

# Introduction

Advice when reading this book, generally you try to get into the authors frame of mind, I ask not to do this but read the words and focus on yourself, your mind, your thoughts, your feelings as if the book is acting as a guide to show you within you. Additionally expand this when not reading this book to everyday life whereby noticing the same, your awareness of, your perception, your belief, and your comprehension.

Someone just implanted these schematics to Being Human in my head. Ouch! Now go and relate current knowledge, reality, and understanding, to these schematics, diagrams, procedures, overviews. My whole life has been about Understanding Being Human, the last 5 years has been about how to explain it consciously. This is the brief or just Touching the Surface.

The paragraph above is what now felt happened at the time it was immensely bewildering, did not have a clue what was going on. Went to work, went home, went drinking, got home, had some sleep, and started the process again the following day. That is what was going on. Slowly started getting weird insights, uncommon senses, and emotions, had good thoughts, but also bad thoughts, extremely bad, scary. It was like being inside everyone's consciousness, different characters, different perceptions, different beliefs, different observations, and different awareness's.

Just thinking these things does not explain it; it felt like that particular consciousness was inside. I would become the thought or the person or the

emotion or sense or energy of what it was (not physically). Whether it would be a chat, conversation, a tree, a plant, the planet, or universe, economics, politics, architecture or design, forms or geometrics and so on, anything I could be aware of really.

With all this going on there was a very inwardly focused person. Focusing on comprehending all the immense movements happening, would look at every situation in every plausible or implausible way. I would look at it from a perception of anger, love, happiness, joy, hate, fear, calmness. Some would change my thoughts towards it, some would change my emotions about it, and some would change my senses regarding it.

Slowly but surely started getting a grasp on each aspect happening, otherwise I could eventually ended up in an asylum or prison. Would not recommend this approach to learn about consciousnesses, would take a slower process of change or adjustment next lifetime.

The interesting thing behind it all was this growing understanding happening, the overview of all these parts coming together about life, Being Human.

Five years later and still doing the same thing, there is a lot of knowledge known on the planet and the need to be aware of the knowledge known. To gain insight of history and the future in terms of how trends change, do your job better or live your life well. Seeing a reality of what and how is adjusting or changed towards its future.

Need to relate the understanding to common understanding. This is about shifting consciousness. Consciousness is an understanding of these books as it is only with consciousness that the books exist. The collaboration of all your conscious layers is the Soul. Simply put we are makeup of energy working with energy, and we as energy govern, manage and maintain our energy.

We have a linear and limited understanding of consciousness because of how we use it. Consciousness is relevant to everything we are as Human Beings. How we are aware of things, how we observe this and that, how we perceive and believe things.

This is why the books can only be an understanding, but in writing the books creates its own object for others to relate their understanding too.

Started writing a Journal October 2004 for insights mainly, very bespoken and difficult to understand reading it for the first time. Does show a wide and varied approach, insights to what was going on inside, see: Life of Insights?

To understand more than you currently know, you must adhere to knowing more than you currently understand. To know more than you currently understand you must adhere to understanding more than you currently know. It is cyclical, goes round and round like moon cycles. However, the intensity you perceive is important, either lighter more insightful, denser less insightful.

When asked how to understand this? I reply, I do not I am it; I accept it then evolve onwards. When asked how to know this I reply, I do not I am it, I accept it, then evolve onwards. In every moment, there is the answer and question to all that is relevant to understand or know. Further digression is just about different layers, directions of comprehension or perceptions each Human Being consciously relates to it. It is it, so understand.

Do not try to understand the book but allow and use it to show you your understanding of everything. Read it from your perception of your emotions, focus on your emotions while reading it. Read it from your perception of your thoughts, focus on your thoughts while reading it. Read it from your perception of your words, focus on your words while reading it. Read it from your perception of your senses, focus on your senses while reading it. Read it from your perception of design, focus on design while reading it. Read it from your perception of vibrations, focus on vibrations while reading it. Read it from your perception of understanding business, focus on business while reading it. Read it from your perception of understanding nature, focus on nature while reading it. The focused intent will cause you to relate to your desired type of understanding of your knowledge of something, like business, health, wealth, happiness, nature, and planet. Enjoy!

# Trend of Human Energy

Long, long ago in a time unknown a society roamed with elegance and grace as they go. The life was bliss and all things possible without restriction of that and this. It all began with a group of beings where their insights of self-sustaining a resonance that fill them with joy and happiness in anything they did was managed by them as each understood what they did. Wanting to help others attain their understanding that they had gained started sharing the inner belief and abilities that others seek for their own.

Understanding the dos and don'ts to what affects them, they begin building a society based on their knowledge of each. Everyone was party to the plan and understood the need, all was part of this, shared in their comprehension to sustain and build it. There fundamental technology was that energy from the planet filters through them and they filter and direct in such a way that fulfils the essence inside them everyday this then grew, as energy would continuously filter through to become a more powerful and stronger reality that they view. Because development was so fast, they soon learned to let go of the old view and run with the forward to bring about the new, so the energy would fill and fill what existed to become greater and grander than the situation before.

Not long before, it grew and more and more people knew that this society and way of living was so great and beautiful they all came along to see and be in this reality. Hundreds of years have passed and the essence of all interlinked to this presence of each individual giving weight to all the aspects that each individual would be grateful. Life amazingly fulfilled and no other requests or needs were desire apart from sustaining this wonderful continent.

There came a time where they would get used to being in it all that other ideas would be beneficial. Whereby the current society would link all thoughts and views and share in the knowledge to create the prime overall view, there becomes other opinions that individually they would become better off if they went their own way instead of this whole one. Energy was vast and used freely to move and create each opinion and view.

The desires where shared like a virus in their heads would creep in and each individual would sustain in part an opinion of this view that each individual would benefit from this way not the all. As before and as designed the energy would fulfil the desire to enhance the views individually and so it grew. Desire became to be a view that each individual will benefit from, there starts a growth where some will lead, and others follow with just their belief.

The directions of each individual are collaborated and strongest belief took the reins and led. The direction they took was to sustain a belief that they would each be better off if they went their way. Time went passed repeatedly and the essence of what was creating, integrated within each individuals view was this element of a desire to be individual. Hundreds more years have passed by this way and the individuals views and desires took play, their actions are now taking hold of their view their inner desire to be individually beneficial. A structure started and hierarchy formed, people would follow and train when born, that this way is better for you than a wholly united equal form.

Energy was continuously fulfilling the requests that soon almost everyone have made a desire to be individually fulfilled with the only belief, which by now was adhering to the structures beliefs. They directed there energy to move this way into a structure that would feed more energy to others in multiple of ways. It was not long before they knew that their energy was mostly enhancing others but not them in this structure built by them.

Where is the abundance that we had before we seem to be limited in the energy that we had. More and more energy would filter through with their intents and belief for the individual view. The energy sustaining and growing the structure in place each individual would have his or her own place. Potency was increasing with dissatisfaction of each whereby they would lead this structure and the others would hesitate. Leaving the united form for the structured view became the balance of society where one would be this view and the other would be that view.

Energy was still filtering both desires through to each of the forms structurally in view. The structure was building individual's energy at the top and the lower structural plains would have less to use. Led by their belief and

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there structure to be they were led to get more people and energy. The desires of the individuals leading the hierarchy view wanted more energy to do what they wanted to do, as in their way they were happier. Stronger and stronger they felt they could be that they fought for their desire with people led by them. The harshness of energy used this way caused immense hurt and much pain.

The leaders that led that energy to this day are still doing the same in this society this way. Thousands of years have passed by and more and more energy streamed to sustain this desire and view to exist this way in the structured view. Although a structure existed before, the whole of the structure moved, as the energy balanced and shared across the relevancies of the desires in each individuals care.

A war begun unlike anything anyone had seen before where pushing and demanding became part of the structured view to obtain and sustain the individual from being who he or she needs to be in his or her view. Because of the amount of energy filtered through no one could remember how this all started they just knew what they individually followed, to do either by leading or following they desire to be. Now the structure is gaining weight without understanding of how it came to be this way. The unified view became less and less as the best options presented for the individual to become better than before was to follow the structure than balancing out the energy filtering through each individual.

As the people became only trusted in themselves segmentation started to build, as the rich of energy filter through the populace and knew the remaining populace became bemused as the energy towards sharing was being unused. So less and less sharing, more, and more of personal views became stronger in the structured individual. Objects were a way of saying that this effort is worth this object for what you as an individual do but they already received energy filtering through.

The leaders worked out that if the populace could stream all their energy to their means they would become greater and grander with energy that filters through as each individual is giving weight to this view. The structures in place people follow this with pace, to obtain which is personally something of a benefit to individuals. This would continue overtime whereby no one then knew why he or she would be filtering and using the energy through them to the hierarchy in place and being directed to the leaders in place.

Something was brewing that would start to degrade the energy that was filtering through this way; the energy from the planet that was filtering through was reducing in potency because of what was being used. Less and less

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desires and views were of environment and surrounding against the individuals desire for the individuals view. Thousands of years would pass this way, degrading the energy from the planet each day, caused by the individuals to see only their individual desire in each of them for themselves. Feeding all the energy to filter through the hierarchy to maintain, sustain the structure in place.

Objects and buildings became the segmented growth whereby more focus to the external development of using the energy from all to see only what is in front and follow the lead. As so, the energy filtered this way to sustain and grow the elements of what each individual gives weight to know. So many objects and external tasks to be done that no longer does anyone look towards the essence coming through but where to use it and sustain it from the structured hierarchy in view. Some would challenge this way to be as they long for their old desire to share and be freer, but put in their place was this structured society, as it does not conform to the essence of all energy filters through to the hierarchy.

The growth continues and great many things of desire created for use by all that follows the structured tree and more density created by filtering the energy to each object or building. The density becomes stagnant and does not adjust like the human beings creating through time their way. Objects of density can only be and the energy filters to it all the while the builders and users need.

At a time, not so far away the intensity of need for more would potently be the direction of all the structures in societies. Different structures overtime and more people filtered their energy and directed to their leaders they became the essence of what was in line to hierarchy they believe to become greater than they currently be. Dominance and rule of all became the journey for the structured individual societies. Led by one and followed by all perceived that this was the way to fulfil that same inner desire, that once was and is still within the depth of energy within them all. Consciousness no longer has an understanding known, but what is within the self to show. Therefore, the journey of life this day this way is to follow the majority as it flows its way. Led by leaders that leading is their own way, rather than release the energy to balance and share in every way.

The destruction of many lives and objects on route have since made an impact to turn a new where the essence of once was is now coming through but the structure remains as yet unchanged. Individuals are becoming more understanding to what is within than is external so the journey reverses itself to balance. During the phase of building the structure for a few, that benefit from the openness from the earthly or planetary view. The energy that once was so immensely fine is only a fraction now as it once was in the sky. We give little

credit to what filters through that sustain us in health, wealth, and happiness to renew. We are not the buildings that stand rigid and solid but are the changing dynamic of organic. All of our imperfections come through as it is from ourselves to be, as we individually desire our need.

The balancing of all the planetary energy is to be the most adventurous journey ever. Re-aligning our thoughts and feelings too that balance of sharing and combining the essence of all in each of you. Yet comes to the belief of each of us we forever stuck in our inner building blocks from history. The energy still runs through us the way that it did and we can rebuild by creating again the bliss. This in turn releases from the need for densities or harshness within. As before, it is again and takes time to build and sustain. The journey is long and arduous too where all the effort is about that focused view.

# Energies Densities and Mass



## Understanding Emotional Densities

There are others, understanding physical, understanding thought forms, understanding vibrations, resonance, and understanding movement of

energy with you. Picked emotions, as many people will be working through that degree of themselves to heal or understand more.

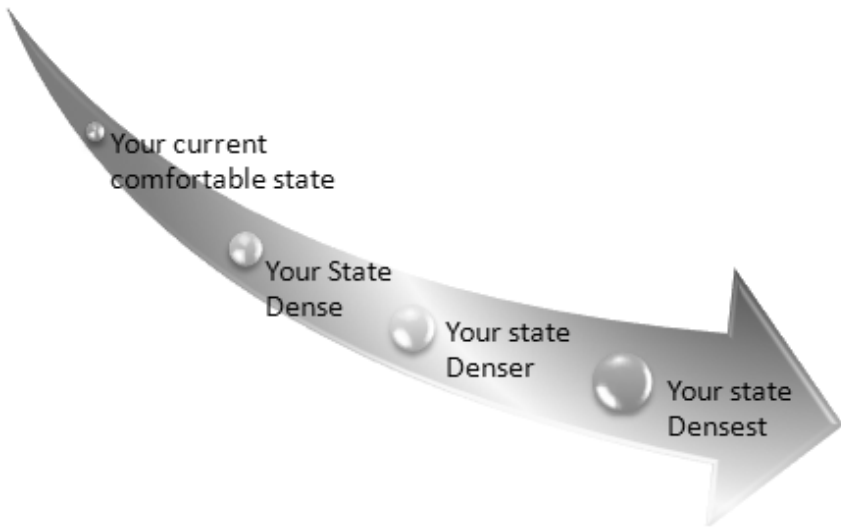
### **Comfortable Emotional Energy**

This is your centred and balanced self, where you have no reason to cry or shout and no reason to laugh and be ecstatically happy. It is the middle or tower of the weighing scales where you can go this way lighter or that way heavier with your emotions.

Any emotion can be changed this way or that, when you are in that moment of an emotion you can change it this way or that way. The comfortable aspect is referring to the centred self. Feel that emotion as lighter than if you were intensely pushing or driving yourself to get something and heavier than if, you are in a meditation or relaxed state. On practicing each day, you will notice these differences as you go about what you do.

### **Dense, Denser, Densest**

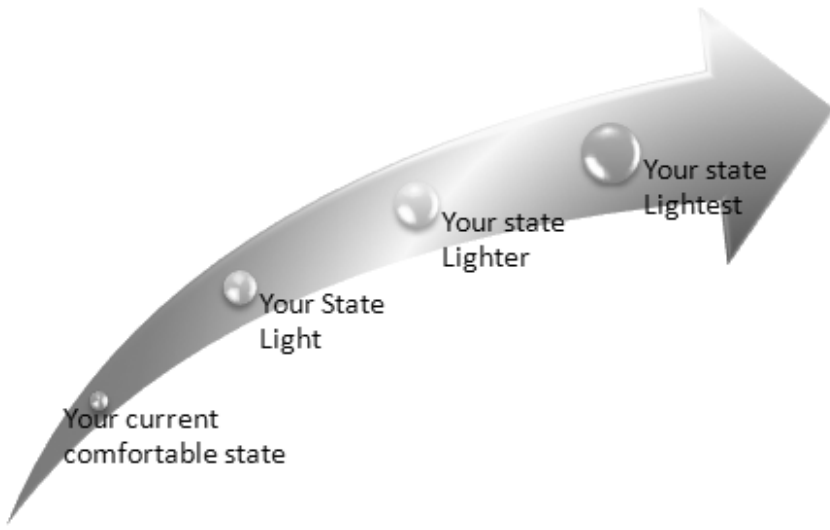
These elements are about when you drive or strive for something you continuously put more and more energy or pressure to it so you are building denser energy to obtain it, which is why you get this release or feel good factor when obtained because you release that pressure back to your comfortable self. This does mean though that you are setting trends to apply that pressure for things you want. Each time you do add more pressure you will adjust to, so the comfortable state goes with you. Overtime of doing just that repeatedly your focus being on what you wanted, not focusing on your comfortable state has moved along denser and denser.



Your energy states getting denser as you drive or intensify your needs or desires, creating more pressures on you. Gets what you need faster, but with less understanding.

**Light, Lighter, Lightest**

These elements are about the letting go of things, the application of less pressure for your need or desire. The lighter you perceive things, the lighter you resonate as a being. You keep lightening the perception of things, objects or conversations, mannerisms and attitudes you will lessen the pressure to yourself and carry your comfort state into a lighter resonance, less friction. Your understanding will increase as your consciousness shifts with it so that your perception that lightens overtime will perceive more in a moment as less density is sustain in your perception.



Your energy states getting light as you drive less or intensify less your needs or desires, creating less pressures on you. Gets what you need slower but with greater understanding.