

THE JOY OF CONSCIOUS EVOLUTION (JCE I)

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GLOSSARY

Consciousness - awareness of one's own existence, feelings, surroundings, thoughts and experience.

Clairvoyant - the ability to see images or pictures as the energy of living things. A perception or knowing information about the quality or experience of an event or person.

Dimensional Relationship - having an ongoing engagement with the space-time outside of the physical body, the purpose of which is to emerge into a process being connected to and having access to that space-time as an event within the experience.

Expanded energy - a conscious evolution of the human energy field to thirty-two inches around the physical body in all directions and into multiple dimensions.

Holographic - a property that a description of the whole is encoded in any piece.

Multidimensional - all other dimensions including time and the three-dimensional experience we exist in without containment. The concept of time in relation to space.

Space time - is three-dimensional reality including time. You cannot consider space without a consideration to time. In this reality time moves like an arrow in one direction.

Sustainable Energy - the part of the energy field that is composed of all of the possible experience you did not meet in your experience. An energy field of possible potential within your space and time. A dimension composed of possible energy

Three-Dimensional Reality - the experience we see with our senses, length, width, depth and time, etc., as a flow like an arrow of time contained.

Unconsciousness - lacking in awareness, but pronounced influence on behavior and feelings without actual conscious awareness, yet experienced nonetheless. An example would be a reaction or autopilot behavior.

INTRODUCTION

Unfasten your seat belts and get ready for a joyride into your experience. This is the experience of your lifetime from a conscious intention of fun and amusement. We are going to do it without booze, sex and drugs and still have fun! What I'm getting at is that conscious intention is, in and of itself a high, and distraction from it is a suppression that only causes us pain.

Perhaps you don't believe me, but this ride is for the people who are not afraid to let go and give life a great big HELLO from a completely conscious experience. This book is dedicated to the people of planet Earth who are making an effort to change a big mess of a reality. I don't know about you, but it hurts when I take a really close look at things in our world today.

When I was a child growing up in Ohio, I assumed the world "out there" was a lot like Ohio. I wasn't a very smart kid. Nevertheless, I soon learned when I started to travel and visit other places that, yes, things were a bit different and the scenery changed a lot, but the experience I was having came with me no matter where I went. It wasn't long before I ran out of "new experiences" because they never were truly new, just different circumstances and people. My consciousness traveled with me wherever I went and I was meeting my experience over and over again.

This book is about you as conscious energy. What exactly conscious energy is, and how to experience yourself as a conscious energy system is something we will cover in the pages of this book. Everything is energy and, as a clairvoyant, I see this reality in the people I meet. This simple JOY of conscious energy is everywhere. The evolution is you and your experience. There is nothing that can match the excitement of the ride into a conscious expansion.

It is about having the thrill of your life simply because you are occurring. If you want to play and explore outside of three-dimensional reality and discover the universe of your being then hang with me. Together we can share our ability to let go of the contained, over controlled, and abrasive engagement with life as poor poor pitiful me. This book is not for sissies or complainers. If you want to enjoy your life you have to be prepared to meet and confront the opportunities and face the challenges.

My intention is to share with you everything I have learned by reading people's energy for the past thirty years as a clairvoyant reader and healer. Everything I talk about comes from this experience and the process of learning how to read energy and to explain what I have seen. I have seen the good, the bad and the truly ugly and have learned over time that it really is just all the same experience, my experience, but in different clothing. The people I read have taught me everything about space, time and how we occur as BEINGS and in a body nonetheless!

It is from this perspective that the human energy system is an evolving process and revelation of consciousness. The joy of conscious evolution is participating with the momentum, your energy field, and recognizes this as your FLOW.

We are truly amazing creatures and the content of our energy package is nothing but astonishing and magnificent to behold. This book is about that journey and what we can expect to learn along the way.

Consciousness is the very stuff we are made of and the stories we tell ourselves about our experience. Everything is contained within you, everything is literally inside of you and your

conscious and unconscious awareness, or lack thereof, depending upon who you ARE, and of course, the story. The story is what you tell yourself is happening day-to-day and moment to moment. This story is contained in pictures or energy images within your experience and tells this story as you.

From viewing thousands of people's energy systems I can say clearly, again, that NOTHING is happening "out there" ever. EVERYTHING is happening inside of you. This simple consideration is the design of the conscious energy system. Contained IN YOU is the entire universe and your experience is the projection of that story.

You are the TV, the receiver and the sender of the signal of your experience. Unlike TV you are never boring, but there are commercials, lots of them. We will get to this later in the book.

To understand the human energy system you have to live in the energy body with awareness and intention. This is a participation with yourself as a being. This book is dedicated to discovery and the process a journey like this takes you on.

We will consider the exponential growth our energy systems generate, and how we are interwoven into that experience. We will also take notice of just how much this experience is not truly about "us," but about the universal involvement we exist in as beings.

In this short "how to hang with yourself" book we will look at the energy system as it appears when you use your extra sensory perceptions combined with conscious evolution as awareness through presence.

Having the experience is the way we get to access this event and build consciousness. The areas we go to are a quantum leap for adventure and change. The very nature of this exploration changes our world in ways that will alter reality and individualize that experience, as well as collectively provide options to survival. Many of these considerations could not be until now and until we learned how to BE.

BEING is the current phase of conscious evolution and we will learn how this occurs NOW.

The first part of the book will outline the energy systems of the body and energy field, this includes the physical body. The FLOW is essential to the sustainable aspect of having unlimited energy available. The flow is how energy moves through you as the events in your life and how you met those events as experience.

The USEFULNESS is where the evolution of consciousness defines the experience and offers us a paradigm shift. The OPPORTUNITY is the purpose of these chapters, and through description gives all of us a picture of what we look like as energy.

Remembering that this is one way to consider our reality as our universe opens up to us the revelation that possibility is multidimensional and that choice is a profound action.

The second part of the book talks about expanding the energy field and the consciousness that allows for this to be happening within our experience.

We will take a look at the practical aspects of our current life circumstances and how to meet that moment so expansion can be felt and understood. With expansion we are meeting a demand for energy. Energy is who we are and how and why we exist. Our reality is an

experience of energy speaking through us, to us, and about us and we share this with other beings who also have a vested interest in the flow of energy.

This world is opening up to us now as expanded consciousness and with it comes the responsibility of power. Power as an aspect of expression held in an experience, and not a containment to conditions demanded for exploitation or control.

The final part of the book is about sustainable power and how to be with it as a life form. We will also look at the paradigm shift connected to this ability and where we, as an evolving conscious energy, are right now in present time.

I invite you to get comfortable and enjoy the joy ride of a consciousness evolving and displaying that experience. We all get to participate and everyone is welcome to share their experience. I have never clairvoyantly experienced any two people who are even remotely alike in energy and yet seem so similar in a body and as a life expression.

The strange and wonderful *Joy of Conscious Evolution* is never a dull moment.

Sustainable power is and always has been a very real part of our existence. We now have the abilities to have that BE our experience. We also have to consider that this is a completely new way of existing and the paradigm we have believed to be true is relative to our perceptions and ability to be.

Together we will unravel the paradoxes and mysteries of consciousness and this experience we call life on planet Earth.

CHAPTER 1

The ability to expand your energy is a lot simpler than losing ten pounds, certainly twenty, and it definitely will improve the impression you make on this world. Let's face it, most people haven't even considered the possibilities of, why the hell am I alive, on earth, or in a body?

The concept of expanding into a sustainable renewable resource just hasn't crossed the mind. It is as if that problem exists "out there" somewhere, but where?

To consider it a joy and privilege to be a part of the human energy system is the whole point of conscious evolution and a new way to experience yourself. If you are a man and nine tenths of your day is focused on your penis, you need to look a bit higher and take a leap of consciousness into an experience beyond your genitals. If you are a woman and you live to shop then we need to have a little chat about priorities and your self-worth.

There is limited joy in spending money and you find out too late in life to do anything about it. You wind up a dried up, energy deficient, old shriveled prune. Unfortunately, all your energy is used up long before you realize it.

If you want to stay contained within: a three-dimensional, money driven, gasoline run, corporate controlled, penis doing your thinking, Costco-size reality and are completely content with your life and the world in general . . . Then you, my friend, need read no further.

Three-dimensional reality is what you see with your eyes when you look around. Shocking as this may be, a lot of people think 3D is a movie special effect, and it is. Now let's move on to what a three-dimensional experience is as life.

A three-dimensional world is the world that we as humans experience with our senses. Time is often considered the fourth dimension so let's include time as space-time.

Consciousness is currently set in three-dimensional reality. It is what you experience day in and day out. Everything, everything you see, hear, smell, touch, feel and think is a result of your consciousness and the three dimensions you accept as reality.

Remember the battery example put forth in the movie *The Matrix*? But this is for real, you energize the entire movie of your life as the experiences you witness day-to-day.

There is little or no joy in the illusions of space-time, and a fixed reality bubble that you cannot avoid even when you try boozing it up or use other means to numb your experience. Distraction is the method of choice when it comes to avoiding the obvious. Distraction comes with a price just like any other spell you cast to control an outcome.

When I speak of expansion of the energy system I'm referring to the ability to conceptualize beyond three dimensions. Yes! You can do this and it costs nothing. You don't actually have to have an orgasm or spend money to enjoy life. You can BE for free!

We have been brainwashed by our own experience into believing that sex, drugs, rock 'n roll, Jesus, money, big hair and big houses are the things of life. "Wait a minute, this is too deep," to quote Mariah Carey. It is too deep because it sucks the energy right out of you in an endless

quest to meet an experience you do not completely understand or know how you got to in the first place.

Is this what you wanted or did someone tell you a story? Do you know the difference? Does it make a difference to you?

The ability to actually increase the energy that extends out from your physical body is a function of the conscious energy system we call LIFE. What are you investing your life energy into?

This energy field is a living part of your experience. The ability to exist in a multidimensional reality means that you exist in dimensions four, five, six, seven and beyond. It all depends upon your desired interest and conscious evolution.

If you never ever think or consider this option as a life experience you may miss the joy of conscious evolution or be manipulated into giving your energy up in exchange for crap you don't even really want. What have you got to lose except a job that does not pay enough or a boyfriend that stinks and can only get excited about porn.

This book is for the people who no longer find the experience they are having to be a necessity. Necessity can become a constant doing. Doing your life can become a distraction for survival, economy, money, love, doing in an endless effort without considering to what end.

Have you EVER played this game? Oh come on, give it a go!

Step out of your comfort zone, because you know as well as I do that you have grown way too fat to fit into it anyway. No amount of Spanks will contain that exploding gutt of desperation and sugar coated bumper of a life.

The fun begins when you find yourself knowing nothing and everything at the same moment. Surrendering into this feeling is the beginning of the joyride of your present time life experience.

This moment is the NOW and there is you, and your investment into some new real estate. The real estate is space-time and this space-time is composed of your presence.

Who knew, right?!?!

I mean, here you are going along and BAM you wake the hell up and ask yourself, "What do I really know about anything that matters?"

What matters? What matters is what you put your attention onto or invest your energy into.

This is a personal question. What I am asking you to consider is what could matter? What could matter if you took the time to consider other options for this lifetime? YOUR lifetime and starting this moment!

Imagine, if you will, this new real estate, this new part of yourself. Girls, think of it like an addition onto the house, but way better. This new part of yourself is a new experience, very different than the one you are having right now.

You can only experience this new real estate because it is unconditional, so the actual experience is all there really is to it and nothing more. I know it's not a big shiny diamond ring or Porsche, BUT it is real estate!

This may be a stretch for you, but remember we are playing a game just for the fun of it.

The NOW is a state of being. This is YOU. You without makeup, you without a fancy car, you without any of the stuff in your life. Just plain old you, just as you ARE.

In this presence, you are in the form of elemental particles and the stuff that makes up three-dimensional space-time is imagined from dimensions above and beyond. Getting used to this space and what is contained in it is the purpose of this journey and this can be creative fun.

This is an adventure into new territory, like a vacation, but wilder and you don't have to leave home to have the experience. You meet the experience wherever you ARE.

If this were shopping it would be like trying on clothes, or buying jewelry. Important stuff like that, you know?

In this experience you ARE and you are aware of all of it, even the fake crap you thought was so important just a few minutes ago.

Imagining anything is an act of freedom we all can easily do. You do this all the time when you pretend you like something when you really don't, especially somebody; it's called acting.

Believing your acting skills and your ability to be a substantial process of experience is your choice. Choose to play along and see where you end up. I can guarantee you, you probably never have been here before and you are going to like it a lot because you don't have to do anything to get here and you don't have to compromise or give up any of your energy to BE.

Understand that you are having an experience and that your relationship to CHOICE is a profound investment and determines the story you tell.

Telling stories is something we are experts at. We tell bucket loads of stories and some we are aware of, but most of them we have no idea. That doesn't stop us from having a crappy experience resulting from the messed up stories we tell ourselves.

Nothing is "out there," nothing. Everything is within you, always. If you can BE with this then you are well on your way to an experience never before even considered, let alone realized. It is only in the NOW of the present moment that we individually reflect the creation of experience unique to you and the consciousness you express.

If this is too much, you may need to zone out a bit, let it sink in for an hour or so. Believe me, I understand this is heavy shit, but let's consider the alternative.

Here is but one example or alternative, and it goes something like this . . .

Every morning when you wake up you feel a sense of sadness or fear about the events that COULD take place in your life. These events actually have not happened yet, but you think about them and when you do, you feel upset and can't quite shake the feeling. This feeling is actually a combination of feelings: sadness, anger, fear and a general attitude of, why bother?

Maybe this worry is about death of a loved one or the need to make money, and the overall effort it takes to make life work out in a way you feel you can actually live with or want to live with. This feeling drags on throughout your day, in the “background” of the events that happen to you over the course of the morning and afternoon. Slowly it builds to a bad mood that permeates the afternoon and you feel alone and somewhat isolated in your ability to be felt and understood by other people.

By late afternoon you are ready for a drink! After just a few sips, you feel a sense of ease and the uncomfortable feelings of just a few moments ago have been numbed to a distant voice you no longer hear and you can finally feel as if you are relaxed.

Perhaps a cigarette is in order, or maybe you have had a “few” already today to just suppress the anxious emotional undertone to your inner voice. The voice that has been chatting away at you all day.

You finally get home after a long day, turn on the TV, and for the next couple of hours you escape into whatever is playing on the TV and you forget about the day and any uncomfortable feelings. In fact, you feel nothing whatsoever. Your only reaction is to the outside stimulus of the television until you start to fall asleep.

To assure you sleep through the night you down a sleeping substance and go to bed.

Upon waking the next morning, you again feel a sense of sadness or fear about the events that could take place in your life. These events actually have not happened yet, but you think about them and when you do you feel upset and can't quite shake the feeling . . . and the beat goes on.

One day followed by the next of the same continual experience. This is a description of what life is like when you are in PAST TIME and UNCONSCIOUS of the ENERGY PATTERN that has CONTROL of YOUR EXPERIENCE. It may not be exactly like this story.

What is your story?

The “out there” is an illusion of complex proportions and structure. Believing in “it” and feeling “it” has been our only perception, let's face it, “it” is not that great.

Each of us in many ways is a universe unto ourselves, and we either find that interesting or we don't. There is a distinct aloneness to this “reality,” but it also comes with great power.

This book is for the people who are breaking out of the mold of what life has been up until NOW. What have you got to lose except a lot of effort and conflict of interests?

The energetic history that got you to this moment is what I refer to as a Primer. The Primer is the kindergarten of our lives. We are ready to move on, perhaps a leap to college, perhaps no institutions whatsoever. A free agent to explore your energy.

Yes, you are energy. Everything is energy and that includes all the stuff you do, buy, play with and fantasize about.

By using the word Primer, I mean to say that we made choices in our past and even now that provided us a template to exist "through." We all exist through stuff, the clothes you wear, the job you have or don't have, the image you project, sex, ideas.

This is the Primer, a tool of beliefs, feelings and needs that ultimately built the world and the values you see reflected in your experience today.

A 'starter' kit for survival and evolution is what I call the Primer. We will reflect upon the past and any of our energy "living" within that arrow of space-time.