

## THE ELEVENTH INSIGHT

A prayer that asks God to intervene assumes that God can intervene but only if he decides to honour our request. It assumes that we have no role except to ask. The other form of prayer assumes that God is ready and willing but has set up the laws of human existence so that whether the request is fulfilled depends in some part on the certainty of our belief that it will be done. So our prayer must be an affirmation that voices this faith.

If our expectations, our faithful assumptions, are what makes prayer work, then each of us is beaming a force of prayer-energy out into the world all the time, whether we realise it or not.

Science is now confirming the assertions of the most esoteric mystics of every religion. They all say we have a mental and spiritual influence on what happens to us in life. This ability is the secret of true success in life, of creating true community. It is time to figure out how this works.

Shambhala represents a way of being and living. It is also an actual location where real people have achieved this way of being in community with each other.

Everything we expect, good or bad, conscious or unconscious, we are helping to bring into being. Our prayer is an energy or power that emanates out from us in all directions. In most people, who think in ordinary ways, this power is very weak and contradictory. But in others, who seem to achieve a lot in life, and are very creative and successful, this field of energy is strong, although it is still usually unconscious. Most of those in this group have a strong field because they grew up in an environment where they learned to expect success and more or less take it for granted. They had strong role models whom they emulated. The legends say that soon all people will learn about this power and understand that our ability to use this energy can be strengthened and extended.

To find Shambhala we must systematically extend our energy until we emanate enough creative strength to go there. This involves three important steps. There is also a fourth step which requires the help of the dakini. The dakini are spiritual beings who act to awaken and guard humans. They are not and never were human. Each religion has a different name for them. Some call them angels.

The integration of all religious truth is important if the force of prayer-energy is to grow large enough to resolve the dangers posed by those who fear.

The forces of tyranny are now international and much more subtle, taking advantage of our dependence on technology and credit and desire for convenience. Out of fear, they seek to centralise all technological growth into the hands of a few, so that their economic positions can be safeguarded and the future evolution of the world controlled.

There are precise ways to extend and expand our energy field so that we can become more creative and powerful. The amount and strength of our energy feels like the degree of presence that we have in a room. The more energy we have the more others feel our presence. Often this is energy that winds up being displayed through the ego, and so feels strong at first, then dissipates very rapidly. With others this is a genuine and constant energy that remains reliable.

When we breathe in the energy we must learn to consciously maintain it at a higher level. This is the first extension. We must keep our energy flowing in more fully, taking care that other actions do not erode our energy field once we have built it up.

The rest of our life must support our higher energy. We must live wisely and be congruent. Maintaining higher energy within oneself is impossible if one consumes dead matter as food.

Most people are full of energy and enthusiasm in their youth, but then during middle age we lapse into a slow, downhill slide that we pretend not to notice. Before long we begin to have nagging complaints and chronic problems such as digestive difficulties or skin irritations that we write off as just age, and then one day we get a serious illness that won't go away. As the years go by, we get some disease that progressively gets worse, and we realise we are dying. Our only solace is that we think what is happening occurs to everyone – that it is inevitable.

Much of what we find in the material world is designed purely for sensual pleasure and distraction, and much of it saps our energy and pulls us towards physical disintegration. If we really believe we are energetic beings we must follow a narrow path through these temptations.

We look like we are material stuff, flesh and blood, but we are atoms. Pure energy! Our science has proved this fact. When we look deeper into atoms, we first see particles, and then at deeper levels, the particles themselves disappear into patterns of pure energy, vibrating at a certain level.

What we put in our bodies as food effects our vibrational state. Certain foods increase our energy and vibration and others diminish it.

All disease is the result of a drop in vibrational energy. When our energy drops to a certain level there are natural forces in the world that are designed to physically disincorporate our bodies. When anything dies, the cells of the body immediately lose their vibration and become very acid in chemistry. That acid state is the signal to the microbes of the world, the viruses, bacteria, fungi, that it is time to decompose this dead tissue. This is their job in the physical universe. To return a body back to the earth.

When we eat foods, they are metabolised and leave a waste or ash in our bodies. This ash is either acidic in nature or alkaline, depending on the food. If it is alkaline then it can be quickly extracted from our bodies with little energy. However, if these waste products are acidic, they are very hard for the blood and lymph system to eliminate and they are stored in our organs and tissues as solids – low vibrational crystalline forms that create blocks or disruptions in the vibratory level of our cells. The more such acid by-products are stored, the more generally acid these tissues become. A microbe of one type or another appears and senses all this acid and assumes this body is ready to be decomposed. If we come to resemble a very acid or death state, then we begin to come under attack from microbes. All human diseases are a result of such an attack.

This is why some people exposed to the same microbes do not get a particular disease. The difference is the inner body environment. Even if we have too much acidity in our bodies and begin to decompose, the situation can be reversed if we improve our nutrition and move to an alkaline, higher energy state. We are living in the dark ages when it comes to the principles of a vibrant high energy body. Human beings are supposed to live more than a hundred and fifty years, but we eat in a way that immediately begins to destroy us.

After sleep, one must wake up one's body and begin to accept the energy before one does anything else. We must make sure our body is open everywhere in order to receive all the energy that is available.

Opening up to a higher energy state is an ability that all humans will eventually acquire. It will begin as a general knowledge that such an awareness is possible. Then we will move to an understanding of all the factors involved in cultivating and maintaining higher levels of energy.

We must remember that everything in the universe is alive with spiritual energy and is all one. We must intentionally ask to connect with the divine inside us. The measure as to whether we are connecting with the energy is our sense of beauty. No matter how beautiful anything looks, we can always see more beauty in it if we try. Although we can absorb energy directly from plants and sacred sites, sacred energy comes from our connection with the divine inside us. When we open up to the divine, we raise our energy vibration and thus our perceptual ability so we can view the world the way it already is. Heaven itself is right here. We just haven't opened up to enough inner energy to see it.

There are other measures as well. We will receive intuitions and dreams about what is next on our life path.

The most important part is to use the power of our expectations, the power of our prayer-energy. We must learn to expect that level of energy in our life, and we must do so very deliberately and consciously. This is the only way to complete the first prayer extension. We must expect this energy that is filling us to keep filling us and to flow out of us in every direction. The measure of whether the energy is flowing out is the feeling of love. We must expect divine energy to come into us at a higher level and to flow out of us like a cup running over.

Once we recognise the central question in our lives, we will have a guiding thought or an intuition about how to answer it. We find ourselves with a mental image that would suggest going somewhere, taking some action, saying something to a stranger. If we follow that intuition, coincidences will occur to give us information pertaining to our question. This synchronicity leads us further down our life path, and, in turn, to a new question.

Humans will eventually learn that their prayer power can greatly influence the flow of their lives. By using the force of our expectations we can bring forth the process of synchronicity more frequently. But we have to stay alert for the whole process, the question, getting an intuition and following it and looking for the coincidences. We must remind ourselves to expect it all, be alert for it all, and if we do, our energy will go out ahead of us and help bring the flow.

Connecting with the energy and letting it flow through us, visualising that it forms a field of energy that flows ahead of us, wherever we go, is the First Extension.

The Second Extension is setting our field of energy so that it will enhance our life flow. We do this by staying ever alert and expectant.

The Third Extension is setting our prayer field to go out and increase the energy and vibrational levels of others. When our prayer field reaches other people they feel a hit of spiritual energy, clarity, intuition, and they will be more likely to give us the right information.

We must consciously visualise that our energy is overflowing into the field of everyone around us and lifting their vibration so that they, too, begin to see the world as it really is. Once this happens, they can slow down and sense the synchronicity. After setting our fields in this manner, it is easier to observe the higher self expression on the faces of others.

The energy fields of all of us mix together out there and the strongest ones prevail. That is the unconscious dynamic that characterises the human world. The state of our energy, our prevailing expectations, no matter what they are, go out and influences everyone else's mood and attitude. The level of awareness between humans, and all the expectations that go with it, are contagious.

When we are relating to people and find we are taking on their mood, being overcome with their expectations, we must go back and fill up again and overflow very consciously until the mood elevates.

When we visualise our energy reaching out increasing the overall vibration of others, this allows them to more fully overcome their fear and get in touch with their higher self intuitions. They will be less afraid of us and more inclined to have a conversation.

We must stabilise our flow of energy better, so that it is coming out of us into the world strongly, no matter what our situation is. When we can do this, all three of the extensions become a constant mind-set and way of life.

Ideally, our prayer-energy should come from our divine connection within and flow out in front of us, bringing forth the expected synchronicity and uplifting everyone into their higher self.

The problem with fear is that it can be very subtle and sneak up on us quickly. A fear image is always about some outcome we do not want. We fear failing, embarrassing ourselves or our families, losing our freedom or someone we love, or our own lives. The legend says that since fear and anger come from being concerned that we are going to lose something, the way to avoid these emotions is to be detached from all outcomes. To be detached is to realise that there is always a higher purpose that can be found in any event, in any outcome. The silver lining to every cloud.

Everything bad that happens to us occurs because we missed some synchronistic opportunity to avoid it.

To keep our energy as high as possible we must always believe, with a powerful faith, that we will be saved from such problems.

If we have all the knowledge that humans will eventually have, we will always be guided out of a perilous situation. We reach our greatest power when we assume this is the case already. This is the way we can stay detached and flexible and build a powerful field of expectation. Outcome equals expectation plus belief.

Our destiny is the ability to know what moves to make and when to make them.

Synchronicity will always take us out of harm's way when we believe that it will.

If our ongoing prayer expectation is strong enough, we expect synchronicity and send energy to others so that they can also expect synchronicity. The level of energy keeps increasing. However, our faith will be tested.

Throughout history people created technology to enhance their ability to act and to be comfortable in the world. We invented technology because we want to reach out to various places and connect with more people. We know in our hearts it is possible for us to do this. Technology has always been just a stepping-stone to what we can do ourselves, what we know is our birthright. The true role of technology is to help us build the faith that we can do all these things ourselves, with our inner power.

It is time for the world to know what human beings are capable of, where evolution is taking us. Once we grasp it fully, we will be able to extend our energy even more, grow even stronger.

Gradually all our time will become focused on our spiritual paths, on synchronistic perception and on discovering the truths about our existence and providing this information to others.

Developing our technology is the most difficult step. To place technology fully in the service of our individual development, everyone must move to a point where spiritual understanding is more important than money and control.

When an extension is completed, one's energy reaches out farther and becomes stronger. This occurs because when we send our energy out to bring in synchronistic experiences and uplift others, and when we anchor this energy with detachment and faith, we are promoting the divine plan. The more we can think and act in harmony with the divine plan, the stronger our power gets. We cannot access the power in us unless we are on the same page with universal intention.

We must get clearer about where humanity is supposed to go, how overall human culture must evolve. It is time for this to happen.

We extend our energy another step when we not only visualise our field uplifting the people around us into their higher intuitions, but do it with a certainty of where everyone's higher intuitions, ours and theirs, are leading: toward an ideal spiritual culture that we call Shambala.

In Shambala we understand that we come down here from the purely spiritual plane to accomplish something. We come here on a mission to bring the whole world into full spiritual awareness, generation by generation, and to do it as consciously as possible. Souls begin to contact parents before conception. They make their presence known, especially to the mother. It is part of the process of deciding whether the prospective parent is actually the right one.

The genes of the mother and father combine to make a child whose characteristics are synchronistic with the best destinies of all three people. Each child has an intended destiny that they visualise in a pre-life vision. The genes combine in a precise way to give the child the tendencies and talents needed to fulfil this vision.

Next in the life process is helping a child to wake up. Each of us forgets to some degree why we came, what we intended to do with our lives, so the child requires the historical circumstances that surround the event of their birth. What is important is to give the child a context for life so that they know what has occurred before they arrived and where they fit in. It is immensely important that a youngster learns from their relatives what their dreams had been, what worked and didn't work, and at the end of their lives what they would have done differently. Younger people can chart the course of their own lives by learning from the mistakes and building on the wisdom of those who came before.

It all begins with the realisation that our thought-energy is real, that it flows out from us and affects the world.

Once we have this realisation, we can grasp that this field, this effect we have on the world, can be expanded, but we have to begin with the First Extension. We must first improve the quality of the energy we take in physically. Only alive foods have an alkaline effect and enhance our vibration.

The Second Extension begins when we set this extended thought-field to enhance the synchronistic flow of our lives. We do this by staying in a state of conscious alertness and expectation for the next intuition or coincidence that moves our lives further along. This expectation sends our energy out even further and makes it stronger,

because we are now aligning our intentions with the intended process of growth and evolution structured into the universe itself.

The Third Extension involves the expectation that our thought-fields go out and boost the level of energy in others, lifting them into their own connection with the divine within and into their own higher-self intuition.

The Fourth Extension begins when we learn the importance of anchoring and maintaining the outflow of our energy, in spite of fearful or angry situations. We do this by always maintaining a particular posture of detachment toward events as they occur, even as we expect the process itself to carry on. We must always seek a positive meaning and always, always, always expect the process to save us, no matter what is happening.

The legends say that beings have aided humans since the beginning of time, and they are spoken of in the mystical literature of every religion. We will begin to perceive them more readily. If we really acknowledge them they will make themselves more known.

When we acknowledge the angels and very deliberately visualise them, we can empower them to energise the higher selves of others beyond what we can do ourselves. They can uplift others into an awareness that is incapable of evil. We have to begin with acknowledging the angels, and then we have to empower them to act. We must do this very intentionally. We must ask them to come.

The legend that says the warriors of Shambala will stream out of the east and defeat the forces of darkness, and create an ideal society, is not happening with horses and swords. It is happening with the effect of our extended fields, as the knowledge of Shambala moves into the world.

None of this works unless we are fully connected within the energy of the creator, and sending our energy very consciously out in front of us, touching others. If we have the slightest bit of ego involved or anger present, all the energy collapses and the angels cannot respond. If we authentically align with the positive future we have enough energy to direct the angels to act.

All this information is the Eleventh Insight. The knowledge of the prayer-fields takes human culture a step further. The reality of Shambala, the secret of the prayer-fields gives us the ability to hold the vision of the tenth Insight and act to bring it about through our creative power.