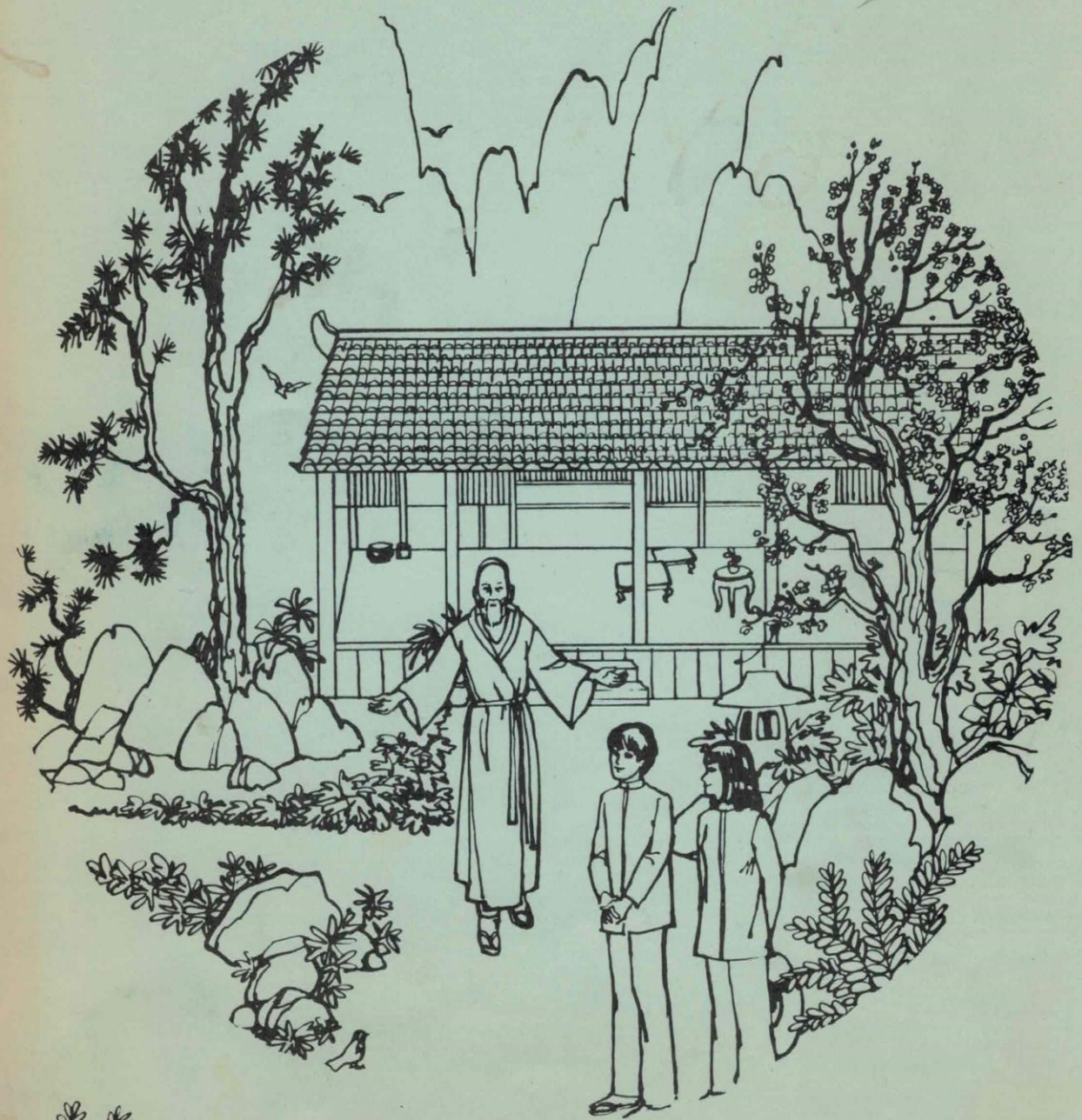


SUBCONSCIOUS MIND



...AND BEYOND

THE SUBCONSCIOUS MIND...AND BEYOND

This book is from the full trance teachings of Chung Fu, spirit guide of trance medium Marshall N. Lever. The communication was given to one of the many home circles of A Circle for Inner Truth.

Chung Fu discourages any form of physical phenomenon in these circles, and he emphatically points out that his teachings and guidance are but a stepping stone to the individual's higher self.

These teachings are dedicated to the Living Spirit that works through all living forms. Blessings and peace.

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Blessings and Peace to you all. May the beauty that comes forth from the inner sources of your imagination, come forward in the beauty of life....the life you create each day. Peace.

In Old China there was an emperor who was standing upon a very high hill. Below him, spread through the valley, was all of his great army. He had an intricate system of commands to the generals and the officers of his army. He could see where the battle was to be fought; he could see where the other armies were.

And so the battle began. And the emperor would signal to the right, and the right would attack. He would signal to the left, and the left would attack. He would signal to the middle and it would attack; and then with another signal, it would retreat and then attack again. The battle went on for hours. And soon the emperor saw a weakness and he sent his soldiers into that area. And they eventually overcame the other soldiers.

In essence, this analogy is your conscious and subconscious mind. You are the emperor, your subconscious does not see what is going on, it relies only upon the demands of the conscious. It records everything that the conscious mind or the consciousness, sends to it. Whether it is through hearing, sound, color or taste, whether it is through any of the five senses, it will go blindly here and there. It works on demand only. Everything that is put into it, it will do. It will do it in regards to the confidence that is put forth. If the conscious self says, "Go this way" and the subconscious begins to go and has never been there before - either in thought or in action - the way will be very hard.

We are going to deal tonight, and the two following nights that we will be within this area, first with the subconscious mind and its projections; next time the ability and how you can learn to heal each and every part of your body through the correct understanding of the way you become ill; and lastly in regards to the monetary and financial systems of your country and of your life, and how to step beyond them.

But tonight let us look, in a little more detail than we have before, with what your subconscious is. When you reincarnate into the body that you are now, your subconscious is new; it is a clean slate, a new book that you begin to write upon. Your five senses is the pen, or is the writing instrument. Your book is written on in this lifetime; each and everything that your five senses partake or see are involved, goes upon your book. Upon the separation of the body and the soul or subconscious mind, the book goes to your higher self, or to the library that is your higher self.

But in most lifetimes individuals react and work basically because of what the subconscious mind throws forth. The subconscious mind, or your soul, records everything that you feel, see, hear, touch, or taste. Even those things that glimmer in your periphery or go on in the distant background, it records them and it makes a note of them. And then you become subject to reactions this way.

Let us say that you are the general within an army; you are the subconscious. Let us say that your emperor says, "Attack to the left," and that you get to a deep ravine and you remember that the last attack to the left, in the ravine was another army. So when you come to that ravine, you retreat, even though there is not another army there.

It can be said that you have certain likes and dislikes. You can basically say to yourself, "I do not like asparagus" and it will go into your subconscious. Or someone will say, "Asparagus is not good for you" and because you rely upon them, you believe that they are telling the truth; it records. And then in a group of vegetables mixed together, you eat asparagus, it goes into your stomach and there is a reaction to the nerve endings, and the subconscious mind goes back to the point where it says, "You do not like asparagus, it is not good for you," even though you are not aware of eating it.... and you get upset stomach.

Everything that is within your subconscious, you are responsible for, for you have put it there. You chose the parentage that you reincarnated through; and because of that, you chose them in regards to what they would place in your subconscious through education and teaching. "Make sure that before you go out into the cold that you put on your coat, or you will catch the flu, or cold." And so the small ones do this each and every day. They are grown, away from the parents, and they walk outdoors and it is a beautiful day. And they walk down a path and someone coming to them says, "It is a cold day." And the subconscious mind throws forward, "Cold days bring flu forward," and they began to feel ill, because they do not have their coat.

Ninety-eight percent of your lives are run on subconscious projection and instant replay of what has been placed there before. It is very important to realize that individuals become slaves to what they have placed within themselves, saying that they cannot get out of them. There are negatives within your world that do not allow you to grow; "I will do that" is negative; you are putting it off until tomorrow. The subconscious mind says, "He will do that sometime."

There are negatives that you use. Let us say that when you were small, your mother said, "You are bad, and because you are bad, you must go to your room and see no one." You are grown now, you are dealing within business and someone says to you, "That was a bad thing you did." The subconscious throws forth, "Bad: Isolation" and you get fear and you say, "I must be alone. I must run away, I must escape."

Psychotherapists and psychologists feel that you must go to the depths of the subconscious and relieve all these things, and basically get them out and lay them out in the open. What good would that do? So you can understand why you get a cold on a hot summer day when someone says it is cold; but what do you do about it? Do you laugh about it? Do you get another cold?

The subconscious mind works very intricately, through suggestions of other people, through feelings, especially on those people that you respect for what they say. All you have to do is believe in them....and they will be established upon the subconscious. All you

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have to do is have faith in their words, and it becomes indelible. And so you become a slave to the things that are lying within you. You are a slave to the elements of very bad force, of poverty, of having other people move and push you where they want you to go, rather than where you feel you should be.

Most people in your world, a good 98% of them, never get beyond the subconscious mind in their dealings. Even those within your Christian churches, your Buddhists, Zen or other religions, never get beyond the subconscious mind in its realization that there is a higher self even further. They say that if you do this or that, it is a sin, and sin is punishable by death or hell. And so the mind takes upon these things, you commit what your world moralistically says is a sin, and you feel that you are going to hell; and because it is been dealt within your mind since early childhood, you feel your life is not worth anything anymore and you will find yourself in the gutter.

Old Chinese, in all the teachings and places that he has been through the vehicle in your world, has not seen many that know how to basically go beyond the subconscious mind, and allow the inspiration of the spiritual self to come through. Most of your world works on the psychic perception or the projection of the subconscious, the psychological or psychotherapeutic areas. The reason that you hit your wife is not because you hated your mother; the reason that you dislike this or that is not because you have sexual tendencies that will cause great difficulty. Everything that you received in the first thirteen years, in essence, you knew were going to be put there. Before reincarnation, your higher self along with the guide that works with you through most of your lifetime, chooses the parentage for genetic, national, international; chooses the parents for personal, interpersonal relationships; pulls them and allows the reincarnation to take place. And so what happens in the first thirteen years is foreseen, and it is almost always - with perhaps one or two exceptions every one hundred years - known completely the inter-reactions, divorce, separation, death, feeling, life and prolongevity.

And so the things that you pick up through your parental pattern are not necessarily instrumental in subconsciously establishing what you are, since already you knew this; it is basically balancing it. It is from the age of thirteen that you begin to utilize what has been placed there, and what you need. If you could be born a thirteen year old, you would be born with the idiosyncrasies or difficulties that you have grown to that time to experience in the next - in the rest of your life. Since the female's body is not built so that it can gestate a thirteen year old, there is in the spiritual understanding of things an establishment of certain patterns to allow the individual to begin to work upon his life at thirteen.

Between the ages of thirteen and eighteen, you get to see what you have created. For they will mark and they will be what you are. And you will say, "Oh! The teen years are terrible! The worst years of my life." The reason you say that is because you are looking at yourself. In essence, children or the thirteen year old is a programming of what you have placed in them or allowed to be placed within them. And so you see yourself. Those who are orphans and have no influence, they are basically marked by the experience patterns they go through.

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Now, each of you have the ability to relax the subconscious, to re-program it so that you can receive the energy of the higher self, so that you no longer have to rely upon cheap spiritual experiences that have a tendency to nag and egg you on, because they reek of the subconscious mind.

Very few people in your world understand the higher selves coming basically into your life, for most of them allow it to come through the subconscious, and that is like walking through the forest of Caan blindfolded and not hitting a tree. When you entered in - entered in the beginning of the forest of Caan, you are healthy and strong. But when you leave it, you will be battered and blue. Not the same thoughtform, not the same energy force.

And so, those that say, "Each thing must be proven and thought out, each thing must have a logical end," are basically centering their whole projectivity on the subconscious. More people in your world relate and worship projections of the subconscious than those that allow the higher essence or God Force to come through them or around the subconscious, to enlighten and beautify their life through consistency.

The ministers within your world say, "If you do not do that, you will go to hell" or "You will not receive good." It is interesting that none of the great Masters said things like that; only their followers who wanted to put the fear in the people they were dealing with because they did not have the charisma of the Master. The only reason that Paul projected so many rules and regulations, so many do's and do not's, is because he did not have the charisma of the Nazarene and he had to put fear within people so that they would follow Christianity.

There has never been in your world coming forth from a Master; whether Lao Tze, Buddha, Confucius, Pythagoras, Zoroaster, has there been in the next generation after the Master, a true teaching of what they were. There have been many people running around, trying to project what went on. That is why Old Chinese feels it is important for individuals to come to contact of the God Force within themselves, so they do not need to rely upon a system, a way, a pattern. They develop that pattern within them, they find the divinity, universality, immortality and eternity, within their own self.

How many times have you sat down to meditate and in meditation itself, you have thought of what you did yesterday, what you hoped to do tomorrow, what someone said to you three years ago, the color of the new vehicle that you will buy in four and a half years? And you say, "I cannot meditate. Things run in and out of my mind." The subconscious mind is like that; if the emperor does not exercise and put his soldiers to work, they grumble; they move and mill about, they do not allow and like to be relaxed and resting. The only time they are relaxed and resting is when he is practicing with them or teaching them or centering them on their main project of work. And that's the way you can relax your subconscious and reprogram it. The emperor cannot tell his drawn troops that the next time that you come to a valley and you do not retreat, because that does not mean there are soldiers in it, even though it has happened. He puts them through the routine; when they get to the valley they discover there is nothing there. He replaces a habit or conditioning with another conditioning.

And so the things that cause you lack, difficulty, physical pain, and agony; the things that make you seek a religion, philosophy, faith or creed, are programmed elements within your subconscious and make you reliant upon certain things. A man that you can respect can say that if you do not do this, you will find that there will not be a good lifeand you will not have a good life. Your parental pattern can say, "You are not musical, so do not try," and you will not have a bit of music in your life.

So what to do with this monster, that you have lying deep within yourself, in the area of the pineal gland. How to begin to utilize it in strength for your betterment of life, and not for being subject to it? Old Chinese has seen many who are walking down the street, and they are enjoying the flowers and the trees, and someone sitting beside the way says, "It is a bad day" and the conscious does not pick that up, but the subconscious says, "It is a bad day" and the person says, "I hate birds."

It is a very thin line. But you are here to step and learn, to utilize and go beyond it. Now: How do you do it? You do it the way the emperor did to his soldiers: You keep it busy while reprogram it. Let us say that you are concerned about certain happenings in your life. You take the subconscious mind and you visualize, or you see those happenings, or you see yourself doing something within them. You breathe in and you say, "I am in control of this situation, and I will always be in control." Slowly, the subconscious mind replaces that old programming with a new one that says, "This individual is in control. He will jump into the valley even though it is filled with 40,000 troops with drawn swords. But because of his determination, he will probably be able to walk above the valley instead of jumping within it.

It is only through the ability of replacing fear, of replacing the elements that you deal with each and every day, of the lack, of the negativity, of the days looking hard, through very systematically working with the subconscious, that you begin to bring forth the higher self. We will deal in regards to working and programming the subconscious and allowing greater energy to come forward. We will deal with health, and we'll deal with the financialness in your world in the two remaining times. But we want to take one step further, and give you these thought forms: That if you are getting energy from the higher self, it will not record on the subconscious mind. There will be those that will say, "I had a high religious experience. I walked with the Masters in the spiritual energy"....they had orgasms of the subconscious mind. They tasted every taste they ever tasted, they smelled every smell they ever smelled; they are ravished by their own perceptions.

Consider these things: If what comes from the higher self is recorded on the subconscious mind, it means that you wanted it recorded there, for you want to see the good works you do. And the higher self or the God Force is a pure projection, not one that is relying on proving self. Have caution to those who say they are great healers or great teachers. For a teacher will not know what he is teaching, a healer will not know what he is healing, a vehicle will not remember what he is basically bringing forward to you. If he did, if they did, it would mean that the communication, the energy force was going through their

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subconscious mind and like the entity that walked into the forest of Caan with blindfolds, it would come out black and blue and you would not recognize it.

So, the higher self does not record. You can get intuitive feelings in regards to it; it is like standing upon a mountain and as you stand there the wind comes around you. You feel the wind, but you do not see it. You do not grasp it. You have the feeling, "It is a wind around me." And it goes and refreshes others. The same the higher self: You have a feeling as it goes around the subconscious, but you will not see it, you will not be able to identify it. You will know that is going out and working. It is the projection of the higher self, that there have been in your world very few.

We are told a story, that the Nazarene was baptized by John at the river. After being in twelve, after being in the Essene colony for eighteen of your years, he walked to the river and John said, "Come and enter," not recognizing him. He pushed him under the water, and the soul or the subconscious of the Nazarene died or left, went back to the higher self. When the Nazarene came forward, John recognized him, for he did not look at an individual that was burdened by a subconscious mind, he was looking at an individual that had a direct connection to the higher self and all the energy and the cosmic forces. A man that did not fool around with subconscious projection.

In essence, your whole role in this life time is not to record anything on your subconscious mind at all. But in a sense, you will not be getting to that stage. We will work with helping you understand how to go one step beyond. By visualization.... let us say that you are dealing with a person in your work that is causing you all kinds of trial. This person that you pulled into your work or business, or that came into it, you thought were going to be good attributes, and all of a sudden little habits and tendencies negate and agitate what you are. So you sit down; you begin to train the army of the subconscious. You see that person, you breathe in; you pull that person in; you exhale them. You see that person, you breathe them in; you exhale them. You say, "This individual - by their name - is positive, powerful, and is in a strength projection." The subconscious relaxes, it centers. The higher self like the breeze comes around, you feel it. And as it comes around, it picks up the sensory accents of that individual; the energy - which is a pure energy, - goes forth, surrounds the individual. When you come out of your relaxation, you are not aware of anything happening. In fact you will say, "I do not feel any different." But the person that has been projected has a different feeling. Doing that each and every day, the person will be so incensed with positiveness, that as the two of you come together daily, you will see the difference within them.

The subconscious mind is what you are right now; the higher self is what you can project and pull to you. The subconscious mind is basically working now. Each of your subconsciences are working now. The higher self is glittering through, and filtering through, like a flower from a swamp. But, as you learn to immediately relax that subconscious, the higher self will work more and more, because it is harder to be harmonious in your world than it is to be harmonious.

The person that says, "Oh, it is so beautiful being spiritual..... I find so much energy and strength. I have such great health." It would be advisable that you climb upon the mountain and watch them from there. For the more finely in tune you become, the more applicable you become to negativity outside, disease....your world is full of subconscious personalities or inharmonious persons, and as you pull away from them, you find aloneness and you are like a fish out of water. There is a point of being able to use the higher self and projecting it out, where no matter where you are, the people that you pull around you feel immediate harmony; but getting to that point, sometimes makes you wonder, wouldn't it be nice to eat all that crud once again...like everyone else.

Spiritual development does not put you in a special class. If you feel, "I am better than this individual," you can be assured that individual is better than you. If you are conscious of being better than others, you are feeling the elations and the beauty that the subconscious has a tendency to convey to you.

Subconsciously, you can control every aspect of your life, and the things that come to it. We will deal in regards to pulling health to you, rebuilding bodies next time; and then the financial aspects, consistently within a world of inflation, lack...for you will be in plenty. Inflation is a creation of the subconscious thought forms of panic; there is no reality to it.

So you are the emperor; you are the captain of your boat, telling your rowers where to go, even though they cannot see where they are rowing, they follow. Everything you tell them, they do; everything that goes to them in command, they respond to. "I do not feel good today" - and you will not.

Spiritual development is the discovery of self. You will not evolve from this plane by following a religion, creed, philosophy, or guru; but by following the inner self, by relaxing the subconscious and being a projection of the god force, the higher self, or the spirit library which is the same as the higher force..

The student of the Tao had the ability to reprogram their subconsciences in a positive way. So there was - he was eliminating one of the senses; the least needed, and that is the verbal. And so the students reestablished and readjusted what they heard and saw.

Someone will say to you, "You look beautiful in blue." And then you will say to someone else, "This person said that I look beautiful in blue." And then your subconscious will react, "You only look

beautiful in blue around that person." Silence, in the Pythagorean schools, allowed a relaxing of the subconscious and the development of the higher self.

Peace and you may ask your questions.

Q: Are dreams from the higher self?

A: There are two kinds of dreams that are not. Everything that you have taken into your mind, or your subconscious, or the pineal - you can call it anything you would like. The first kind of dream basically is experiences throughout the life, or a releasing of that subconscious. Allowing it to, after a busy day, to release the pressure. And so you will find yourself walking down the road at 34 years old, but the road you are walking down was the one you grew up at at 5 and the people you are meeting were the people that you saw at 19, and the time of the day in regards to the great blizzard, was when you were 26; it releases at random. There is some symbology, but negligible.

The second kind of dream are nightmares; are the elements of too much to eat and wrong food combinations, and you will find those things that you have experienced of been a part of, will be gigantic, elongated. Like small boy; before sleep, the other night, had twenty-two olive pits. He dreamed that a wolf ate a favorite dog.

The third element of dream is in essence, when the subconscious self, when the soul relaxes and is completely relaxed, and the higher self is projecting through it or into it. Experiences of other people sleeping, of those who have passed on, for they are in the same area of that projection. You may wake with the feeling that you know of someone, or that someone is ill; it is because you received that projection during the night. Peace.

Q: Is the limiting of one of the senses helpful?

A: It is helpful under discipline; it is chaos without discipline. Pythagoras projected positively. Even though he taught, the students that he taught, never saw him for three years; he always taught behind a curtain, so they were listening to the words. So, another sense was eliminated; that of seeing. But it must be disciplined. The answer is yes, with caution. Peace.

Q: Would you explain the caution?

A: The caution is, that if you eliminate one element, or one sense, your subconscious is going to begin to react to that. Unless you have someone around you who knows what to do when you panic, place over your eyes perfectly clear but frosted, or elements that you can see light from without closing your eyes, but you cannot see anything, and you will eventually get the feeling that you are blind, and subconsciously panic will be thrown forward, and you will rip them off to see again. Those that cannot talk unless they are around others who have gone through the experience, and they see the

spiritual likeness or projection, they will talk for the fear that they cannot talk again. Peace.

Q: What part does meditation play in controlling the subconscious?

A: Usually meditation, in the form that you place in your thought forms as you say meditation, there are different forms seen within the subconsciouses of everyone here - but dealing with you: It is basically not meditation, it is the discipline, like the emperor training his soldiers, that is meditation. The higher self coming around is not meditation; it is more uplifting or more involved experience. Meditation is centering yourself, or the subconscious, to allow you to begin to replace the negativity or those things within it you want to replace with energy. But many people say they blank themselves out to meditate. There are very few who can do that; and those who blank themselves out are receiving no experience at all. To be a balanced person in your world, you must have a measure of imbalance. If you saw correctly, if you could see equally with the right eye as the left, you could not see. If you could hear equally with the left ear as the right, you could not hear. If the right arm had the same strength as the left, there would be inertia. And so there must be a small amount of imbalance, with balance. You must walk down your path going slowly from side to side, not walking down the middle; for he who walks down the middle of road, get hit from both directions. Within that perception, meditation has to be a balance. A balance, so those that meditate 24 hours a day, are imbalanced. You are in this world to be a part of it, not to escape from it. Even though they are in their evolutionary pattern. Peace.

Q: When we have periods of relaxation, we are then actually talking about not just relaxing the physical self, but relaxing the subconscious. Is that right?

A: Through visualization; the subconscious relaxes, as long as you visualize. Let us say that you relaxed here; you breathe in very slowly and exhaled; but in each breath you breathe in each person in this room, or each person that came in your mind, you would breathe in them and release them. The subconscious is centered; it is not fringing out. The higher self can move around it. But it is through this, by breathing in and breathing out these individuals, that this energy that comes around will be projected to them, for it will feel the energy that you are putting in to the centeredness. Peace. (long pause) Isn't it curious that there are a group of men in your world that have become authorities in the utilization of the subconscious mind. Through patterns they watched; what would you think, if with as many people in this room, Old Chinese, by studying each one of you, came forth with a dogma or with a finding, presented it to the world and the terminology 'schizophrenia' came from the studying of less than in this room; during a time when 60% of the vitamins and minerals within your food and body were unknown? So if someone says you are a schizophrenic, say you hope so. Because if you say you are not, you are. Peace.

(Pause) Now, one further word. Let us say that you are dealing with people who came from former lifetimes. How does the subconscious

work with this? The subconscious has never been before, so when you are with a person, you do not remember they are from a past lifetime; you may have a feeling of them, "I've seen this person before." This is a most interesting feeling; the higher self projecting down because your thinking filters through the subconscious, and by the time it gets out of the forest, it is black and blue, and you just have a feeling that you know. Just like the individual that has walked through the forest blindfolded, has very little left of feeling. But through relaxing the subconscious in visualization, breathing that person, you will be pulled to each other and there will be a communication unknowing of what you are.

Now, as you are able to replace the subconscious mind, and build it to a point - and we will be dealing with this - to a point where it is a daily progression, that nothing that has been placed in it before is reacting on it, then you will remember; you will have recall. You will say, "I know; we were in that lifetime when we dug graves in the northern part of Sweden. Graves for horses."

So, the subconscious plays that part, but it will not stick. You'll have the feeling, it will be a part of recognition of that energy. It will not be something that you place within your subconscious and your body reacts to. Each individual has the ability to basically nullify what has been before; that is what hypnotism is all about - to basically replace the subconscious suggestions with positive suggestion. The only problem is that sometimes when the positive suggestion has been put there, they did not go back to the previous time. Let us say that you are trying to replace the feeling of not wanting to smoke nicotine again. So it goes back to the time and says, "You will not smoke nicotine again." Because of that suggestion, the individual will not. But, if they face an individual that in the beginning they adored and they loved, and they said, "Smoke with me", they will smoke, and that subconscious suggestion will overpower the hypnotized element. It works, if the person finds isolation from the origins of the habit or the difficulty, or is being used for operation in a very short time.

So, as you have the ability to replace all of these things with positive projections or projections of harmony, you will begin to have inter-relatedness back and forth between the higher self. There will be a returning. The reason it is not now is because if the subconscious mind was the higher self, the higher self would be fighting battles all the time. Peace.

Q: Is it possible for the present day hypnotist to regress a person pre-birth and cause him to remember past lives?

A: Because of the energy that is around you, there are those who can do it. But you must remember what happens. They are in essence doing the same thing the emperor did to his troops; engaged them in something while he was teaching them. You are relaxing the subconscious, you are tapping the higher self. Not going through the subconscious, you are in essence doing what Old Chinese is doing; you are going beyond the subconscious, tapping the higher self, and so are in essence taking a book out of the shelf and going through it.

The caution in this - when Old Chinese goes to one of your libraries, pulls out a book of the time when you were a bell ringer within Notre Dame, he does not pull out the part and the fact that you went deaf at forty because of the sound. And so the regresser can go to that book and say, "Let us take this person", open the page and say, "Relive this day", and they can be deafened. That is the caution. The answer is yes, with great amount of caution. Peace.

Q: What help could you give the group in general regarding diet and exercise in order to stay in the best shape so that we can work on our subconscious?

A: As Old Chinese pointed out, we will deal with health and the way that you can work with this next week. Peace.

One thing that Old Chinese wants to bring forward here so that you will not under - so that you will not think we are lax: We have run into two difficulties in regards to dealing with the information coming forward on teeth: We have discovered an interesting thing, that in certain inoculations of childhood, and certain medications such as penicillin, do cause a killing of one of the enzymes in the saliva that can cause decay, and in the case of inoculation, of what your world calls measles, there is even a tendency to deteriorate the bone. We want to substantiate that a little more, and so the complete information on the first instance will be ready for you next time. Peace.

Old Chinese apologizes to those within this room. That was some information that will be available to you in the future; but we were trying to work with, because of one of the most important parts of hygiene within your world. Peace.

Q: Would it be a generalization or too much of one to say that the subconscious works basically on fears, and the higher self works basically on what we call love?

A: That is a very close analogy in your thought pattern. Again, we deal with words, that individuals react differently. Fear, there is the fear of being rich too, did you know? It is in essence the subconscious is the things that are a part of life; and they have a tendency to basically lie dormant, until you are bringing them forward. And because your world reacts on fear, it brings the fears forward. In that way it is true. The higher self deals with love, for it is impossible for you to love each other, other than the God Force within, which is the projection of the higher self. That is true. Peace.

In Old China there was a sage sitting by the road. And where he was sitting there were four roads, leaving a single lane. And the young student came to and looked at each one. And he said to this teacher: "Which one should I take?" And the teacher said, "None of them." And the student said, "Why? I must go." And the teacher said, "If you do not know where you are going, stop until you know where you are going." And so the student sat by the teacher. And

another student came and said, "Which way should I go?" And before the teacher could answer, the student said, that was sitting by the teacher, "Go the middle way." (pause) Another student came by. And he said, "Which way should I go?" And before the teacher answered, the student said, "Go to the left way." And a third student came by. And he said, "Which way should I go?" And the student, before the teacher could come forward, said, "Go the far right way." And another student came by and said, "Which way should I go?" And the student said, "Go to the way next to the right."

And soon the first student returned, bloody and beaten. The second student returned without any clothes. The third student did not return. The fourth student returned saying that the river had washed out. And the student sitting by the sage, jumped up, and in happiness said, "I know which way to go; I have been a teacher, I have been a sage; I will go to the far right." And he ran down the road. And the students that had been the other way were tired. And they turned to the teacher and they said, "Why did he choose that way?" And the teacher said, "There is no return from death."

May the Living Spirit be with you all. Blessings and Peace.

SUBCONSCIOUS MIND - SERIES #2 - HEALING

Blessings and Peace to you all; may the God Force that comes forth in every living thing live within you in the perspectives of each of your days. Peace.

In Old China, there was a physician within a small village, and he saw a man yelling and having great anger at another man; they were basically very, very angry at one another. And he walked up to them and asked to speak to one. And he walked away with him, and he said, "What are you angry about?" And he said, "He told me that he didn't like the way I did my crops." And the physician said, "You must know that whatever you do, do not let it anger you, or get upset at what someone else does to you. Think of the person as saying what they believe, even though it may not be true."

For the physician realized and knew that anger, anger at other people for doing things that basically you let affect you, causes restrictions of the muscles of the back, causes difficulty to the shoulders and legs, can cause great weight gain. It is important to know, but the physician would never tell his charge.

He walked on, and he saw a man sitting in front of his house, and he walked up and he said, "What is problem?" And the man said, "I do not know which way to go. I have been offered a large sum of gold for my house, and I do not know whether I want to sell it, move to the seaside, or go to the great imperial city, or whether I should keep it here. Oh, I do not know what to do."

And the physician said, "Relax. If an opportunity comes forward, and you hesitate, and you basically say you do not know what to do, do not let frustration overwhelm you. Decisions create frustration; frustration basically is not what you need. If you decide about one way to go, and you go that way, you can be disappointed, and you will say, 'See? I chose the wrong way.' But, if you relax, and you say to the person who has offered you the gold, 'I will think about it, or I will feel what should be done.' And do not worry about anything else. And if everything falls into place, you will take the money and move. But if you worry yourself about what to do and when to do it, then you will find you not know whether to go."

For the physician knew that frustration caused great agony within individuals. He knew that frustration can cause cancer; can cause great difficulties in regards to the individual's digestive system, the stomach; can cause problems in regards to seeing and hearing; and also within the bladder.

"If you let things flow", he told the personage, "and you do not try to make decision, you basically let things come, you will be always where you should be." "But what if the personage said he will give me gold by tomorrow, and I must decide now?" "If, by tomorrow, you do not feel that you should, and you do not feel it completely, then not go."

And he walked on. And he saw a woman running from her home, screaming and yelling. And he stopped her, and he said, "What's wrong?" And she said, "There is a rodent within my house." And he said, "Do not be scared of rodent; they will not harm you." "But they bite, and they cause great sicknesses." "Who said they cause great sicknesses?" "My mother." "Come, let us look at rodent." And they walked in, and

he said, "If you would clean your house, and have no food upon floor, basically you would have no rodents."

For he knew that fear causes heart disease, he knew that fear cause and give the same as frustration in many ways - cause arthritis, cause rheumatism, it would cause circulatory difficulties; and even cerebral hemorrhage.

He walked on, and he saw a man saying to another, "You are not any good; you are terrible." And he took him away, and he said, "Why do you judge him so violently?" "Because that is what he is." "Why do you not let him be what he is, and do not get excited over it?" "But what he is, is affecting all in the village." "How?" "Because we all know that what he is bad." "Who said he is bad?" "But it is known."

Individuals can only be bad if society says they are bad. For the physician knew that judgement of other people can cause difficulty in regards to throat, flu, cold, causing irritation of throat, causing the elements of great discomfort of stomach and body.

The physician in Old China must keep his personages well. What is your physician in your world doing? It is important now for each of you to understand that the subconscious mind is in essence the healer. Of course within your world, you must understand this analogy: The subconscious mind, in essence, is a natural force; it is beautiful. Whatever you plant in it by the conscious - as we have told you last time - it grows. It has the ability to grow only gardens of flowers and beautiful forests; but, because you are reincarnating into negative world, the negative elements of the world cause the subconscious mind to become negative. Even though it has the ability to absorb positiveness and be of perfect health, and your body would be of perfect health.

Therefore, in regards to the subconscious picking up each individual detail, not only the details that are placed by parental pattern, but by what the small one picks up or sees. Even though the subconscious can work on only positive elements, it will see the negativity of your world. Therefore, your world's negativity and poverty, famine, and the elements of war, are a creation of your world, and are a curriculum of your world. You will always have them within your world; you will never have them any other way, and that is as it should be. But, the whole goal is to be able to get the subconscious mind to recognize only the positive, not these negative creations that cause the body disease.

Small samplings and small time, "When you go out to play, oh, small boy and girl, make sure that you wear this or that or you'll catch cold." Why should you worry? If you believe that, you will catch cold, even though you are 35 and that was told you at 3, and you walk in the rain, and your feet are wet, you will say, or the subconscious will project, "Catch a cold" and you will.

The subconscious mind can pick up also a word on one of your communicating systems, that says, "Lock your door, or you'll be robbed." And if you are robbed, if you leave your door unlocked, you will have fear, and if fear surrounds you, you will pull fear. And robbers are filled with fear.

And so your subconscious mind is a myriad of many different feelings and programmings, that have been placed there by the conscious, as its captain, and, as the subconscious, its crew. Whatever is placed there becomes manifested sooner or later. It has been suggested that under hypnotism, you can prove how the subconscious works; under hypnotism you can say to individual, "I have before you pepper, you will sneeze," and you have sugar, and they will sneeze. The subconscious reacts to the thoughtform, not to the pepper. You can say, "I have here a weed - an allergic weed - and you can have before them a rose, and they will sneeze of allergy, or break out on skin, the same as they would with that weed. You can under hypnotism, used correctly, have all the symptoms of cancer, of ulcer, of heart attack, by giving the individual suggestions of fear, frustration, anger or judgement.

And so, the subconscious mind is in essence what your body is. There is great healing in your world, that is true. There are healers from one part of your world to another. They heal with religion, christianity, judaism, buddhism, taoism...there are the metaphysicians, there are physicians, the chiropractors, the naturopaths, there are psychotherapists. They all heal; but no matter what level or what they are, they heal only by one way; and that is the subconscious mind.

Faith. If an individual has faith in a doctor, they will be healed. If they have faith within a healer, they will be healed. If they have faith in a chiropractor, they will be healed. The Nazarene said to those that came for him to be healed, "Do you feel you can be well?" And they said, "Yes." And he said, "You are healed." The faith is...what is faith? Faith is belief in a power beyond yourself.

The doctor will take on that faith; most in your world have more reliance on physicians and on chiropractors, naturopathic, or whatever you think, because they cannot have faith in an unseen God or Living Spirit. They will have faith in something they can see, or touch. But no matter; it is the same thing. You will say, "But I have been to doctors, I have been to all kinds of personages, and you healed me!" For one thing, it is an essence, of the subconscious mind, making up its mind to be healed.

Belief, faith. There is no affliction that cannot be healed by faith. It is possible for a person to, before they go to sleep each night, that have no sight of eyes, of seeing them see; relaxing just before the sleep, and seeing them see, and they can restore the eyesight. There is nothing in your body that you cannot restore.

Mentally, or in the subconscious mind, it controls your body. Every element, through the involuntary and the voluntary nervous system that is controlled by the nerve. Through this nervous system, comes a connection to all parts of the body, and the way you react in fear, frustration, judgement or anger, will basically cause difficulty throughout your body. Small ones that are born and have asthma, or difficulty in some of these emotional diseases, that have the ability to live on after thirteen, are in essence reflecting the agony, the loneliness, the need of love by the parental pattern, and it will usually be prenatal, it is the same as the female and the child. So the female carrying a child, has great responsibility, for

subconsciously she can fear something, it will release hormones within the system, they will go into the system of the small one and affect it. At four months, eight days, and approximately between eighth and twelfth hour, if an individual female receives great fear to herself, and her fear causes her whole body to stiffen and have great agony, the child will be harelip. An immediate reaction by the emotional state of the subconscious self.

Each of you have the ability to rebuild your subconscious mind; to replace everything that is negative that you allow to come forward. One of the greatest negativities is the fact that you concede that you are getting old. Consider this: It takes 30 years for a man to mature; longer than any other living thing. In comparison to other living things...other living things live six times their maturity. That is not what it should be; man has the ability and the inner ability of a 240 year lifetime.

But from the old, from the very beginning, you will hear, "Wait till you get old...you will feel the aches and pains." "How are you today?" "I have been fine for an old man." These thoughtforms create illness, decay, create rigid paths within the mind. It is possible for an individual of any age to feel youth within the mind, and the body will react. But if consistently your society says, "When you are old you must retire." And so, you look in agony upon that date; you say things that cause you to begin to deteriorate before you reach thirty-one.

Ideally your world should have the physicians and those that care for the hygiene of the body, visiting their patients, not their patients visiting them. For some reason in your world, the fact that you go see a doctor means that you are ill; and your mind says so, and you will not go until you do. How many of you had someone who is an authority, spiritual authority, physical authority, walk up to your door, and you say, "What have I done wrong? What is wrong with me? Bad news?" And you wonder why your world has so many physical defects.

It is true; you say that disease is good; it allows the world not to be overpopulated. If individuals put only positive into the subconscious mind, there would be no overpopulation, for they would see the sanity of birth control. But that is another teaching.

Now, how strong is your subconscious? How important are you? What are you doing? What are you feeling? Your subconscious controls you, in more ways than one. But you have the ability to rebuild your whole life, to heal yourself, no matter where you are. But first, you must start dealing with the individual; to think only positively. But you say, "Old Chinese, what is there positive to think about? The world is in terrible condition." We hope it is in terrible condition, for that is why you are here; to learn to step above that terrible condition and have peace within yourself.

Now. The little words; the innuendos that come forth, that cause your body to fall. Someone saying, "If you run that far or that fast, you will be sore tomorrow." Someone will say, "If you lift all of that weight, you will hurt yourself." Someone will say, "Pregnancy is a hard experience; it is filled with pain." Someone will say, "It is important that you understand that I do not mean any harm; but you shouldn't do that or else you'll break your leg." Or you say,

"Don't run out into the street, or you'll get killed."

The negative thoughts; the programming of small and large minds. The subconscious self and mental healing you can call it spiritual, prayer, psychosomatic, psychotherapeutic, drug...you can call it anything you want; but it comes to one point, and that is the subconscious mind's energy pattern. If you have rash of body and you say, "My body is healthy and strong. I have perfect health. My skin is healthy and pure." It is possible, through that child-like belief - if you believe it, to eliminate it immediately. But 90% of those that are starving cannot do it that way; for they cannot see their body being healthy, strong, and poised, and then they say, "My skin is healthy" and the subconscious says, "But that is not true." To overcome that, you say, "And my skin is becoming healthier every moment." And the subconscious will grab on that and begin to work.

You have a ache across forehead, and you say, "My body is healthy and strong, I have no pain in body." "...but my head hurts" you say. If you have child-like faith, it will leave instantly; it will leave as fast as a fly swatted by water buffalo. But, most cannot do that; they must creep up on the subconscious mind, and allow it to sneakiness. So you say, "My body is healthy, I am strong, and there is relief coming through my system." And you will find shortly it will be gone. It will accept it. You do not say, "It will be well." You say, "It is coming through my system." "Will" is negative; it is putting it off into the far future. "Some day, Old Chinese will teach in the Vehicle, in China." That does not mean now; that is putting it off to the future.

Now, each thing that you are involved with, in thought patterns in feeling, are part of a programming from early childhood. To reprogram yourself, so that the subconscious does not throw this out, when someone yells at you and says, "You have horns of water buffalo, and you are just as ugly," your anger doesn't well up inside of you and your heart doesn't pound hard, and your stomach enzymes create havoc. When someone says that to you, you say, "I am powerful and poised. I see only beauty around me." And the thoughtform will replace the one that has been there before.

If someone - if you are having a difficulty and there is a small rodent running in front of you and it happened that you were a small girl, because your mother said, "Small rodents are harmful" and you saw her yelling and screaming, so you yell and scream, and your children yell and scream, and their children yell and scream. But if you say, "I am powerful and poised, and I am in control of the situation," it will begin to replace that negativity of the subconscious mind.

It is important that anyone who is looking at someone else, that they never say, "You do not look well today." That person will become violently ill, if they are extremely suggestible....and most are. How many doctors, medical, how many physicians, look at the patient and say, "We have problem here. You are very ill." If he can say, "Your body is strong and you are getting well," the patient has relief. The same as dentist would say, not that your teeth are falling out by the root, but "We have something to work with here. Let us go." There is a complete difference. Fear creates fear. That is important.

Now, what does nutrition do in this? (Pause) If your subconscious was only filled with positive elements, your nutrition would be perfectly balanced. But, since it is not, your nutrition does not look like it should be. And so you can help individuals through beginning to establish a strong nutritional advice, to begin to rebuild the subconscious. You can show someone through positive suggestion how to rebuild all their teeth, even though they are eating 24 pounds of sucrose daily. But it would be important to know that those teeth would go soon; for thoughtforms only work on the body, as long as they are positive all the time; always positive.

You can say, "Well, if that is the case, I can eat any food that I want." That is true, you can. You can eat all the sugar you want... if you are completely positive, have only positive projection of the subconscious. But, if someone in your positiveness, as you are eating 24 pounds of sugar, puts a negativity in there, you can guarantee your teeth will fall out. For you pick up, and the subconscious suggests, and it works, if the body is not in harmony.

Harmony. Nutritionally, each individual has certain elements within their body. These elements need to have a balance of food each day; there is need of protein, vitamin, mineral, there is need of each and everything that the body needs for digestion. If the body takes into it something that has no nutritional value, it will begin to wear it away. As a machine: If you put gas within it, it will run; if you put water in it, it will not, it will decay. There is no subconscious involved there; you can heal it, if you are always positive. But, if you are always positive, you would want only in your body those things that are good for it. People who eat sugar, salt and these floured things that have no vitamin, mineral element, do so out of frustration, out of fear. Most sugar is taken because of fear and not having appreciation of self.

It is important to know that you can correct your nutrition through those who know how to balance it. And through that, it is easier to become a positive projection. For as you are working, you do not have what you might call, negative intake, to cause deterioration. But each body is different; each one is so different, there is not many general elements.

For instance: Calcium is the largest content in your body. Phosphorous is existent also; but calcium has to be two and a half times more in the system than phosphorous. If it is not that balance, there will be starting a deterioration of bone within the system. It is one of the most acute balance systems there is. Calcium, phosphorous and magnesium; but not as much so since calcium and phosphorous are the two largest minerals within the system; you have to have a balanced diet, and learn all elements of it: nuts, seeds, milk, greens, fish, egg, all have it in completeness.

And so in dealing with the subconscious, you deal with the positive projection to it; but at the same time, looking at your body as a temple. There are those who say, "God has healed me." There are healers who say, "God has worked through me. I have the healing of the Nazarene." This is truth; they are not telling a falsehood. They are just using different terms. The God Force is beyond the subconscious; and it is manifest in the personality and charisma of the individual, the person can have faith in them, and be healed.

All things we perceive through the five senses are recorded subconsciously, controls the body and its elements. Within that knowledge you can each day, through saying, "I am a positive, powerful, poised individual. Always in control of my health and strength," begin to rebuild you. Know that you are in control, and there is nothing that you cannot do. Know that there are many illnesses that can be replaced by positive thought; but most of them have to be worked with nutrition first, so they can see their body functioning well before the final healing must take place. It is possible to heal self under terrible nutrition; but again, you will have to deal with the cause once more.

Your subconscious relies upon what the conscious has drawn to it. As we said last time, the conscious is like the emperor, looking down upon the valley, telling the troops, or the subconscious what to do. And they follow the actions blindly. What are you doing to your inner self?

Peace, and you may ask your questions on what we have taught.

Q: So, you talk about why an adult will eat sugar; generally speaking is that also true of the small child?

A: Just generally, if the small child is eating it; it is eating it because of an addiction through the adult's presence; but an adult will continue to eat great of it, in large quantities, when they do not feel the love or acceptance. Small ones eat it, when they feel in essence the reactions or the loneliness of the adult; or they will crave it because they have been addicted by the addiction of the adult. Peace.

Q: Old Chinese, are impressions from previous lives left on your subconscious?

A: Negative. Your higher self, which is beyond the subconscious mind, is your library or the combination of every life. Your subconscious mind that you have in you now has never been before, and will never be again. The higher self can project from it, down through, and around the subconscious, feeling some past lifetimes; but they will be feelings that you will have, not any identification unless they come through someone like Old Chinese, who will go to your library and read your book. For the subconscious does not record anything that comes from the higher self. Peace.

Q: So that means that everything that has been negatively implanted in the subconscious, came from this particular lifetime?

A: This is true; the negative elements have been placed in this lifetime. The people that you meet, the personal elements that you meet each day, can be from another lifetime; for when you choose a parental pattern, you choose in regards to not only genetics, not only the feeling at the time of conception between the parentage....this is why you can have from one time to another, parents that children that are completely opposite; for if within the act of sexual relation, the parents in one are calm and loving, and in another one the female is not involved and feels what you may call, bored, you will

pull another kind of spirit than you did in regards to the loving. So they can be completely opposite, even though coming through the same parentage.

There is also the personal relationships, the creeds, the culture, the society. Karma works in four levels: 5% of your karma is international; the time that you are involved in the world. 5% in the nation; the nation you are born into. 10% of the people that you meet, that you have been involved in other lifetimes through feelings or inter-relatedness. You can be dealing with someone you have been with in another lifetime, and because there is energy from their higher self, and from your higher self, there will be recognition of feelings; but 80% of the karmic relation is immediate, those things that you deal in each and every day. It is possible for you to walk down road, meet person that you in another life have killed, or you stomped upon, or you gouged their eye; and if you are in harmony with self, in tune, you will walk right by them. If you are not, they will gouge you, poke you in eye, and stomp you. Peace.

Q: You talked about recognizing only the positive. Is that done by affirmations?

A: Not necessarily, for by affirmation...it is also done by seeing the beauty in people, not the negativity. Each individual has a beauty; whether it has to be just one little thing that is beauty in them. It is in essence, being in harmony means seeing all things, not just seeing the surface. You look for the beauty in all things. If you look for the beauty in all things, you will see only beauty. But if you look for the negativity, or those things that irritate you, you will find only the irritable things. Peace.

Q: I have a question. If someone around you is constantly saying negativity, is there anyway I could personally change that vibration without getting involved in, a left turn, or whatever?

A: If they say negativity, they say, "It is a very terrible day.", you can say, "I feel good this day. To me, it is beautiful." You are not combating them; you are putting on and showing how you can look at things positively. But, if you say nothing, or fight against them, that will mean basically that they are trying to be negative to receive appreciation; but if in being negative they receive only a positive projection of yourself, they will begin to see that they must be positive to receive a positive response. Peace.

Q: There is a lot of talk about relaxing, relaxation. How does one relax?

A: Old Chinese wishes there was a lot of talk about relaxing; there is not much talk at all about relaxing. One relaxes this way: First of all, find a place that you are not infringed upon, and that it is your own place, and that you can spend at least 24 minutes a day. Sit within the relaxed state, and center in a visualization or picture form. That means breathing in and out. If you are working on self, you can breathe in "My back." This is a concern, and then you release. And you breathe in, "My body is strong and powerful; I stand straight." Do this with each feeling, with each thought; and the subconscious will center, and your body will relax. It will not

relax if you are allowing thinking and you are trying to meditate. Impossible. Meditation means concentration, concentration means the brain is working, the brain working means that there is release to the system, and this you do not want. You want the subconscious to get into the same state, that it gets into the twilight of sleep; and it can be in the twilight of visualization, even though you are conscious of the concentration, the body is relaxing. Peace.

Q: How much sleep does the body need?

A: It is basically depending upon the personage. Each one is different; each body has different needs. Some need 6 hours, some need 4. Some need 8. Ideally, if you relax 24 minutes each day, you will need no more than 6, no less than 4. Peace.

Q: How much food do we actually need?

A: There is a balance system within your body. As Old Chinese looks at your body healthwise, he will look at it in regards to bone structure, muscle; in regards to the deterioration or whatever, or the particular parts of the body; he will also look at the body in regards to the drugs and medication that you had, for those that have been on great amounts of drugs and medication over a period of time, will have imbalances within their body...it is possible that if you had a great amount of medication, that you'll need a higher intake of acid within your body than alkaline, to basically balance that; but you also have to take an acid-alkaline balance because of the individual's nutritional intake or supplemental intake, whether they are acid or alkaline, for they are concentrated and they will cause a balance within the body.

Food within the body should be spread out through the day. The individual that sits down to a meal is doing a great disservice. If you walk and talk, and you can basically be eating on the move, as you are working, rather than sitting down for long periods of time... unless you can sit down by yourself for a period of time. Those in your world that think it is wise to have all the family around the table, for that shows great worth...there is more indigestion at family tables than there is any other place in your world. There is more anger, more disagreement, more upheaval. Individuals eat better, if they have their protein all through the day, rather than in great heaps a few times within it.

The food intake can be measured, if the individual begins to feel what their body needs. Knowing their body balance, they can adjust it. But it takes work and knowledge, and it is not something that each person can do. You know your ideal weight, you watch it, you'll be able to see as it rises what you are eating incorrectly or correctly. Food intake in some people can have high metabolism, and they need 74 grams of protein; in others, only 44 grams. It depends on the body. It is individual. Peace.

Q: I'd like to understand the basic principles behind how acid-alkaline balance affects our body?

A: Your body, or a perfect body?

Q: Both.

A: In a perfect body, that has no emotion, that is not reacting to negativity, it is 80% alkaline, 20% acid. Preferably 70% alkaline, 30% acid. To each individual it is different; for we are dealing within your body with nutritional intake, with some medications of the past, with irregularities and needs and balances, the need for high acid intake to increase the metabolism and limit the deterioration of bone, for protein, in most cases, is highly acid. And so your acid need can rise as high as 50%, and your alkaline in balance; but when we say 50% - that means that, if you only need $4\frac{1}{2}$ ounces of protein to get your protein, all $4\frac{1}{2}$ ounces of that acid balance to get what your protein is, then you should have the equal - which would come to approximately 21 ounces - of the other, to get your balance. It is not in regards to grams, but in regards to ounces. Peace.

Q: Old Chinese, you said that we should work mainly on ourselves, and in another teaching you said that that is the main thing, not to be your brother's keeper. And since that other teaching, I have wondered why Old Chinese has come back to teach us, which seems to me to be more on the line of being your brother's keeper, of helping us on our way. Could you shed any light on that for me?

A: Old Chinese chose the Vehicle, and we teach through the Vehicle. It is through the Vehicle being in tune that people are pulled to him. You are not your brother's keeper; you are your own keeper. By being your own keeper, you will pull your brother to you. Did the Vehicle come after you through advertising, through missionary work? There is not one person in this room that the Vehicle sought out, or was a missionary to. You all heard through someone else. There is no advertisement, there is no missionary work. We teach. And those that are pulled to our energy, we teach them. And so you are here because you've been pulled to a vibration to increase your vibration, so those as are pulled to you, you will help them grow. Peace.

Q: Old Chinese, would you say that as you come more and more in tune, then that you find that you struggle less to be in tune and be your own keeper, you become more your brother's keeper. For instance, the Vehicle and Quinta Joy spend much of their time giving and helping other people. And would you say that as you become more in tune, you are more able to do this, whereas now in our state, in my state, I have to worry more about getting myself in tune?

A: If Old Chinese is not - Hermanic will refresh Old Chinese, one moment - True; Old Chinese is not, as Hermanic has said, he is not wrong, he said to you, one of the things that you must work with is being too much of a judge yourself, which you have just done. You are a vehicle for many more people than you realize. Accept that, and know it. But, to be in tune means to create harmony, and not have a fighting against any inharmony. To be in tune means to see and perceive all things around you; not only to hear a sound, but to taste it and to see it. It means basically that when you say to Vehicle, "I do not agree with you" that is fine, he will let that agreement go on. There is no defense of where you stand; but, as you become more harmonic, you will find that it is not as easy. For it is easier to be inharmony, than it is to be harmonic. For there are more inharmonic people in your world, than are harmonic. So it is like fish out of water; and you will have many challenges. There will be people that will see you and they will say, "What are you doing? That is not a

good teaching. Why are you feeling that?" And you will doubt, and you will wonder. But, you can get to the point that no matter where you go, that when people are pulled to you, they automatically feel harmony, and they do not know why. The answer is in essence true, and each individual does a little, or does a large amount, in regards to even now. For you pull people to you in regards to what you are. Peace.

Q: What can be done if your body is eliminating calcium?

A: First of all, be sure you get more calcium. Secondly, realize that the body releasing calcium usually through urination or perspiration. It comes also when a person feels anger, and allow other people to put them in situations, or they thinking they do. And the way to get over that, in essence, to begin to rebuild the body and allow the calcium intake to be the intake that is the strongest to hold in the system. Urination release of calcium is basically done through incorrect diet, and through nervousness; or when an individual has a tendency to have a frustration of self. For within the frustration they become agitated, and they have the need to relieve, to release. And there will be a build-up of fluids, and the fluids will release. The best way is to relax, and go about each day seeing only the beauty in people, and not worrying about what is going to happen tomorrow. See today, and you will find that the calcium will adjust, and there will be no difficulty. Peace.

Q: Some people have a tremendous excessive amount of oil on their scalp, coming out into their hair, and seem not to be able to get rid of this even if they wash their hair every day. What does this indicate, and how can they resolve that?

A: It depends upon the personage. It will vary from one person to another. But it usually means a very large lack or need for choline, biotin, paraminobenzoic acid, and lecithin. But it differs from one person to another; but in general those elements are the things that are needed. And an increase in folic acid, so that the bacteria of the duodenum, the intestine can bring forward these B-vitamins that would be taken in. Peace.

Q: You spoke of sugar and salt in the diet. How does nicotine generally affect the body?

A: (pause) It affects the body differently again. It is in essence the arsenic within nicotine that does the most damage. It can cause many difficulties; it can cause in one instance, in most people, a tendency to pyorrhea, it can cause many times, the lack of the circulation to the gums, it can cause a problem of gall stones, it can cause within the female the inability to release estrogen correctly, and it can cause most and foremost of all, a calcification of the protein within the lungs to cause an emphysemic situation. It will be different from person to person; but Old Chinese knows that there are people who like to put things in their mouths, and basically breathe in and breathe out. This is not an understanding. If you take something in your mouth, it should go out through the regular excretory ways, not back through the nose and mouth itself. Peace.

Q: Is water itself considered nutritional?

A: It is considered necessary, for your body is mostly water. In regards to an element, it is important to have good water, and especially water that has a lot of the minerals in it. Not water that has been chlorinated or flouridated. Of course the individual gets water in many ways; through food, through cooking, through absorption. The best water comes from vegetables, that in essence have digested and eliminated a lot of the chemicals that are bad for the individual. You get a lot of water through that way. But each individual should have 3 to 4 glasses each day. Small ones should have as much as 8. Those that want to keep good health within the teeth, should basically have the equivalent of 6 or 7, and make sure they wash the mouth out with water after each meal. But it should be a spring or a natural water; not a flouridated water. Peace.

Q: A well-known American psychic has often said that black coffee was a food. How does Old Chinese feel about that?

A: (pause) That individual said that basically, because he liked coffee. There is never any spiritual communication that said that. In fact, every spiritual communication that came through him said it was bad for him. There is only one nutritional element in coffee, and that is niacin. Caffeine again, reacts differently in people. Some can release it, some cannot. It has different things, and can release different things, from body to body. There are those that have a caffeine intake that can stimulate a pituitary gland that has difficulty. And this in essence is in very few cases. But the niacin release is very little. Niacin increases with heat. Peace.

Q: If you drink coffee that is decaffeinated, is there still so much acid in it that would be bad for you?

A: The oils within decaffeinated coffee are worse for you than the caffeine itself.

Q: The oils?

A: There are oils within decaffeinated coffee and within the processing of it. And they will find that they will cause more restrictions across the head and upset stomach, than caffeine itself. Peace. If you want to have the essence of coffee without it, you should go to a cereal or a beverage coffee. Peace.

Q: You mean like a, ah... (another voice) Postum.

Q: Postum...but say, if you are allergic to wheat?

A: Not Postum.

Q: Not Postum...

A: One moment while Hermanic tells Old Chinese. (pause) Pero, Pioneer. Peace. It's made from dandelions. Peace.

Q: With any child that is born with an illness or an affliction... is this due because of the mother's attitude during pregnancy, always, or, ah, is this a karmic thing, or can it have other reasons?

A: Yes to all of them. A small child is born mongoloid, or mentally deficient...first reincarnation within your world. Child is born with a disease that is going to cause it death before thirteen, have come in service, it is their last lifetime on your plane and are working within an evolutionary thing with parents, or those that they are in contact with. The others are basically in regards to the genetic pattern and the feelings and the period of time for the prenatal tendencies. Peace.

Q: Will you talk to us about daily life, and the balance or imbalance of activity and quiet times?

A: You should have one minute for one hour each day. It should be balanced in regards to one grouping, rather than throughout the day, of course, individuals can take individual elements no less than four minutes spread out through the day. Individuals react differently; some need to have a relaxation many times through the day, others need it at once. It can guarantee that if you have one 24-minute stretch in relaxation that Old Chinese mentioned, that you will begin to develop relaxing. But if you take four minutes out, in six times each day, you can learn to relax immediately and within that time relax the whole system, to begin to rebuild self, through relaxing is the best way to bring forth into the subconscious positive projections. Peace.

Q: So the 24 minutes you were speaking of should be taken four minutes six times a day?

A: Negative. It is individual, depending upon the female. Most Water females should spread it out over the day. Or Water-Fire females. Most Fire men should have it in one solid group; they need the energy. Most Earth elements need to maintain through what you may call, a kind of consistent feeling, but it should be in one group. Air elements, because they are always thinking, need to have it in one great group. Peace.

Q: And then for the rest of the day, large amounts of activity are right for the first...for people?

A: You say large amounts of activity, your words have no thought pattern in your mind. Do not understand.

Q: What I am thinking about is going and doing most of the time, I am very busy...

A: If you take out the 4 minutes each, 6 times each day, you will find that the rest of the day will balance, and you will not be going in busy in that element. Peace.

Q: Discuss the body's need for exercising each day?

A: Again, you are dealing with individuals. Your world likes generalizations: One gram of diet, one exercise program for all. And look what you have. One of the things to remember: Each individual needs different things. Some need a great amount of exercise, some need not at all. Some can get it in the slow movement of just a relaxed walk; some through an exercise within a room. The body is

different; you need to have someone that knows your body, its elements, its feelings, and its activities. There is usually one general means of exercise. Each individual should walk in one stretch at least one mile each day, from toe to heel, and with nothing in the hands. This will allow a free-flowing exercise throughout the body. But there is no one general case. Individuals are - require different things in regards to metabolism, circulation. Peace.

Q: Does Old Chinese have any suggestions on how we might be able to get over our own personalities, and get over really the personality traits that the people we come in contact with that often provide these negative impulses?

A: You do not want to get over your personalities. You want to basically project them positively, and not negatively. To basically work with them, you need to understand these things that cause agitation. Begin to look at self; things that you feel when you find something that bothers you, or something that someone else does that bothers you, that is the first case. Say, "I am in control of the situation. I have positive feelings." And name the individual, and say, "We are in harmony one to another." You can basically cause the change of your pattern through the discipline that has been mentioned, by sitting in a chair, relaxing, breathing in your concern, one at a time, and then releasing them. Breathe in again....let us say, concern about relationship with individual; breathe in the individual, release them, breathe them in again, and say in an affirmation, "I have excellent relationships with this individual. We have patience one with another." This begins the establishment of a pattern of positive projection in your concerns, and the people that you meet. It should be set aside, and you project with the people that you are dealing with, rather than working with them on the immediacy. For as you being...as you are projecting it in this way, you'll find that the people when you meet them, will react to the positive projection that you have given them previously. And that way, it will begin to change. Peace.

Q: Are there different kinds of breathing patterns that could be helpful?

A: Breathing is the same as exercise. It is different from one person to another. The ideal breathing is to breathe in regards to relaxation. Breathe in, hold or relax, and do not breathe out until a count of seven - counting very slowly - and then release. That will get your heart in the breathing sequence of the waves upon the sea-shore, which is the physical manifestation of the physical body. They balance together. It will get you within the gravity element of your earth. (pause) You will find that breathing, in times of agitation, upsetment...(pause)...basically within each individual works differently; but you can take fear, frustration, judgement, anger...when you feel it coming on or involved within it, relax. And breathe deeply, breathe deeply, and it will allow it to pass easier. It is an ideal way of working with the situations that are around you. Peace.

In Old China, there was a sage sitting under tree. And a student came up and said, "Teacher, I am ill of body. My leg and head hurts terribly." And the teacher said nothing. And the student said, "Teacher, I need your help. I am in great agony; I have aching of head and leg." And the teacher said nothing. And the student said, "Teacher! Tell me what to do!" And the teacher pointed to a spot next to him, and the student sat down. And the student kept saying, "I am in great pain" and the teacher said nothing. And then the teacher said, "See the bird in the jujube tree? See the beauty of the colors? See how he sees only beauty and says only beauty? See the flowers in the meadow; see it flowing and having feelers. See the brook, flowing through the meadow. See the beauty of the wind from the trees." And the student said, "I see them all." And the teacher said, "You are like these things. If you see the beauty, and take time to look at it, there will be no pain of body." And the student said, "What pain?"

Blessings and Peace to you all.

THE SUBCONSCIOUS MIND - SERIES #3 - MONEY

Blessings and Peace to you all, and may the Living Spirit come forth through the beauty of the day, and show the beauty that is insistent within each of you. Peace.

In Old China there was an emperor, who called together all of his wise men; who called together all of those that were responsible for the empire. And they said, "We need more money; we need more gold for we do not have enough. We do not have enough to run the empire."

And so they taxed the rice, they taxed the people's land, and they taxed their animals; and they received more money. And with the more money, they did not have enough; and so they taxed more. And soon the advisers came and said, "Oh Emperor, we have no more available. The farmers and the people within the empire have no more money to give."

And he was furious. He said, "There must be. We have a large empire to run; they must pay for these things." And they said, "There is no way that we can find to get the money you need." And so he went into great puzzlement and he called for all his wise men, and not one of them knew what to do. The magicians could not bring forth wealth. They thought of attacking another country or empire, to receive more money, but they did not have the money for troops.

And so finally the emperor heard of the sage that sat near the forest of Caan. And he went to the sage in the secret of the night and he said, "Oh Sage, tell me what to do." And the sage said, "Why are you here?" And he said, "We have no money; the people of this empire have no more money." And the sage said, "What do you need it for?" "To pay for the things that run the empire." And the sage said, "I can tell you how to get your money." And the emperor bowed low, "Oh sage of the forest; please bestow upon me this wisdom."

"First" said the sage, "get rid of your army." And the emperor looked at him and said, "But we need the army to protect us." And the sage said, "Now, if there were someone to attack, would the army fight?" And the emperor said, "No." And the sage said, "Then eliminate all the taxes on the people. Proclaim that there are no more taxes within this empire." And the emperor said, "But I cannot do that. How would I get the money?" "You are doing it now and you are not getting the money."

And so the emperor went and released throughout the empire by proclamation, "No more tax throughout the empire." And so, the sage said, "Now go back to your palace; relieve yourself of all the things that you do not need." And the emperor said, "But I need everything that is there." "How many coaches do you have?" "Only forty." "Get rid of thirty-nine."

And so the emperor slowly did. And the people saw; they saw that the emperor was finally doing something of concern to the people. And the people in knowledge brought food, and the emperor could eat

and those that were around him. And the people brought their finest things of clothes and cloth. And soon there was those that even brought money. And the emperor saw that by lack of restriction, there is always a free-willing flow of financialness. Peace.

Your world loves to be involved within lack and need. As we have said time and time again, this is the university of the physical experience. And your curriculum is war, poverty, famine, negativity. That through the positive progression of your own life, you step above these things that will always be on your earth plane, and you bring an inner peace within yourself.

You lives - even those within this room - from time to time will say, "I cannot afford" "Maybe I will get that next year, when I have more money." "That is too expensive." "Have you seen the price of rice now?" "It is not what I basically can afford." "We are only poor people." "We are in essence not wealthy."

Most in your world wish for wealth, while they are in essence living in poverty of the mind. Wealth is basically harmony. By being in harmony with self, you bring wealth not only of knowledge and feeling and people, but you bring wealth of affluence. How many times have you thought that money is ugly, that it is filthy, that it is dirty? How many times have you seen your neighbor having a lot of money, and you envied that money? How many times have you said, "They have so much money they do not know what to do with it?" Or, "They received it crookedly; they must have."

You are basically judging and allowing only lack within your life. Thought form is so strong...thought form eliminates from each individual's life the feelings that they do not have. There is no one born into your world that cannot raise above poverty, and have abundant wealth; it's just that your world puts guilt upon it. Your churches say that you should not be wealthy; your Bible says, "It is easier for a camel to go through the eye of a needle than a wealthy man to go to Heaven." That was translated long ago by a poor priest who had no money, and did not understand what was meant. The direct translation is: "It is easy for a camel to go through the eye of a needle." The eye of the needle was the gate entrance to Jerusalem; known as The Eye of the Needle. The second essence, that a wealthy man to go to Heaven: "It is easier for a camel to go through the gate, than for a wealthy man to go to Heaven." That is not correct. "It is easy for a camel to go through the Eye of the Needle, and for a wealthy man to go to Heaven."

A new teaching: A new analogy and parable. But, viewed by an old monk who had given up his whole life, he did not like what he saw, and he could not understand how a camel could go through an eye of a needle. And so he added: "It is easier for a camel to go through an eye of a needle, than"...and the following you know.

And it is said that you must give this and you must give that or else you will not receive. This in essence has truth, for the individual that learns to give of what they have, will receive, as long as they give without attached strings.

First get in your mind that money is not wrong, is not evil, that money is in essence a beautiful utilization. Those that have it have the ability not only to give fullness, to give strength, and to give individuality. There are those that basically can in essence through the financial intake of you seeing wealth around you, increase your service element, and their perspectives of your life.

Of course your world is of the Aquinases, of the Augustines, of the Assisis, who in their poverty gave faithfully. But this is in essence; they received as they believed they would receive. They received in poverty and so they maintained in poverty. If you receive in wealth, you will give in wealth. This is not a law that is in essence a new one; it has always been here. Your world is full of people who do not want to be wealthy in any way. They have fear of it. There is nothing that you cannot have within your life, if you would change the thought patterns of your mind, if you eliminate the negativity that surrounds and enshrouds each and every moment of your day...you can step forward from the agitation of consistent money worry.

It's important for individuals to know, that just a little thought pattern of those who say and said, "Well I have affirmed; I am wealthy." Basically, that usually will not work. The individual that is poor and says, "I have said every day; I am wealthy. I am a success," is not wealthy, and will not become wealthy, because within them the subconscious says, "You are not wealthy." However, the subconscious will not throw back the word 'wealth', if you say it, "Wealth" not "I am wealthy"... "Wealth." You will begin to take upon the feeling of wealth around you; rather than saying, "I am wealthy;" say, "I receive abundantly each and every day above and beyond my needs, as I give in abundance."

This way you are not, in essence, saying that you are wealthy or going against what your subconscious is saying, but what you are placing within the mind. The strength pattern that you are receiving will project within your world that you are a receiving station. If you project, "I receive in abundance" people will give to you and will come forward to you in opportunities that will first be unbelievable.

The trouble with most is that they see the money that they receive from their employer and that is their...what you may call, chain. They try to live within that, and that in itself is lack. By feeling lack, you eliminate opportunities that your world offers, you eliminate potentials of development and growth for yourself. For if you are living with four or five blocks of gold a year and you say, "I cannot afford anything out of that", that is what you will have. But if you can see yourself receiving abundantly each and every day, and then saying, "I receive abundantly; I have wealth in all areas of my life" you begin to change the subconscious projections of self, that are projected out into your world, and people are pulled to your wealth, to positiveness, and they will be pulled to what you are.

Do you go and visit the poor neighborhoods in the new town that you go into? Do you look for the chaos or the misery? If you put forward the positive element, you will receive it back. But in doing so, you do not put it such a way that it causes you not to believe it within. The person that says, Old Chinese has said, "I am wealthy," the subconscious mind will throw that back and say, "You are not." But if you say, "I am receiving in abundance," the subconscious mind can throw away; you are saying, "This is the condition that is coming", and you are saying that it is a part of your life.

It is advisable that you do not pinpoint the amount of money that you need. That if you say that you have needs of \$10,000 each month, you do not say, "I have \$10,000." You say, "I receive in abundance each day, and all my needs are met, and I have wealth in all areas of my life. I am the Living Spirit within, and so only positiveness and power come to me." And you will find the wealth or the return coming in regards to your needs.

There are many examples from your world; but let us say that you are saying that you have a debt, and the debt is \$5,000, and that you must have \$500 each of your months. And you say, "I receive \$500 this month." And you receive \$500 that month...but you are eliminating the possibility of someone giving you \$5,000 that month, by putting a limit on your need.

The universal energy, the cosmic force, or the energy coming through your higher self, does not put limits on anything. If the individual is conveying and pushing forth in positiveness, they will receive back in positiveness, abundantly. The reason your world is not filled with more wealth, is because more people do not believe that they can have it. And most of those who obtain it or receive it, do so through creative energy, through their own inner ways, of being convinced that they can have it, that it is a part of their life.

Thoughtforms are the coffins of individual development. Each of you find it so difficult to erase things that you have placed since childhood...how many times, "Can I have this or that?" "We cannot afford it now." "Have you seen the new automobile." "We cannot afford that now. It's too expensive." There is a difference, as Old Chinese has said many times, between looking at something that is expensive and saying, "I want that but I do not need it now." and looking at that and saying, "I want that but I cannot afford it." One is negative, one is positive. The negative words are "shall", "will", "can"...these things you say, are putting it off.

The inflationary tendencies of your nation are thoughtforms. Everything that is brought within your nation; everything that you find around you, you will say, "Prices are going very high." And you will panic and prices will go higher. But if you do not worry about it, you know that you receive in abundance, so you do not worry how high the prices go. If someone says, "You cannot get four pounds of crustaceans because it costs too much.", you say, "It does not cost much." Do not let the price of food basically make you

poverished. If you buy in regards to price in the food element, you will find yourself doing the same throughout your life, and there will always be lack around.

But you will find that as you buy this way, that you will pull to you only the foods that you need. The Etruscan who is with us now, has said many times, that he would like to have (and he does have) the power, but it would not do a purpose, to eliminate all things made of sugar, wheat and salt within your world. In a twinkling of the eye, there would be a lot of people starving to death, before they'd eat good food.

One key to always remember: If you eat the food that is good for you, you will always have enough to eat, for not many other people do. Each of you, in essence, review your eating habits and view your particular role within your projection of self. You eat and you say, "The bill is so high." But look and review what you are getting, look in regards to nutrition, in regards to growth and strength; and you will find people returning or giving to you things that they grow or do not - or that you do not have to worry of.

Saying that you receive in abundance does not mean that you are going to receive money always; but means that you open yourself to receive from many people. It can be at the most unusual places, for the most unusual thing; there are many stories of Vehicle and Quinta Joy, involved in this kind of thing. But the important thing is to know that you have the ability, through eliminating the lack, and seeing only abundance, you do not infringe upon the right of anyone else; you only pull to you a power and energy that is available to all within your world.

The reason there is inflation is because your world feels there is inflation. Because the person across the street, down the road, says that things are rough, things are terrible, that money is not going as far as it used to. And so, through those thoughtforms, they place themselves into an area. Inevitably, the personages that feel that inflation surround them, are going to feel it first. Within a factory, or place of work, those who have fear of inflation will be the first to be released; for those who have no fear, they will be felt of strength, and those in the organization or company will know that they need that strength, not the weakness. Even to the point of going over a most ridiculous rule that your world has: Seniority.

But it is important for you to realize that what you have is the way you think; what you have is the way you are; what you have is in essence the projections of your subconscious mind. Review that; review your feelings; review your projections. But remember: You can feel wealth, by saying, "Wealth. Wealth. Wealth." The person that says it, feels it. But instead of going into the areas that are what you may call cheap, walk into the areas that have wealth around them, feel it. And then you will feel that you too, in receiving in abundance will give in abundance, and there will be a free-flowing and the circulation will go on.

Old Chinese cannot emphasize this enough. The individual that feels that they have enough within their life, and they need no more, are in essentially saying, "We do not have to give any more than we have." They are in essentially saying, "We are giving up at this level." You can be happy where you are, but at the same time you can receive in abundance and give abundantly, and find a greater world to evolve yourself within. We see all the time people who feel that if you have this or that, that you should not have it. That is because they cannot see themselves having it. Peace, and we will answer your questions now.

Q: When you say that a person should never say, or visualize a specific amount of money that they need, are there ever any exceptions to that?

A: Negative. There are no exceptions. You can do it, but you limit yourself. You should not do it at all. Peace.

Q: Old Chinese, as a specific example: If we need a piece of property that costs \$640,000, we shouldn't ask for \$640,000. We should just feel we have the piece of property?

A: Most interesting analogy you have there. It's important to know that you see what the need is, you see what you have, and you project receiving in abundance in regards to your needs, and you will receive in that way, and it will come. Sometimes all at once, and sometimes in small particles. But it will come. If you see a certain amount, you are limiting yourself to that certain amount; and by the certainty that you need that, you will probably see the exact amount. Peace.

Q: How should one give?

A: As one receives. You should not give, unless you can receive. In your world, most of you are very, very poor receivers; you would say, "I'd rather give, than receive something." By saying that, you limit and lack. If someone gives something to you and it happens to be a purple shirt with pink and yellow polka dots and it comes to your knees, and it has a picture of a naked woman on the front, you do not say, "I can not use that." You accept it. For in accepting it as you receive, you give. There will be someone who has a need for this, and you can pass it on. No matter what someone gives you, you should not feel that it is yours for life; give and then receive, and then pass it on. If you give to Vehicle and Quinta Joy a book, they will read the book, and they will always find someone else who needs it too. If Vehicle receives clothes, he will receive the clothes, wear them until his need is over and pass them on. You receive, and learn to receive; you should never turn down something that is given to you. How many times has someone given something to you and you say, "I cannot accept that." But if they gave it to someone else, you would be vehement that they do. Peace.

In essence, to further answer your question: If you give in

abundance, you receive in abundance; but when you give in abundance, know that you will receive. Do not try to see where you are going to get it from. If you say, I have now given this amount. I will receive in abundance back, and it will have to be from this, that or there." You are limiting yourself. Try not to visualize where it is coming from. Peace.

Q: Old Chinese, if you are able, or one is able to maintain positive thought projections that will maintain that thought projection about the abundance and wealth that person has...then they really don't need to have a job as we have them now, go to work 8 to 5...that really wouldn't be necessary.

A: It would not be necessary; but for many it would be a vehicle for their communication. You would find that your job would be a part-time, or a particle of what you are doing. If you know that most, you will say, "But who will run this or that?" There is no harm or worry about that. Those that Old Chinese teach, are ready to receive. There are many in your world that are not ready to receive; they will learn the everyday things. That is their evolution; do not judge it. They need to go through that feeling. That is their evolution. Each of you within this room are now above it. And so you do not have to be shackled to it. Peace.

Q: Old Chinese, it was told to us when we had a reading that within about five years there would be an economic depression. Is it in essence what you are saying that there won't be enough people who will think positively about what is to come, in order to counter that.

A: That is correct. But that depression will be basically a re-organization at the same time. You do not have to be caught within it. You now have the ability to step out of it; for when Old Chinese gave you that reading, you were not at the point of being able to step out of it. You are now. Peace.

Q: Old Chinese, in your last incarnation in this plane, you were able to, I judge, maintain, I believe, to maintain positive thoughts in this approach throughout your life here, reincarnation here; and did not concern yourself with the many of the negative things that people here on earth do. In your incarnation previous to that, had you also attained a similar level, or was it close? I like to know the...the jump, or the...growth that took place between those two times.

A: There was, in the reincarnation before Old Chinese's last...he was involved within a part of your world that dealt with an ancient wisdom, in the Andes area. But he was basically in that lifetime what you may call, a bystander, who was in essence watching and feeling and seeing. And learned the essences of nature and the elements. You have the ability, once you receive the knowledge, once you begin to develop it and progress it, too, - even though you did not do it in the beginning of your life - to express it out. But you will also come to a point within your development - and Old Chinese had that, and Quinta Joy has it, and Vehicle has it - not saying this is their last reincarnation...but that you get to a

point where you do not care if this is your last reincarnation for you know that within the living and within the projection that you are doing, that there is so much beauty, that you would like to receive, and be involved in that again. It is in essence the difference between fear and the essence of seeing beauty. Peace.

Q: Old Chinese, I would like to clarify a certain point: One thing that was very difficult for me to...well, not agree with, but to accept into my life is the idea that we need to rise above the things on earth; because to me the earth was very beautiful. So what you just said is very interesting to me because it says that it's possible in your last reincarnation, or usually porbable, that you do want to remain on the earth. Now, how do you get the feeling that you have risen above it and yet you are involved enough to think it was beautiful and want to stay?

A: If you have risen above your earth plane, in essence in knowledge, in wisdom, and in all things, you see only beauty. You do not see the robber, or the thief; you do not see the war or the poverty or famine. It is a consciousness you maintain. And so you have seen the beauty; and the beauty becomes one with you. And in essence, your higher self says, "You have finally seen what has always been there. It is now time for you to see new things." In essence in your world, most do not see the beauty there; they get involved within the swamps, and they like to see the dirt; they do not see the beauty around them. But once you get into that beauty, there will be no fear whatsoever. Peace.

Q: What about borrowing?

A: Borrowing what?

Q: Money or material things.

A: If within regards to money, it would be the best not to borrow money in any way. The best. But if you do, what you are saying is that you are not receiving abundantly. Correct? You are saying you are not receiving your needs, so you need it. So you are admitting not what you have. By borrowing material needs, you are doing somewhat the same thing; but there comes a point where individuals that are on a growing pattern, or that - let us say within this room - that it is not a borrowing, it is a passing on from one to another, or from this person to that person, or from this to that. There will be those that will be involved very closely one to another, that they will give for a period of time, and then another thing will be handed. Borrowing of material objects is basically not showing the lack that borrowing money is; it is just basically showing or involving that you're at the time unable to see your needs met.

Q: But what if I feel a need in a time it comes, what about borrowing?

A: Then you do not have faith. Peace.

Q: Chung Fu, have you said that if a person has faith, the thing that they want or need, if the faith is strong enough, would be there right away, immediately?

A: It would be there when they needed it. Sometimes, when something is not there, they may say, "I need this" but they really don't, if they would look at the resources of the moment. Many times people have a tendency to say, "I have all things I need" it is there, it is a part of what they were doing, but they are not seeing it completely and so they feel lack. Peace.

Q: Old Chinese, I have a great deal of difficulty when thinking of financial things of not - of trying to find out how it's going to be coming from. Is there anything you can say to...change that?

A: Trying to find where it is coming from...basically say, "I receive abundantly from ALL sources through my world daily." Get in the "All Sources"; make it very flowerly and all inclusive, and soon the subconscious will throw away the individuals, the place, the situation, and you will find that it will be in - begin to re-establish a more comprehensively broad view. Peace.

Q: Old Chinese, could you shed some light on why often is the case that when you don't have enough money to buy a new car, a very expensive new car, your need for that car seems very great; but when you do have more than enough money to buy that new car, your need then becomes non-existent, and you never buy it?

A: It's the same as the person who is very hungry for something to eat, and they do not have it; and once they have it, they cannot stand it. It is an influence of this; that when you have something, when you have the ability to receive something at all times, and you allow it to come into your life, you know that you have it; but, if you do not have it, you have a feeling that there is lack. Wherever there is a feeling of lack, you have a feeling of greed, or a feeling of want. It is a natural tendency. And so when you have that feeling, you should basically say, "I have my needs met daily. I receive abundantly." And perhaps someone will give you a car, rather than you having to pay for it. Peace.

Q: How does all this apply to, or is there such a thing as karmic influences in these areas?

A: If you are in this room, and you are listening to Old Chinese, it has nothing to do with it. This does not mean Old Chinese is high, this basically means that you are in the perspective of stepping above karmic elements of poverty. You are having the ability that all of you within this room, are working mostly upon the immediate karma; very few of you are really incessantly involved with the other three parts of karma within your life. Peace.

Q: What are the other three parts of karma?

A: International karma, the period of time that you are born into your world, approximately 5% of your karmic element; the national

karma, the nation you are born into, approximately 5%; and the personal karma, the people you meet, approximately 10%. Peace.

Q: So we are primarily working on.....

A: Immediate karma.

Q: Which is, ah.....

A: Walking out the door, stepping off the step and breaking your ankle, that is immediate karma. Getting in automobile and allowing someone to hit you from rear end, that is immediate karma. You were not at the right place at the right time. Peace.

Q: How does one go about planning how they are going to use their money, or, or the resources that they have coming to them?

A: First, one does not plan; for plan basically means lack, does it not?

Q: Believe me, I don't know.....

A: If you plan money, you are saying I have this amount of money, so I am going to put it here, there and everywhere. If you allow it to flow in, and you use it as the need comes, you will always have abundance. But if you bring some in and you say, "It has to go here, and it has to go there, and it has to go here," you are saying that you have lack. You must understand, most have to do this slowly; it is not something that you step into, unless you have the faith of forty tigers stalking a water buffalo. It's in essence a great energy; that you know that you will receive and you do not doubt. In regards to planning, it is a negative element; you are saying you are not following your intuitive processes. Peace.

Q: Old Chinese, could you comment briefly on the nature of fear, as it relates to our everyday activities. It does seem to me that many, many, many, of our problems arise from fear of various kinds.

A: Fear, is in reality this: When an individual faces something that has caused them mental, emotional, or physical harm in a previous time in this lifetime. That is fear. Fear is a phobia; usually coming forth from a way that you have died in the last lifetime. Fear is also when you face something that in your subconscious mind. There is nothing to bring forward and experience in; it is blank. You face a new situation, and fear develops. In essence, it is one of these three things. And also, the most intolerable fear in your world, is the fear in you, or individuals of not being loved, or not being accepted. And this comes in regards to a fear that they have felt sometimes within the lifetime that they are now in. These are the three elements of fear; and these things can be overcome by everytime you have a fearful feeling, of saying, "I am now in control of the situation. I have the power to overcome all things that confront me." And you will step above it; slowly, but you will. Peace.

Q: Chung Fu, I would appreciate a little more guidance on the idea that you don't set a specific amount of money. If you have a deadline, when something has to happen, rather than say you have a certain amount of money on that date, how do you approach it best?

A: You say, "I receive abundantly each and every day; all my needs are met. I am wealthy in all things. I receive in regards to all things I am a part of." What you are doing, is that way you will allow the amount of your needs to be met by the deadline. You are not putting a deadline on it in regards to financial elements, or in regards to your own physical feelings. For this allows individual not to feel that they must know where it is coming from. It is possible to put deadlines on things, but it is not the best approach. Peace.

Q: What about saving money?

A: What about saving money? You want to save money? In saving money it depends upon how you look at it. If you look at it as money that is freely available for whoever might need it, then save it. But if you look on it as a hoarding essence, to save you against some terrible time to come, then it is in essence a negative element. Peace.

Q: Along those lines, what about such things as, investments or that sort of thing?

A: All are much the same thing. If you know that as you have them available, that if the need arise through someone, and there is a flowing essence, that you would give freely, that you do not look at it to take care of a certain thing; you look at it as a means to allow consistent flow in your life, so that all will be taken care of. Peace.

Q: Would there ever be a time when it would be wiser not to give? I was thinking in regards to the theory some people say you should rather than to give someone food, you should teach them how to plant and.....

A: If someone asks you for food, give it to them. If they ask you to plant, teach them to plant. But do not plant or give them food if they do not ask it; for they will probably not use it wisely. But; there is an essence of knowing that as you give, you give in a flow in some areas; you will see an area that has need, and the area is not infringing on any other rights, for they are giving you service; they are giving you warmth and love, and in return you give something, a part of you. Usually, the person that you give to, or the situation, is that you have received something, and you are giving something back; and then they will give on, and it will return and return and return. For as you receive, whether it is in teaching, whether it is in love, whether it is in physical things, or whether it is in the monetary; if you receive these and you reciprocate in regards to what you feel that you have received, or of what you feel that at that time is important to you, then coming

to you from other areas - not specifically that one - will be more abundance. Not necessarily financially, but in wisdom, in kindness, and in beauty. Peace.

Q: Chung Fu, underlying almost everything that I have heard you say is the idea of positive attitude. And, as I listen to you tell us about how to have positive feelings, and about which things, I think I would really like nothing better than to have nothing but positive feelings in my life. And when I think: In the present situation that I am in, with three children and many of us with jobs and things like that, is it, is it a lesson that we must learn to grapple with trying to be positive in the midst of so many negative things feeding into our lives? If we, if we yearn for being in a situation that is positive...that doesn't mean that in this life we're supposed to become nuns or go to a monastery, or something like that.....?

A: If you see the possibility, and you yearn or have it within your imagination, you are using creativity, and it will come about. That is a positive suggestion. If you say, "I have positiveness coming to me abundantly," you will receive in a positiveness too. You can use it in all ways. We will teach of how within a community that you can develop a community of positive and of people growing together, projecting positive elements within a community that is negative. Peace.

Q: Chung Fu, could you talk a little more about this community you just mentioned? And when you said operating as a community in a positive form, you mean within the negative social structure around it, or...?

A: Peace. Old Chinese, through what Hermanic tells has already been decided, will teach to this group on the community that you can develop within you, and the positive projection of it, and the plans of the future of this part of the world and of your total world, one week from this night, here. Peace. (long pause)

Those who work with Old Chinese: There is the Etruscan, the healer; the Hermanic, the messenger and scribe; the Nun, of Quinta Joy; and the Indian, who has returned from a successful endeavor, have basically given each of you strength to understand the knowledge that lies here. To give you strength within self. Within this coming week, consider all things that cause you negativity. Think of them, be a part of them, allow them to be in your mind. Think of them in many ways. And then the guides that work with you will report to Old Chinese, and we will cover them one by one, in the teaching that will come forward to bring to close this small series.

In Old China there was a sage sitting under plum tree. And student came and said, "Sage, how come you do not have wealth? You are poor, you have nothing." And the sage said, "I have everything. If I need food, it is here; if I need clothes, they are here; if I need housing, it is given to me. I have wealth." And the student said, "I do not understand." And the sage said, "You can through not having, have wealth; through having nothing, you can be wealthy, by your consciousness. Or, you can have wealth, and have all you need. But there is no inbetween.

May the Living Spirit come forth and give you peace. Blessings and Peace to you all.

Blessings and Peace to you all. And may the God Force that comes through the individual express itself this day. Peace.

During the latter part of the Chou dynasty, an emperor was sitting upon his throne reviewing what went on before him, minister after minister, person after person came with problems, with difficulty, and with many angers. He heard of difficulty throughout his empire. He heard not only of the difficulties but of the future threats and he was concerned. He called together his astrologers, and they told him that the stars were showing that China was in a declining position. And that this would be continuous for many years. He called together his magicians and they said they could do nothing because the crystal ball is blank with no energy.

Trully, China was at its darkest time. The emperor walked into the garden that had been the sanctuary many times ago for those emperors, that had dealt with the spirituality of things. He was known for his practicality, but practicality had flown with the winds and now there was nothing but chaos around him. He sat within the flowers and looked around this garden that was beautiful and perfect as nature can be. He sat there through the evening and into the night. He watched the stars come on one by one. He heard the sounds of the nightingale. He heard the sounds of the crickets and the frogs. He heard the sounds of owls, and he began to feel the coldness of night. As the dawning came he heard the morning dove. And in the earliness, in one corner of the garden, coming forth from an old fruit tree was an old man, his eyes looked steely and distant, his hands were hidden and he walked forward, as if gliding. And fear went down the emperor's back. He could not utter a word and the old man approached and looked in his eyes, and said these things. "You have neglected the energy of the higher self. You have neglected nature, the elements, and the people. You are responsible for what China is today. What are you going to do?"

In a mixture of fear and anger the emperor said, "I'm not the one that has caused this, others have caused the chaos. Nature is not producing." And the old man reached out and put his hand upon his shoulder and the garden disappeared. And they found themselves in a small village and there was a little boy crying. And the old man said, "Little boy, what is wrong?" "My mother has hit me and other boys in the village do not play with me. I have hurt my knee and I do not like school, or the education of numbers." And the emperor said, "But you can change this." And the old man put his hand upon his shoulder and they were in a coastal city. And there was a fisherman. And the old man asked the fisherman, "Why are you so glum?" "There has not been many fish." "Have you fished farther out?", said the emperor. "We are afraid to go out, the Gods of the Sea." And the emperor said, "Put yourself out there and there will be fish." And the old man put his hand upon his shoulder and they were in a fortress standing next to an ancient Chinese soldier. "What is wrong?", said the old Chinese. "My body is torn from sword and spear. The bones are tired, but an army is approaching and I must lead my men." And the emperor said, "But if you stand strong they will support and be behind you." The old man touched his shoulder and they were in the garden.

The old man said, "You are responsible, for your world. And as emperor of all China your world is not only what you see, but all your people, all that you influence and contact." And the emperor had seen, for he had answered his own needs. And he said, "Old man who walks in the mists of the morning, teach me how I might change my empire."

And the old man said, "You change it by realizing; what you are, what you see, what you say - is what is around you." "But how do I begin to change?", said the emperor. And the old man said, "If you come into the garden each morning I will teach you. I will teach you the ways of the wind, of the stars, of the air. I will teach you the way of the water, of the rain. I will teach you the ways of the sun, of the fire. And the old man faded to the corner of the garden, and the emperor knew, that his empire was saved. Peace.

Each of you in your world, are in charge of your world. We have talked to you of the subconscious mind, of its projections and health and wealth. Now we will talk of you, of changing your world. How you each can change your health and that which lies all around you. Briefly, consider the subconscious mind. Everything since you came to this world is recorded upon it. Within the sleep state it is a reviewing period. So even the things that you have pushed back are reviewed and you wake in the morning and you wonder why you have been hit from the left and the right; it is because during the dream state, the subconscious force has gone out. The dream state is actually a reviewing of what is there. Sometimes a relation but mostly a reviewing. And so now what you have around you at this moment is because of your state at this present time. You have the ability to bring the higher self into your world and completely override the subconscious.

Science is a projection of the subconscious in many ways. Psychology, the same. There are a few who project in creativity through the intellectual base, but they do that because they allow the higher self to come through the subconscious not completely around it. And so it is confused at times with creativity and not inspiration. Let us consider your body. Your subconscious has been trained to its deficiencies, to its difficulties. You say, "The doctor told me this." And the subconscious mind says, "Doctor....Authority....This we must accept." You are told as a younger child that you can not love a woman adequately and so you have difficulty loving women. You are told as a younger child that you will never be musical, and you will never be. But you have, as the emperor, in the early dawning, the ability to change your world.

Your world is not like the emperor's, but it is just as important. The early morning is the morning of the Tao, the higher self. Those who rise within the morning are ushering in a new day. Those who rise at the dawn, in essence, are bringing in the daytime, not rising later and just being a part of it. The subconscious mind centers easily, through visualization or concentration you can center it and begin to use your spiritual essence. Consider yourself; in the early morning rising for a period of 24 minutes. You breathe deeply and

you breathe in the pattern of the early morning. To people within your household, "I have a loving, good relationship with my wife or my husband...each child, one by one...is strong and beautiful." You see yourself walking from your pagoda, "I walk in health and strength." You see yourself driving to where you work, "I am alert and patient." You see yourself within work, "I appreciate each person that comes into my life." You see those that you know and those that you will see, "I am open and patient and full." You project yourself mentally this way through the whole day. At the end you say, "I am thankful for the beauty of this day and for its strength." The subconscious has been centered, centered deeply and fully. In regards to the day that lies ahead.

The higher self will project around the subconscious. It will go to the car or to the road that you drive upon, it will go to the children, to the work, to the occupation. It will go to the people that you will meet, to the meeting or to the business association. And as your physical body walks into the world, it will meet your spiritual self, not having to bring it out once it gets there. In essence your higher self is organizing the day for you without you knowing it. Physically, as you meet that person your higher self is there and your body and spiritual essence come together with an inner knowledge of the situation. You find yourself more alert within the automobile or within the business consideration. In essence, you are creating your world, it is not creating you.

The centering of the subconscious means that you think out what you will be doing; the higher self goes around like the wind on a mountain, projects to the individuals that you have centered on, to the situations, begins to change them, and as you walk into the day you meet these things and your life has positiveness and fullness. You will not know what is going to happen. You may feel the subconscious, the wind that blows around it, or the higher self, that is intuition. You might feel that a business meeting will be good and full, but by projecting in this way, initially and fully, the subconscious is not allowed to react upon its memory banks. If you walk into a situation and you have projected and your spiritual self is already there, the spiritual self meets the physical body and the subconscious is kept within and you react intuitively and inspirationally. But if you walk there and you have not done this projection or its equal the subconscious will say, "This person is this, this and that." They will react this, that and this way.

And the emperor, he had to do it for all of China. You only have to do it for your world. You can sit within a chair and project the same within the body or within a crucial meeting. See yourself performing in positiveness being there before; no tricks, no infringing upon others rights, you are operating positively. Most problems in spiritual growth, come because of the interference of the subconscious mind in every day affairs. Spiritual growth, is individual, there is no spiritual group. There are religious groups, but no spiritual group, only spiritual individuals. For spiritual growth is as individual as your path. As Old Chinese sees the many guides that are in this room, as they one by one project the needs and the

feelings of each of you. Some we see your life is ruling you, your work situation tells you what to do. No matter if you live or work within a high corporation, you can flow through it.

The spiritual self is the strongest essence within your world. Your higher self has within it the experience of the living, or the livingness of everything upon your plane, in one way or another, each of you had to experience everything that you hear, see, touch, taste, or smell; before you could become a part of the physical body that you are. So you have been sound, you have been grass, you have been tree or cat or dog. You have been buffalo or bird. Not immediately past one or two lifetimes but maybe 50,000 lifetimes ago. You have within your higher self the communicating or the electro-magnetic communicating system of all living things, all energy within your plane. And so when you project in this visual element and the higher self works, it works with cognizance and empathy with the birds, with the elements, with all things because it has been all things. That is important. You are the grass. You are the tree. You are the air, the fire, the water, the earth. You, your body. It is water. It is earth, it has minerals and chemicals within it. It is air, for it cannot live without breathing. It is fire, for it is warmth and without the sun it could not live. You are all things. But in ignorance of the subconscious mind you let the water, the air, the fire, the earth, rule your life. You let every situation with people, with plant and flower, organize and project you. You let automobile tell you what to do; but it is element, mineral, metal.

These are not far-reaching utopian ideas. These are practical projections for your individual control of your life. He who projects forward and allows the spiritual self from the higher force to go into the world daily, weekly, monthly; or even concentrated upon a person or upon a meeting or a business situation, controls his life. And only beauty will come forward. For the subconscious mind does not rule when a spiritual being has been projected forward.

Ah, to smell the color, to hear the plant, to feel the sound, to taste the music, to see the sound. Each of the senses interrelate upon a scale. The ancient masters, those that you know as myths, whether Odin or Isis or Vishnu or Zeus, were great masters, teachers; who taught the inner way, not the outer. Peace.

You may ask your questions.

Q: Is the fact that we have some of those names of the ancient masters still around, is that tied to the fact that they projected spiritually and that means that in today's world we have only left their name?

A: Consider, the Nazarene or Pythagoras; you can go upon the street and ask a small boy, who the Nazarene is. And they will give you a semblance of an idea. But ask him who Pythagoras is (A man who basically pulled the spirituality of your world together) and you will find that he is not well known. But consider 20 to 30,000 people surviving a cataclysm, talking of the ancient teacher Zeus, who in the center of their 7,000 years, taught the way of peace.

They tell their children, and their children do not understand, so Zeus becomes a myth in story-telling, for there is no writing. Slowly mythology becomes an element that people tell, but that actually was. In the next period the Nazarene will be talked of as Odin or Zeus or Osiris or Isis. Peace.

Q: Old Chinese, what's the spiritual benefit to being reincarnated at the end of a cataclysmic period or in a cataclysmic period?

A: There are many. First, it usually means that the individual that is involved with this, is needing to be a part of a society that is dealing with fast, communication. Meaning that they have to experience the expression of self and the caution of expression of self. Consider each of you, from the time you were a young child until now; communication has broadened instantaneously to your world. Where it has taken you nine lifetimes to experience Greece, Maya, Italy, England, Russia; you can experience it in days now. It is a solidification, or a nucleus period. For people have projected for déjà vu of a total existence. Secondly, there are more people that are on the brink of changing, meaning that they are at the point where they do not want to follow a religion, a creed, a philosophy or a faith. They want to find a centeredness and that is individuality. Third, many spirits come to experience the changing of the poles, the death aspect. There are more first existences on the physical plane pre-cataclysmic than any other time. Most of you in this room had a first existence just before the last cataclysm. Each of you now are experiencing an awakening, in the dawning of the next. It is in that awakening that you will come to terms with your spiritual self. It is in the excitement of the newness of the day, and the feelings of peace within self; that you leave this plane. He who says, "I do not want to return, once I get this over that is all I want to do.", will return and will return. But he who begins to feel the lightness and the beauty within chaos; will not. How many of you here, once you begin to enjoy something, find that you must give it up. How many here, once you get to love a house or some material object, it passes on. That is the same essence. There are many new souls in this world and that is one of the reasons it is in its situation. It is a time of great universities and education, not only in regards to the physical education, but for the university of spiritual education, also. Peace.

Q: Chung Fu, are you saying that if things seem to be consistent around you then that is not the way we want to go, there should be growth instead?

A: Consistency does not mean a lack of growth. There is a difference between an individual that has consistency and is at peace within self and he who has consistency, and hates every minute of it. This is the difference between excitement of each day and boredom. Consistency can mean that what you are doing in a peaceful attitude is giving energy and creating a solid base for an area. There are those who are needed for consistency and happiness within it for without that there would not be the stability of a circle of this kind. In each case, Old Chinese through Vehicle seeks those that have a stability within their life and a consistency at the same time.

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But not those that come from the working period and as they walk from the door say, "I am glad that is over." Peace.

Q: You mentioned 24 minutes in the morning, is it of benefit to spend additional time projecting positively?

A: The reason we use 24 minutes is usually at the $24\frac{1}{2}$ minute the person is asleep. Span in meditation is curious. If you would, you would find that if you lay down or you sat down after tiredness, the average time it takes you to fall deep asleep is 24 minutes. You may feel that you have gone immediately asleep but we are talking about the deepness. Secondly, remember the imbalance within balance. If each eye saw equally, you could not see. You have to have a little imbalance. If you meditate 24 hours a day you would be so etheric no one would see you. If you don't meditate each day, everybody sees, hears, and takes notice of you as you bump into them, as you basically become an erratic part of their life. By taking a small portion, and centering, in that time you can not only center in the day but you can center on people that you're concerned with. During the day, if you will take a few minutes, in one minute you can breathe in and exhale at least 30 people. Each time you breathe in a person and you exhale them, the electro-magnetic forces of your world makes synapses within the cerebellum and you communicate with that individual. You have opened a line. If that line is positive you are feeding an exciting energy outward. So you do not need to take long. In walking, in working or just taking one moment, and giving thanks, "I give thanks for this moment, for the beauty that is around me, for the excitement of living." And that thought is a caress to every element around you, every plant, everything that can feel that energy. Peace.

Q: In starting a discipline in the morning, would you recommend at sunrise or before sunrise you said.....

A: Old Chinese recommend because that was the Tao way. The Tao teacher would rise at sunrise or before dawn, would walk to the river and take a cold bath or would dip their elbows within cold water. That awakens the body. Secondly, they would take the moment to center and to project into the day. Third, they would walk until the sun rose. They would stop and teach. The Tao teacher would not move after sunrise. For he felt that is where he should be and the sun was giving him energy to teach. The reason the early morning we have pointed out, it is like going for walk at the dawn, you see things coming to life. You become a part of the living day rather than walking into it after the sun has risen and everybody is running around. You are just a part of it, instead of a part of bringing it in. Peace.

Q: Chung Fu, you said at one time that your view of the spirit world is the way it will be for you. If it has golden streaks and pearly gates that's the way it will be. What would you say for us now would be the most beneficial way for us to view the spirit world for our spiritual growth?

A: The spirit world is the middle of the road. Let us say that you are walking down the eternal. The spirit world is the path you are walking. And as you walk along this path you say, "Ah, there is an orchard I want to see." And you walk off the path into the orchard. After a while you come back and you walk along and you say, "Ah, there is a rose garden I want to see." And you go into the rose garden. The spirit world is where you always return, no matter the physical dimension, the dimensions of Old Chinese or the dimension before. If you will view it as a stepping stone to your next existence, as a place of refreshment, rebuilding and rejuvenation, you will accept it in the right perspective and enjoy its strength. Old Chinese is actually now teaching from a dimension two existences beyond this one, through the spirit world, and into this one. We have to use our last existence upon this plane or you would not recognize the energy power. And so we put in, in essence, the tape of Old Chinese and pull out the one of Vehicle. And so with the experiences, the form and the blood circulation and the genetic energies within the Vehicle are changed. But we teach through that existence from a higher self. The spirit world, is in essence the world of transformer. It is the transforming energy. If Old Chinese appeared to you in this room from his existence, where he is, you would all be cremated. But we go through the spirit world, which is a transformer and are able to communicate as a power that you can accept and feel. Peace.

Q: Chung Fu, in line with that too, I was wondering if you reincarnate say into this life on a physical-emotional level and then you go back into the spirit world and do you use that time as a stepping stone to say advance to mental-logical or....

A: Each life here is not like a stairway. It is like a wall. You can have a life as a saint and the next life a thief. You experience certain things. You must go through certain situations and feelings. It is not a step by step transition. But each existence builds and brings the wall to a greater conclusion. So, that finally you have peace within self and you go on. Peace.

Q: Therefore the growing is done in the physical plane not in the spirit world?

A: The only thing that happens in the spirit world is if you go into it and you say, "I am God. I am the only one in this spirit world." We will send spirits to re-educate you, understand you are not the only one there. Sometimes it may take the equivalent of two to three hundred of your earth years to allow this perspective before there can have a reincarnation. Again, that is why we say that you will see it as you perceive it, but you will not stay in it for there are spirit teachers who are here that teach only to help you come to that greater cognizance for reincarnation. Peace.

Q: Old Chinese when we pass into the spirit world do we see some of our loved ones and friends that have passed there before us?

A: Depending upon whether they want to see you. We will give an example. If you worry and say, "I want to see this person when I pass over." You can stop their evolution in the spirit world. Let us say that a mother has gone over and she is evolving. She is learning and growing beyond what her thoughts and feelings were and she is going to be in a place where perhaps she is ready to work with the evolution of some spirits or some spirit energy coming into your world. You go into the spirit world, there will be the knowledge, the energy is coming, they may appear there and in essence transmit a greeting but then go away. You will be surrounded by those at that time that are important. Do not necessarily feel that you will be surrounded for a great reunion of all that you have loved. For they grow in experience and some even evolve. If they have had a last existence and they are experiencing another dimension you are not going to get them to meet you. So if you can get the feeling that as you go you will meet loved ones or those that are concerned with you, then you will know. You can count on this, all who Old Chinese teach as he is teaching now, he will meet as they cross through that white pillar. Peace.

In Old China a sage was sitting under a plum tree and a great wind came through the orchard and all the plums fell around the sage. And he gathered them all together. And an old student came by at that time and he said, "Teacher, why have you picked all the plums?" And the sage looked at the student and he said, "Because they are a gift for you, from the wind to you." And the student took the plums and walked on. The sage sat against the tree and the tree in essence, gave forth with a sigh. The student ate his plums and the sage enjoyed the wind, the tree, and life.

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