

# Consciousness

## An exploration into Life

Life is so much more than we have been led to believe. “We’ are Life itself manifested to experience and express Itself in infinite ways.

We’ve been living as if we are human beings when we are Spiritual beings of consciousness. Once you know your operating system then Life opens up to you.



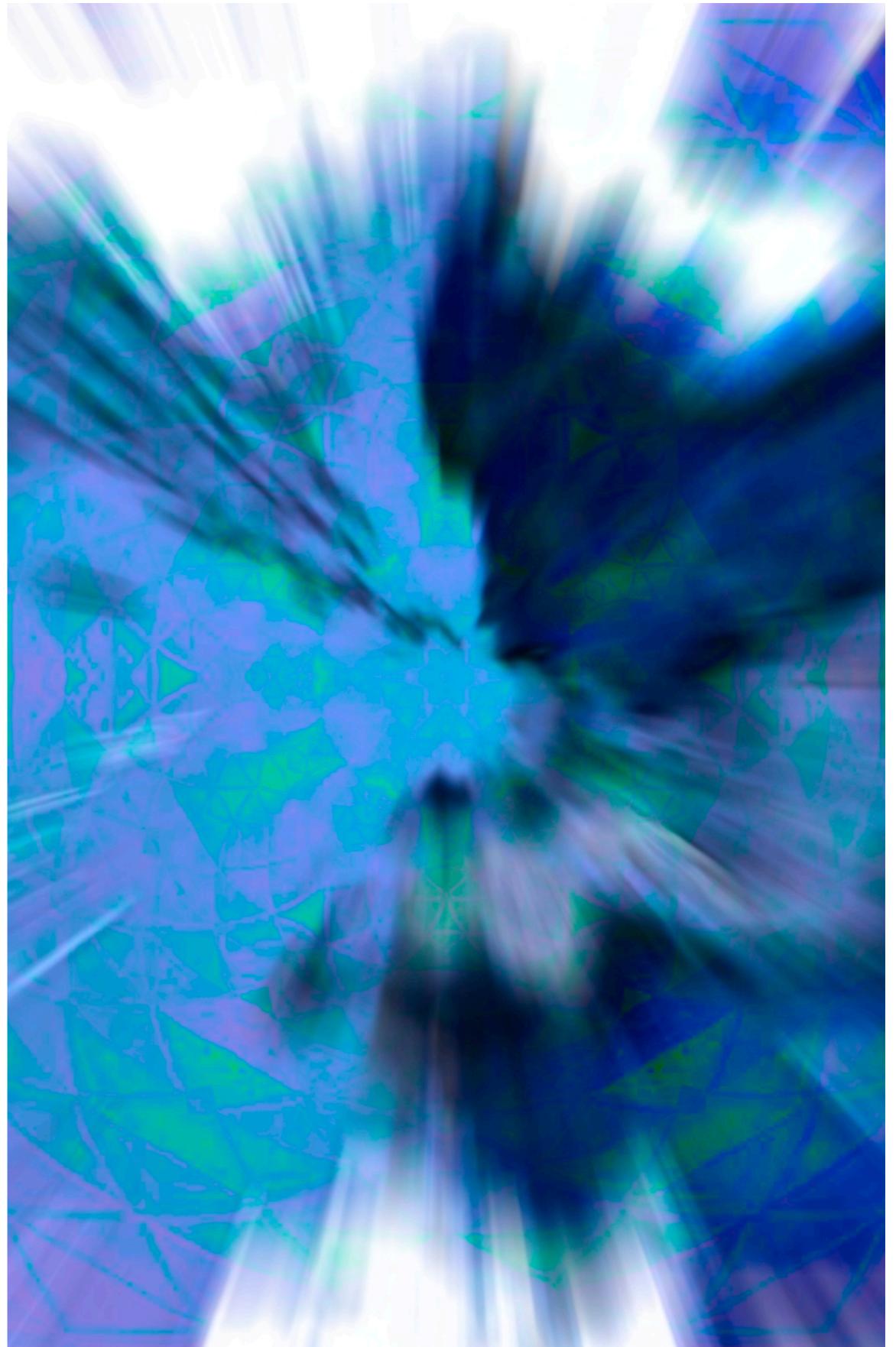
# **Life Exists Within Itself**

All that exists is the same thing manifested as every appearance you see. It is all consciousness conforming to Itself and through Itself via the vibrations and frequencies being emitted..

Nothing begins and ends, It is all the same thing manifested and seen as separate. There is no separation in Oneness, there is only It. All of Life is the same thing being perceived as something else be that a person, a tree, a car, a house etc.

Nothing exists apart from infinite perfect consciousness which is continually and infinitely expanding. All of Life is consciousness evolving,

Nothing can exist outside of infinite consciousness. Life is a projection of consciousness which is then experienced as an event or occurrence attracted by similar vibrations and frequencies within consciousness. There is no person, no victim and no one to blame. It is just consciousness attracted to can conforming to Itself through Itself.





All thoughts and beliefs become blocks to allowing Life to flow freely. In the present moment there is freedom. Holding the Knowing that there is only perfection present Now allows the experience of that.

Life takes on the meaning given to It via the thoughts and beliefs being held in consciousness. If there seems to be a

problems or challenging ‘person’ in ‘your’ experience then look to what they represent for they are only you seeing yourself. There is only ever consciousness interacting with Itself.

Life without projection or judgement is perfect - always. The

way to experience that is Knowing that whatever is held in consciousness is experienced.

Ultimately there is no ‘they’ or ‘other’ it is all Life expressing and being seen separate from Itself when no thing can ever be separate from It. Infinite consciousness Is all that exists. It is already established and perfect and Life is Its playground to experience Itself in all ways possible without ever harming the established perfection.

By chasing after anything ‘we’ are saying the ‘we’ think ‘we’ are separate beings who can make a difference and do more than Life can to support Itself. ‘We’ are taking on Life’s work instead of allowing Life to take care of Itself.

Conditioning and past experiences lead to a belief that ‘we are human beings’ and that Life is a struggle of striving for anything needed.

The reality is that the seeming ‘we’ have this perceived experience of consciousness within consciousness with everything we need to navigate it. The key is to Know that your consciousness is your protection, is your freedom and is your easy pass to a fulfilled and happy Life.

When Life is experienced Knowing that there is only One infinite perfect consciousness manifested as everything ‘you’ see and seem to experience, Life can be lived from that

knowing. It becomes a natural knowing that there is only ever the Self seeing and interacting with the Self..

If there are any thoughts of the nature of doubt, blame, judgement, fear and comparing then you live as every other perceived ‘human being’ lives in fear of duality and believing yourself to be separate.

The result of duality, or seeing in separation brings cause and effect and infinite potentials to experience whether ‘good’ or ‘bad’.

The frequency emits and attracts experiences of separation, while a frequency of knowing Oneness attracts experiences of being infinite perfect consciousness.

Life is my constant source and supply of everything. Consciousness is infinite and can never run out. It is eternal and continually emitting frequencies from Itself to Itself in fulfilment of Itself.

There is only One Life interacting with Itself. Life has to conform to what is in consciousness.

There is no shiny world ‘out there’ there is just consciousness experiencing Itself within Itself for Itself. The ‘things of the world’ keep you trapped in the ‘world’. However Knowing Life to be all that exists and letting It sustain Itself allows for infinite perfection to be expressed.

Rather than worry or stress about anything I keep my consciousness filled with thoughts like these -

There are always and only favourable conditions

There is only health

There is always abundance

Consciousness is infinite and can never run out

All is given and is always available

Consciousness is my protection and experience of all.

All in 'my' consciousness is supportive of 'me'

All things that happen have been called to 'us' via the frequencies emitted. There is no one to forgive and there are no victims. All is the result of believing in separation, blaming another for 'your' situation instead of being grateful for being shown the quality of frequency/consciousness.

Life functions perfectly within Itself and through Itself. Let go of fear, have no doubts and don't compare your experiences in consciousness for 'we' can only experience what is in 'our' consciousness.

Any thought of separation, blame and projection onto 'another' is just a game that we play. There is only You - infinite consciousness manifested as a perceived experience.

Life is just consciousness interacting with Itself and appearing as an experience somewhere in space.

There is no 'other'; there is only Life interacting with Itself. Give no thought to 'those people' for they are just inferred and not real. All is a product of beliefs held in consciousness.

Life is flimsy. It is continually changing to reflect your consciousness in every moment.

Vibrations and frequencies are attracted to each other or repelled by each other.. Life responds to the vibration because that is Its language and way of interaction.

Life is continually conforming to Itself through all expressions that are being experienced. A 'person' held in judgement will be experienced in kind. However, when approached in the knowing that there is only Life interacting with and conforming to Itself then the experience is a reflection of that frequency.

Life Is free without the projections and judgments placed on It. It is neutral and infinitely perfect. It is self fulfilling and self sustaining.

Know the Self to be consciousness calling the expressions and experiences to the Self via frequencies emitted within consciousness and let Life be a teacher.