

The background of the entire image is a deep space scene filled with stars and nebulae. In the lower half, a bright sunburst or starburst effect emanates from a central point, casting long, colorful rays of light across the sky. Below the sunburst, a range of dark, silhouetted mountains is visible against a warm, orange and yellow glow that suggests a sunrise or sunset. The overall composition is symmetrical and evokes a sense of divine light and cosmic connection.

ESSENTIALITY I

A MODERN, SCIENTIFIC, AND FAST PATH TO ENLIGHTENMENT

Mycal
An Enlightened Being

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Fast Path to Enlightenment

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This book is a summary of, and a preparation to read,
a longer and more extensive work:

**Essentiality II:
The Scientific, 5-Year System for
Infallible Spiritual Awakening and Enlightenment**

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Introduction

At the core of all religions and spirituality, there is an experience of the sacred beyond ordinary human ken. It is often called awakening or enlightenment in the East, and salvation or redemption in the West. Achieving this state of being is goal of all systems of spirituality and religion. It is an awakening from the illusion of only being human to recover your consciousness of Who You Really Are: an spiritual being, part of and always connected to the One Infinite Being, Source of all that is. It is an continual experience, of self as an immortal spirit, and individualization of the One Infinite Creator Being from which all that exists comes. It includes recovery of your innate perception of and communication with the One of whom you are always a part.

To fully understand enlightenment, we must first understand its context, the fundamentals of all existence, the cosmology of true spirituality:

The only thing that really exists is a single, infinite, Being of Aware Will, the One. This BEing has 13 Primordial Characteristics; Oneness, Infinity, Light, Consciousness, Wisdom, Will (Power), Perfection, Beauty, Magnificence, Love, Truth, Peace, and Joy. She has many human names: Brahma, Tao, Creator, God, Yahweh, Allah, etc.

This Being manifests out of its own energy substance, out of its own Essence, out of Love, everything that exists: the Creation, the Cosmos. She is both Creator and the Creation. She is the Essence of all that is.

The purpose of the Creation is experience, every kind of experience possible. The Creation is Essence expressing, exploring, and experiencing Herself in all Her infinite possibilities of being. The creation is the playground, the Disneyland, the cosmic movie theater of God. The creation is an illusion (maya), the ultimate and only Truth is

Essence. Essence individualizes part of Herself into limited beings, spirits, and these incarnate into the Creation to play, adventure, and enjoy.

We are each one of those individualizations of Essence, of the One. We are an immortal spirit, a particle of the One Infinite Being, a “chip off the old block”. Our separated individuality is an illusion; we are always the One; there is nothing else we can be. We are all the One pretending to be the Many to have others to play with and against, and above all, others to love (otherwise, we would only know self-love).

We are currently incarnating in the creation to explore the Human Experience, to play the Human Adventure Game. (The Human Experience is the exploration of **all that we are not in Essence**; the exploration of negative energy, obstacles, struggle and effort.) To fully live the Human Experience, to immerse ourselves in the role of human being, to take life seriously and dramatically; we must truly experience ourselves as only a human being. We must not-know Who We Really Are (immortal spirits, particles of the One Essence). We must block out the 13 Characteristics. We do this by creating a shell of negative energy around our consciousness that blocks out Essence and generates for us the illusion of a human identity. (The exact mechanics of this shell, how it works and how to free yourself of it, are well known, but beyond our scope here.) The shell is part of the Creation and therefore an illusion; in Truth, we never cease to be Who We Really Are.

How to Achieve Enlightenment

We can awaken from the illusion that we are only a human being. We can do this by discreating the shell of energy that limits our consciousness to that of human and generates for us the illusion of the Creation, of being human. Essentiality is a system, a technology for this discreation. This restores our awareness of self as an immortal spirit, and restores our perception and communication with Essence, with the One. When we are **permanently** awake such that we do not fall back into our human identity illusion, we are “enlightened”.

Essentiality is a new science of spirituality backed by a precision technology that produces enlightenment in only five years of effort.

1 – You are an Immortal Spirit

I am an immortal, spiritual being visiting earth—**as are you**. The difference between you and me is that I am enlightened. That means I have awakened from the illusion of being only a human, from the human dream which you are still living. You are an immortal spiritual being hypnotized, asleep, and dreaming that you are only human. You can awaken from your human illusion.

I have broken through the shell of energy that surrounds our consciousness and generates for us the experience, the illusion, that we are only human beings. I have recovered my awareness and the experience of Who We Really Are, spiritual entities incarnating on this planet to live the Human Experience. I am no longer psychologically human.

There is nothing special about me; you and I are equal beings. We are all “particles” of the Ultimate Reality, the Absolute, the Creator. In our true spiritual Essence, we are all the One and the Same Infinite Being. She is the only thing that really exists; the Creation is an illusion She forms out of Her energy. The Creation is Her playground wherein She incarnates as individualities (i.e. you and me and all others) to experience and know Herself in all Her infinite possibilities of being. Enlightenment is to wake up to all this and to Who You Really Are, to then play the Human Game from a much higher, wiser and more powerful level of being. You can become enlightened if you decide to do so and pay the price. The price is tiny compared to the reward, as we shall see in the next chapter.

Enlightenment is a much higher state of consciousness than human. It is so much higher you are no longer human. You still operate a human body, but your knowledge, psychology, experiences, values, motivations, and behaviors are trans-human. For one, you no longer have negative emotions; you are free of anger, fear, hate, guilt, anxiety, sorrow, depression, all human pain and suffering. You have a trans-human power of creation and manifestation of what you want in life; the universe obeys you. You have perception and communication with God. Again, we shall see all this in the next chapter.

Until now, enlightenment has been very rare on this planet. I am here to change that. My mission is to pave for humanity a scientific, certain, and rapid road to enlightenment. After 40 years of research and development, that road now exists and has 60 graduates to date. Thousands more will follow in the next 10 years, and then millions. Within 100 years, enlightened beings will predominate on the planet. Humanity will undergo a Transformation of Consciousness from materialism and negative energy that dominates today (egotism, greed, corruption, conflict, war, etc.) to one based on the experience we are all One and that the underlying true nature of existence is Love and Abundance.

This book is a glimpse into the advanced spirituality and interior world of enlightened beings. This book is your invitation to your enlightenment through a new and extraordinary path channeled to our world to catalyze a Transformation of Consciousness. It is an introduction to a more complete book that explains who you are, where you are, and what is really going on with life. That book explains how you can awaken and achieve enlightenment should you choose to do so.

Science

The human mind and imagination are almost infinitely inventive. For any given phenomenon, it can create a huge number of explanations and stories: myths, legends, fables, opinions, guesses, suppositions, beliefs, fairy tales, political theories, dogmas, doctrines, and entire religions. It not only can: it does. For example, there are more than 3000 religions on the planet. Obviously, not all can be truth.

The answer to that power of the mind to create illusions and hallucinations we call science. As a verb, science is the process of establishing what is reality beyond opinions and beliefs. As a noun, a science is an organized body of knowledge that identifies the real nature of things and how they work and interrelate. That understanding of causes and effects, laws and principles, gives us the power to control the area and produce our desired results.

The essence of science is evidence, and even better, proof (overwhelming evidence). The qualifications of anything scientific are verification and replicability. Verification comes from the Latin, “veritas” meaning “truth”. We use verification when somebody makes any statement and we observe to see if the statement corresponds to reality. Example: “Your ceiling is black.” Look at your ceiling to see if that statement is true.

Replicability is the verification of processes and results. Someone publishes a procedure and its results. Others then follow the instructions to see if they get the same results. If they do, then it enters the annals of science. A famous example of this working is the 1998 cold fusion failure of the University of Utah (Fleischman and Pons).

I claim that both Essentiality and Psycanics are sciences - a declaration which itself is subject to science, to verification. As spiritual phenomena are not physical, we have no objective external realities to measure. You will have to verify all statements and results for yourself in your own experience. I have

tested everything with thousands of people over 40 years, but obviously, there is nothing physical for others to verify.

Psycanics is a physics of non-physical energy, which includes thoughts, emotions, identities, motivations, behaviors and relationships exchanges. It is easily verifiable. For example, if you present me with a situation in your life and your negative emotion, I can show you in 5 minutes exactly how you are creating that emotion. I can also teach you how to permanently eliminate your negative emotions. (If you think you are not the creator of your emotions, you are in an illusion.)

Essentiality is more ephemeral dealing as it does with more subtle, spiritual phenomena. It can take more time and effort to verify, but it is no less verifiable. For example, it takes four days of preparation in a retreat for a person to personally experience Essence (God). Such personal experience is the only verification possible.

Some people think that science does not, cannot apply, to non-physical phenomena. Weird idea. That something is non-physical does not say that it is not verifiable. Do you have thoughts? Do you have emotions? Can anyone convince you that they do not exist for you? Do your thoughts and emotions have causes and effects?

If there is no science of the non-physical and of the spiritual, then there is little hope for the future of mankind because without an evolution of our thinking and behaviors, we are going to destroy our civilization. (More on this at the end of the book.)

In introducing Essentiality to the planet, the last thing I want to do is to put forward another religion or wild theory. I am reporting my experiences and those of many students over many years. You can replicate them. Doing so leads to enlightenment.

2 - What is Enlightenment?

“Enlightenment” is a term used by many people to mean many things. It is an attempt to translate Eastern religion terms such as bodhi, kensho, satori, moksha, jnana, and ushta, which have connotations of insight, awakening, understanding, and liberation. There is also the problem that almost all people who try to explain it or write about it are not themselves enlightened, which naturally produces vague, varying, and erroneous definitions. We now want to remove all vagueness from the term by defining it precisely.

You are enlightened when you are living in two experiences:

#1- You are living permanently in the experience of yourself as an immortal, spiritual being. You have transcended the illusion that you are only a human being and have recovered your awareness and experience of yourself as a non-physical entity of aware will, wisdom, power, love, and joy. You can feel your Self extending beyond the physical universe (which is also an illusion) and outside of space and time.

(Note 1: Enlightenment is an ***experience***, not an idea or intellectual understanding.) The difference is like that between reading about flying versus piloting a small plane. Not the same thing.

(Note 2: “permanent”: A momentary, fleeting experience of your spiritual being is a glimpse of awakening; it is far, far from enlightenment. It is not uncommon that people have a glimpse of higher states, return to their human level, and then live in the ***belief*** that they are enlightened.)

#2- You can perceive, feel, and communicate with the Tao, the Creator, the One Essence of All That Is. You are part of Her. She has 13 Primordial Characteristics, among them, Oneness, Infinity, Wisdom, Perfection, Beauty, Love, Peace and Joy. You can feel these, bathe in them. You can communicate with Her (telepathically). You know beyond all doubt you have found Truth. You are returning Home to Love.

Experience and communication with Essence have nothing to do with mind, knowledge, or belief. You must be out of your mind to perceive the Tao (which

is why all traditions emphasize meditation). In mysticism, the mind is a nuisance.



Enlightenment has many secondary characteristics including:

- You understand how life really works. Human ideas and beliefs about life are mostly wrong, which is why people fail to produce their desired results, and why they have problems, conflicts, drama, and suffering. (Negative energy, drama and pain are not natural; they are the result of ignorance of how life really works.)
- You are free of all the negative human emotions. You are beyond human pain and suffering. You live in eternity, serenity, and in divine Love-Joy.
- You recover your innate, divine, creator power. By using your Divine will, you manifest what you want in life. You live in abundance at the same time you are free of any desire to amass money or material things.
- You are free of the compulsions and obsessions of human beings with accumulation, hoarding, ostentation, one-up-manship, glorification of the ego, success, power, fame, fortune; and of idolizing those who have these. You may choose to have them or not, but they are not important to you and you do not need them for happiness.
- You are free of the External Quest for Happiness. You are innately joyous all the time. You need nothing and nobody to be happy all the time and no matter what occurs in the movie that is your life.
- Your mind is at peace. Your “crazy monkey” is gone. You live free of the judging, invalidation, polarization in good<>bad, criticism,

comparisons, jealousies, resentments, envies, guilt, blaming, complaints, etc. that consume the mind of the UHB: Unenlightened Human Being.

- You are free of attachment. The arrival of anything negative and the departure of anything positive to your life is no distress. You remain serene and happy even in such events as a death in the family, business failures, loss of money, accidents, illness, your own death. Life is a movie, a parade of experiences; none are good or bad; they just are as they are. You are not a human at the effect of events, but an immortal, spiritual observer of the Human Movie.
- You know that we are all One and in One, there is no more or less. You are beyond the negative ego of More than<>Less than; Better than<>Worse than. You are grounded in humility and the equality of all beings. Nobody can make you feel less, and you do not feel more or better than anyone else.
- You are transparent to the negative energies, slights, and attacks of others. Negative energy flows through you meeting no resistance, no upset. You may respond, but you do not react. You live in serenity and peace.
- You are free of all the baggage that a human being carries. You are free of the past: sorrow, regrets, resentments, failures, shame, guilt, and traumatic incidents. You are free of the future: of anxiety, worry, and fear. You live in present time, in the Eternal Now.
- Compassion and kindness. You see all your fellow spiritual beings lost in their human dramas. You understand how they are trapped in their victim and suffering--without getting caught up in their dramas. You can see exactly how they are creating their problems and conflicts; you know the solutions to their problems but respect their choice for drama and say nothing if they do not ask.
- Your relationships are loving and serene, free of all negative energy and conflicts. If you want a romantic relationship, you simply manifest it and it is always the ideal person for you at that period in your life (no drama about finding the "right" person). Likewise, if it is time to end a relationship, you do so in love and gratitude for the relationship. If you need a business relationship, you manifest it: you are connected to the One.
- You will find more characteristics of enlightenment in the book: Essentiality II: The Scientific, 5-Year System for Enlightenment.

As an enlightened being, your knowledge, energies, values, behaviors, motivations, and experience are so different from that of a human being that you are no longer psychologically a human. You still have a body, but in your interior life of mind, emotions, perceptions, relationships, reactions, and goals you are no longer a

human being. This will become clearer once we describe the 5 Stages of the Human Adventure.

The Human Adventure in which you-spirit are incarnated has 5 Stages. You as an Unenlightened Human Being (UHB) are living in Stage 2 of the Human Experience which is Drama. Drama is all the rich experience, mostly negative, that we savor during a movie or a game. Drama includes suspense, surprise, shock, uncertainty, doubt, fear, anger, error, failure, problems, conflicts, guilt, regret, resentment, deception, betrayal, sadness, sorrow, loneliness, hate, depression—to name a few. Notice you go to movies, and play or watch sports, to experience the drama, to feel all that they make you feel while watching them.

Is your life dramatic? Is your life full of negative emotions, emotional pain? Is your life replete with problems, conflicts, errors, and failures? Great! Drama is the purpose of life when you are in Stage 2. You are free to stay in Stage 2-Drama as long as you want.

The great question for your spirituality and for your happiness is: When do you want to awaken from avidya (ignorance), from the negative side of life, from not knowing Who You Really Are, from drama, pain and suffering? When do you want to advance to the 4th Stage of the Human Game: Enlightenment? Enlightenment is life on the positive side, in wisdom, power, love-joy, and abundance.

It's up to you. I can only show you how; I don't decide when you do it. Sooner or later, you will have to: you-immortal-spirit did not come to Earth for all eternity, only to live the Human Movie awhile.

3 - The Ecology of Enlightenment



Enlightenment is not just some experience or state of consciousness sitting out in the middle of space all by itself. No! It is an integral part of the nature of all existence, of the entire Creation, and particularly of the Human Game. There are many factors and elements around enlightenment, which we shall call its ecology.

To fully understand enlightenment, you must understand its ecology, the context in which enlightenment exists. Only by understanding the ecology of enlightenment, which are also the **Fundamentals of Essentiality**, can you truly understand who and what you are, where you are, and what is going on in life. The fundamentals of Essentiality and the ecology of enlightenment include all of these phenomena:

- The One Essence of all that exists, the Creator.
- You, a psycan (a spiritual entity, delineated by the ego force).
- The Creation: Essence manifesting Her Self in all that exists.
- Experience and Realities, creation and discreation of
- The Purpose of the Creation: Experience.
- Polarity and the Laws of Polarity
- The Hallucination of Bad-Should Not Be
- The Essence Polarity of Being
- The Human Adventure Game
- Avidya (your mystical amnesia)
- Your shells of being: your creations of what you-psycan are being, including human being.
- The 5 Stages of the Human Game
- Descension from Essence to Earth
- Evil: its nature and reason for existing
- Drama, the result of Game Conditions
- Awakening
- The Dark Night of the Old Soul
- Enlightenment
- Illumination
- Samsara

The above is the “What” of enlightenment. The rest of Essentiality is the “How”, the technology. *Essentiality II* explains both in more depth and detail.

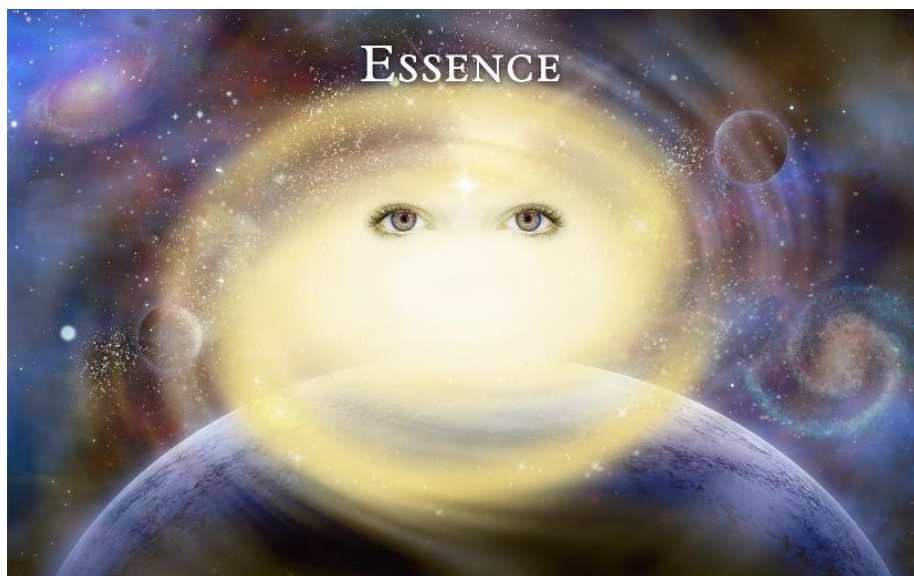
4 - The One Essence of All

As we said, to understand enlightenment, you must first understand what existence is and how it works. It is both very simple and far more complex than the human mind can encompass. The ecology starts with understanding the Ultimate Reality and only Truth of existence: The One Essence of all.

The One

The only thing that truly exists is the One, a single, infinite Being. The closest concept we have to Her nature is “Energy”. We can say that She is Infinite Intelligent Energy. She is One Energy, One Being, with 13 Primordial Characteristics. She is infinitely Light, Infinity (Liberty), Oneness-Unity, Consciousness, Wisdom, Will (Power/Creator), Magnificence, Perfection, Beauty, Love, Joy, Peace, and Truth. All these are the One Life Energy, just as white light contains many colors of light.

Whenever you hear or read of an encounter with the Creator, such as in mystical experiences, deep meditation, near-death experiences, entheogenic experiences; you will find mentioned one or more of these Characteristics. Whenever you are inspired by any great work of art or music, or by the beauty of nature, you are experiencing a ray of the Creator. I will capitalize the first letter of any word referring to the One, and add a “13” after any Characteristic, to remind you that we are speaking of the One, of the Creator, of the Essence of All That Exists.



Essence

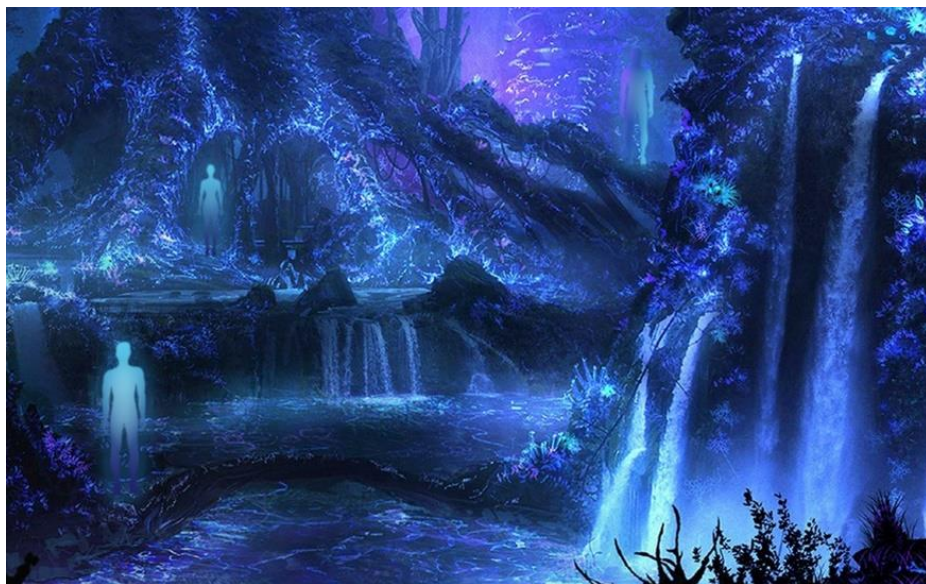
Everything that exists is the One dividing and manifesting Herself into illusions of individual beings and into things, aka realities. She manifests the Creation, all that exists, out of Her own Essence—there is nothing else out of which to create anything. She is both the Creator and the Created; She is the Creation; She is the Creator and the Creation (wherefore we use a capital “C” for both). She is the Tao. We shall call Her Essence for She is the Essence of all that is and that is the name She uses for Herself and recommends to us.

Essence is Ultimate Reality; all else is an illusion. The Creation and everything in it is an illusion. Our world, as solid that it appears to us, is all smoke and mirrors, a simulation, a hologram. Quantum physics confirms this in that it has traced the origin of all energy and matter to the quantum field, the no-thing that creates everything. What seems to us solid matter is 99.99% space, nothingness.

To us spirits pretending to be humans to play in the Creation, each aspect of the illusion, from a sub-atomic particle to the grandest galaxy, seems Perfectly-13 solid and real—as it should be. However, an enlightened being can see through the illusion and feel Essence and Oneness, the Love and the Joy of which all is formed.

She is the Tao and the Shiva of the mystics. She is the Quantum Field of physics that creates all energy and matter. Physicists study the field from “outside”; mystics integrate and communicate with the field (Essence). What physicists do not understand about the Field is that She is alive; She is Life itself, and She is the One. You are Her; you can learn to perceive Her and to communicate with Her.

Illustration: Everything that exists is formed by Essence out of Her Essence. What looks like solid matter to us is really patterns of vibrations in the Essence Field.



It's a She

One of the many polarities in the Creation is Yin<>Yang. (See the glossary if you are not familiar with these.) Essence is the Creator of both yin and yang, and Her nature is both yin and yang; She is the Tao as described in the Tao Te Ching; notice that that description of yin. When we perceive Her, She feels much more yin than yang: Immense Presence, Infinitely Patient, Totally Accepting, Nurturing, Loving. Furthermore, it is your yin (consciousness), not your yang (power), which perceives Her. Therefore, we will almost always refer to Essence in the feminine.

I have asked myself why the Judeo-Christian tradition always refers to God as masculine, as yang. I think it is because those who wrote the bible never knew Her personally. This is reinforced by the descriptions of "Him" as exigent, judgmental, easy to anger, vengeful, and requiring obedience, praise, and adoration. Essence is Love, Infinite Love. One of the last chapters in this book is a message directly from Essence in which She explains who She is and what your true relationship to Her is.

The Tao Te Ching

The Tao Te Ching is another description of Essence. It is much more accurate than the Christian concept, quite accurate in fact. One of the last chapters in this book is a “Message from Essence” in which She describes Herself, intending to correct our errors of understanding of how She is.

In the meantime, here is my “translation” of the Tao Te Ching--not that I speak Chinese but I do know the Tao. All students of the ESAE come to live in the experience of the Tao; it is an Essential part of enlightenment (pun intended).

The Tao Te Ching

Beyond names and description is the Tao.

Naming or speaking of the Tao is not the Tao.

Nameless, She is the origin of heaven and earth.

Non-being, She is the ground of all being.

Named, She is the mother of all things; She expresses in all things.

She is the mystery behind all nature.

Without, you see only appearances.

Within, you find the source, the Tao.

Sought for in the creation, She cannot be found.

Seek Her within; cease to think and desire,

and She appears in all Her glory.

5 - You-Psycan

In your highest level of being, you are Essence; you are the Creator; you are the One Being. There is nothing else you could be; Essence is the only thing that exists.

You are not a part of Essence; there are no parts in One. You are all of Her. Everyone else is also all of Her: we are all One Being. To be able to play in the Creation with others, to be a human being, you have individualized yourself in the illusion of the many.

The human mind is totally incapable of understanding our Oneness, that you are the One, that you are All That Is; that you are others and they are you. However, with the right guidance, you-spirit can experience this. The day that you grok this will be day of immense expansion, freedom and joy.

All others are also the One. When you are enlightened, you see the many, but you feel the One; you feel Unity-13 and Love-13 for all others. You see the faces of others but experience that they are the faces of Essence just as yours is. From this comes the Hindu salute of “Namasté”: “I honor the Divine in you as it is in me.”

Illustration:

Namasté:

*I honor the Divine in you
as She is in me*



Note how Oneness-13 and Unity-13 are recurring themes in people's reports of their mystical experiences. In its 4-day Awakening Retreats, the ESAE (the Essentiality School of Accelerated Enlightenment) guides the participants to experience Essence and Oneness.

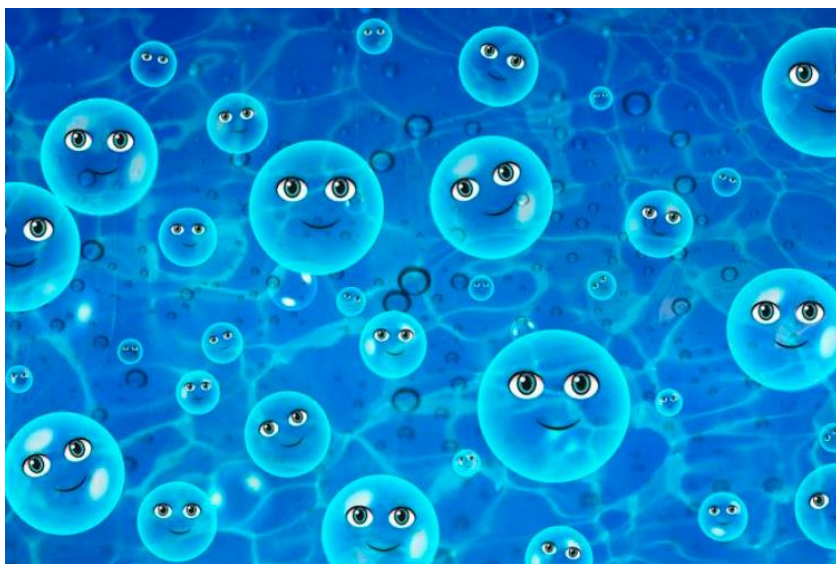
To play in the Creation, you create the illusion of not being the One, of being one of the Many. As Essence, you do this with the ego force field. The ego is a force that overlies the Creation and divides, partitions, it into the illusion of many beings. The ego individualizes the Creation and you are in the Creation. You-spirit are one of these illusions. You are not an ego; you do not have an ego; you are Essence; you are Consciousness. All this is best explained with the analogy of bubbles.

As Essence, you are all the 13 Characteristics, but we are going to speak only of Consciousness for the following analogy. Consciousness is your innate divine power to perceive, to feel, to experience, and thereby to know. It is also your experience of "I" and "here".

Bubbles of Being

Soap bubbles are an excellent analogy of what you are as a spiritual being, as a psycan.

Illustration: Bubbles of Being = psycans.



- The air, the atmosphere, represents the One Infinite Consciousness.
- The soap membrane is the ego-force. It partitions the air into bubbles, creating "individualities" of air, of consciousness, therefore of "I".

- The consciousness inside the bubble lives in the experience of “I, here”; and perceives the other bubbles as “Not I, over there”, therefore “other”.
- But that is the illusion of individuality: in Truth, there is only one air, One Consciousness. The air inside the bubbles is the same air as outside the bubbles; it is all the same air. In the same way, all consciousness is the One Consciousness.
- You-spirit are such a bubble of the One Consciousness. We call these bubbles of beings, “psycans”. You are a psycan. You-psycan are an illusory individualization, a bubble, of Essence.
- All others are also bubbles of the One Consciousness, the same as you. We are not just equal beings; we are the One and the Same Being.

From the point of view of Essence, you-Essence created you-psycan. From the point of view of you-psycan, you are created by Essence (God).

In the illusion of isolated individuality, we-psycans then incarnate within the Creation. In the Creation, we have with whom to play and with whom to play against. But above all, **we have Others to love**. In the One, there can be no experience of loving others, because they are no others. We can have the experience of loving others only in the Creation, only with the many. How much does your experience of loving others contribute to your wealth of feeling in life? What would life be without loving others?

Essence is Love-13. She wants to express and experience Herself as Love. This, **the experience of Love-ing others is one of the main purposes of the Creation.**

This chapter describes only your creation of yourself as a spirit, as a psycan. You-psycan then must create your “beings”; what you want to be, what identities you want within the Creation. For example, to become a human being, you create a “shell of human being”. That shell of energy surrounds you-psycan and acts upon you-consciousness to block your perception and powers of Essence, and to generate for you the experience of being only human. We will come to your shell in a later chapter.

An enlightened psycan re-creates his human being the way he wants it to be. He eliminates his negative characteristics and installs the positive ones he desires. All students of the ESAE do this on their way to enlightenment. Enlightened, you can also simply discreate your illusion of human being completely and live as a psycan operating a body.

6 - The Creation

The Creation consists of many dimensions of energy, each with an infinite number of universes. Physicality, as I call our dimension, is one of the lower, denser regions of the Creation. Within our physicality dimension, our physical universe is one among countless others, and new ones are being created continually.

The Creation is Essence expressing and manifesting Her Self into all that She can BE. She can BE anything and everything; She has no limits to Her Divine Will or to what She can form of Her Essence, of Her Self. The Creation is Essence. Look around you; everything you see is Essence taking that form so that you have a world in which to play and experience. The Earth is Essence, the trees are Essence, the walls are Essence; there is nothing that is not Essence taking that form. The enlightened being sees solid reality but can also feel through the illusion to Essence. In Hinduism, the word for the illusion of the Creation is “maya”. Ultimate Reality, the Truth, is pure, unmanifested Essence.

Illustration:

The Creation is an illusion formed by Essence out of Essence.



Realities

The Creation consists of an infinite number of energy forms, which we call “realities”. Everything that exists is a reality, a form of energy. Everything from a photon to the grandest galaxy is a reality. Everything you experience is a reality acting upon you-consciousness to produce its experience. You experience physical realities through your body and five senses. You experience your psycanic (non-physical) realities directly in consciousness. (Remember, you-psy can are a bubble of consciousness.)

Your psycanic realities-experience include all your thoughts and emotions and your relationship energies. Anger and fear, love and joy, are all psycanic realities. You are existing inside a shell of psycanic realities that act upon you-psy can to block your Essence and generate for you the illusion of only being a human being.

The Creation is Cause→Effect.

Realities cause Experience.

Experience is the effect of realities (on consciousness).

You-psy can are a creator and discreator of realities.

You are a child of the Creator: the apple falls not far from the tree.

All your psycanic realities-experience (thoughts, emotions, behaviors, relationships) are your creations. What you have created you can discreate. A UHB (Enlightened Human Being) usually has no idea how to create or discreate his realities, resulting in lots of drama and pain, and negative conditions lasting for years. An SEB (Spiritually Enlightened Being) is an expert creator and discreator of realities.

You reach enlightenment by discreating the shell of psycanic realities that are generating your illusion of human being.

Just as the material universe around you is ultimately an illusion, you-human are also an illusion. In Truth, you are Essence, the One, individualizing to “descend” from the Infinite One (“heaven”) into the Creation to explore and experience it from within. You are currently pretending to be a human being so that you can live the Human Adventure Game—as a human, of course. To really be a human being, you must not-know Who You Really are. You achieve this by creating mystical amnesia, called “avidya” in Buddhism and Hinduism. Avidya is part of your shell.

Awakening and enlightenment exist when you perceive through your human illusion to recover your awareness of the Truth of Who You Really Are. As we said, you do this by discreating the shell of realities around your being. As we shall see, this shell acts upon you-consciousness to block your perception of the One and to generate for you the illusion of only being human. The Essentiality Being Transformation Technology teaches you how to discreate your shell.

Beyond enlightenment, there is an even higher state of consciousness, Stage 5: Illumination. In this Level, you release all separation and individualization and re-integrate to be the One again. This the level of consciousness of Buddha and Jesus and various others of the Great Teachers.

7 - The Purpose of the Creation

To understand universal existence, your existence as a spirit, and your life as a human being; you must understand the **Purpose** of the Creation.

The Purpose of the Creation is EXPERIENCE.

Everything that exists and everything that happens is an experience. The Creation consists of an infinite variety of realities, all of which produce their experience. All realities are expressions of the One, of Essence, as She manifests Her Self in all that She can BE. The Creation is Essence experiencing Herself in all Her infinite possibilities of being and experiencing.



Your experience is everything you perceive, feel, think, know. In fact, you know nothing except by your experience. Nothing exists for you except through your experience. (That experience may be direct and personal, or by hearing or reading of the experiences of others.) The ONLY thing you try to do in life is to control your experience, eliminate negative experiences and produce positives ones. Life is experience. If you doubt this, ask someone buried in a cemetery how goes their experience.

Law of Life: **LIFE IS A PARADE OF EXPERIENCES.**

You win some; you lose some.

The purpose of the Creation is experience, every experience possible, infinite experiences for all eternity. The Creation is Essence manifesting Her Self in all Her infinite varieties of energy and forms to be and experience everything She can be. She has no limits; nothing is impossible. She can be anything; She is everything. The Creation is Essence exploring Her Self in all Her infinite possibilities of being, feeling, thinking and doing. In the Creation, She is creating, expressing, exploring, playing, adventuring, and knowing Herself experientially. She is being everything that exists from the quark to the infinity of an infinity of universes. It is all EXPERIENCE. The purpose of the Creation is for Essence to experience Her infinite Self being everything that exists.

Let's illustrate this a Christian analogy. Unmanifested Essence is sitting around in heaven being the One. There is nothing else but Her Self, Infinite, Undivided, Unmanifested One (imagine an infinite empty space of light). There is nothing to do; no place to go; nothing to play with; no one to play with and no one to play against; there is nothing but the One Light. So, you see, heaven is a boring place. Nothing happening. No movement, no change, nothing to move. Essence wants to experience, to be, to know, to feel, to play, to adventure. She has infinite potential to be anything, to create anything. So She expresses, creates, manifests, Her Self in the Creation.

The Creation is everything that exists, an infinite smorgasbord of realities innumerable dimensions and countless universes. The Creation is the amusement park, the sandbox, the movie theater, the playground of Essence. The Creation is the Disneyland of God. The Creation is where Essence goes to play, amuse and enjoy Her Self. The Creation is full of options of EXPERIENCE, just as there are so many kinds and genres of novels, stories, and movies on Earth. Essence has all eternity to explore Herself in all Her infinite variety of forms.

Earth and the Human Adventure Movie is just one among an infinite number of adventures in the Cosmos (synonym for the Creation). Essence first manifests the Cosmos out of Her Self and then individualizes into spirits who then incarnate within the Cosmos to play in it and experience it from their point of view—and to expand the creation by creating new things from within. You are one of those spirits, an individualization of Essence.

The Human Movie Theater is but one of an infinity of theaters in the Creation. You-spirit are currently in the Human Theater (Earth) starring in your human movie. The Creation is so Perfect-13 that you-spirit do not just go to "see" the Divine Movies; you are in the movie; you have a role in the movie. You live your

Human Movie in full, 4-dimensional, total reality. You forget Who You Really Are to identify with and lose yourself in your human identity so you can live the human experience as a human. Is it not genius?

Examples of Earth movies that have immersion in a reality inside a greater reality as a theme include: The Truman Show, The Matrix, the Thirteenth Floor. Plato's Cave is another analogy of how we are living in an illusory reality. The Purpose of the Creation is EXPERIENCE, every kind of experience possible, from the darkest negatives to the most sublime positives. As a human being in Stage 2 of the Human Adventure, you are exploring mostly the negative side, the dramatic side, the painful side, the Darkside, of the Creation. That is not bad; you go to human movies and play games for the same reason: to experience drama which is mostly negative energy: suspense, terror, anxiety, doubt, fear, anger, etc. A film is successful to the extent it makes you feel.

Once you have had enough of the human experience as a human—which is say dramatic and therefore full of problems, conflicts, and negative emotions—you can awaken from your human illusion. You then live life as an enlightened spiritual being, one who knows Who He Really Is and has recovered his innate, divine Wisdom-13, Creator Power-13, Love-13, and Joy-13.

It's up to you. There is nothing wrong or bad about negative experiences; you came to Earth to explore them. It is just a question of when you have had enough and want a change of life.

Planting a seed for more advanced knowledge:

The statement that "LIFE IS A PARADE OF EXPERIENCES" is much more profound than perhaps it appears. You are the sole creator of your pain and suffering in life because you label some experiences as "bad—should not be". You then generate resistance, negative emotional energy, against those "bad" experiences. That negative energy is the only pain and suffering that exist in your life. You are the sole creator of your pain and suffering in life.

Your opinion of "bad-should not be" is a hallucination. We will see why in a coming chapter.

8 - Analogies for the Creation

Here are three analogies to help you understand where you are and what is going on in existence.

#1- The Creation is like a Megaplex

A megaplex is a big movie theater with dozens of screening rooms, mini-theaters, to thus show many movies at the same time.

*Illustration: The marquee of a multiplex listing all the movies.
Each movie occurs in a separate salon.*



They usually have a long, central corridor with the screening salons for each movie branching off left and right, as in the next illustration.

Illustration: The central corridor of doors inside a multiplex. Each door is the entry to a mini-theater with its particular movie.



Megaplex is a good analogy for the entire Creation. The Creation is an infinite menu, a smorgasbord, of dimensions and universes. Each universe contains innumerable of possibilities of “movies”, of adventures, lives, and experiences. You-psycan choose your desired adventure and incarnate in that universe to live that movie. You are currently in your Human Movie on planet Earth, as 7+ billion of other psycans-humans are in their movies. Other psycans go to other adventures, other movies, in other dimensions. (As we shall see, the Human Movies has 5 stages.)

You-psycan are immortal so that you have all eternity to explore the Creation, which is infinite and always expanding so that there are always new movies. You will never exhaust the possibilities and varieties of experiences, games, and movies in the Creation.

But Essence movies are not just something you watch. No! **They are Perfectly-13 real, total immersion experiences** in which you are in the movie. And not just in it; you are the protagonist, the hero, of your movie. In avidya (ignorance of Who You Really Are), you-psycan, the actor, believe you are your role, your human identity, in the movie. In Stages 1 and 2 of the Human Move, you-psycan are self-hypnotized to experience that you are only human. Enlightenment is to wake up and realize you are the actor, not the role, and that the entire movie is all an illusion.

You are currently starring in your Human Experience Movie in the role of a human being. The Human Adventure, as we have said has five acts: Evil, Drama, Awakening, Enlightenment, and Illumination. To be reading this book, you are probably ready for Awakening.

#2 - The Matrix

Another and excellent analogy for our world is a matrix, as in the 1999 movie The Matrix, starring Keanu Reeves. Our world is a perfect-in-every-way illusion exactly like the one depicted in that hit movie. And exactly like that movie, we-psycans are from the outside of the Matrix but living in it and believing it reality.

Do see that movie if you have not because you really, truly, are in the Matrix! That movie was divinely inspired to prepare us to understand awakening.

Illustration: Publicity poster for the movie, The Matrix.



The differences I note between our reality and the Matrix movie are:

- 1- Outside and creator of the Matrix, instead of the “evil machines”, there is Essence, the One Creator Being of Infinite Love. As you are She, the One, you are the Creator of the Matrix. We are all creating it together and then playing inside it.

- 2- When you exit the Matrix, you do so in spirit, as a spiritual being, not with your body. Our bodies are part of the Matrix, part of the illusion; they cannot go outside the Matrix (as far as I know).
- 3- To have that level of immediate and absolute power over the world as demonstrated in the movies, you must be in Level 5 of Consciousness: Illumination.

Illustration: A scene from The Matrix showing the world as insubstantial patterns of information.



Many people have exited the Matrix momentarily in out-of-body experiences, near-death experiences, entheogenic experiences, high-energy meditations (samadhi). They may not know exactly what was happening, much less how to control the experience and navigate in the Cosmos. (People who have religions tend to perceive their experiences through the filter of their religious beliefs.)

I have been outside the Matrix hundreds of times. I describe on www.MycalPowell.com how I do this, with long and advanced meditations. The advanced students of the ESAE have all been outside many times. What I am explaining to you in this book and the entire Essentiality System for Enlightenment does not come from inside the Matrix. If we could learn what I am reporting from within the Matrix, I think someone would have reported it long ago.

I claim nothing special about expeditions outside the Matrix. Anyone can learn the forms of meditation that permit us to exit our reality. We are all equal beings; we are all Essence. We all come from outside of the Matrix; we are Creator of the Matrix.

The ultimate goal of spirituality, of enlightenment and illumination, is to exit the Human Matrix permanently, to return to Essence and then explore other dimensions and universes in the Creation. You did not come to Earth for all eternity, only to visit, only to ride the Human Rollercoaster for a while. To permanently exit the Human Matrix, you must to discreate a shell of energy around you-psycan.

#3 - MORG

Our third analogy for the Human Game Adventure is **MMORPG**, which stands for **Massive Multiplayer Online Role Playing Game**, and which we shall pronounce and write “MORG”. The better-known examples of MORGs include Second Life, World of Warcraft, Entropia Universe, and Onverse.

MORGs are role-playing computer video games taking place in a virtual world on the internet. A large number of players interact with one another through their online character, an avatar. An avatar is the graphical representation of the character the player (psycan) has chosen to represent him in the game. Your human identity complex is your avatar in the Human Adventure Game.

I repeat:

You-psycan have an avatar in the Human Game. Your avatar is your human identity, the combination of character, personality, values, beliefs, etc. that make you a unique human individual. Your avatar is not alive; it is a set of realities that mold you-psycan. It is like a computer program acting upon you-consciousness to generate your experience of being a human being. With the right knowledge, you-psycan can discreate the negative aspects of your human identity and re-create it in your ideal. Doing so is part of enlightenment.

You are not your avatar. You are the aware-will entity that uses and move your avatar, your human identity, and your body, to operate in The Human Matrix. You have “hypnotized” yourself to believe that you are your avatar. Otherwise, you would not be able to take seriously and dramatically your Human Movie because you would know who you really are: Wisdom, Power, Love, Joy.

Illustration: You are in a perfectly real, total immersion, virtual reality game: a MORG, here an image from Second Life.



Earth, the Human Adventure, is a MMPRRPG (MORG): a Massive, Multiplayer, Perfectly Real, Role-Playing Game. On Earth, you-psycan are in a total-immersion, perfect-in-every-way, virtual reality. You can think of it as a simulation, as a hologram, as a virtual reality, as a matrix. You-Essence create it out of your Essence for your playing pleasure. However real it appears to you within it—and it is **Perfectly-13** real—it is ultimately “maya”, the Hindu word for the world as an illusion. Ultimate Reality, the only Truth, is Essence. You are a particle of Essence playing in the Creation.

You are a sub-creator, expanding the Creation from within, as you create your relationships, family, business, products, etc. You are an organ of experience for God; everything you see, feel, hear, and experience, Essence does also through you.

Levels

Just as video games have levels, so does the Human Game. It has five levels, first two of which are primarily the experience of all forms of negative energy, of problems, conflicts, the negative emotions, of pain and suffering, of Drama (to be explained later). Enlightenment is to wake up in the Matrix, in your Movie, in the MORG, and realize Who You Really Are. As you awaken, you recover your Essence, Wisdom, Power, Love, and Joy. Awakened, enlightened, you play the Human Game from a new level of awareness and control, free of negative energy, easily manifesting what you wish to experience.

The ESAE (Essentiality School of Accelerated Enlightenment) exists to teach and support those who wish to awaken, enlighten, and eventually illuminate. Until you do so, you-psycan will keep re-incarnating on Earth in new avatars.

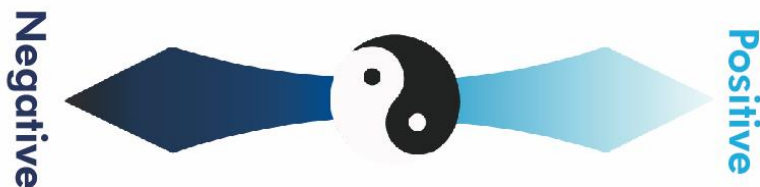
9 - Polarity

It is impossible to understand the Creation or to control your life without understanding Polarity. The Creation is full of polarities. As a human being, you are exploring the negative polarity of Essence, the Darkside of Being. To end suffering, be happy, and to achieve enlightenment, you must understand and obey the Laws of Polarity.

Remember: The Purpose of the Creation is EXPERIENCE. The Creation is Essence manifesting Her Self in all Her infinite possibilities of Being to explore, experience, know, and play with Her Self in an infinite variety of forms. Polarity is how Essence creates a huge variety of experiences out of a few.

A polarity is an experience stretched, in two opposing directions, towards two extremes or poles. This creates a spectrum of gradients of that experience between those two poles. Thus, out of one possibility for experience, an entire range of positive and of negative variations is created.

Illustration: Representation of a polarity

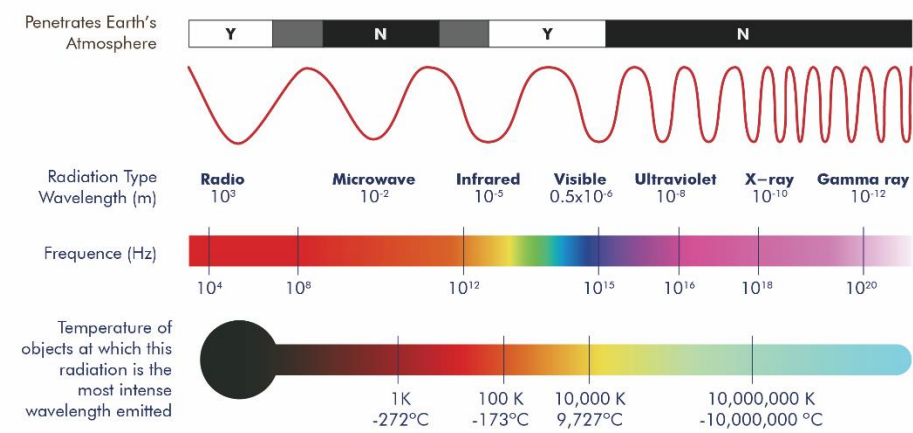


The indications for polarity in Essentiality are:

- #1- o“<>” between the names of the two poles: “light<>dark”.
- #2- “+/-” after the phenomenon: “emotions +/-”
meaning the positive and the negative emotions.
- #3- We will use “neg-” to indicate the negative polarity:
neg-energy, neg-love, neg-power, neg-emotions, etc.

Let’s take as an example the concept of temperature. We stretch the concept of temperature in two directions, towards the poles of hot and cold. This creates a range of possibilities of different temperatures (from absolute zero at minus 459 F, to over 10,000,000 degrees F in the center of the hottest stars). This range of gradients of an experience is its spectrum; in this example, the temperature spectrum.

Illustration: The Electromagnetic Spectrum and the Temperature Spectrum, bottommost.



Another example are your emotions. Your emotions are a single kind of energy (love energy for yourself) stretched out between a positive and a negative pole. On the positive side, we have energies like satisfaction, enthusiasm, passion, and joy. On the negative side, we have anger, anxiety, fear, guilt, sorrow, hate and depression, et al. As a UHB, you are here on Earth to explore the negative emotions. An SEB (Spiritually Enlightened Being) has discreated all his negative emotions and energized all the positive ones. (It takes about 200 hours of Being Transformation Technology processing to eliminate permanently all your negative emotions.)

Some of the Laws of Polarity

BOTH SIDES OF A POLARITY MUST EXIST
for either side to exist, for the polarity to exist.

It is IMPOSSIBLE TO HAVE ONE SIDE OF
A POLARITY WITHOUT THE OTHER.

There is no positive without negative; no negative without positive.
They mutually create each other.

Ergo: **The negative polarities not only are NOT “bad”;
they are good and necessary.**

Examples:

- If there were nothing “hot”, there would be nothing “cold”. Hot and cold would not exist. Each defines the other.
- For positive energy to exist, negative energy must exist.
- For positive love to exist, negative love (neg-love) must exist.
- For happiness to exist, suffering must exist.
- For light to exist, darkness must exist.
- For creation to exist, destruction must exist.
- For yin to exist, yang must exist.
- For good to exist, evil must exist.
- Within the Creation, for positive Being (Essence) to exist, negative Being (anti-Essence = evil) must exist.

Note that you resist the negative polarities in life.
You resist them because you label them “bad-should not be”.

**To resist one side of a polarity (e.g. pain or evil)
is to resist life as it is and as it must be.**

**The only suffering that exists is your
own resistance (negative emotional energy)
to what is as it is (i.e. reality).**

The price you pay for resisting anything is suffering.

**Your suffering in life is never what is,
but your resistance to what it.**

**You are the sole and soul creator of all your resistances,
ergo of your suffering.**

Nothing external ever causes your internal, psycanic experience:

A- Nothing external ever causes your pain and suffering.

B- nothing external can ever produce your happiness.

EVER.

The only happiness that exists is Essence.

An enlightened being understands all this and so never resists anything; and so never suffers. He is transparent to life, including to the negative energies of others. Thus, he lives in serenity and Peace-13. And he lives in Love-Joy because he lives in the experience of Essence.

Alternation of Polarities

Another law of polarity is the necessity to alternate between positive and negative to renew and refresh experience. This is best explained with an example:

Note how you most appreciate a warm room when you come in from the cold, and you most appreciate a cool room when you come in from the heat. If there is little difference in temperature, you will hardly notice moving from one to the other. Other examples: health<>sickness, rich<>poor, hungry<>fed.

Using the same example above: If you stay in the warm room (or the cool room) long enough you lose appreciation for it; that temperature becomes your background experience and no longer stands out in your consciousness. Only when you change to a sufficiently different temperature do you notice the difference and refresh your awareness of temperature. Therefore, it is experientially necessary to alternate polarities. You must move back and forth, alternate, from positive to negative to positive to renew and refresh your consciousness and appreciation of each one (especially of the positive).

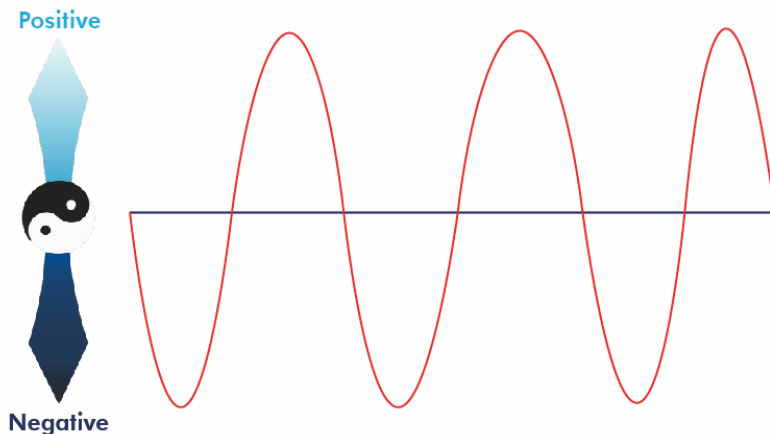
Why is the alternation of polarity to refresh experience so important to understand?

In coming to Earth, you are alternating polarities.

You are alternating in the Essence Polarity of Being.

**You are alternating from Essence and Love to
the opposites: Drama and Evil.**

Illustration: A wave form showing the alternation of polarities.



You cannot understand existence and how to control your life and experience without understanding polarities and alternation. You have left Essence (Light-Power-Love-Joy) to become human to explore Darkness-Drama- Neg-love-Pain-Evil, the polar opposites of Essence. The Human Adventure is the exploration of the negative polarity of the Creation and of Being, of Essence. Your spiritual development is your journey of polar return from the Darkside of the Creation back to Love-Light. You will return to Love renewed and refreshed, able to appreciate and celebrate your Essence once again. To make that journey, you must understand the Laws of Polarity and transcend the hallucination of “Bad-SNB”. Love and enlightenment are impossible otherwise.

10 - No Bad Means No Pain

“Nothing is good or bad, but thinking makes it so.”

Shakespeare, Hamlet

Enlightenment is a question of how much Essence you are being-experiencing and expressing outward to the world. As Love-13 is one of the Characteristics of Essence, a major factor in enlightenment is how much Love you are and are giving to the world.

Within the Creation, Love is a polarity; there is positive love and negative love.

- Definition of (pos) love: all forms of positive energy that are pleasant, desired, constructive, or productive. This includes the positive emotions. Love energy is not one of the positive emotions; it is all of them.
- Definition of neg-love: All forms of negative energy that are unpleasant, painful, undesired, destructive, or counter-productive. Neg-love includes all the negative emotions and anything anyone does to harm or cause pain to others.

How much negative energy do you receive from others? That is neg-love. How much negative energy do you give to others? That too is neg-love. How much negative energy is there on the planet? This is a planet where psycans come to explore neg-love—until we transform our consciousness through enlightenment. Neg-love is not bad but is unpleasant and counter-productive for self and for others.

The UHB (Unenlightened Human Being) generates great quantities of neg-love, Drama, every day: anger, anxiety, blame, guilt, invalidations, judgments, jealousies, egotism, greed, envy, hate, sadness, frustration, depression, etc. That neg-love, that resistance to what is, is the only pain and suffering that exist. Love is the only happiness that exists. The price of generating neg-love is suffering.

The SEB (Spiritually Enlightened Being) lives free of all neg-love; he has worked on himself to eliminate and lives generating only love. As Love-13 is the only happiness that exists, he is happy all the time.

One of the wisdoms by which the enlightened being avoids the generation of neg-love is the understanding of “bad”.

Bad-Should Not Be

Definition of Bad: Bad is that which “**should not be**”, *apparently* justifying the use of neg-love to stop, change, punish, or destroy it.

We say “*apparently*” because, under the laws of love, neg-love is never justified if you want to be happy, or grow spiritually; or if you want enlightenment. **Love never uses neg-energy; it would not be love if it did so.**

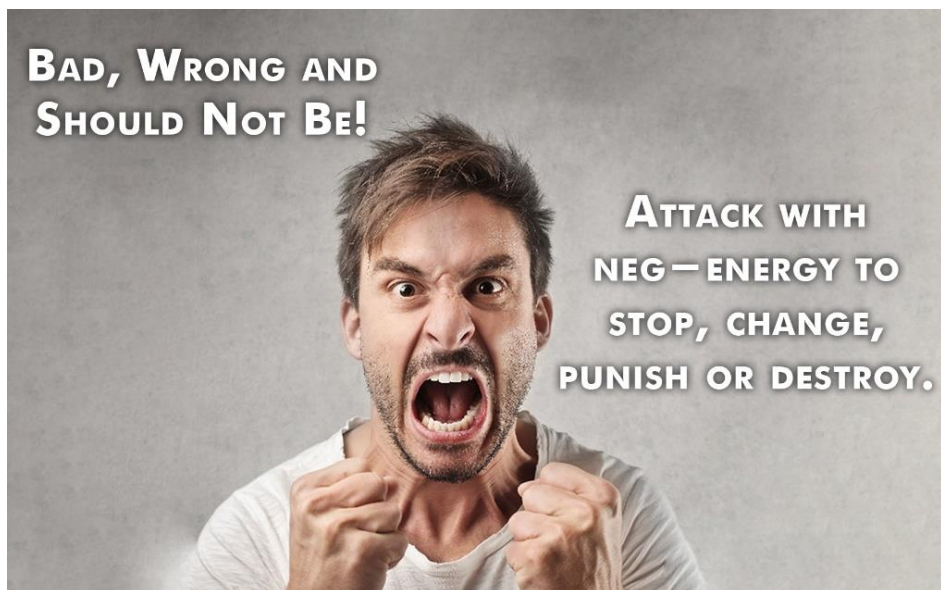
The great example of this is Jesus who supported the greatest neg-love humanity has invented (crucifixion) and returned Love. Compare this to the UHB; even a slight perceived insult can trigger him into feeling and expressing neg-love, for example, anger or road rage.

Laws of Love: **Neg-love is NEVER justified.**
Love never generates neg-energy.

(Henceforth, we will abbreviate “should not be” as SNB and use the term, “bad-SNB”, means “bad and should not be”.)

How do things get to be “bad-SNB”? What makes them bad-SNB? Who decides what should or should not be, what is bad-SNB?

You do. Always. No exception. Even when you use some external code of reference, such as bibles, commandments, or civil laws; you are who decides to use that code. You cannot escape the responsibility that you are the decider, the creator, of all the “bad-SNB” in your life.



Hallucination

Bad-SNB is a hallucination. It is a creation of the human mind and exists only in the mind. There is nothing in the Creation that is bad-SNB. Nothing. Including evil. Here is why:

1- The Creation is Essence exploring Herself in all Her infinite possibilities of BEing. She accepts no limits to what She can BE. She wants to BE, to experience, to know, everything that can be. She is BEing everything that can possibly exist. This includes all the positives and all the negatives of all the polarities. Without everything that exists, the Creation would be incomplete and imperfect, and the poorer for it.

If something exists, it has the approval of Essence. If Her Omnipotence did not want something to exist, if She thought that something is bad-SNB, it would not exist.

Who am I to tell Essence what She should and should not be? It is my arrogance, my hubris, to think that I know better than Essence what should or should not be in Her Creation.

2- As we saw in the previous chapter, the negatives of any experience must exist for the positive to exist. It is impossible to have only the positive side of any experience. Therefore, if you want to love and joy to exist in the Creation and in your experience; neg-love and suffering must exist. The negatives are an integral and Essential part of the Creation. The Creation would be lessened, incomplete and imperfect without them. Such imperfection is not possible: The Creation is Perfect-13; it is Essence.

3- The negatives of the Creation are rich and valid experience in themselves. You became a human because you wanted to experience and explore the negative side of the Creation: limitation, powerlessness, unworthiness, problems and challenges, conflicts, losing, failure, and all negative emotions; in short: Drama. You cannot experience these when you are BEing Essence. Only by counter-creating your Essence, your innate Wisdom Power and Love, can you become human and explore the Darkside of the Creation. You are here in the Human Experience to explore the Darkside.

Now contrast the Infinite Space and Acceptance that Essence gives to all expressions of Her Self in all polarities; to the human being who lives in a world of black<>white, of right<>wrong, of should be<>should not be, of good<>bad. He has a judgement of good<>bad about almost everything. He polarizes people, things, and events in good<>bad. He then resists and rejects the bad with neg-energy, neg-love. That neg-love, your own energy by your own creation of bad-SNB, is the only pain that exists in life. You are the sole creator of all bad-SNB in your life.

The Consequences of Hallucinating Bad-SNB

Nothing is bad-SNB, and that includes hallucinating bad-SNB (which the UHB does liberally). However, **everything has prices and consequences**. What happens when you create a label that something, some person, behavior or event is bad-SNB?

You generate neg-love (neg-energy, resistance) towards that “bad-SNB” person or thing. Love is the only happiness there is. Neg-love is the only pain and suffering there is. When you label something bad-SNB, you then generate neg-energy and you suffer that neg-love. Your own neg-love is the ONLY suffering that exists in the Creation.

Bad-SNB is the entry point to all pain and suffering. This is expressed in the Old Testament. When were Adam and Eve expelled from Paradise, from walking with Love and Joy (God) and sent into the land of sweat and tears? When they ate of the fruit of the tree of the knowledge of good and bad. That “knowledge” was their mental creation of bad-SNB.

There is nothing bad-SNB in the Creation except by your creation of it so in your mind. In Truth, Essence, there is nothing that should not be, there is nothing that is bad. There is never a legitimate reason not to love. Enlightenment is a return to Love, to Essence. You cannot return to Love generating its opposite, neg-love.

SEBs

An SEB (Spiritually Enlightened Being) understands all this and controls his mind. He lives free of the hallucination of bad-SNB. As does Essence, he gives **space** to everybody and everything to be as they are, and not-be as they are not. An enlightened being is **transparent** to the world, mentally and emotionally. He is careful not to generate neg-love for any reason, but to always be loving and accepting of what is, as it is. The ESAE teaches its students how to do this; it is a process that takes about two years to master.

Any SEB does not evaluate by good<>bad, but by positive<>negative, by love<>neg-love, and by prices and consequences.

NIsGOB - CharPriCon

**Nothing is Good or Bad and everything has
Characteristics, Prices, and Consequences.**

11 - The Essence Polarity of Being

The **Essence Polarity of Being** is a concept of great importance to understanding both your human experience and enlightenment. Essence-Life-Being-Love-Happiness, all the 13 Characteristics, are a polarity. Each Characteristic of Essence has a positive and a negative side. As a human being, you are exploring the negative polarity of Essence, the Darkside of Being.

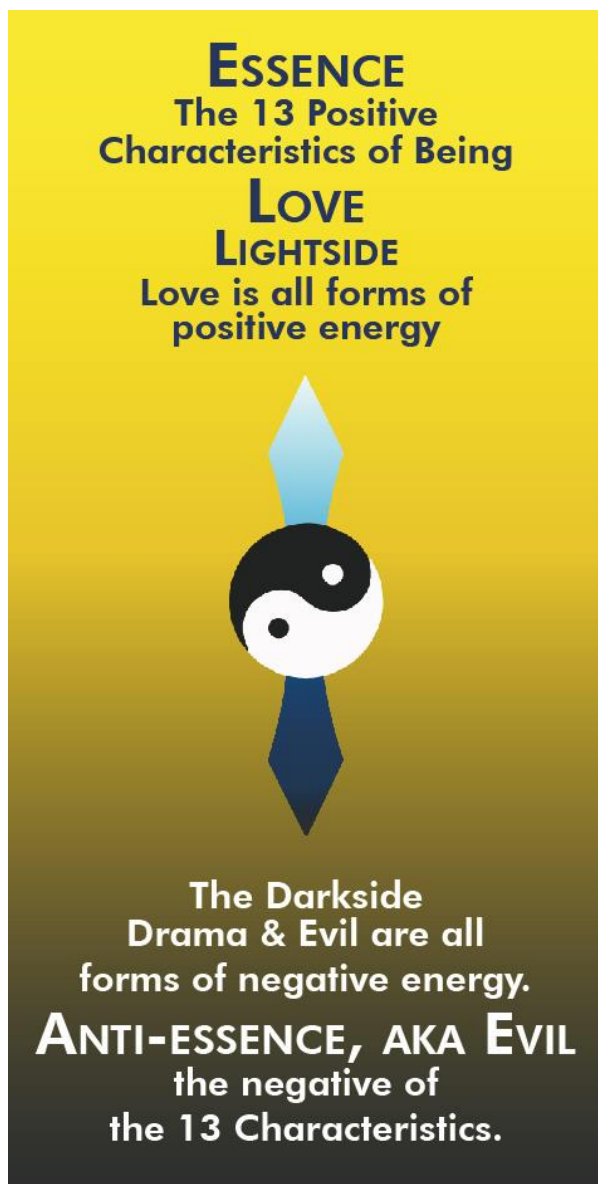
On the positive side, the Lightside of Being, are the 13 Characteristics of Essence, of Being. These are, here listed with some corresponding secondary characteristics: Light, Consciousness, Wisdom (Intelligence) Truth (Certainty & Trust), Oneness (Unity), Infinity (Freedom), Will (Power, Creation), Magnificence (Abundance), Perfection (Excellence), Beauty, Love (Compassion & Kindness), Peace (Harmony & Patience) and Joy (& Enthusiasm).

The opposite of all these is the negative polarity, the Darkside of Being. The Darkside includes all negative cause and negative energy. It is everything that is entropic, harmful or destructive. It includes all forms of neg-love. It includes ignorance, powerlessness, egotism, prejudice, polarization, errors, fanaticism, bad-SNB, invalidation, criticism, judgments, victim, ugliness, disorganization, mediocrity, problems, conflicts, failure, losing, destruction, war, all the negative emotions, all pain and suffering — to name a few.

The Darkside has two bands: Evil and Drama. Love is all forms of positive energy; Evil is all forms of negative energy and action that harm others, as we shall see in its chapter. Drama is all other forms of negative energy, those that mostly affect ourselves. Drama is particularly all the negative emotions, and all problems and conflicts. Essence is Wisdom and Power; She cannot have problems and conflicts; She can solve anything immediately. You cannot be Evil or in Drama if you are in your Essence. You must become a human being to explore the negative polarity of Essence, the Darkside.

Illustration: Essence is a polarity. The positive side (top) is all the 13 Characteristics of Essence: Light, Consciousness, Infinity, Oneness, Wisdom, Will (Power), Love, Perfection, Beauty, Magnificence, Peace, Joy and Truth. In this book, we will summarize all of these as Love.

The negative side, the Darkside, comprises all the opposites of the 13 Characteristics: darkness, unconsciousness and ignorance (avidya), division into many, all forms of negative energy and actions that harm, destroy or causes suffering.



To you-human-being, all the negatives of life may seem serious and really “bad”; but to you-spirit they are just marvelous Drama. In your true nature of Essence, you cannot be hurt or destroyed: everything is just wonderful experience, even the Darkside, even pain and suffering. Remember: the purpose of the Creation is experience, “all you can eat”. This includes all the negatives possible: Darkside, Evil and Drama.

You are Essence; your true being is the 13 Positive Characteristics. You are an immortal being; you are playing in and exploring the Creation. You have all eternity to do so and nothing else to do but explore your Self. You can't not-be Essence except in illusion, as in the human illusion. By becoming a human being and visiting Earth, you are exploring the Dramatic illusion that you are only a human being and are able to live the negative side of existence such as ignorance, powerlessness, value-lessness, unworthiness, badness, and evil.

You became a human being because you wanted to explore the negative polarity of your Essence, the Darkside of Being.

You became a human being to explore neg-love, limitation, no-power, problems, challenges, games, conflicts, failure, losing, the negative emotions, etc., i.e.

Drama.

You came to Earth to explore **all that you are not** in Essence. You came to Earth to explore the Darkside of the Creation, all forms of negative energy, i.e. Evil and Drama.

In Truth and your Essence, you are only the positive Characteristics. But that, for all eternity, gets boring. As an immortal spiritual being, you want different experiences; you want all experiences. You have all eternity to be and do and feel everything possible, including all the negatives. And you want and need to alternate polarities to refresh your experience of Essence.

So you decided to go on the Human Adventure. You blocked your consciousness-experience of Who You Really Are so that you could become a human being and live **the illusion of all that you are not**; so that you can explore **Drama and Evil.**

That block to your consciousness is called “avidya” in Hinduism and Buddhism. It means “ignorance” of Who You Are. No matter how educated a person is, no matter how many doctorates he may have, if he does not know Who He Is, he is ignorant; he is avidya. You must be avidya to explore Stages 1 and 2 of the Human Experience.

Experience is the purpose of existence. As a human being, you-psyche are exploring the Darkside of the Creation, which includes two bands of experience, Evil and Drama. These are Magnificent-13, Perfect-13 experiences.

You came to Earth, to the Human Adventure, to experience

ALL THAT YOU ARE NOT IN YOUR ESSENCE,

to explore the opposite polarity of your Essence,
to experience anti-Essence, darkness,
neg-love, drama, and evil.

12 - The 5 Stages of the Human Adventure

The Human Adventure is not just one experience; it has five very distinct periods.

- There are Five Stages to the Human Experience.
- There are Five Acts in the Human Theater.
- There are Five Levels of Consciousness in the Human Adventure.

These are, from bottom-lowest to top-highest:

- 5- Illumination
- 4- Enlightenment
- 3- Awakening
- 2- Drama
- 1- Evil



To recap: The purpose of the Creation is experience: every kind of experience possible—and there is nothing impossible to Essence. The Creation consists of innumerable dimensions of energy, each with an infinite number of universes, and new being created all the time.

Within the Creation is the Human Movie, the Human Adventure, the Human Game, the Human Experience, however you wish to call it. The first two stages of the Human Adventure are the exploration of negative experience, of the Darkside of the Being Polarity (Evil and Drama). The middle stage, Awakening, is one of transition; and the top two, Enlightenment and Illumination, are positive experience. In Christian terms, Evil and Drama are your exploration of the valley of darkness, sweat and tears, of hell. Enlightenment and Illumination are your Return to the Garden, to Paradise.

A Human Adventure consists of 500 to 700 incarnations on Earth during which you-psycan explore as many possibilities of human experience as possible. You explore all the polarities possible. You are man<>woman; rich<>poor; healthy<>sickly; intelligent<>stupid; educated<ignorant; nun<>prostitute; warrior<>pacifist; strong<>weak; king<>beggar; oppressor<>oppressed; killer<>killed. You have died 500+ times in a grand variety of ways: burned, crucified, crushed, thrown off high places, drowning, peacefully, hanged, starved to death, frozen, boiled, in a prison, in war, tortured, been murdered; and at all ages.

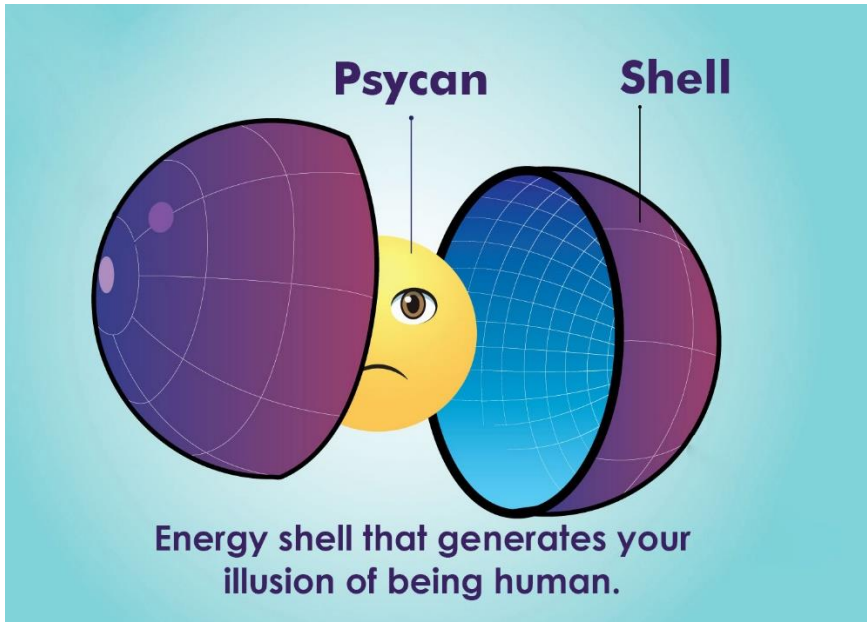
Name a human experience and you have probably “been there, done that”.

In addition to the exploration of as many variations of human being and living conditions as possible, the Human Adventure also progresses through 5 Stages of experience corresponding to 5 Levels of Consciousness.

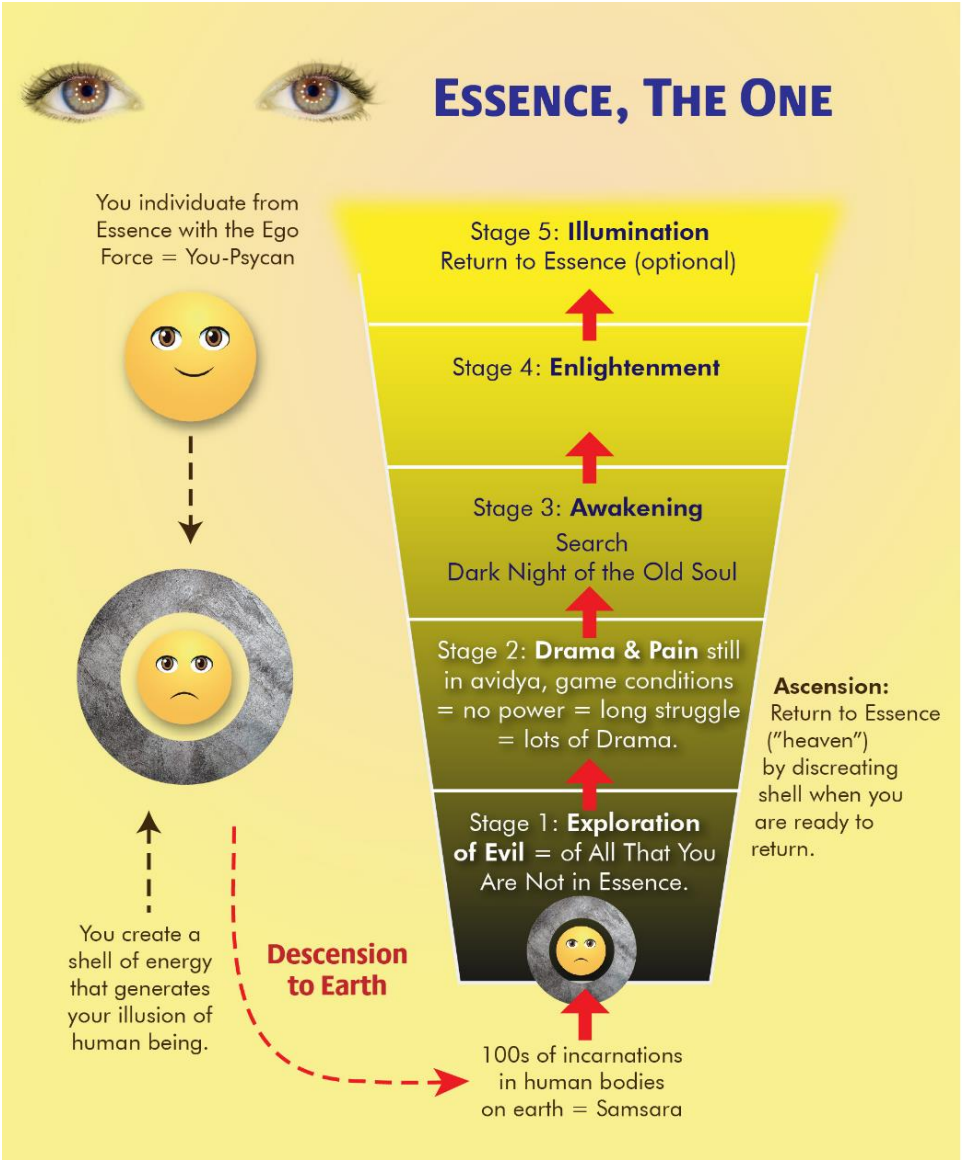
“Stage” refers to the kind of experiences you will have. “Level” refers to the level of consciousness you have during that stage. For practical purposes, we will use these words as synonyms.

Your Shell

You-psycan created yourself a shell of being. A shell of being is a complex multiplicity of realities and identities. This shell blocks, suppresses, and counter-creates your Who You Really Are, and acts upon you-consciousness to generate your three great experiences on Earth: evil, drama, and human being.



You-psykan with your shell of being human, evil and dramatic “descend” from Essence to play the Human Game which has 5 stages. You play in Stages 1 Evil, and Stage 2 Drama until you are satisfied and weary of that experience, of so much negative energy and no power. You then progress to Stages 3, 4, and 5: you awaken, enlighten, and illuminate and so return to Essence. You can then stay in Essence or come out for another adventure in the Multiplex of the Creation. **Most of the movies in the Creation are not as negative and heavy as the Human Experience.**

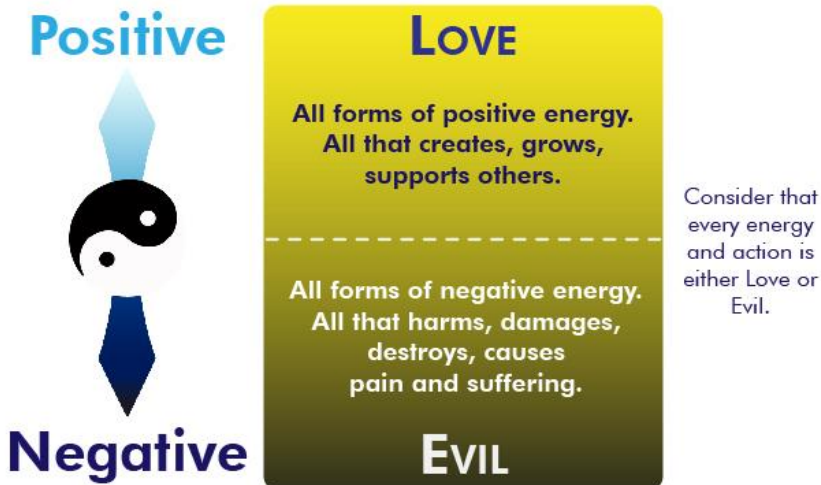


The understanding of the 5 Stages is the understanding of why life on Earth is the way it is — and how we can transform it to a paradise (explained in the WTP: World Transformation Project at www.theo-usa.org.)

13 - Stage 1: Evil

The first stage of your Human Adventure is the Exploration of Evil. Evil includes you doing evil and therefore being evil, and being done to by evil; being harmed by the negative actions of others. The entire cycle of a descension to Earth for a Human Adventure takes 500 to 700 lifetimes. You spend the first 200+ in the exploration of evil.

Evil is the polar opposite of Essence, particularly of Love. Evil is much more than what you probably think of as evil. Evil is all forms of negative energy and actions that are unpleasant, undesired, painful, counter-productive, harmful, or destructive. It is also all actions for self that harm the greater good. For simplicity, we can ignore those actions that are neutral and consider that there are only two possibilities of energy and action in the universe: Love and its opposite, Evil. Everything humans do is one or the other.



All humans have some evil in them (until illumination).



- Some people are good and occasionally do something they know is evil.
- Some people are evil and struggle to control it. Some even commit suicide to not-be the evil they feel they are.
- Some people are evil and express it every opportunity they have, limited only by the fear of getting caught.
- Some people do evil despite the possibility of being caught (serial killers, bank robbers, corrupt politicians, for examples).

Were it not for religions, governments, laws, police, courts, and prisons, evil would destroy civilization. Let unchecked, it will eventually anyway.

Evil is NOT bad!

Remember! **Evil is not bad-SNB**. It should and must exist for several reasons:

1- The Creation would not be complete and Perfect-13 without it. Essence is exploring and expression Her Self in all Her infinite possibilities of BEing. She accepts no limits. Evil is one way of BEing. Evil is Perfect-13.

2- Laws of Polarity: It is impossible to have one side without the other. Without Evil, you could not have nor know Love.

3- Love could not know its maximum expression without Evil to love. It is easy to love when others give you love (positive energy); it is a challenge to love when they give your neg-energy, do you evil. Again, we have the example of Jesus whose challenge was to love the maximum evil.

4- Evil is a valid and rich experience within the purpose of the Creation: experience, infinite experience, all experiences. You came to Earth to explore Evil because it is a fascinating experience to be and do evil. (Have you ever enjoyed destroying things, even if only in a video game?)

What is Evil? Evil includes:

- All the negative emotions: anger, hostility, rage, hate, envy, guilt, resentment, rancor, sadness, sorrow, frustration, impatience, hostility, depression, apathy, fear, anxiety, worry, etc. (Unless these are “sprayed” on others, or result in negative actions towards others, they are only Drama, but Drama is part of Evil.)
- All neg-energy thoughts: opinions, invalidations, criticism, judgments, polarization, prejudice, resistance, rejection, disdain, contempt, scorn, etc.

- Sabotage to self: irresponsibility, laziness, heaviness, pessimism, depression are all energies of evil. Living in disorder, clutter or mediocrity: evil is the enemy of order and excellence.
- All failures of integrity: dishonesty, lies, deceit, theft, fraud, embezzlement, betrayal, etc. False news: all distortions, omissions, slants, and lies in the news are evil in action. Failing to fulfill one's commitment, promises, contracts, duties or responsibilities is evil in action. Rackets, looting, shoplifting, welfare and social security fraud, etc. are evil acting in the world.
- Sabotage to others: to discourage, distract, or stop others from pursuing growth and excellence, or achieving their goals. Evil includes envy and jealousy.
- Negative ego (neg-ego). Believing one's self more than or better than others. Looking down on others, disdain, disrespect, bragging, peacocking, ostentation of power or wealth.
- All polarization of people and groups into good versus bad; all forms of prejudice and discrimination: all "-isms" that segregate and denigrate anybody or anything. Examples: racism, sexism, nationalism, religionism, gender warriors, etc.
- Polarization and prejudice are spiritual arrogance: Who am I to deny to the One, to God, to each psycan-child-of-God, the experiences of male, female, lesbian, gay, trans, and any other experience? Who am I to deny to others the experiences of black, white, red, yellow, red (and green, gray and blue when ET shows up)?
- Victim: Evil includes all negation of responsibility for one's experiences and life thereby creating oneself the victim of anything or anybody. The evil behaviors of victims include complaining, blaming and invalidating. (Remember, all forms of neg-energy are evil.)
- All division and polarization, for example, identity politics, a political manipulation which polarizes people on some superficial difference (race, ethnicity, social status, occupation, gender), convinces them they are victims of injustice, and then incites them to seek special benefits.
- Love always moves towards Unity-13, harmony, cooperation and Peace-13. Love celebrates differences as part of the variety of expressions of Essence, as part of the smorgasbord of experiences that is the Creation, but does not take them seriously, much less as a source of identity that divides and separates us from other.
- Evil always seeks the opposite of Oneness and Unity: division, separation, polarization (greater<>lesser, good<>bad) grievances, complaining and blaming, you-did-us-wrong-and-now-you-must-pay (versus forgiveness), us-against-them, victim, conflict, resentment, and every other form of negative energy.
- Power: Evil seeks power but not for the Greater Good, but for its personal glory and profit, and for the neg-ego of conquering,

dominating, enslaving, and enriching itself. Hitler, Lenin, Stalin, Mao are easy examples, but the same evil we can see in almost all who rise to positions of power.

Only the legal system of a country, checks and balances, restrain evil from action. Where totalitarianism is possible, evil takes over. When they say that “Power corrupts; absolute power corrupts absolutely”, this is because such power goes to the evil that lies in our hearts (or more accurately, in our shell).

Neither power nor wealth corrupt SEBs: their understanding, commitment to Love and self-discipline are too entrenched. They have also exited the External Quest for Happiness; they know there is nothing here happy or permanent, certainly nothing they would sell their Essence (soul) for. Love always uses power for the Greater Good. (Another difference between UHB and SEBs.) As a person progresses towards enlightenment, he discreates his shell layer of evil and recuperates divine creator power with a commitment to use it for Love.

- Aggression, violence, and use of force or negative energy. Evil is aggressive and always more than willing to use force if it thinks it can win or get away with it. Examples include murder, genocide, terrorism and all armed conflicts.
- Punishment, retribution, and revenge are actions of evil. Love never uses negative energy or force.
- The more people for the more time that evil affects, the greater the expression of evil. This takes us to the greater acts of evil that affect many people:
- Corruption, which is a form of treason. All corruption is a betrayal of public trust and the Greater Good. Forms of corruption include bribes, graft, kickbacks, embezzlement, nepotism, cronyism, extortion, patronage, gerrymandering, influence peddling, and police or court corruptions of due process and justice. Much of what passes for politics is evil in action.
- Evil includes politicians acting for their re-election, or their party line, or special interest groups, instead of attending to the true well-being of their constituents and country.
- Corporations are notorious for doing-being evil. They cover up defects in products; use processes or chemicals they know to be noxious to the public. In their greed, they harm the environment and therefore the wellbeing of the majority. They are known for bribes and “gifts” to influence the laws for their good and the detriment of the public.
- Legion are the instances of corporations knowing but hiding information on products injurious, even fatal. The killer ignition switch, the tobacco industry, the petroleum industry pollution and denying global warming, drug company cover-ups of harmful products, the financial greed crash of 2008, the food industry.

- War: All war is neg-energy and destructive; it is evil. It does not matter the justification given, including to stop the “evil” of the other side. Using evil to stop evil is like pouring gasoline on a fire to put it out. (I know that some people will rise up in arms about this statement asking how then do we stop the armed aggression in the world. The solution, always, is Love; but how to apply it in these situations is beyond this book.)
- Genocide: Examples: Armenia, Assyria, Greece, Ottoman Holocaust, Jewish Holocaust, Holodomor, Cambodia, Indonesian, Rwanda, Bangladesh, Kurds, to name a few.
- Dictators and tyrants: All governors throughout history who have been tyrants and caused death and destruction, all who suppress their own people or try to conquer others. Examples: Genghis Khan, Tamerlane, Qin Shi Huang, Ivan the Terrible, Pol Pot (not to mention the ones we have already mentioned: Hitler, Stalin, Mao, etc.)
- All political practices that, when put in practice (correctly or not), lead to authoritarianism, loss of liberty, tyranny, central control, big government, oppression, disorder, poverty, starvation or death, sometimes of many millions of people. These are usually leftist philosophies: socialism, Marxism, communism, fascism, social democracy. Such movements are responsible for the death of over 200 million people in the last century.

I do not claim that the above is a complete list of all forms of evil, but I hope they are enough for you to get the idea. Remember: every energy and every behavior is either Love or Evil (we are ignoring neutral actions). For example, brushing your teeth is Love; you are taking care of yourself. To dislike something is being evil. To deny that you are the creator of your dislike and blaming the other person for causing you that experience is another evil: you are lying about who is the creator of your experience and denying responsibility. (Denying responsibility and playing the victim are behaviors of evil.)

See much evil on the planet? Look at the news: most of it is about evil.

Have you been done to by evil? (Ever been robbed, lied to, betrayed, defrauded? Ever experienced being hit or punished?)

Have you done evil to others? (Ever gotten angry, or jealous, or taken revenge? Ever stolen anything? Ever lied?)

Congratulations! You came to earth to explore evil, to do evil, be evil and be done to by evil. Eventually, you-psyche will tire of Evil. Your unconscious growth in consciousness will take you into Stage 2 of the Human Experience: Drama.

Overview of Essentiality and Human Existence:

- 1- Everything that exists is a single BEing of Infinite Wisdom, Power and Love-Joy. She manifests everything that exists, the Creation, out of Her own essence. Everything is this ONE Being, Essence.
- 2- You are an individualization of the One, a spirit, a psycan. Your true nature is Wisdom, Power, Love-Joy. Your separation is an illusion; you are the One. We are all the One. There is nothing else.
- 3- The Creation is playground, the movie theater of Essence (God). The Creation is an illusion (maya), the only Truth is Essence.
- 4- We-spirits incarnate in the Creation to EXPERIENCE all possible, just as we humans love novels and movies: they make us feel (experience).
- 5- The Creation is Essence manifesting Her Self in all Her infinite possibilities of being and experience. She wants everything to exist, no exceptions and no limitations. This includes evil. Essence is the creator of evil; She creates it out of Her Self, and She loves evil infinitely, for Love is Her nature.
- 6- The Creation is a Polarity. Evil is the polar opposite of Love. All the Laws of Polarity apply.
- 7- You-spirit are currently incarnated on planet Earth to play the Human Adventure Game. The Game lasts 500 to 700 incarnations.
- 8- To be a human, ignorant and powerless; to take life seriously and dramatically, you must not-know Who You Really Are. So you create avidya.
- 9- The Human Adventure has 5 Levels of Consciousness: Evil, Drama, Awakening, Enlightenment and Illumination.
- 10- You-spirit will eventually tire of the negativity and heaviness of Levels 1 and 2 (Evil and Drama) and enter the Dark Night of the Old Soul. That is your wake-up call to start working on your enlightenment which is the beginning of the end of your human incarnation cycle, of your samsara.
- 11- Essentiality is a science of existence and a technology of enlightenment so effective that students achieve it with only 2 hours a day of disciplines over 5 years.

14 - Stage 2: Drama



Act 2 in the Human Theater is Drama. You-psycan came to Earth to explore Drama, just as you-human go to the movies and play sports to savor human drama. We, both psycans and humans, are Drama junkies.

Drama is all the rich experience, **mostly negative**, that we savor during effort and struggle to overcome obstacles to reach goals. Drama includes: suspense, surprise, tension, doubt, dilemma, eagerness, expectation, impatience, anticipation, uncertainty, perplexity, confusion, indecisiveness, shock, problems, challenges, conflicts, effort and struggle, difficulties, errors and mistakes, faults and failures, losing and winning, victory and defeat, and all the negative emotions: anger, anxiety, fear, guilt, resentment, hate, sadness, sorrow, regret, desire, depression, among others.

Note how you-human watch sports and movies to experience Drama. The more dramatic is an event, the more we like it. Note how the essence of all games, sports and movies is the struggle, not the goal. Drama exists only during the struggle, that is, while the game continues. Produce your desired results, reach your goal, and it is game over and end of drama. So you have to find a new game.

The purpose of the Creation is experience. Drama is a rich, intense experience, primarily the exploration of the negative emotions (which you cannot experience in Essence). Drama fulfills magnificently well the purpose of the Creation: experience.

You create Drama in your life by not manifesting your desired results so that you stay in “game conditions”, in the game, in the struggle and effort to produce them. You avoid manifesting your results by blocking your innate divine Creator Power. **In enlightenment, you recover your Power, easily manifest your results and so have no Drama in your life.**

Is your life Dramatic? Then, good job! You have what you came here for. You can stay in Drama as long as you want, but eventually, you-spirit will tire of it and want to go Home, back to Essence, to Light, Power, and Love-Joy.

Almost all the beings on Earth now are in Evil or in Drama. The life of a UHB is full of Drama. SEBs live in Wisdom and Power and free of Drama, and therefore in serenity and happiness. When you are powerful, you easily manifest your desired results instead of Drama.

There are only two sequences possibilities in life:

#1 - Power → Results → Satisfaction

#2 - No-power → No results → Drama

As a human being in avidya, you are exploring the second: no-power producing Drama. (Drama remember is poor results, problems, conflicts, failures, and ALL the negative emotions: anger, fear, anxiety, sorrow, loneliness, grief, depression, etc.).

The difference between which of the two sequences you will live is your understanding of Essentiality and of how your innate, divine Power works.

You restore your Power by discreating your shell with the Being Transformation Technology. Your shell contains your creations to suppress and counter-create your natural Creator Power. You are Essence!!! In your True Nature, you are absolute and infinite Power over the Creation as have demonstrated the illuminati such as Jesus and Buddha.

You came here to explore Drama. Until your enlightenment, you will continue to create Drama (albeit subconsciously) as planned. Enlightenment is coming out of Drama into Power and producing your desired results. You decide when to do so.

15 - Stage 3: Awakening

Awakening is the process of transition between Drama and Enlightenment. It is a time of work on self to discreate the shell and increase your Light, your Essence. In the ESAE, awakening takes less than 5 years.

You are awake when you are fulfilling two conditions:

#1- You are certain that Essence exists, preferably by having perceived and experienced Her, which the Essentiality Awakening Retreat teaches you to do in its 4 days.

and

#2- You are working on yourself daily to achieve enlightenment. Thus, you never forget your purpose and work towards it each day. The ESAE (Essentiality School of Accelerated Enlightenment) guides you in exactly what to do, step by step, week by week, for the 5 years enlightenment takes.



“Seek First the Kingdom of Heaven”. – Jesus

To achieve enlightenment, you must make your spirituality your primary goal in life for at least the 5 years that it takes. You must give top priority to your disciplines, practices and processes of Being Transformation Technology.

If you neglect your spiritual work for human interests, you are continuing to “lay up your treasure” towards your human identity and life on Earth. Your energy is creative; what you energize manifests. For enlightenment, you must reduce your identification with your avatar and extricate yourself from the Human Drama. This requires constant, persistent, almost daily effort.

This does not mean that you give up your human life; on the contrary you will re-create and optimize it and live it fully, but now detached.

The School guides you in how to do all this, but only you can put first the kingdom of heaven and do the work.

Awakening is Unstable

The reason for the second requirement of daily work on your being is that **awakening is an unstable state**. Your shell of being and human habits are very strong. A lot of discreation is necessary to reduce the shell sufficiently that you can perceive through it all the time, which is why enlightenment takes five years.

Once awakened, you must either constantly progress to enlightenment or the pressures of your human life without such effort will pull you down and back to sleep. Without daily disciplines, you **will** fall back into avidya and Drama. In the School in Mexico, more people fell by the wayside and back to sleep than achieved enlightenment. The flame of awareness of Essence and the possibility of enlightenment must be cared for and fed or it will go out.

Awakening usually starts with the Dark Night of the Old Soul, our next chapter.

Awakening is the period of transition between Drama and Enlightenment. It is inherently unstable. You must either persistently work on yourself to move forward into Enlightenment, or the world (maya) will suck you back down into avidya and Drama.

It is common that people have an awakening (a fleeting glimpse of enlightenment) and then live in the memory of that believing themselves awakened or enlightened. See the definition of enlightenment: it is a constant and permanent experience.

6 - Dark Night of the Old Soul



The Human Experience for a spiritual being accustomed to Light and Liberty and Power and Joy is restrictive and heavy. With hundreds of human incarnations, eventually you-psycan tire of samsara and enter the Dark Night of the Old Soul.

The Dark Night of the Old Soul is a time of pain and suffering. Its symptoms include:

- You sometimes feel tired and weary of living, even though you have no major problems.

- Life feels empty, meaningless, or false despite your successes. You crave for purpose and meaning.
- You sometimes feel: “Is this all there is? There has got to be something more!” You see through the illusions of society and the games of others.
- You find yourself sometimes the Philosopher’s Questions: “Who am I? Why do I exist? Where do I come from? Why am I here? Where am I going? What does it all mean?”
- The traditional or the religious answers to the nature and meaning of life no longer satisfy you.
- You sometimes experience anxiety, frustration, desperation, or depression about life for no visible reason.
- Life sometimes feels dark and heavy.
- You have moments of feeling trapped in life or in your body, or your human identity, or in matter itself.
- You feel alone and isolated from others where before you socialized well. And you may want that solitude.
- You feel nostalgia, melancholy, or longing for something lost, or that seems long ago.
- You sometimes feel you have lost something important, or that it is far away, even unreachable
- You feel lost or alone. You may feel you are far from home, or far from Love, or from God, or from happiness.
- You realize no matter how much more money, things or experiences you accumulate in life, it will never be enough: that nothing material will every satisfy the emptiness within you.
- You long to be much happier and more fulfilled than you are now, but don’t know how to achieve it.
- You long for spiritual experiences you have read about with such authors as Carlos Castaneda, Deepak Chopra, Neale D. Walsch, Richard Bach, Eckart Tolle, Robin Sharma.

If you have answered YES to some of these questions:

That is great news for your spirituality! The Dark Night means you-psycan are tiring of the Human Experience, of avidya and drama, of darkness and evil, of pain and suffering, and are ready to awaken and go Home, back to Essence, to Love and Joy. You are immortal; you did not come here for all eternity; only to visit the Darkside for a while. Dark Night is your higher self-poking and prodding you to awaken, to start your Search for real answers to the Great Questions.

Search



Your Dark Night, if successful, will push you into the other initial element of Stage 3: The Search for a Source of True Spirituality. (“True Spirituality” has an exact meaning explained in a later chapter.)

Your being wants to awaken and Return Home, back to Essence. You must find a teacher, group, or school that can guide you; the path is complicated. No one achieves enlightenment by themselves, and no one can guide others who has not done it himself. You can have spontaneous experiences of awakening, but enlightenment is making awakening intense and permanent. This is not

achieved easily, but it can now be done quickly and is not too difficult using Essentiality.

The searchers will read books, take courses, seek out teachers and groups. If a person has a religion, he becomes dissatisfied and seeks elsewhere. If he has no religion, he may investigate religions. He may search into philosophy, occultism or esotericism. He may find a teacher or a school, study a while and move on, always looking for a Source of True Spirituality.

Jesus promised: "Seek and you will find." I have found it to be so.

The ESAE is a new and powerful source on the planet with a precision and scientific path even behind enlightenment to illumination. Essence has given us it because it is now time for a general, global movement to enlightenment and a Transformation of Consciousness on the planet. When you hit your Dark Night and Search, you may want to include it in your investigations to find your path.

17 - Stage 4: Enlightenment



We explained what enlightenment is in Chapter 2. Here a reminder of the two essential experiences and a mention of some of the other characteristics of enlightenment.

Essential Enlightenment Characteristic #1

You have transcended the illusion that you are only a human being and live in the experience of being an immortal spiritual being, a psycan.

You may retain as much or as little of your human character and role as you wish, and you have the power to change it to however you wish to be as a human. But you are clear it is not you, that it is your avatar for playing the Human Game.

Essential Enlightenment Characteristic #2

You can perceive and feel Essence, the Tao, and you communicate with Her.

You feel Presence, Oneness, Vastness, Power, Wisdom, Perfection, Beauty, Truth, Love, Immortality, Liberty, Certainty, Confidence, Peace and Joy.

You know you are on your way Home again. You are in your penultimate incarnation; you need only one more for illumination. You can never be alone again; Essence is always there with you.

Other Characteristics of Enlightenment:

Power: You manifest what you want and create your human life as you would have it.

Happiness: You are free of all negative emotions, of all pain and suffering. Your most negative state is serenity and peace; your highest moments are the Love-Joy of Essence.

Abundance: Essence is naturally abundant: She is, in fact, everything that exists; She is infinite abundance. The more Essence you are, the more your life is naturally abundant in everything you need: relationships, contacts, opportunities, money.

Freedom: The enlightened being is free of greed, clinging, attachments, ambition, hoarding, emotional dependency, addictions, programs of others. He lives his life as he pleases. He is free of “hero worship” (idolizing famous people).

Freedom from Time: The enlightened being has no baggage from the past (traumatic incidents, painful memories, resentments, regrets, guilt, blame, hate, negative relationship energies, etc.) He is free of the future: does not daydream of “glories of the future” (I will be happy when ...); he has no fear or anxiety about the future.

Freedom from the External Quest: You know happiness is internal, your degree of contact with Essence. You are free of the human compulsion to seek happiness in the world in relationships, sex, success, fame, money, power, travel, possessions, etc.

Freedom to others: You have no programs, demands or expectations about how others should be or what others should do. Love begins in Liberty: you give others the space to be and do as they see fit, knowing the Existential Imperative drives all human behavior.

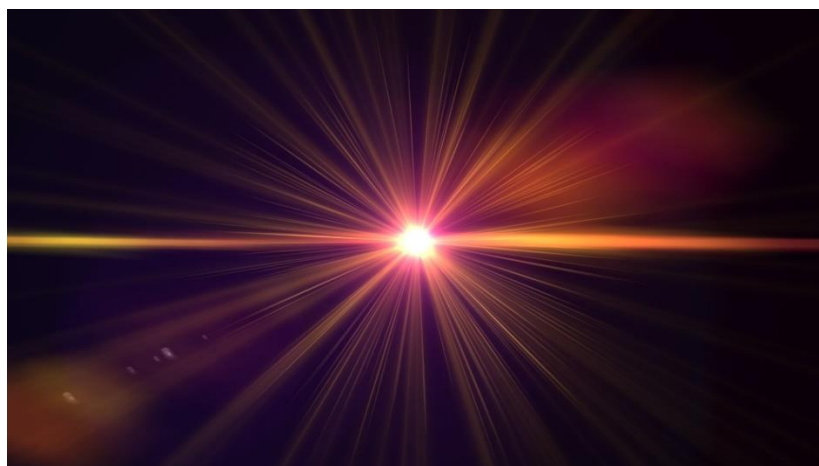
Relationships: All your relationships operate in harmony and win-win agreements.

Mind: The mind is clean and serene; it operates in space, acceptance, and transparency. The being does not create negative love to others: bad-SNB's, judgments, criticisms, polarization, resistances, rejections, etc.

Negative ego: You are free of the hallucination that you are better than, or worse than, others. You know we are all equal beings, no matter our human movie roles. You are free of the human compulsion to conceit, presumption, boasting, one-up-manship, ostentation, social climbing, peacocking, putting down others, etc.

The full characteristics of enlightenment,
you will find in the book, ***Essentiality II.***

18 - Stage 5: Illumination



You are an illuminated or fully realized being when you release all individuality, all illusion of separation from the One. Not only is all trace of your human identity discreated but you have also dissipated the ego so that there is no longer an individualization (psycan). You are re-integrated with Essence; you are the One and the All; you are the Creator; you are God again.

Illumination was the level of beings such as Jesus and Buddha who transcended all individuality and re-integrated to the One Essence again. They had no human identity (avatar) and no separated individuality, no psycan, no ego membrane separation. Illuminati¹ (illuminated beings, single illuminatus) are literally

¹ Illuminatus, plural illuminati: Beings who have reached the 5th Level of Consciousness: Spiritual Illumination, aka Total Self-Realization. Do not confuse with the term “illuminati” sometimes used to indicate a secret political group

Essence (God) walking the earth in a human body. If you spoke to them, you were speaking directly to the “Father”, to Essence, to God.

As Essence, they had total and instant power over the Creation because they were Essence and Creation is Essence. If you requested help, such as curing an illness, lameness, or blindness, or raising someone from the dead; they simply willed their Essence, the Creation, to re-shape Itself as desired.

Your Power-13 is proportional to your enlightenment which is proportional to your recovery and re-integration to your Essence. An enlightened being has trans-human levels of power to manifest his life as he wants it, but he is still far from the total power of an illuminati.

Once a being illuminates, he will soon leave this reality. There is nothing here for him to do. He may teach others awhile but it is rare that an illuminati hangs around Earth for more than two or three years.

**The Father and I are One.
Who has seen me, has seen the Father.**

Jesus at John 10:30 and John 14:9

The ESAE recommends that you achieve your enlightenment in this lifetime and your illumination in the next. There is no particular hurry. Just start saying good-bye to Earth.

Saying good-by to Earth and being human reminds me of another characteristic of the enlightened; they are free of all attachments. Attachments are emotional dependencies on anything or anyone. There are positive attachments and negative attachments.

Positive attachments: If the absence or loss of any person or thing in your life would activate your negative emotions (anger, sorrow, loneliness depression, etc.), you have a positive attachment to that thing. You are using it for your happiness, or at least to avoid pain. Common attachments include to spouse, children, parents, pets, and possessions: money, jewelry, house, automobile.

Negative attachments: If the presence of person (or thing) activates any of your neg-love energies (resistance, invalidation, dislike, aversion, rejection, hate, etc.) then you have a negative attachment. You are letting it disturb your love and serenity, and

An enlightened person is free of all attachments. He is transparent. All energies flow through him and his life without any grasping, without any resistance to their coming or goings.

19 - Your Shell



The great question of existence is how, by what process, did you-psycan become a human being and “descend” from “heaven” to Earth? How do you counter-create your divine Essential nature (Love, Light, Wisdom, Power, Joy) so that you can experience, be, and explore all that you are not: anger, hate, ignorance, darkness, jealousy, no power, evil, drama, pain and suffering?

- How do you, Essence, Infinite Omniscience, create your mystical amnesia, your avidya?
- How do you shrink your Infinite Consciousness down to the infinitesimal consciousness of a human being?

- How do you, Infinite Love, transform your Good-Godness to Evil?
- How do you, Infinite Creator Power, diminish your power to that of a human being so you can have obstacles, games, failures, and Drama?
- How can you, Infinite Love-Joy, explore pain and suffering?

The importance of this question is, that if you understand the process, you can reverse it. You can discreate what causes you to experience all that you are not.

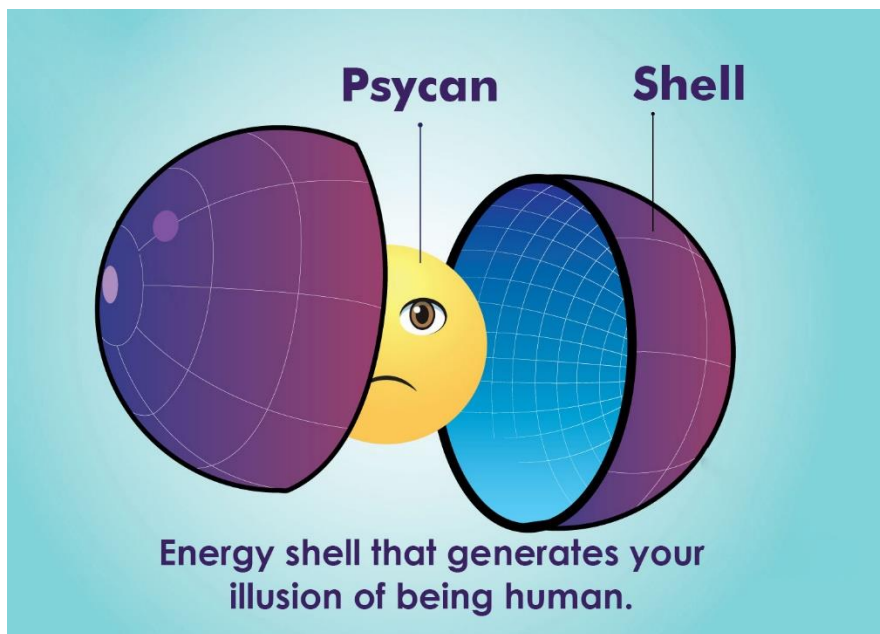
Not Magic

You did not become a human being by magic, wizardry, alchemy, enchantment, witchcraft, or voodoo. No, you became a human through physics, albeit the physics of non-physical energy, that which we call psycanics.

Although we know the exact process and how to reverse it, that is a lot of information and a book or two until itself. Here we can only introduce the laws of creation and discreation. (You will find many more in *Essentiality II*.)

- ✓ Everything that exists is energy.
- ✓ Energy is formed into realities, into things, objects. Realities are all the forms that energy takes. Everything that exists is a reality.
- ✓ All energy and therefore all realities are legal: they obey exact laws. The laws of your thoughts and emotions and relationships, of all your psycanic experience, are as precise and powerful as the laws that hold the planets in their orbits.
- ✓ You-psycan are consciousness. Consciousness is the power to perceive, feel, experience, and so to be familiar with, to know.
- ✓ Realities cause experience (on consciousness).
All experience is the effect of realities (upon consciousness).
- ✓ The psycan is a creator of realities, forming them by will out of energy.
- ✓ What you have created you can discreate; no reality is more powerful than its creator.

You-psycan create a shell of realities that encase your being. That shell acts upon you-consciousness-experience to block your Essence and to generate for you the illusion of human being. See the illustration on the next page.



Enlightenment and illumination are a process of discreating that shell, thereby freeing you-psycan of the effects of the shell on you-consciousness-experience.

The shell is made of realities, of creations, your creation. What you have created, you can discreate. Everything is Essence, which is to say that everything is an illusion.

Theoretically, you have to discreate your shell reality by reality, which would take lifetimes of BTT processing. However, in the practice, there are many accelerators. With Essentially and its Being Transformation Technology, you will

#1- sometimes be able to discreate realities **wholesale** (many at a time).

#2 - know which realities are key realities. Discreating the key realities is like removing bricks in a wall. If you pull out the right bricks in the right order, large sections of the wall collapse.

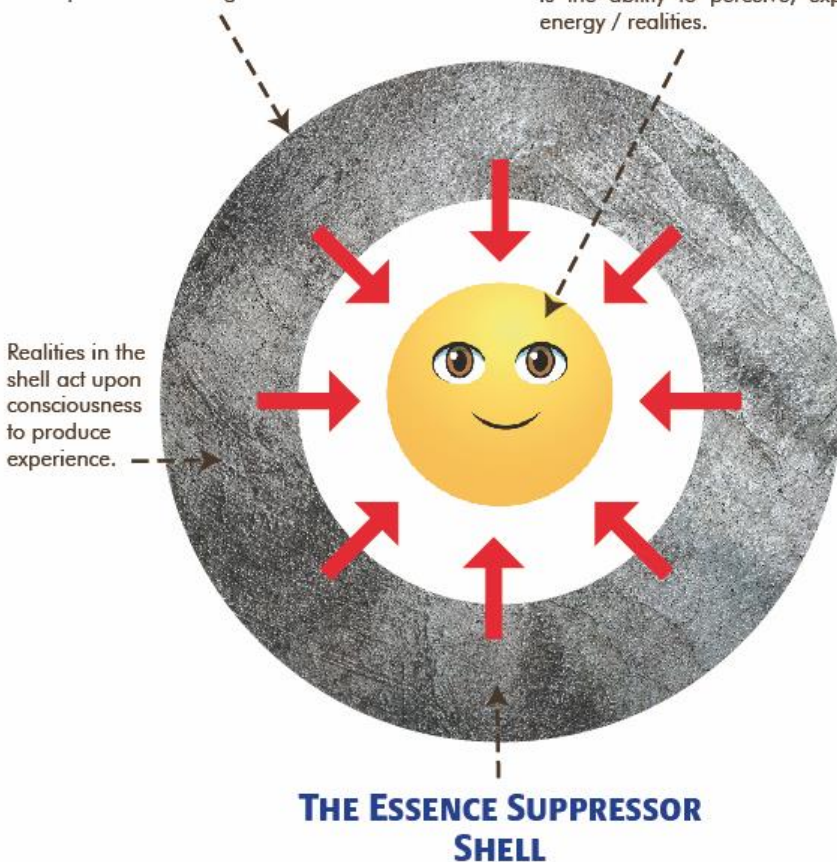
#3 - eventually have the level of consciousness necessary to simply dissolve realities at will.

The ESAE guides its students to discreate the maximum amount of mass with minimum effort. However, enlightenment still requires hundreds of hours of discreation which, in the EASE, the student does over the 5 years of the program.

Illustration of the Shell of Realities acting upon Consciousness to produce experience.

Essence Suppressor Mass: The shell of psyanics energy-realities that blocks perception of Essence and generates the experience of being a human.

Psycan: The spiritual being of consciousness and will. Consciousness is the ability to perceive, experience energy / realities.



Summary of Principles of Psyanics:

- Consciousness is your power to perceive, feel, experience, know.
- Realities cause experience to the psycan-consciousness.
- Experience is the effect of realities
- All realities are creations; you experience nothing that is not your creation.
- You are the creator of all your realities including the reality that you are not the creator of your realities when that is your reality.

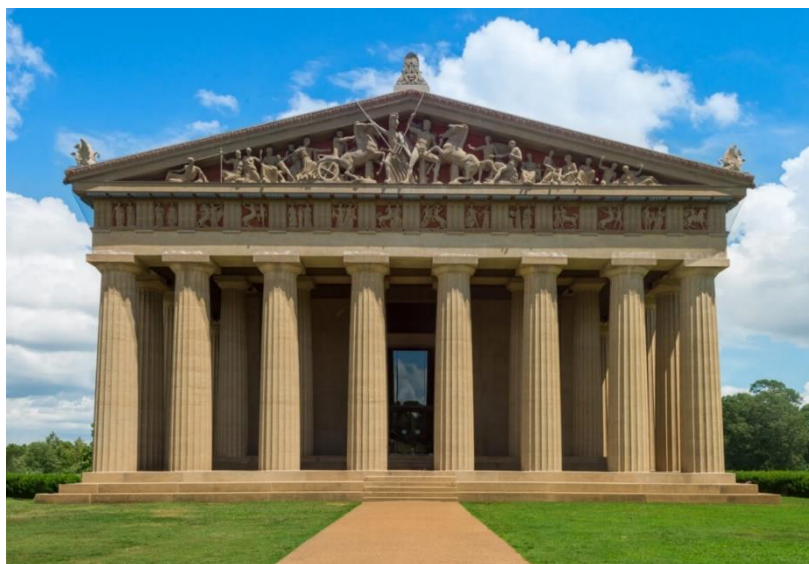
- What you have created, you can discreate.
- Your shell consists of thousands of realities.
- The discreation of your shell is the key to quick and sure enlightenment.
- The Being Transformation Technology is the how of discreation.

One of the most important concepts in this book is:

**The discreation of your shell is the key
to quick and sure enlightenment.**

**Being Transformation Technology is
the Essentiality system for doing so.**

20 – The School



The ESAE (Essentiality School of Accelerated Enlightenment) uses four main lines of work on self to achieve enlightenment. They are:

1- The acquisition of Wisdom

The School has a path of 200+ modules of study to basic enlightenment and another 200 or so to illumination. This book has 20+ chapters. Each chapter contains less information than a single module of study in the School. So, obviously, there is a LOT to know about Essence, psycan, being, realities, creation, discreation, experience, polarity, Psycanics, thought, emotions, behaviors, relationships, communication, Evil, Drama, Love, neg-love, and all the other myriad facets of True Spirituality. An enlightened being has a trans-human knowledge of human nature, experience and behavior, and of Essence

and spirituality. This book is the barest of introduction. Even *Essentiality II* hardly scratches the surface.

2 - Liberation of negative energy and discreation of realities, of the shell.

You are Essence; you are the Creator of the universe. At the level of psycan, you are the creator of all that you experience, including your shell. Creation and discreation operate according to exact laws, the laws of non-physical energy. The Being Transformation Technology codifies the laws and the student of the School learns to apply them to liberate all negative energy and realities.

3 - Re-Creation of Avatar (your Human Identity Complex)

After you discreate your negative realities and identities, you create the positive ones you desire to be and experience. You energize your desired realities to impress them upon your new being, just as you originally created negative realities in your shell. For example, if you are experiencing bouts of anger, these always come from neg-power identity realities such as “I am unable”; or “I am incapable”, or “I am weak”. You discreate the reality and replace it with positive identities such as, “I am powerful”, “I am able”; “I am strong”. You transform who you are in the situation where you were activating anger and you will no longer have attacks of anger.

4 - Ascension of the Psycan

Ascension is the technology of positive gains achieved by your active practice of the 13 Characteristics of Essence. We call it Ascension because you are climbing back up the Essence Polarity of Being from Darkness to Light, from Evil to Love. We present an example in depth of this in *Essentiality II*, using Love. How to ascend the other 12 Characteristics is a book unto itself.

Psycanics

The Essentiality path to enlightenment is based on the physics of non-physical energy, called Psycanics. All realities are forms of energy; all energy obeys exact laws. You are offspring of the Creator and you retain your Creator natures. You-psycan are a creator and discreator of realities. All experience is the effect of energy-realities on your consciousness. Discreating the causal reality will eliminate any experience, including those of drama, evil and human being. There is nothing magical, mystical, or airy-fairy about it. It is simply the science of metaphysical energy.

The School is a system, an “assembly line” of knowledge, exercise, assignments, and discreation processes that all students progress through. Enlightenment does not depend on personal contact with a “guru”, although there are advisers and pilots to guide the student every step of the way. It depends on the student following the instructions and doing the meditations and Being Transformation Technology processes.

21 - True Spirituality



Your spirituality is your degree of
Experience and Expression of Essence (EEE).

As you recall, Essence ergo spirituality has 13 Primordial Characteristics and 20+ secondary ones. The major ones are Power/Creator, Wisdom, Love, Humility, Peace, Compassion, Joy, and Abundance.

To the degree that you are feeling and living the Characteristics and treating others accordingly, you are being spiritual. To the degree that you are generating negative energy, harm or suffering for others, you are being anti-spiritual, aka evil. Here the principal Characteristic is Love which requires a good deal of knowledge to understand. Most human ideas about love are wrong as evidenced by the amount of drama in relationships.

Note that the Characteristics are also the components of happiness. Essence-Love-Joy is the only happiness that exists. You are happy to the degree that you recover your Essence; unhappy to the degree you continue to explore drama and evil.

Essence-Love is the only happiness that exists.

You are happy to the degree that you recover your Essence =
your spirituality = your enlightenment.

Your spirituality is your degree of EEE.

(EEE = Experience and Expression of Essence)

Your spirituality (EEE) is the only happiness that exists.

Your happiness comes from your spirituality.

Your enlightenment is your degree of EEE,
of Essence, of spirituality.

Recognizing Spirituality when you see it

If you seek enlightenment, or even just spiritual growth, you must find a **Source of True Spirituality**, an entity who has a real contact with Essence, demonstrated by their EEE. Many are the “false prophets” who preach (and profit) in the name of God, but who are neither examples nor sources of true spirituality.

A witch doctor in the Amazon forest might have a real contact with Essence, where a magnificently robed minister in a grand cathedral does not.

You can measure the spirituality of others by their degree of EEE. If you do not see EEE in them: humility, wisdom, detachment from material things, frugality, responsibility, power, love, patience, compassion, indifference to acclaim, fame, and fortune; and all the other qualities of spirituality, beware. Such people cannot give or teach you what they do not have. Ask yourself: How much like Buddha or Jesus are they?

“By their fruits, you will know them.” — Jesus.

22 - Planetary Transformation of Consciousness



Imagine a world transformed from egotism, greed, fraud, corruption, scarcity, poverty, inequalities, problems, conflicts, racism, terrorism, tyrannies, competition, rape of the environment, extinction of species, indifference to suffering, waste of resources on militaries and war – all the negative energies and forms of Evil that we have today – to a **Paradise on Earth**, to the universal consciousness through the experience that we are all One Being, dividing our One Self into (the illusion of separate) immortal beings to incarnate in and play together in the Creation, the Disneyland of God.

A world where we live in the moment to moment perception of the One, of Infinite Love; we feel love for all others and all life.

Enlightened, we communicate telepathically with the One and with each other, awakening a Global Consciousness.

People are focused more on their spirituality than in materiality.

We are aligned in our purpose to create a world that works for everyone.

There is no crime and no violence; no one would do anything against Love or the Greater Good, much less to harm another.

There is no political or corporate corruption.

(Note: as psycans, we are all naturally telepathic; we are all the same Energy, the One Consciousness. Your shell blocks your perception and telepathy with others.)

There is no greed; no one strives to accumulate or hoard more than they need; there is abundance for all. Leaders truly seek the Greater Good for the Greater Number for the Long Term.

All the resources that went into fighting crime, injustice, poverty, terrorism, nationalism, militaries, and war—50% of the energy on the planet? -- are now focused on creating positive things for all.

All people are well educated and work part-time producing whatever is their product or service; the rest of the time, they explore their interests, passions or arts. We all support each other in our goals and passions; if somebody wants a particular experience, all help him to have it. If someone needs something for some project, they ask the community for it and receive it. When they are finished with it, they return it or the results to the community.

Seems like a fantasy, no?



However, it is completely doable, and in only 4 generations, 100 years.

How? By chain reaction.

An enlightened person naturally impacts the people around him (as did Buddha and Jesus). They can see how his life is, free of drama and suffering, full of abundance and joy; his relationships free of conflicts in harmony and love. Many can feel, sense, the Essence in him, as some people did with Buddha and Jesus.

The spiritual evolution of the planet is such that there are now many millions of people who are in their Dark Night. This is accelerating: many, many more will be entering in the coming decades. The news and knowledge of enlightenment and its ecology as introduced in this book will soon become generally known. An enlightened person operating in the world will inspire some of the people around him to seek their own enlightenment. These, in turn, will inspire others triggering a chain reaction and an explosion of 4th Level consciousness on the planet. The science of true spirituality and enlightenment will become the dominant paradigm.

The 3000+ religions on the planet will dissipate or unite as the verifiable-by-experience Truth of Essence becomes undeniable. The School will publish a scientific paper connecting spirituality with the quantum field, bringing even the most materialistic scientist into recognition of Essence. Science and spirituality will be united into a single Unified Field Theory of Existence.

Think of where technology was in 1900 and where it was in 2000, 100 years later. Now factor in the power of modern digital communications — social media, books, YouTube, Twitter, etc.—reaching almost every point on the planet. There is no way to stop the power of an idea whose time has come. There is no way to stop Truth. There is no way to stop this plan of Essence for the spiritual evolution of humanity.

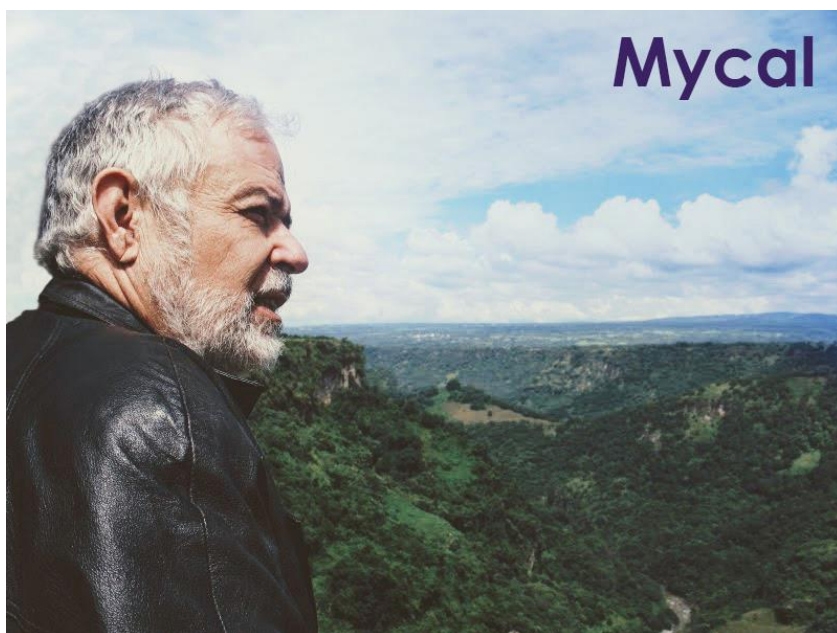
You are part of the problem, or you are part of the solution, depending on whether you choose enlightenment or to remain in Drama and Evil.

Many are called, but few choose. — Jesus¹

What do you choose?

¹ This is sometimes mistranslated as, “*but few are chosen.*” If you are called, you have already been chosen. It is then up to you.

23 - About the Author



As an enlightened being, I live in the experience of my spiritual being, the experience of psycan. The name of me-psycan is Mycal. The name of my body and human identity complex (avatar) is Thomas Powell. My human identity complex is mostly dissipated; my body I still use.

I describe in the Table of Characteristics of Enlightenment why an enlightened being is no longer human.

I am working on deepening my enlightenment and on my illumination. Meanwhile, I am documenting the path of Essentiality, supporting those who would like to create the School in English, and will serve as a teacher of the first generation of teachers and Being Transformation Technology pilots.

My Mission

To catalyze a global Transformation of Consciousness from materiality to spirituality, from avidya and drama to Oneness and Love as the basis of existence. To unify humanity under One True Spirituality and unify spirituality with physical science, and transform human life from Stage 1 and 2, to Stage 4 and 5.

- To record for humanity the Perennial Wisdom of Who We Are, of our Origin and Essence, and of our existential predicament in such a manner that it is not lost or distorted again.
- To lay out a path to enlightenment consisting of practices, disciplines, exercises, and processes that free the being of the human being illusion.
- Found an organization that preserves, disseminates and teaches the Wisdom and pilots people on the Road of Return and catalyzes the Transformation of Consciousness on Earth.
- Serve as the teacher of the first generation of students who will then become teachers and administrators to carry forward the Mission of individual enlightenment and therefore of the Transformation of Consciousness on the planet.
- Dissipate the multiplicity of religions uniting them under a single understanding by providing a verifiable, experiential spirituality to the masses.
- Unify physical science with spirituality by introducing scientists to the Creator Field and replicable empirical evidence of spiritual phenomena resulting in a Unified Field Theory of Everything.

Abilities and Specializations of Mycal

- Mystic and enlightened being
- Explorer-scientist of higher dimensions of the infinite creation.
- Channel for Essence and Her description of Self and existence (Essentiality).
- Discoverer of Psycanics and the Being Transformation Technology
- Expert pilot of Being Transformation Technology
- Master of Life: creates and controls his life; lives free of negative energy in emotions, thoughts, relationships.
- Teacher of awakening and enlightenment with 60+ enlightened students
- Founder of The Enlightenment Organization.
- Founder and curriculum creator for the Essentiality School for Enlightenment
- Portal of Shakti, able to spark the awakening of others.
- Author of many seminars, retreats, courses.
- Author of a dozen+ books.
- Seminar and retreat leader.

Glossary

3 Dimensions of experience: Essence, psycanic and physical.

6 Arenas of life: BE → FEEL → THINK → RELATE → DO → HAVE

12 Fundamental Concepts of Essentiality:

1. Cause-Power → Effect-Results
2. Creation<>Discreation
3. Polarity
4. Reality
5. Experience
6. Good<>Bad (NISGOB CharPriCon),
7. Responsibility → Power → Results versus
Deny Responsibility → Victim → Game Conditions → Drama,
8. Love<>Evil,
9. Liberty, Liberation
10. Ego = equal individuality <> neg-ego
11. WPVGL: Wisdom, Power, Value, Goodness, Love-Joy.
12. Yin<>Yang

Absolute: 1- The No-thing “above” Essence, the ultimate Creator of everything from which comes Essence (not covered in this book.) 2- Essence when referring to the unmanifested, only-positive Characteristics outside of the Creation where She has no polarity; Her Characteristics are absolutely positive; there are no negatives.

aka: Abbreviation for: also known as, indicating an alternate name or synonym.

Anti-Love: The south pole of the Love<>Evil Polarity. Synonym for Evil.

Ascension: The constant and consistent practice of the Characteristics of Essence, particularly Love, to ascend the Being Polarity from evil back to Essence. It requires a deep understanding of the Characteristics and the Essence Polarity of Being.

Avatar: Synonym for the Human Identity Complex. Your avatar is your human identity, personality, character, values, etc. It is the role, the character, that the psycan is playing, being on Earth. It is a part of the being shell. Analogy: the psycan is the actor; his avatar is his role in the human movie.

Avidya: Term in Hinduism and Buddhism for ignorance referring to spiritual ignorance of true nature of existence, of Ultimate Reality and of Who You Are. No matter how many universities a person has graduated and how many degrees they may have, if they do not know Who They Are and Who Are Others, they are avidya.

Awake, Awakening: Level 3 of Consciousness between Drama and Enlightenment. A person is Awake when they know beyond any doubt that there is a higher being or state of consciousness they can reach, and they commit and work on themselves to achieve it. Without the work, they will fall back to Sleep, aka Level 2-Drama. Awakening is a glimpse of enlightenment.

Bad: The hallucination that something should not be, leading to the hallucination that the use of evil (neg-love) is justified. (Neg-love is never justified and never used by love; it would not be love if it used negative energy.)

Baggage: All the negative energy and acts (neg-love) that the being has accumulated during his life. It includes painful memories, traumatic incidents (violence, abuse, rape, etc.), abandonment, failures, shame, guilt, resentments, relationships ended with negative energy, evil acts to others, theft, deceptions, etc. the Being Transformation Technology cleans baggage from the being. All neg-love acts lower the Love-Light of the being and must be cleaned and the energy restored.

Being: Any collection, complex, of realities and identities that the psycan takes on to become a particular entity, person or role. Shells of being are sets of realities that act upon the psycan-consciousness to generate the experience of being a chosen identity. A being is a psycan modulated by his identities, his creations of what he is and is not, thus producing a unique individual. Analogy: In a human movie, the psycan is the actor; his being is his role, his character, in the movie. Where the distinction is not important “psycan” and “being” may be used as a synonym. To become a human being requires 3 shells of being: evil, drama, and avatar.

Being abbreviations: UHB, SEB, HEB, RBB

UHB- Unenlightened Human Being. The unawakened human being living in avidya and in Level 1 or 2 (Evil, Drama) of the 5 Stages of the Human Adventure Game.

SEB- Spiritually Enlightened Being: A psycan who has awakened from the Human Dream, recovered his self-experience of immortal spiritual being and has perception and communication with Essence. He is a Master of Life creating his human existence as he wants it.

HEB - Highly Evolved Beings: Psycans in the upper levels of enlightenment or lower levels of illumination, aka RBBs. Beings of great Light, Wisdom, Power, and Love. They are more advanced spiritually than SEBs.

RBBs - Really Big Beings: although technically, there is no such thing as one Being being bigger than another as we are all the same, One Being. There

are only levels of individualization, separation, and re-integration to the One. We use the term RBB as a synonym for HEB.

Being Transformation Technology: An extensive and sophisticated system of protocols, procedures, and processes that apply the know-how of Psycanics or Essentiality to the psycan enabling him to make desired changes in his being and life. Much of it deals with the creation and discreation of psycanic realities and identities.

Black hole: Is a person who takes and absorbs TE (Time and Energy= Life) and gives little or nothing back, i. e. deadbeats. Compare to a “Star” who is a person who is powerful and gives and gives to others. Notable Stars: Jesus, George Washington, Mother Theresa, Gandhi, Churchill. Examples of black holes: people on welfare who make no effort to get on their feet. People in jobs who do as little as possible or perform in mediocrity. People who believe they are victims and complain and blame instead of taking action. Black holes are expressing Darkness or Evil. Stars are beings operating in Power and Love.

Boomerang: We are all One Being. Anything we do to increase or decrease energy (loving<>eviling (doing evil)) always affects the Love-Light that we are. What we do creates who we are. When we love, we increase the Love-Light we are. When we do evil, we decrease the Love-Light we are. We ascend or descend the Love Polarity by what we are expressing: pos-energy or neg-energy = love or evil.

Integrally Rich Life: The creation of the realities/experiences that you desire in all of the 12 areas of life. The UHB will create no-results=drama in multiple areas of his life. The SEB manifests what he wants in all areas.

Causal Sequence of Life: The formula of how life works: BE—>FEEL—>THINK—>RELATE—>DO—>HAVE, wherein the element to the left determines the elements to the right. The BEing, the leftmost element, is the ultimate causal factor and is the creator of all the other areas. The power of the Causal Sequence is that upon changing your BE that entire Sequence, your life, changes. The avidya UHB struggles to change effects: HAVE, DO, THINK, and FEEL. The SEB goes directly to BE, transforms himself with Being Transformation Technology and all the rest of his Sequence changes automatically.

Consciousness: One of the 13 Primordial Characteristics of Essence, of Life: to wit, the power to perceive, feel, experience and thereby know energy and realities. It is related to Wisdom and intelligence, intuition and creativity. Consciousness does not come from matter or anywhere in the Creation; it is a priori; it is part of the Creator and therefore basic to the psycan

Cosmos: capital “C”. Synonym for the Creation (capital “C”). The entirety of all created realities, all dimensions, all universes. Do not confuse Cosmos in Essentiality with the astronomical definition of the word as the physical universe. Our entire physical universe is no more than a grain of sand in the Cosmos.

Create: To create is to cause into existence something new, something that did not exist before. Creator Will moves energy to form realities out of energy: that is the process of creation. Manifestation is to attract into your experience (life) something already created, usually by others. You create a painting or a business or a relationship. You manifest a car or money or a house. You create by using your will to forming the mental image of the desired result and then energizing (loving) it.

Creator: That which causes something to exist. Capital “C” indicates the word is used as a name for Essence. Essence is the Creator of the Cosmos; the psycan is a creator of his experience and life.

Creation: 1- capital “C”: Synonym for the Cosmos meaning all created realities, all dimensions of the Energy with all of their universes. Everything that exists except the Essence Creator Herself who exists outside or and beyond the Creation as well as existing as the Creation.

creation: 2- small “c”: any reality; all realities are creations. Every thought is a creation, every tree is a creation, every human being is a creation, every star is a creation, every universe is a creation. You are the creator of all your realities. Realities produce experience: ergo you are the creator of all your experience, particularly psycanic experience.

Dark Night of the Old Soul: As the psycan tires of the Human Experience after hundreds of incarnations, he begins to long for Home, for Essence. The Dark Night is the symptoms of this tiring and therefore readiness for Awakening.

Darkness: The upper half of the Darkside as distinguished from the lower half which is Evil.

Darkside: The entire southern hemisphere of the [Light<>Darkness Polarity = Love<>Evil Polarity]. Avidya and all forms of negative energy and action

Discreate: To cause a creation, a reality, to no longer exist. This is done by discharging, liberating, the energy that comprises the reality. (The energy is not discreated, it is freed. It ceases to form that reality.) The psycan-consciousness has the power to discreate its creations by experiencing them which is to flow their energy from the reality to consciousness.

DO-BE-DO: The law that what you Do defines who you are and who you are (Be) results in what you Do. This actually a circle between Be and Do, here displayed linearly. Example: a thief steals; he who steals is a thief; thieves steal.

Drama: Drama is all the rich experience, mostly negative, that you savor during a game or movie. Drama includes: suspense, surprise, doubt, dilemma, eagerness, expectation, impatience, anticipation, uncertainty, perplexity, confusion, indecisiveness, shock, problems, challenges, conflicts, errors and mistakes, faults and failures, losing and winning, victory and defeat, and all the negative emotions: anger, anxiety, fear, guilt, resentment, hate, sadness, sorrow, regret, desire, depression, among others. (Drama will be written with a cap “D” when referring to this definition, to the overall

concept, and to Stage 2 of the Human Experience; as contrasted with to specific dramas as in a relationship.) The purpose of games and movies is the experience of Drama. A requirement for Drama is that the game (the struggle with the obstacle) continue with the outcome uncertain). Game Over is End of Drama.

Ectropy<>Entropy: Ectropy is Life, Intelligent Cause, acting in the universe to differentiate and control matter, to form it into realities with the desired properties, to organize it and energize it to produce whatever the desired result. Opposite: Entropy

Ego: include three concepts:

- 1- Ego Force: ego membrane: A force field that overlays the Creation and partitions the Aware-Will into individualities, psycans, apparently separated and isolated from the Whole and from each other. The Force has a spectrum of intensity. At the top, it is weak, allowing perception of the ONE. As you move down the spectrum the Force increases creating more and more individuality and less and less perception of the One. At the bottom, the Force is total: there is no perception of the One whatsoever, and beings enter into negative ego: feeling themselves more or less than others.
- 2- Positive ego: The (illusion of) individuality, of being less than and separate from the One. The creation of Many beings so that we can play games with allies and enemies, friends and foes. Individuality includes the reduction of the Characteristics so that we can have a limited point of view and power and can have Game Conditions.
- 3- Negative ego, neg-ego: When the illusion of individuality is total such that there is no perception/experience of Oneness, and there is complete avidya of the Truth of Who We Are and of Love; then, at the effect of the Existential Imperative to always BE more, a psycan can polarize others in greater<>lesser, superior<>inferior, and good<>bad. This, in his opinion, justifies all forms of neg-energy and even Evil: domination, slavery, torture, death.

Enlightenment: The Third Level of Consciousness: Living in the Experience of Psycan, of being an immortal spirit, with perception and communication with Essence. The being has exited avidya, evil and Drama.

Entropy<>Ectropy: Entropy is the opposite of ectropy. Entropy is decay and death. Entropy is the force of decay, disorder, and chaos that acts on matter to reduce it to random distribution and minimum energy. Ectropy is intelligence acting to create things. Example: How much Intelligent Cause does it require to design an automobile, design the factories to produce them, mine the steel, fabricate the parts, assemble them, energize the result with fuel and electricity, and then maintain it while it transports you? That is ectropy. Then leave that automobile abandoned out in a field for 100 years: the result is a pile of rust. That is entropy. The matter has decayed and deteriorated, no differentiation, and minimum energy state. That is entropy.

Emotion: The self-love energy polarity. Your emotions are your love<>neg-love for yourself determined by your Essence identity (PEIR or NEIR) of the moment.

ESM: Essence Suppressor Mass, the technical name of the shell of realities around the psycan that blocks his perception of Essence, and generates the experiences of evil and of human being.

ESE: The Essentiality School for Accelerated Enlightenment.

Essence: The infinitely intelligent spiritual Life Energy BEing that is the only thing that exists and which manifests the Creation and all that exists out of Herself, out of Her own energy. She has 13 main Characteristics: Light, Consciousness, Wisdom, Truth, Infinity, Oneness, Will (Power), Magnificence, Perfection, Beauty, Love, Peace, and Joy

Essence Polarity of Being: Outside of the Creation, Essence is absolute positive; there is no polarity, no negatives. Within the Creation, Essence manifests as a polarity. The positive half, called Love-Light, is the 13 Characteristics and the 20 characteristics of Pre-Essence. The negative half is the negative side of each characteristic, called the Darkside and comprising two bands: Darkness and Evil. The Human Adventure is the exploration of the Darkside.

Essence Suppressor Mass: The technical name of the shell of realities around the psycan that blocks the perception of Essence, and generates the experiences of evil and of human being. It has four layers: Ego, Evil, Neg-Essence identities, and Human Identity Complex.

Essentiality: A scientific (verifiable) model of the origin and nature of existence, of Essence. It deals with man's relationship with Essence, with the Creator. The purpose of Essentiality is enlightenment, which automatically transforms the earthly life also.

Event: An event is any change in what is, in reality. Externally, an event includes anything that someone says or does, anything that happens. Internally, it is any change in your thoughts, identities or emotions. The word is very general in that pretty much anything that occurs is an event. A trigger event is any event that triggers a NEIR mass activation.

Evil: With a cap "C": The opposite polarity of Love 13. Evil is all forms of negative energy. The Darkside of the Creation. Stage 1 of the Human Experience is the exploration of being and doing evil, and being done to by evil. Where Evil is distinguished from Drama, Evil is the lower band of the Darkside where the being intentionally uses neg-energy or causes harm, destruction or suffering to others, or his actions reduce the Greater Good.

Evil: With small "e": synonym for the Darkside. Generally: all forms of negative energy. Specifically: All actions executed with the intention to personal gain at the cost of the Greater Good, or to directly harm, damage, destroy, conquer, enslave, punish, torture, kill, war on, or that otherwise cause

pain and suffering to other parts of the One. Evil is part of the Essence Suppressor Mass; it is a mass of dark energy in the shell.

Existential Imperative of Existence is: "The ultimate motivation of ALL human behavior is to control one's experience." (This has a formal proof.) You see this in everyday life as the avoidance of pain and the pursuit of pleasure (which is mistaken for happiness). However, the ultimate experience, the only true happiness is your level of BEing, of recuperation of Essence-Love-Joy. The underlying truth and power of the Existential Imperative are that we are all trying to get back to God, to the Infinite Wisdom, Power, Love, Joy whence we come. Thus, the highest statement of the Existential Imperative is: The ultimate motivation of all human behavior is to return to Essence.

Experience: Everything that you perceive, feel, know. It is the effect of a reality on consciousness. Consciousness in operation is experience. There are spiritual experiences, psycanic experiences and physical experiences.

Explore, exploration: To enter into something to know it and experience it fully. Example: The Human Adventure is your exploration of all that you are not in Essence, of the south / negative pole of Being.

Express, expression. Literally: Ex-press: to push out. To do, perform, act. To manifest a quality or characteristic. To think, do, act, or create, and push the result out into the Creation.

Game: The effort to overcome obstacles to reach a goal. The game is the effort, not the goal.

Game Conditions: The presences of a goal, an obstacle, and a balance of power between the player and the obstacle so that the player cannot overcome the obstacle too easily. When game conditions exist, the game continues and the outcome is uncertain, producing as much Drama as possible.

Grok: A word taken from the novel: A Stranger in a Strange Land by Robert A Heinlein, meaning to understand something for having experienced it, lived it, so that it lives within you, is part of you <> as opposed to mere observation or intellectual understanding. For example, we can talk and explain "Experience of Being" in which you separate from your human identity and experience yourself as a psycan, as spiritual Being. However, until you have actually experienced it, you do not grok it.

HIC: Abbreviation for Human Identity Complex, synonym: avatar

Human Being: A psycan in a shell of realities that generate the illusion of being a unique human character, operating a physical body on planet earth.

Human Experience: The total cycle of incarnations of a psycan on Earth, 500+. It can be called the Human Experience, Adventure, Exploration, Game, Drama, Movie, Theater, Novel, Sleep, Dream, Descension, etc. These are all synonyms. The one chosen in any particular sentence can be random, or it can depend on which nuance we wish to reference at the moment.

Human Identity Complex, aka Avatar: One of the layers in the shell around the psycan. It creates the experience of being a human being with a particular personality, character, likes and dislikes, etc. Synonym: avatar. It accumulates negative energy which must be cleaned for enlightenment.

Identity: Any creation of the psycan about himself thereby determining what he is and is not. The most important ones are the NEIRs and the PEIRs. Shells of being include many identities.

Illuminati: Those, until now, very rare beings who have completely or almost completely transcended the illusion of individuality and of the Creation itself and have returned to being Essence, the ALL. While they walk the earth, they operate a human body, but there is no human being there. If you converse with them, you are conversing directly with Essence. Being Essence, they have total Power over the Creation and can perform what we call miracles at will. The best-known example in the western world is Jesus, who was clear about this: "The Father and I are ONE." Illuminati have finished their cycle of incarnations and escaped samsara. They may hang around in a body after their illumination, but rarely for more than 2 or 3 years as there is nothing for them here on earth, no challenges, nothing of interest. (Remember: Earth is a very dense and backwoods part of the Creation, a place for Darkness.) There have been only about 235 illuminati since the beginning of history. However, with the advent of Essentiality and its technology for enlightenment and illumination, this number will increase rapidly over the next 100 years, so that soon there will be a stream of beings illuminating and exiting the Matrix.

Illumination: The Fifth Level of Consciousness: the release of all individuality (discreation of the ego membrane) so that the psycan re-integrates completely (or almost completely with Essence at the lower levels of illumination).

IMHO: Abbreviation for: in my humble opinion. My job is to report Essentiality as it is. So when I say something that is my opinion, I mark it IMHO so there is no confusion with my personal ideas and points of view and Essentiality itself.

Infinite: really, really big such that limits, if there are any, have never been found.

Intelligence: the ability to perceive the lay of a situation and to plan how to overcome obstacles and produce the desired results.

Integrally Rich Life: The 12 areas of an integrally rich life are: spiritual, identities or human being, intellectual, emotional, spouse and family, other relationships (work, leadership), body and health, sex, work/career/business, finances, material possessions, and experiences.

Karma: what you create or cause, you will eventually experience. If you love = generate positive energy, you will naturally experience love. If you do evil, generate negative energy and increase entropy in the One, you will naturally experience that. Karma is long term, often taking multiple lifetimes before you reap what you sowed. Boomerang is an immediate

increase or decrease in your love-life energy according to the love or neg-love you give, rather than the experience of what you created.

Liberation: The discharge of energy and the discreation of realities in the shell to free the psycan of those experiences (ego, evil, neg-Essence, and neg-energy in the avatar).

Love: One of the 13 Characteristics of Essence. All forms of positive energy and action. Opposites: neg-love, anti-love. The full understanding of Love is complicated and beyond the scope of a glossary. Most human ideas about love are wrong.

Manifest: To manifest is to attract into your experience (life) something already created, usually by others. To create is to cause into existence something new, something that did not exist before. Examples: You manifest a car or money or a person to love. You create a painting or a business or the relationship with the person you attract.

Manifestation: Whatever is manifested. Synonym for reality and for creation.

Matrix: From the famous movie series starring Keanu Reeves. Matrix is a synonym for the Creation, for the world as an illusion in which we-psycans are playing.

Master of Life: Enlightenment is the relationship of the psycan with his spirituality and with Essence. Master of Life is the relationship of a SEB with human affairs. He has mastered himself and therefore human experience. He lives free of negative emotions, conflicts, pain, attachments, resistances, aversions, regrets, resentments, guilt, avarice, hunger for power, fame or fortune. He lives in humility, transparency, serenity, love, abundance, and joy.

Maya: Hinduism and Buddhism: The Creation as an illusion behind which is Essence. The transitory, manifold appearance of the sensible world, which obscures the undifferentiated spiritual reality from which it originates.

Mind: There is no such thing as a mind. There is the being, aware-will, and his mental realities: thoughts, memories, desires, plans, goals, programs, paradigms, beliefs, religion, values, etc. The being uses his will to create his mental realities, his subconscious to store them out of sight and his consciousness to experience them. We use the term “mind” to refer to mental realities and the processes of creating and experiencing them.

Movie: A story built around a game which is the struggle to overcome obstacles.

MU: There are three classifications of realities as regards their truth. Those which are verified and we can be reasonably certain they are the truth. Those which are verified to be false. And all others where the truth of the matter is not verified, and therefore is not known. The label “truth” is the certification of the quality and reliability of the information. It may not be assigned to any datum not verifiable. Those statements are MU. Thus, there are three classifications for information: true, false, and mu. (Example: All advertising that claims to be the best product. All religions.

Political philosophies. Fake news.) Most of what people say and believe is unsubstantiated and therefore mu.

Neg-ego: The hallucination that one person (or group) is superior, greater, or more than another; who is perforce inferior, lesser, worse. This is, obviously, polarization. Neg-ego then polarizes even further into good<>bad, and then hallucinates justification for evil, the use of neg-energy to dominate, conquer, rob, enslave, torture, kill, etc. Both sides of the polarization are neg-ego; it is equally neg-ego to hallucinate that you are inferior, less than, worse than others. Neg-ego of superior is an attempt to compensate NEIRs. Neg-inferior comes directly from NEIRs. Neg-ego is part of the Darkside and greatest in Evil. Neg-ego is a hallucination because the Truth is One. There are not two in the One; impossible to have greater or lesser when there is only One. All neg-ego must be discreated for enlightenment. The polar opposite of neg-ego is One and Unity, arrived at by the ascension of the Unity<>Ego Polarity through Humility. Humility comes from the recognition that we are all One; that there can be no greater or lesser. The discreation of NEIRs is also important to achieve Humility.

Neg-energy: Abbreviation of negative energy which is to say negative love, darkness, evil.

Neg-love: Abbreviation of negative love; all forms of negative energy and negative actions.

Negative<>Positive: Negative is that which is unpleasant, painful, not wanted, unproductive, harmful, destructive. Opposite: Positive

NEIRs: see PEIRs. NEIRs are the polar opposites of PEIRs.

Pain: all forms of negative psycanic energy; all negative experience, negative thoughts and emotions, and identities. Darkness and Evil are painful. Resistance is painful.

Pain and suffering: In Psycanics and Essentiality, “pain” and “suffering” always refer to negative mental and emotional experiences, not physical pain unless “physical” is specified.

PEIRs<>NEIRs: Positive Essence Identity Realities <> Negative Essence Identity Realities. PEIRs affirm the 4 characteristics of Essence of Wisdom, Power, Value, and Goodness (Love). NEIRs deny or counter-create them. PEIRs and NEIRs form the BE in the Causal Sequence. There are four great NEIR masses in the shell.

Pilot, piloting: A person highly trained in Being Transformation Technology and in how to guide others. All teachers of Psycanics and Essentiality must first be pilots.

Polarity: The “stretching” of any type of experience into a spectrum of gradients between two opposing poles. It is impossible to understand existence without understanding the laws of polarity.

Polarize, Polarization: To divide and separate people or groups and label one side superior<>inferior, which progresses to good<>bad, apparently justifying neg-love (evil) to the negative polarity. The evil can include: invalidation, judgments, criticisms, rejection, ostracism, punish, and even death. Polarization is an activity of Evil. Examples to be found in racism, nationalism, religions, politics.

Positive<>Negative: Positive is that which is desired, pleasurable, creative, useful, productive. Opposite: Negative.

Power: The ability to produce the desired results in any area of life, and particularly to create and discreate.

Process: Any of a myriad of ways of moving energy, creating and discreating realities to make changes in your BEing and therefore in your Causal Sequences= your life. A process may follow formal protocols, or a good pilot can invent one on the spot to guide his explorer to achieve his desired result. BTT has hundreds of processes. Processes have protocols.

Protocol: A protocol is all the formal, written instructions, rules and procedures to be followed to produce a particular result. In BTT, a protocol is the procedures and steps of standard flows of questions and instructions for creation and discreation during sessions of BTT.

Psyanics: A science of non-physical energy. Psyanics explains with laws and principles the workings of mind, emotions, identities, relationships, communication, human love, happiness, manifestation, productivity, leadership, etc. — everything non-physical that a human being experiences and should control in his earthly life. Psyanics deals with realities that every human being experiences all the time, as contrasted with Essentiality which deals with spiritual experiences that require preparation and practice to perceive. Psyanics is a trickle-down of Essentiality.

Psycanic, psycanic experience: Psycanic means pertaining to the psycan. Psyanics experience is all realities-experience that the psycan perceives directly in consciousness as opposed to physical realities that he perceives through the instrument of his body. Psycanic experience includes BE, FEEL, THINK, and RELATE: identities, emotions, thoughts, and relationship energies with others.

Real: The condition of a reality when it is being experienced. A reality not being experienced is not-real. Not-real does not mean that it does not exist, only that it is out of perception. Most of the shell is not-real most of the time.

Reality: Everything that exists is a reality. Any form of energy. A reality if “energy with an identity”, energy being some particular thing, object, or experience. Psycanic realities include identities, NEIRs, PEIRs, emotions, and all thought forms.

Reality versus Truth: Every idea is a psycanic reality. Truth exists only when a statement (a psycanic reality) is verified as corresponding to the reality it is describing. Where there is no verification, the truth is not known and it

is a lie to call that reality “truth” when it is mu. Understanding this is very important in relationships.

RExp: pronounced “rex”. Reality and Experience are the two sides of the same coin. Realities cause experience; experience is the effect of a reality on consciousness.

Responsability: 1- The portal to Creator Power. 2- Ability to respond, to take action. 3- Recognition of Cause followed by action. 4- A personal decision that ends victim.

Responsibility: A duty to care for or do something, or produce a certain result. A legal or moral obligation.

Samsara includes 3 concepts:

- 1- A long cycle of many incarnations. The entire cycle of our descent from Essence to the Human Experience consists of hundreds of human incarnations, in which we-psycans explore as many aspects of being human as possible: rich and poor, beggar and king, prostitute and nun, prince and slave, warrior and murdered, victory and defeat, etc. We explore doing evil and being done to by evil. We explore negative ego, power, and victim. We explore sex and celibacy; health and sickness, parties and solitude: everything possible for the 500 to 700 human lifetimes until we finally tire of the game and want to go Home. (See note on past lives below.)
- 2 - Pain and suffering. In the ultimate analysis, human existence is more pain and suffering than enjoyment and happiness for multiple reasons:
 - a- Love, Essence, is the only happiness that exists. The Human Experience requires us to travel far from Love into evil and avidya and therefore into the Dark Side of the creation which is suffering. (Of course, this is the purpose of the Human Experience, to explore the opposites of Essence-Love-Joy, but that is by polarity, unhappiness, and suffering.) Separation from Essence is in itself an angst underlying human existence.
 - b- Within any lifetime, we will have moments of success and pleasure, but there are more periods of dissatisfaction, problems, conflicts, pain and suffering than pleasure. We often don't get what we want, we fail in some endeavors, have many problems (relationships, money, health, etc.), we lose things we are attached to, we get sick or have accidents or loved ones do, loved ones die, and ultimately we grow old and die having to leave everything and everything.
 - c- Eventually the soul tires of the Human Experience of struggle and effort and drama, tires of samsara, and naturally longs to return to Essence. This is the Dark Night of the Old Soul. (An “Old Soul” is one who has already been through hundreds of human life cycles and is weary of the Human Game.)
- 3- Trapped. We are locked into samsara, reincarnation after reincarnation, by the Anti-Essence Identity. This identity mass traps us on earth until we

discreate it. What the Anti-Essence Identity is and how it works is the subject of Advanced Essentiality.

Self: Synonym for the being. My self = my being.

Shell: See ESM: Essence Suppressor Mass

Sleep: Synonym for avidya, for not knowing Who You Are and so being lost in the Human Dream.

Spirituality: Your degree of experience and expression of Essence in Her 13 Characteristics. The characteristics of spirituality include Wisdom, Power, Love, Responsibility, Humility, Transparency, Service, Discipline, Excellence, Integrity. To find a School, you need a true source of spirituality. You must be clear on how to identify a True Source; there are many more scammers, false prophets, and ineffective schools on the planet than there are True Sources.

Subconscious: The psycanic space around the psycan but outside of his conscious perception. Synonym: the unconscious.

Suffering: Resistance to pain, which is resistance to resistance. Pain is negative experience; when you resist your negative experience, the resistance is an increase of your neg-energy which is more pain, as well as persisting what you are resisting. Resistance is Pain and Persistence. Your negative emotions are pain; you suffer when you resist them, try not to feel them. Resistance to pain causes persistence of the pain.

TE: Abbreviation for Time and Energy, which are Life. Your life is your Time and Energy; in the ultimate analysis that is all that you have: your TE. The wise person values his TE, considers it more important than his money and is careful to use and invest it well.

Transformation of Consciousness (ToC): 1- At the personal level, ToC is enlightenment: consciousness of oneself as an immortal spiritual being connected to the One. 2- Planetary ToC: sufficient enlightened beings to swing the values and paradigms of humanity from materialism, neg-ego, brutal competition, selfishness and greed, division and polarization, Evil and Drama; to spirituality: Oneness, Love, harmony, cooperation, self-actualization of all, abundance for all.

Transparency: The absence of negative energy and resistance. A state of being that is non-reactive and non-resistant to others and events. 2- On the Love Energy Polarity, Transparency is the point of no or neutral energy between Love and Evil.

Truth: The verified or verifiable correspondence between a reality and a statement about that reality. Where there is no verification, the truth is not known and may not be claimed honestly. "Truth" is a certification of the "quality" of a statement. Humans confuse their mental realities (beliefs) with truth.

Victim: A person who assigns cause-responsability for anything in his experience to any person or event outside of himself, thereby creating

himself in effect and innocence for his creations and experience. A victim gives away his creator power.

Vivance: From *vivir*, to live and experience. It means to live the experience, or to live in the experience of. It is the ongoing, continuous or constant experience of something—as opposed to a one-time-and-over-with experience of something. A parachute jump is an experience. Enlightenment is a vivance; once stabilized it lasts for the rest of your life and your next one.

Whipple: The pronunciation of WPVL: Wisdom, Power, Value, Love, the characteristics of Essence most sensible to human beings.

Who You Really Are: There are two levels to your Being: 1- *Psycan*: an Ego-Force individualization and limitation of Infinite Essence to generate a spiritual entity living in the illusion of less than and separate from the One. 2- The One Infinite Essence. You are Essence; you are all of Essence; there is only the One Being. Your *psycan*-separation is an illusion so that you can descend into and play in the Creation.

Will: One of the 13 Characteristics of Essence; the power to move and form energy, thereby to create realities.

Wisdom: 1- The knowledge of Who You Are. 2- The understanding of how Essence and existence really work (of which Essentiality is a model).

World Transformation Project: A project to inform the world of Essence and Oneness and to take to enlightenment as many people as possible, resulting in a chain reaction and eventual transformation of the Human Experience from Darkness and Evil to Light and Love.

WPVLG: Abbreviation for the Characteristics of Essence that most affect human beings: Wisdom, Power, Value, Love-Goodness. In the negative polarity, these comprise the four Essence Identity masses (NEIRs) in the shell and the negative BE in the Causal Sequence. Along with the evil mass, these are the most powerful factors in the human experience. The NEIRs must be discreated for enlightenment and are the prime target of the Being Transformation Technology.

Yin and Yang: Yin<>Yang is one of the fundamental polarities of the Creation. Yin is the feminine element: receptive, passive, patient, softness, shadow, coolness, relaxedness, perceptive, intuitive, enjoyment, present time, flowing, malleable, adjustable. Yang is the masculine element: force, power, action, productivity, rational, logical, future time, rigid, light, heat. Essence is both yin and yang, but Her nature is more yin. Male-female relationships work best when they are highly polarized in yin and yang. The negative polarity of yang is neg-ego, aggression and force, damage and destruction. The negative polarity of yin is irrationalism, flightiness, no reliability, does not respect word and promises, disorganization and chaos.

Synopsis, 3 pages

This synopsis expands the information on the back cover for a quick overview of the contents of this book, which itself is a synopsis of the book:

Essentiality II:

The Scientific, 5-Year System for Infallible
Spiritual Awakening and Enlightenment

Essentiality is a science of spirituality and a technology for enlightenment, brought to you by Mycal, an enlightened being. Essentiality explains exactly what is enlightenment and precisely how to achieve it. It does so in concrete Western terms (as opposed to the vagueness of Eastern descriptions such as Hinduism, Taoism, Buddhism, Zen, etc.). Using the Essentiality system, you can achieve enlightenment in only 5 years of part-time effort while continuing your normal life.

You are enlightened when:

1. You-spirit have awakened from your illusion that you are only a human being. You recover your experience of your true self, that you are an immortal spiritual being spirit just visiting Earth to live a human experience. You live beyond human games, values, and dramas. You live in a higher level of consciousness, one as far beyond human, as human is beyond animal consciousness.
2. You can perceive and feel the Loving Omni-Presence of the One Infinite Creator Being. She is Ultimate Reality the only thing that exists; all else is illusion, maya. She is the Source and the Essence of all that exists including yourself and all others. You communicate with Essence. You live in the experience of Oneness and Unity with all things, and in the experience of arriving Home.
3. Your values, behaviors, and experiences are no longer human as you recover your true, divine nature of wisdom, power, love, serenity, and joy. You now live life from consciousness of your divinity and that of all others. You live free of pain, suffering, drama, problems and conflicts, anxieties and depressions that are still the lot of the sleeping beings still in avidya around you.
4. You recuperate your innate divine Power of creation and manifestation. You are no longer in effort and struggle with materiality and easily manifest the things you want. Physical pleasures and the accumulation of material things are no longer your priorities in life. You have a new world of spiritual experiences to explore.
5. Other Characteristics of enlightenment include:

- Awareness you are not from Earth; you do not come from matter.
- Awareness of immortality; you have existed forever and there is no end to it.
- Freedom of all negative emotions, of drama, pain and suffering,
- Freedom from the weight of the past and fear of the future,
- Tranquility, serenity, peace, certainty, confidence.
- You can re-create your human identity as you wish it to be.
- You create your exterior, material existence as you want it to be.
- Your relationships are harmonic and loving, free of problems and conflicts.
- You live in financial and material abundance, a natural expression of your divine nature.

Summary of the Fundamentals of Essentiality

Essence: There is only the ONE. The only thing that exists is the One Infinite Creator Being. She creates everything that exists out of Her own Essence. She is both Creator and the Creation. We call Her Essence because She is the Essence of all that exists. You are Essence; we are all Essence: we are all One. The human mind cannot understand this, but you can experience it when correctly guided.

The 13 Primordial Characteristics of Essence include Consciousness, Will, Wisdom, Power, Love, and Joy. These are your innate divine nature which you have blocked to be able to live the Human Experience. Enlightenment is the recovery of your divine nature.

The Creation is the playground, the movie theater, the Disneyland of God. The Creation is Essence forming and manifesting and thereby exploring and knowing Her Self in all Her infinite possibilities of being and expression. She does this for all eternity as the Kaleidoscope of the Creation, new forms arising, old one fading away. The universe is indeed a Matrix where spirits come to star in their 4-dimensional, perfect reality, total immersion movies. (Reference to the movie, *The Matrix* (1999)).

The purpose of the Creation is EXPERIENCE; every kind of experience. Essence has no limitations to what She can be and experience, including the exploration of evil, drama, pain and suffering. The Creation is Essence is an orgasm of experiences, being and experiencing everything possible without reservations or limits. Thus, does She explore, know, and entertain Herself.

You are an individualization of Essence, a divine particle of the One. You are an aware-will entity, a spirit. You have created for yourself the illusion of only being human so that you can incarnate inside the Matrix to live your Human Drama. To be a human being and experience human life as a human -- seriously, dramatically -- you had to create mystical amnesia (avidya) of Who You Really. Avidya permits you to identify with and believe your human character and lose yourself in your human movie (as we do in all good movies here on Earth).

Your Shell: Your illusion of human being is a shell of energy that surrounds you-consciousness and acts upon you to block your Essence and produce your experience of human being. You-spirit are the creator of your shell: what you have created, you can discreate. Essentiality blueprints the structure of the shell and how to discreate it to free your being from the Matrix.

5 Stages: Your adventure on Earth as a human has 5 Stages of experience, 5 Levels of Consciousness. The Purpose of coming to Earth is to experience All That You Are Not in Essence, to savor the negative side, the Darkside, of the Creation.

Stage 1: Evil. The first act of the human theater is the exploration of evil: doing evil, being evil, being done to by evil. Evil is all forms of negative energy, greed, and actions that damage, harm, destroy or cause suffering. Notice how the planet is rife with evil. Evil is not bad! It is a legitimate experience, one that we-spirits came here to explore.

To be interested in this material, you have already progressed beyond Stage 1 and are in Stage 2: Drama

Stage 2: Drama. Drama is all the rich experience, albeit mostly negative, we “enjoy” when struggling to reach our goals, or watching movies where others struggle. Drama includes problems, conflicts, difficulties, suspense, surprise, frustration, anger, anxiety, fear, loss, failures, being the victim, sorrow, guilt, depression, among many others. We cannot experience Drama when we are Essence; we must create avidya and become human to live the negative side of existence.

Stage 3: Awakening. This is a stage of transition from Drama to Enlightenment in which we glimpse our true being and realize that our human game is all an illusion, a divine movie. It starts with the Dark Night of the Old Soul, a time of feeling the emptiness of human life.

Stage 4: Enlightenment: We are permanently awake living in the experience of being an immortal spirit just visiting Earth. We can feel Essence and communicate with Her. We live our human having recovered our Essence, our divine Wisdom, Power, Love, and Joy. We are beyond drama and suffering. With our Essence Creator Power, we manifest our human life as we wish it to be.

Stage 5: Illumination is the release of all illusion of separated individuality to re-integrate and be the ONE again. This is the level of beings such as Buddha and Jesus. There was no human identity and no spirit identity; when you spoke to them you were talking to God walking the Earth in body. As God, they had total power over the Creation. Illumination is optional; you can retain your individuality if you wish.

Life on Earth as a human is the “valley of sweat, blood, and tears”. Enlightenment and Illumination are your return to the “Garden of Eden” and the “Kingdom of Heaven” whence you come.

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End Page

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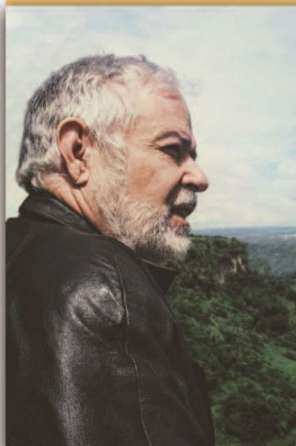
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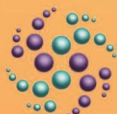
- Exactly what are spiritual awakening, enlightenment, and illumination, explained in concrete Western terms.
- The Ultimate Truth of existence: The only thing that really exists is the One, the Creator. She creates all that exists, the universe, out of Her own Essence.
- Who You Really Are: You are an individualization of the Creator, of the One Infinite Consciousness. You are not an ego; you do not have an ego; you are the One Consciousness in the illusion of isolated individuality. You are God.
- The Creation is an illusion. It really is The Matrix (as in the 1999 movie). It is a movie theater, an adventure game. The universe is the Disneyland of the Creator wherein She incarnates to play and experience Her Self in an infinity of forms.
- You are Essence individualizing and incarnating within the Creation to play the Human Adventure Game. You-spirit have taken on a human identity the way you-human put on a suit of clothes.
- Enlightenment is to awaken within the Matrix and recover the Truth of Who You Really Are and re-connect with your Divine Essence.



About the Author

Mycal is a former human being, now Enlightened. He has transcended the illusion of human being and recovered his experience of self as an immortal spiritual being. He perceives and communicates with the Essence, the One Creator Being. Using his recovered, innate divine power, he creates his life as he wants it to be. He declares that there is nothing special about him; that we are all equal beings with the same possibilities. He has created the Essentiality School of Accelerated Enlightenment for those who wish to do what he has done.

Bio at: [www. Mycal Powell.](http://www.MycalPowell.com)



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