stage of consciousness lies the seed and the need for the next stage to emerge.

Early gatherings

In the earliest of times, you would observe individuals who were focused simply on survival, which is the most fundamental stage of human consciousness. In this first stage of human consciousness, the need for survival of the self created competition with other humans for the available resources.

As soon as individual survival was ensured, it wouldn't be long before the next stage of human progress appeared. Gathering together as tribes brought safety from external threats such as wild animals. To do this, each individual had to sacrifice some of their competitive habits in order to allow a fundamental stage of cooperation to exist.

Once tribal existence had been established, it wasn't long before the need for the next stage of human consciousness emerged. Stage 1 is about Survival, stage 2 is Tribal existence, and stage 3 is the emergence of the Courage to

venture forth into the unknown and explore far beyond the home territory.

Explorer scouts

Explorer scouts set out to explore as far as they dared, bringing back news of better places to find food, water and shelter. As the Courage stage of consciousness first appeared during a time of relatively primitive development, it also turned into the drive to produce warriors who would compete with other tribes' warriors for the best resources.

Order out of chaos

When the warrior population grew so large that life became chaotic, the need arose for order to be established. The strongest warrior within each tribe soon rose to control the tribe and become the chief. Order was enforced by the chief and the human stage of Conformity to hierarchical control had begun.

As tribes ventured forth and become more aggressive in their ambitions, some leaders realized that they could gain

more power by defeating enemies and then recruiting them into fighting for a greater cause. Namely, the leader's cause. Eventually, this led to mini nation-states being formed from the merging of many tribes.

In this fourth stage of Conformity to hierarchy, people found order and purpose in life by obeying authority, regulations and externally imposed rules of behavior and morality. This stage of human consciousness began to spread within civilization 5,000 years ago.

Mental development

Sooner or later, the need for mental growth had to emerge. There is only so long that humanity can tolerate the restrictions of hierarchy in a feudal society, with its privileges for a chosen few and a life of toil for the rest.

In the Middle Ages, only people who were associated with those in power would be trained to read and write. If you belonged to a local ruling family, you would be educated. If you entered the priesthood, you would be educated. The rest of the population were peasants who worked the land and were intentionally kept illiterate.

By the 1700's in Western civilization, the internal pressure to expand into intellectual activity and evolve as humans became critical. After centuries of oppression, the Protestant Reformation set people free from the rigid controls of the past. The emergence of printed books made it possible for people to hear readings from the Bible in their own language, not in the Latin that only priests understood. It also meant that they could learn to read the Bible, and other books as well, in order to educate themselves.

The emerging Age of Reason gave birth to scientific enquiry and the growth of research and understanding as replacements for superstition and unverified beliefs.

With the birth of this stage of Intellect, came scientific discovery and also the Industrial Revolution. As people moved to the cities, the old world of peasantry came to an end once and for all.

The growth of industrial society brought with it a need for greater awareness; one that included a sense of personal responsibility. While a merchant in the old days might

pursue profit without caring about the side-effects, a large corporation causes large side-effects, such as widespread pollution of the environment.

Ecological consciousness

Stage 6 of human consciousness emerged as early as the late 1800's. Community is the keynote of this stage. Instead of focusing on purely personal growth and gain, people began to become aware that they were stewards of a greater reality.

For example, they could see that the community and the environment can only prosper and remain healthy if care is taken to clean up the processes of production so that pollution no longer continues. The science of ecology was born in the late 1800's out of concern for the greater good.

Stage 6 is the beginning of heart-centered awareness. Once people think of the greater good, they have entered the final stage of the six stages of the material tier of consciousness. Once they begin to think with their hearts and consider the good of the many above the good of

themselves, they also stand at the gateway of the spiritual tier of consciousness.

So far, we have examined the nature of the material tier of human experience.

The material tier of the 12 stages of consciousness

1. Survival.
2. Tribal.
3. Courage.
4. Conformity.
5. Intellect.
6. Community.

The spiritual tier is next. It, too consists of six stages of consciousness and leads to the ultimate state of human potential. The total range of human experience, therefore, consists of twelve stages of consciousness.

The New Awareness

Since the 1960's, a New Awareness has emerged and rapidly grown. Today, more than one in four adults in Western civilization have shifted to a worldview that encompasses the needs of the many and the needs of the planet.

By the early part of Go-Go 'Sixties, the Intellect phase of human consciousness had become highly developed, resulting in rapid technological advances and a booming economy. The commercial engine of prosperity was being boosted by the creation of interstate highways, affordable air travel and the spread of television advertising. Whole new industries were growing out of developments in the fields of electronics and plastics.

At the same time, amid the psychic noise of material development, an inner voice was stirring among those ready to move on to the next stage of human development.

Suddenly, a whole counter-culture emerged among the young and the progressive. They felt that they had lost their spiritual roots and that the time had come to ignore the baubles of materialism and rediscover who they really were. The inner search for truth had begun. Eastern teachers flocked to Western shores to fill the void created by the sudden demand for deeper truths. In 1967, the Summer of Love told the world that life had changed irrevocably. No longer would the young follow their parents' 1950s values of short-cropped hair, white shirts, and "Father knows best."

New values emerged. These included caring for what happens to the world and the people in it and knowing that there is a deeper meaning to life. In the decades that followed, the long hair styles became shorter and easier to manage, but the values that had inspired a generation remained. For a time, those values became submerged within the psyche of civilization while the younger generation worked through the essentials of their growing adulthood, raising their own families and finding ways they could best function in modern society.

Today, these heart-centered and spiritual values are stronger than ever before. The New Awareness has not yet become a silent majority but, at its current rate of growth, it will soon become one. The World War II generation is passing away and, with them, the last remnants of the belief that hierarchical authority knows best. In their place, today's new children are being born into a mindset that has already shifted two steps ahead in the evolution of consciousness.

The new generation knows that you have to be responsible for yourself and for your own actions. There is no magic pill that will restore your health if you allow it to suffer by feeding low-grade food to your body. There is no peace with those around you until you find peace within yourself. There is no lasting joy until you learn to love and accept all people unconditionally.

These viewpoints are self-evident to Stage 6 Community awareness and they have brought people to the threshold of the greatest-ever shift in human consciousness.

As a society, the transition from Stage 6 consciousness to Stage 7 consciousness is upon us. With it, comes the

transition from the Material tier of 6 stages to the Spiritual tier of 6 stages.

The transition into the Spiritual tier of consciousness is unprecedented in the history of humanity. It is a quantum leap; one where humanity emerges into its true destiny and begins to experience the unfoldment of its enormous potential.

The Healing Power of Love

Stage 7 of the 12-stage map of human consciousness deals with the emergence of unconditional love. As everyone knows, love is the answer – love of self, love of other people, and love for all living things.

The early stages of human consciousness typically cause a sense of separation of self from other people and a perception of polar opposites, such as the promotion of the concept of good and evil. In contrast, during the unconditional Love stage of consciousness, healing occurs through the integration of opposing feelings. Common ground is found so that cooperation can emerge in place of competition and conflict.

The integration of all ideas of separation is essential so that you can move on to the next stage, with your consciousness focused in one purposeful direction rather than being scattered by inner conflicts that pull in different directions.

Remember that a laser beam of light is hundreds of times more effective than a scattered beam of light simply because it is focused and aligned in the desired direction. Likewise, your consciousness acquires enormous power once you focus your intent upon your life's purpose without interference from scattered thoughts and feelings.

The task of integration is complicated by the fact that most conflicts have been relegated to the subconscious mind, where they remain hidden until triggered. Then, they surface, causing tension and upset before you even realize what is happening.

These issues are barriers to your unconditional love and acceptance of yourself and others. You need to get through the integration phase so that you can move on to the wonders that await you in the next stages of consciousness.

Even if you are faced with the challenge of how to feel unconditional love towards a selfish, anti-social person, you can love the spirit which is within them – the same spirit of light that we all share deep within us – even if no one would approve of their outward behavior. There's

always a way to move forward into New Reality thinking, even in a world which still contains an assortment of Old Reality thinkers.

Remember, your development of unconditional love is not about them, it's about you. We each evolve our own consciousness. Choose to complete your own transformation now. Others will catch up sooner or later.

The Gateway to Spiritual Consciousness

While Stage 6 is the beginning of heart-centered awareness, Stage 7 is the development and activation of that awareness. Stage 6 is *heart-aware* and Stage 7 is *heart-powered*.

Once a person becomes heart-aware in Stage 6, it is just one short step for them to reach Stage 7, which is the first stage in the Spiritual tier of consciousness. The unconditional love that develops in heart-centered consciousness is the key to the bright future of humankind.

Love is the saving grace of all of humanity. We contact this primal energy in our finest moments. From the moment a baby is born, it is enshrouded in the unselfish love of its mother. From the moment a person springs into action to save others from peril, their own thoughts of survival are ‘overlighted’ by the love and caring that shines from their heart.

When people eventually pass on and review their life, they always see that the one thing that mattered the most is love. Pure, unadulterated, unconditional love. It is the source of compassion. It is the energy of caring for others. It is the binding force which holds together the entire universe, and it flows through you whenever you simply allow it.

Love is the gateway to spiritual consciousness.

It is through activation of the spiritual heart that we pass into a whole new world of expansion and joy. In the realms of spiritual consciousness, we find peace, bliss, and continual inspiration. In the realms of spiritual consciousness, we expand our view of life to see the issues that are important to the soul.

We can then see how love can heal and how we can and should spend the time to spread a little more love in the world every day, even if it is simply done in silent prayer for the well-being of others.

Let your heart open to love each and every day. Start the day in meditation and prayer for the healing and well-

being of others and you will invoke a beautiful flow of natural energy through yourself. It truly is a great way to start each day because it sets the tone and the energy flow for the day.

When you are attuned to the natural flow of love throughout the universe, you then feel the natural flow of energy within your own universe. Your senses of insight and timing develop to help you achieve more and to succeed easily at the tasks that are important to you.

The flow of love is critical to life. Without the love of the Divine Mother principle which fills the universe, nothing would exist. For centuries, humankind has been playing a game where love and inner inspiration have been blocked off and ignored. Today, the tide is turning and people are opening up to this wonderful flow of natural energy.

Remember the love within, especially when outer circumstances seem dark. Remember that love is the gateway to the higher realms of consciousness where answers can be found to meet every challenge that life presents.

Tune into love. It will never let you down. Instead, it will set your spirit free to explore the realms of consciousness which offer greater vistas of awareness, greater peace of mind, and a sense of ever-present joy.

How to Love Yourself Unconditionally

If there is anything that you dislike about yourself – your body, your mind or your feelings – it is time to clear away that old baggage once and for all.

Tell yourself a totally positive thought, such as:

“I love everything about my body.”

Then, listen for the inner voice of self-criticism to step in and say things like, “except for my weight,” “except for my unmanageable hair,” and so on.

The point of the exercise is to identify opinions and beliefs that you hold at an unconscious level. Bring them up into your conscious mind where you can see them and, then, they can be addressed and healed using the power of Love. That’s Love with a big “L,” as in Unconditional Love.

Here’s how it’s done, using Unconditional Love:

First, you add a phrase onto the end of the criticism. That phrase is, “and I Love myself anyway.” So, if you hear your inner voice say, “except for my weight,” you add, “and I Love myself anyway” right on the end.

In the example of weight being the issue, here is the sequence of events:

- 1) You stated, “I love everything about my body.”
- 2) The thought, “except for my weight” came up, thereby revealing its existence.
- 3) You then respond, “and I Love myself anyway.”

Now, here’s where we come to the magic bit. By the power of Love you can transform and heal the limiting belief, “except for my weight.”

Imagine the thought, “and I Love myself anyway” as a small ball of mental energy and direct it into the *energy center* of your heart, which is outside of your body, just in front of your breastbone. Feel your heart energy bathing the phrase, “and I Love myself anyway” in its warmth as you mentally repeat it while focused on that energy center.

Then, repeat the positive statement, “I love everything about my body,” and, again, wait for the voice of the inner critic. You may find that the old belief has been dissolved on the first attempt. More likely, however, you will find that it has simply been lessened – that it comes with a less intense negative feeling.

Here’s the key to dissolving negative feelings: Repeat the process a few times and notice how the power of the negative feeling dissipates with each performance of this healing technique. Repeat until it becomes a non-issue.

Now, use this technique to heal other negative ideas. Use another totally positive statement, such as:

“I feel wonderful about myself.”

This will reveal negative emotions and self-criticisms of a nonphysical nature. Use unconditional love again:

Add, “and I Love myself anyway” onto the end of the first criticism that comes up.

Imagine that thought as a small ball of mental energy and direct it into the energy center of your heart, just in front of your breastbone. Feel your heart energy bathing the phrase, “and I Love myself anyway,” in its warmth.

Repeat this positive statement and keep repeating the technique until the criticism has faded into either silence or a non-active emotional state.

Fears are another kind of barrier to higher consciousness. Fear is the opposite of love. Love dissolves fear, just as fear can drive out love.

There is no fear that cannot be dissolved by the application of love energy.

To reveal hidden, inner fears, use the statement:

“I feel safe at all times and in all places.”

You may discover, or remember, that you have fears of water, of heights, of flying, all of which can be released with unconditional love.

Once you clear emotional blockages to unconditional love, you are ready to move ahead into the next adventure in higher consciousness: Stage 8, Inspiration.

Inspired Wisdom from Within

Inspiration comes from your inner being through the sense of intuition. Women may be more familiar with the sense of intuition, but it flows equally through men and women, provided you allow it and encourage it.

Intuition is a sense of knowingness. It's what makes a person say, "I just know." It's a sense beyond the physical senses.

Intuition is your awareness of the consciousness of other objects and situations.

Intuition brings you direct information about any object or situation, anywhere, and from any time – past, present or future.

When you examine an object, such as a person's wristwatch, for example, you notice its physical appearance. If you hold it in your hand, you can turn it over and look at it for some more visual information, but

you can also invoke your sense of intuition and get some *real* information from it.

The wristwatch has a subtle magnetic aura which preserves a memory of everything that has happened to it since it became an individual, manufactured item. Within the memory of that unit lies a record of everything that the owner thought, felt and experienced whenever they were wearing the watch.

Intuition can tell you the history of an object. It can also tell you what any person is really thinking or planning. It can even tell you what the future is likely to bring. Bear in mind that the future is variable until a choice is made. If you don't like what you sense about the future, if your mind is troubled with forebodings, you can change the choices you make and change your future.

When you focus on a future event, you will receive impressions as to how it will likely unfold. You may feel confident and positive about how it will turn out, or you might feel stressful and concerned about it. Sometimes you have to move out of danger's way and sometimes, even though you sense a potentially dangerous situation,

it may not feel like it will become a threat to you personally.

The key is to use meditation to move beyond any concerns of the moment and into a peaceful state of non-expectance. You have to be open to what is, not what you imagine might happen. The more you practice using your intuition, and the more you calm down any emotional expectancy, the clearer the information becomes.

Inspiration is information from a wider perspective of consciousness – your inner being. At that soul level of consciousness you have access to the reality of any situation. You can also draw from any information anywhere on the planet, because, at that level, you have access to the collective unconscious, where all information known to humanity is available.

Welcome to the Real You

It seems like a contradiction when, in meditation, you slow down the activity of the brain in order to gain higher, more energetic states of consciousness. Meditation brings expanded awareness – higher frequency consciousness – and, yet, the activity of the brain has to be slowed down in order to enter that expanded, more aware state.

The answer to this apparent paradox lies in the fact that the brain and the mind are two different things. Your mind is your field of conscious awareness. Like an aura around your entire body, this mental body is larger than your physical body.

Your brain is a physical receiver of mental energy which translates the intentions of your nonphysical mind into physical functions. It also focuses your attention on your perception of the outside world so that you can fulfill your purpose of experiencing life in a physical body.

The mental body is also called the soul, superconscious mind, or ‘higher self.’ Your soul level of consciousness

acts as the orchestrator of your outer human experience. At that all-inclusive, soul level of consciousness, you inspire the conscious, outer-focused part of your mind to help keep your life plan on track.

Your soul consciousness is who you really are. It is the eternal part of you. Once in existence, no soul can ever cease to be. You simply evolve back to that from which you originally came – to the ultimate state of Infinite Being, to that consciousness which is behind all things.

Every one of the 12 stages of consciousness already exists within you.

People have heart-centered consciousness readily available whether they use it or not. People have soul consciousness whether they choose to be attuned with it or not. You only have to shift your conscious focus to become aware of each progressive stage in the 12-stage map of human consciousness. The more attention you give to any particular stage of consciousness, the more developed and capable it becomes.

Soul consciousness spans both Stage 8 Inspiration and Stage 9 Creativity. When you operate from soul consciousness, the problems of the physical world simply dissolve. You step into your place of personal power and you become one with your purpose in life.

The Enlightenment Meditation

Here is a meditation technique for today's busy world. It is quick, easy, and effective in producing deeper states of consciousness. When you need inspiration, here's how to reach it quickly.

Set the purpose of this particular meditation session, be it problem solving or simply general inspiration and enlightenment. Then, consciously detach from that purpose and focus on the technique.

The gateway to spiritual consciousness is through the heart, so that is the entry point to the higher states of consciousness. Heart-centered consciousness is typically focused in a chakra, or energy center, outside of the physical body approximately four inches (ten centimeters) in front of the breastbone. It is a small, whirling vortex of energy operating at a specific frequency of consciousness. This chakra can be used to sense the heart-centered consciousness of others and it can also be used in transmission mode to send unconditional love to others.

Universal life energy comes from the universe, through the Sun, and fills all of the space around you. On a sunny day, when its presence is especially intense, your eyes can often faintly detect globules of this energy floating in the air as you look up towards the clear sky. To invoke spiritual consciousness, add universal life energy to the heart chakra in order to swiftly activate heart-centered consciousness.

Universal life energy responds immediately to the mental pressure exerted by your will. It can be attracted, conditioned and even transmitted outwards to any desired objective. In order to charge your heart chakra with universal life energy, you visualize it coming into your body on each inbreath.

Close your eyes and see it as a vibrant white light permeating the space which surrounds you. Then, see this white light enter and fill your lungs as it passes through your nostrils on each inbreath. Draw this life-giving energy into yourself using the power of your will.

Then, on each outbreath, see this concentration of energy as a brilliant white light moving forward into your heart

chakra, filling this center of consciousness with intense light and vitality.

Do this for five inbreaths and outbreaths and your consciousness will shift into a heart-centered focus.

Now, focus your awareness into that sphere of white light in the heart chakra and feel the love that exists there.

Next, transfer that sphere of awareness straight up to the 'third eye' energy center, which is positioned outside of the body two inches (five centimeters) in front of where the eyebrows meet. This is a unique energy center in that it combines the light of the Divine Father aspect of the One Creator with the love of the Divine Mother aspect. Within the light of the third eye lies all knowledge as well as all of the love and support of your Divine source.

Focus your awareness in that enlightened energy center in front of the forehead. Have your head tilted slightly up so that, behind closed eyelids, your eyes are looking slightly upwards, not down.

Everyone has their own concept of God, Infinite Being, or the One Spirit. Now, use the power of gratitude to generate a response from this source of all life. Give thanks to your concept of God for life and then ask for God's love and inspiration to fill your awareness.

The reaction will be immediate and, if you allow it, you will be filled with the wonder of God's love and gentle power.

Give yourself some time in that sacred space and be receptive to helpful ideas that flow into your conscious awareness from your inner being.

Powerful Creativity

Stage 9 of the 12-stage map of human consciousness is Creativity. Just like Love with a capital “L,” this is Creativity with a capital “C.” Powerful Creativity!

Basic creativity is the application of known elements to produce something in a new way. Powerful, soul-based Creativity gathers the forces of the universe together and orchestrates entire new realities. It creates situations that flow into being, molding physical circumstances from pure intention.

Your conscious mind has its purpose and its list of functions. Likewise, your soul consciousness has its purpose and its list of functions. When people learn about creating a new reality through the power of intention or the principle of attraction, they often assume that the conscious mind does the creating. It doesn't. Powerful Creativity is a function of the soul level of consciousness. If you desire a new reality to manifest in your life, once you've consciously specified it, you have to let it go out of your conscious awareness so that the soul level of

consciousness can go to work on it and give it the power that Creation requires.

Creating a new reality is best achieved when you understand the original Law of Creation. It's a formula which states how the universe was created using consciousness alone. Creation myths from around the world often mention a dividing of 'the waters' of original consciousness. This means that consciousness was separated into two complementary types – thought and feeling – so that they could be placed in motion in a way that they interact with each other.

This is the Law of Creation:

Creation = Thought + Feeling + Motion

It was powerful enough to build an entire universe, so it can be used by you to create any new reality that you desire. Here are the three essential components:

(1) Thought, or intent, is used to define the goal, or the desired outcome. When defining a goal, it is better to leave the specifics undefined and deal in generalities. This

allows the universe to find the easiest pathway through which to manifest the desired goal. Even better than specific objects are general principles. For example, the general principle of natural abundance can find thousands of ways to materialize, whereas a goal involving one specific objective along the path to abundance limits the options considerably.

(2) Feeling is added to give the goal the life energy with which to grow from an idea into a pre-physical reality that becomes ready to manifest in the physical world. Ideally, an equal balance between the amount of intent and feeling makes for the most powerful act of creativity. When both aspects of consciousness are used in equal balance, intertwining intent and feeling together in one creative act, then *magic happens!*

(3) Action. Next, you wait for several days while your soul consciousness does its part to provide the energy needed to make this a successful creation. Then, as the energy of your environment reorganizes itself around the emerging new reality, you need to provide the third and final component, physical action. Synchronistic flow will begin to appear in your life: ‘Coincidences’ will occur

which cause events around you to move towards the fulfillment of your desired goal. When this flow of supportive coincidences begins to occur, your task is to provide the action which each synchronistic event calls for, until the goal has become fully manifested.

For example, if a key contact who can help your project appears, then you follow through with that contact to see where this will lead. Whatever mini-opportunities arise along the path to the realization of your goal, you provide the physical action to materialize those opportunities out of the realm of possibilities and bring them into the physical realm. Most often, goals materialize through a daisy chain of events and opportunities, each of which builds up to the final realization of the entire, original goal.

A Glimpse into the Future

Because your mind is free to travel to any other point in time and space, you have the capability to view the future at will. It does take time and patience to bring back the information you want, but anyone can do it. The deeper you go into a meditative state, the more glimpses you will receive of the subject of interest. Just like any kind of exercise, the more you practice viewing the future, the better you become at it.

When you view the distant future, prepare to witness a world filled with amazing achievements of the mind and spirit. The world of a thousand years from now is just as mind-boggling to us as the present-day world would be to a person who had just time-traveled from the 1500's into today's high-tech noise and clatter.

A thousand years from now, the noise and clatter have gone. There are ecologically balanced mini-cities dotted around the countryside, with high-rise activity centers in the middle, surrounded by pleasant greenery and residences. They don't encounter today's hurricane and

coastal flooding problems because, other than some recreational facilities, they are built well away from coastlines. The preferred locations are often near the foothills of mountains which supply a natural, year-round fresh water runoff. These communities produce clean energy from the universal supply, zero pollution, and are totally in tune with nature.

They manufacture items as needed by, not only materializing the items, but custom-producing the materials needed for their construction. So, if you wanted a set of decorative, solid gold plates, you'd only need to order them and they would be materialized for you in finished form. The most work-intensive part of the process would be deciding on the artistic design.

The real surprises begin with their mode of transportation. When you view these cities of the future, you see virtually no vehicles moving around. No cars, trucks, trains, or even flying vehicles. That's because teleportation is the standard means of travel.

The secret behind teleportation is to realize that, at the level of subtle etheric energy, every location in the world

has its own signature vibration. Infinite Being designed the universe so that everything in it is unique. Every snowflake is unique, every human being is unique, and even subatomic particles are unique. It comes as no surprise, then, to learn that every location in space has its own unique vibratory signature pattern.

Every place on the planet feels different. You can test this out for yourself. If you had a selection of similar-looking photographs of streets in different cities, your intuitive capability could tell you in which city each photograph was taken.

The existence of a subtle energy signature for each location will be incorporated into teleportation technology. Vehicles will be developed that can isolate themselves from the fabric of space by creating an energetic bubble or force screen around themselves. Once isolated, the vehicle has only to be attuned to the signature vibration of its intended destination. Then, as the isolation bubble is turned off, the vehicle has no option but to emerge from ‘subspace’ at the location that matches its new signature vibration. The result: Instant relocation.

The fun really begins when, in the future, the same type of vehicles start to be used by people who have developed their consciousness enough to become attuned with, and consciously direct, the destination of the vehicle. Then, using a blend of consciousness and technology, they will be equipped to move through, not only space, but time as well.

Yes, time machines at last! 'The Time Machine' author, H.G. Wells, would be impressed.

The interesting thing about time is that it's not fixed in the way that we have been led to believe. We have been trained to see the past as fixed and the future as something that will become just as concrete and fixed when it comes to pass. However, time is not one fixed river. There are timelines – alternative realities – and we shift easily from one timeline to another according to our daily decisions.

The paradox of time travel used to be that it wouldn't be possible to go back in time and meet yourself, because then you'd have a memory of having met yourself in the past, and because you don't, you couldn't have ever done

that. Well, that problem doesn't exist, thanks to alternate timelines. If you went back now and met yourself, you would create a new timeline and return to the present along that new timeline – one which includes the memory of having met yourself then.

In the past, kids used to want to grow up to be train drivers. In the future, they'll want to grow up to be timeline explorers!

The future contains many wonders, thanks to the continual expansion of consciousness. With everyone adept at using the next three stages of consciousness – Love, Inspiration and Creativity – the world will be a truly wonderful place.

That is, once we get past the end of the world...

The End of the World

When you practice viewing the future, one thing you might notice is that, a few years from now, everything goes blank as though the world has disappeared! Whoops, where did the world go?

This happens when you are tracking forward along the frequency of the world we now inhabit. But, the world is about to change. All matter is about to go through a quantum leap in frequency and ascend into a new, more subtle physical existence. It is an energy shift which has been building for centuries and we're getting close to where that sudden leap into the new frequency band will happen. The fast rate of change that we experience in life today is indicative of just how close we are to the critical point where the quantum shift will occur.

The quantum shift is an effect of a major cosmic influence which extends far beyond the planet and even the solar system. We chose to be born in these times because we want to go along for the greatest ride in the history of the human experience on Earth.

The world is about to change, as is the entire solar system. All matter, including your physical body, will become more subtle and more energetically refined.

One day, you will wake up to a world that is different. After this quantum shift, your intuitive faculties will become much clearer. Telepathy between loved ones will become easy to develop. Mental contact with friends and relatives who have passed on will become ever more commonplace.

People will begin to perceive the subtle light that radiates from their bodies and other matter. The sky will seem to be full of vibrant life energy. Colors will take on deeper hues and sounds will expand in depth, creating a whole new range of possibilities in music and the arts. People will consume lighter foods and more liquids than before. Eventually, everyone will have one job description - to serve humanity in the best way of which they are capable.

After all, from a soul perspective, we are here primarily to help one another.

The best news is that the new frequency of the Earth will be of the same frequency as heart-centered human consciousness. Imagine, peace breaking out all over the world!

One day, the world as we know it will end as it moves into the new frequency band. There has been much speculation that the ending of several cosmic cycles in 2012 will trigger that quantum leap. I see it taking several years after 2012, under the influence of the new cosmic cycles, for the cosmic time to be right for the big shift.

Even if you were to pass on to the spirit realms before The Shift, you will still be a part of this all-inclusive cosmic event. The spirit realms will move up in frequency at the same time. Technically, their departure from their current vibrational position will actually create the vibrational slot that the physical world will move into.

Today, we refer to The Shift as an ongoing acceleration towards quantum change, and something that has been taking many years. The big event, however, will be the instantaneous transformation of matter into a higher

frequency. In the future, The Shift will refer to that one beautiful event: The day the Earth became new again.

The 12-Stage Map of Human Consciousness

The more you use the new stages of consciousness, the more easily and completely you will access them in the future. Eventually, all of humanity will find it normal to operate in Stage 7 and beyond, while the more adventurous seekers will soon become adept at operating in Stages 8 and 9.

Beyond Stage 9, there are three more stages built into the human experience. For now, the challenges to humanity are in Stages 7, 8 and 9, but later, people will move on towards their ultimate destiny in Stage 12.

Here is the complete 12-stage map of human consciousness:

The material tier

1. Survival
2. Tribal
3. Courage

4. Conformity
5. Intellect
6. Community

The spiritual tier

7. Love
8. Inspiration
9. Creativity
10. Enlightenment
11. Angelic
12. Cosmic

Stage 10, Enlightenment, has always been the immediate goal of spiritual seekers. It resonates to the ‘third eye’ energy center, which is positioned just in front of where the eyebrows meet. This is a unique energy center in that it combines the light of the Divine Father aspect of the One Creator with the love of the Divine Mother aspect.

Within the light of the third eye lies all knowledge as well as all of the love and support of your Divine source. In a previous chapter, the Enlightenment Meditation showed you how to utilize this precious combination of energies

in the third eye to enhance your awareness and improve your life in any desired direction.

Stage 11, Angelic consciousness, is where the angels and the greatest spiritual avatars of all time reside. From here, they can split their consciousness into many parts in order to visit and support many humans at any given time. The fields of consciousness of such beings are truly huge and it is a sobering thought to realize that, one day along your path back to God, you too will grow to become a spirit on such a grand scale.

Every stage of consciousness is more expanded than the previous one. Your field of consciousness becomes larger each step of the way back to the All That Is.

Stage 12, Cosmic consciousness, is the final goal of all spiritual seekers and adepts. Here, you become aware of fields of consciousness which border on being planetary in size, hence the name, Cosmic. This is where the spirit of Gaia, the Mother Earth resides. Yogis have wept after reaching this stage, touching the soul of Gaia and realizing just how much she gives to support her children, the human race.

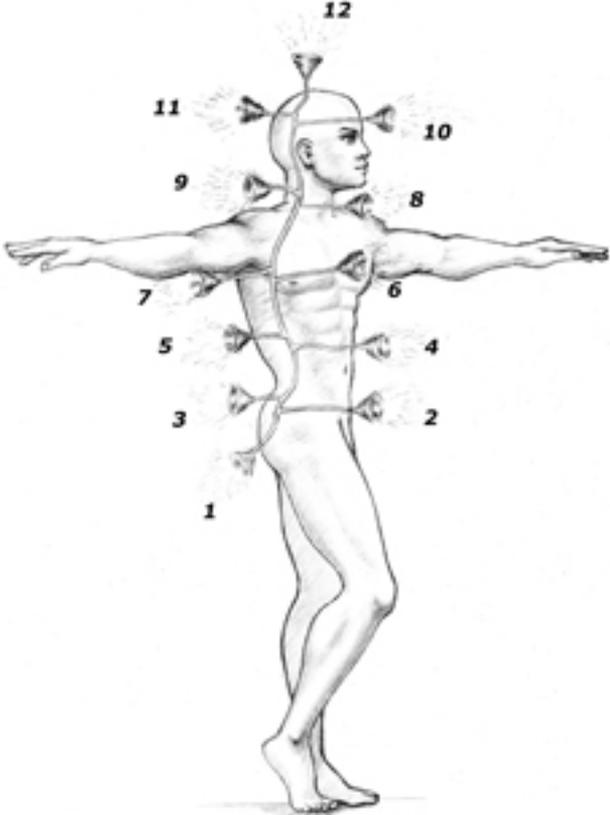
The Creation of Human Evolution

In my first book, “*The Shift: The Revolution in Human Consciousness*,” I revealed how I had discovered the relationship between these 12 stages of consciousness and the human energy or chakra system. Not only do these observed stages in human development exactly match the human chakra system, they also resonate in frequency to the 12 half-tones of the musical C-octave.

Most people think of the major chakras as being seven in number. However, other than the top and the bottom chakras, they all exist as pairs of faces. The heart chakra, for example, has a forward face in front of the body and a backward face behind the body.

If you add together one crown chakra, one root chakra and five pairs of chakra faces, you reach a total of twelve faces.

The Twelve Chakra Faces



In my research, I discovered that:

(1) Each of the observed stages of human consciousness relates directly to the twelve faces of the major chakras.

(2) Each stage of consciousness resonates one half tone higher than the previous one.

Such double symmetry, to me, showed the hand of the One Creator in designing the entire human experience. Human development follows a pre-determined path with each stage adding on to the ones which preceded it.

I also found a certain symmetry in the progression of the stages:

(3) After the first stage, they run in pairs – two emotional stages, then two mental stages, then two emotional stages, and so on.

(4) Then, I noticed a certain symmetry to those pairs of stages. Each pair would start with a passive learning of the new level of consciousness. Then, the second stage in

each pair was one of active expression of what had been learned.

Notice the symmetry in the full map of the 12 stages:

| <u>Stage</u> | <u>Type</u> | <u>Chakra Face</u> |
|-------------------|---------------------|------------------------|
| 1. Survival | Mental-active | Root chakra |
| 2. Tribal | Emotional-receptive | Sex chakra – front |
| 3. Courage | Emotional-active | Sex chakra – back |
| 4. Conformity | Mental-receptive | Solar plexus – front |
| 5. Intellect | Mental-active | Solar plexus – back |
| 6. Community | Emotional-receptive | Heart – front face |
| 7. Love | Emotional-active | Heart – back face |
| 8. Inspiration | Mental-receptive | Throat – front face |
| 9. Creativity | Mental-active | Throat – back face |
| 10. Enlightenment | Emotional-receptive | Third eye – front face |
| 11. Angelic | Emotional-active | Third eye – back face |
| 12. Cosmic | Mental-receptive | Crown chakra |

Add four to any stage and notice how the same facet of conscious development is repeated at the higher stage, but at a more aware frequency.

For example, Stage 1's basic mental thought echoes four stages later as Stage 5's intellectual development and, another four stages later, as Stage 9's higher mental function. If you have heard of the 'mental realms' of Earth, those are the realms that resonate to Stages 8 and 9.

Entry into Stage 2 required the addition of cooperative thought, as does entry into Stage 6, four stages later. Stage 3 launched individuals out into the world and Stage 7 does likewise, but at a higher level of consciousness. Stage 7 is the active phase of heart-centered consciousness, where people want to express their love for all of life by finding ways to be of active service in helping make the world a better place. Take Stage 7 another four stages higher and you are in the realm of the avatars, with their service to the world on a massive scale.

In Stage 4 consciousness, people received guidance from outside of themselves, i.e. from people who were higher in the hierarchy than them. In Stage 8 consciousness, your conscious mind receives guidance from your own inner self, which sees life from wider perspectives than were available at the earlier stages of consciousness.

Life is a journey in consciousness and our path of experience through evolution is mapped out all the way from cave dwelling to cosmic enlightenment. Having the map can make the journey that much more interesting.

You Are What You Think

Every time anyone uses the higher stages of consciousness, they advance the state of human consciousness across the entire planet. People around the world share a mental atmosphere which has been called the collective unconscious or, simply, the mind belt. Because of this shared mental environment, whatever you think today affects everyone on the planet to some degree.

At any moment, you can move up or down through the stages of consciousness. You might be watching the news on television, thinking thoughts filled with understanding and Stage 7 unconditional Love for humanity. Suddenly, because of some danger being presented to you on the news, fear strikes and Stage 1 Survival become dominant. Then, slowly, you regain Stage 3 Courage and realize, through Stage 5 intellectual reasoning, that the story isn't really about a real threat. It's just a journalistic trick to make the news seem more exciting.

You have the mobility to move up and down among the stages of consciousness at any time. You may even notice

how fear shrinks your mental awareness down to a very small field of consciousness, while each higher stage expands it to a larger field. That's because each progressively higher stage of consciousness employs a larger field of consciousness than the one preceding.

Stage 7 unconditional love is an expanded stage of consciousness compared to Stage 5 intellect. Stage 7 encompasses Stage 5 intellect and adds on much more. A calculating, Stage 5 intellectual might consider a heart-centered person to be displaying some kind of weakness by caring for others as well as themselves. In reality, the heart-centered person is wiser, because they see more of the true picture in each situation.

Unconditional love brings freedom from all of the limitations of material consciousness.

When people eventually pass on from this world and look back upon their lives, they never say, "I wish I'd schemed and plotted more," they always say, "I wish I'd loved more." From a soul perspective, such things become obvious.

As you venture into your inner being through meditation, notice how much more expansive the stages of inspiration and creativity are. These are the stages that progressive humans are opening up today so that the envelope of the mind belt of humanity is expanded further into the higher frequencies each time.

The more you develop these higher stages of consciousness, the more you become in touch with the source of joy which resides within you. The more joy you experience in your daily awareness, the more you will automatically attract good things into your life.

Three Steps to a Better Tomorrow

You can stay on track with the development of your consciousness by remembering these three easy steps.

1. Tune in

When you tune in to your inner being, you receive the awareness that your soul consciousness perceives from its more all-inclusive vantage point.

The more you pay attention to your intuitive thoughts, the easier they will be to receive, even among the noise and clatter of daily existence.

Consciously tune in to your inner being whenever you need more information and you will be able to access your full capabilities of consciousness.

2. Follow the yellow brick road

This simply means, follow the guidance that you receive through your intuitive insights. As each step along the

way to your intended destination materializes, you will intuitively know what action to take.

One way to know which course of action is the most closely aligned with your inner being is to give it a Joy Test. Ask yourself, “Does this possible course of action feel like the most exciting one – the one most aligned with my sense of inner joy?”

The inner joy or sense of deep excitement is your barometer of the amount of alignment your conscious thoughts have with those of your inner being.

Follow your inner joy and you’ll always be following the ‘Yellow Brick Road’ towards a fulfilling future.

3. Stay the course

Stay the course. Let no one deter you from your own spiritual development. Today is the era that the human race has been building up to for thousands of years. This is where we move into the spiritual tier of consciousness and the really neat stuff begins to happen!

These are the days of the Spiritual Revolution!

Do not let Old Reality thinkers slow you down. For example, if someone tries to discourage you by passing a negative judgment about who you are and the way you think, realize that judgment is just a relic of the Stage 4 Conformity consciousness of the Middle Ages. Don't let them pull your developing Stage 7, 8 and 9 spiritual consciousness down into Stage 4.

Read spiritual materials for daily inspiration. It really does help to keep your thoughts in the spiritual stages of consciousness.

Associate with supportive people of like mind and find ways that you can best be of service by supporting others in their journeys through life.

Know that gratitude invokes one of the greatest powers in the universe. Remind yourself every day how much good is already in your life. Treasure the personal qualities of compassion, trust, love, peace, and understanding in yourself and others. Focus on all the good that is already

within you and let it unfold even more in beautiful and wonderful ways.

Use the following Gratitude Affirmation often. It really helps.

I am grateful for life
And all that I love
I am grateful for the Earth
And the Sun up above
I am grateful for my spirit
And my inner being
For the One that I express
And the joy of this feeling

Remember these three steps to a better tomorrow:

Tune in
Follow the yellow brick road
Stay the course

Dissolve any Problem

In my e-book, *Freedom of the Spirit: Four Powerful Steps to Spiritual Freedom*, I teach a very powerful technique for inducing deep states of spiritual awareness.

Freedom of the spirit can be attained in four powerful, yet simple, steps. The FREEdom technique frees your spirit to soar to new heights of spiritual awareness. It achieves this by combining today's most proven and time-tested spiritual practices into one powerful and effective package. It also has a very special side-effect.

The FREEdom technique can also transform any problem that you are facing. It can be used to discover the ideal solution to every challenge that appears in your life as well as filling your consciousness with inspiration, love and the spiritual joy which lies within each and every one of us.

The e-book, *Freedom of the Spirit: Four Powerful Steps to Spiritual Freedom*, is available at the *InfiniteBeing.com* website.

About the Author

Owen Waters is an international spiritual teacher who has helped hundreds of thousands of spiritual seekers to understand better the nature of their inner being and their infinite potential. For more than forty years, his life has focused upon gaining spiritual insights through extensive research and the development of his inner vision. Owen Waters' first book, *The Shift: The Revolution in Human Consciousness* was published in November 2005.

He writes a complimentary spiritual metaphysics *newsletter* which empowers people to discover new vistas of inspiration, love and creativity.

For more Infinite Being Insight e-books by Owen Waters, visit:

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