

THE OMEGA PRINCIPLE



STELLA BAKER

Contents

	PAGE
Copyright notice.....	1
Introduction.....	2
Eighty Four (84).....	4
All existence is a vibration.....	5
Actual reality.....	6
The Big Bang Theory.....	9
In the beginning.....	11
Rudra.....	13
The Omega Principle.....	15
Separateness in perception.....	20
The mystical transaction.....	24
The Principle and the Process.....	26
Zero.....	29
Karma (Process).....	36
Attachments.....	45
Karma resolution.....	56
Zero Point.....	59
Core Being.....	62
Selfishness.....	66
Fear.....	73
A shining example to humanity.....	84

Copyright

This book is available free of charge under the Creative Commons 3.0 (Attribution) license to anyone for personal, non-commercial use only.

You can share it, make use of it, write about it, quote it, translate it into another language, but not sell it, teach from it, or promote its content as an ideology or philosophy.

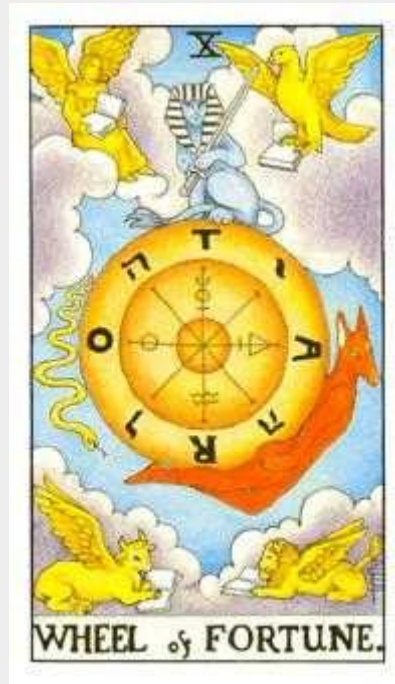
If you wish to quote it in an academic work please feel free to do so.

Title: The Omega Principle.

Author: Stella Baker

Published by: Qultura Core, London – website.

Introduction



The Omega Principle is the core principle of Qultura and is the principle reason that Qultura is Qultura.

In the beginning the Qultura logo was text, the word Qultura against the astrological symbol for the planet Uranus. There was a reason for this symbolism.

The planet Uranus takes 84 years to orbit the Sun and therefore it takes 84 years to go through all twelve signs of the zodiac. Uranus is associated with the astrological sign of Aquarius, the eleventh sign of the zodiac, which is a fixed Air sign, opposite to the fifth sign of the Zodiac Leo, a fixed Fire sign.

The sign of Leo symbolizes drama, creativity, the Ego and authority. The sign of Aquarius symbolizes community, justice and equanimity.

Qultura is made up of a methodology and a community and the principle here is that in order to change and transform your consciousness, which you do through developing your own unique Qultura method, you need to become involved in and participate in a community.

The Omega Principle

There's a principle here and that principle is that you are who you are because other people are who they are. There is no separateness whatsoever between either you and your environment, or between you and someone else. For this reason the Qultura community is defined as an empathy-focussed community.

This is where Qultura differs from other similar methods of enquiry and systems such as Buddhism and Taoism. Both these methods are based on yogic systems (yoga) and the practise of meditation and yoga to return to your natural state of mindfulness.

From a Qultura perspective this is rather like putting the cart before the horse. Yoga and meditation are archaic, outdated methods to achieve a different state of consciousness and do not work unless you have the right environmental conditions.

Magic like yoga is based on connection and unity between self and environment, and also self and other, but rather than sitting on your backside staring into space trying not to think to achieve mindfulness, mindfulness through Qultura is what you become once you have resolved past karma. The most effective way of doing this is through community involvement and participation, primary social interaction and ritual magic. All these three things come together in what is known as Unmind.

Unmind, the fourth component of Qultura methodology, is based on the Omega Principle.

The Omega Principle is also a viable strategy for climate change simply because there is no separateness between you and your natural environment and also no separateness between you and the universe. If the universe did not exist, this planet would not exist, and you would not exist. Neither would I nor anyone else.

Please keep in mind that I am writing this book prior to giving a short presentation on the Omega Principle in Nine Elms. Conscious of the fact that my presentation on the Omega Principle is likely going to raise questions, I'm writing this book to address some of the questions people may have.

Eighty Four (84)

Uranus is the seventh planet from the Sun in the solar system. It takes 84 years to orbit the Sun. The name for the planet comes from Uranus, who in Greek mythology was the god of the sky, the grandfather of Ares (Mars), grandfather of Zeus (Jupiter) and the father of Cronus (Saturn).

In astrology Uranus is associated with Aquarius, the eleventh sign of the zodiac, and is traditionally exalted in Scorpio, the eighth sign of the zodiac.

Uranus is associated with change, revolution, sudden, unexpected changes, new thinking, new culture, and new ways of doing things. It is also associated, through Aquarius, with communities, clubs, societies, charities, and those with humanitarian ideals and objectives.

This is what lies behind the mystical significance of the number 84.

84 is a magical number. It is also a very significant number in our lives, whether we are aware of it or not.

Existence has passed through 84 different happenings. The universe has happened 84 different times. Of these 84 different happenings 21 still have some existence and 63 are no longer in existence. It does not matter how you see, but you can see this from memory imprints in your own system.

This is therefore the 84th happening of existence and thus the 84th example of the universe.

All existence is vibration

All existence manifests as an energy vibration. All energy vibrations are based on a cycle or wave - known more commonly as a wavelength - and are relative to consciousness which is not manifest and is perceived as space between physical form.

This is not my opinion or belief. This is the most basic, fundamental mystical principle. This is scientific fact. This is reality.

You cannot have sound or noise without silence just as you cannot have light without dark, an individual organism without an environment, or creativity without interaction, or interaction without creativity.

This means that any vibration is also a pulsation, simply because you cannot have sound or noise without silence, you cannot have existence without non-existence, just as you cannot have life without death or death without life.

Existence is a principle, and creativity and interaction is the process behind this principle. You cannot have a principle without a process, and you cannot have a process without a principle. This is the foundation of Qultura.

All existence is change. All existence is relationship.

This is the foundation premise of Qultura.

Actual reality



So having got energy vibrations out of the way, let's move onto consciousness and space, or rather existence and reality.

Above you see three black and white images, left to right, and what I'd like you to think about is what's the first image you see going from left to right?

From left to right, do you see...

- a black Rubin vase or two white faces in profile facing each other?
- a black tree and birds or a white gorilla facing a white lioness?
- a black silhouette of a man playing a saxophone or a black and white image of a woman's face?

It's possible to see both images, but not at the same time or simultaneously. This is for the simple fact that from your perspective one image will 'exist' but for this image to exist the other image must form the background and define the image.

The first image you saw was the image you most closely identified with through your focus of conscious attention and memory.

Now this is going to become important later in this book, especially when it comes to the Omega Principle. I'm trying to go through this book step by step and hopefully, by the end, everything will make sense to you.

Okay so back to reality, or existence, or actual reality...

Consciousness and space are one and the same thing, because neither are manifest as an energy vibration. Energy vibrations arise out of consciousness to form existence, but as energy is a cycle or wave the vibration or physical form goes back into space and non-existence.

Now please keep in mind that energy cannot be created or destroyed, because it is a constant throughout the universe. This means that energy can only be relative to consciousness and space.

But see consciousness and space are one and the same thing, which is consciousness, or existence which has not yet manifest into physical form. Space is a human concept to define consciousness that we are not consciously aware of or which lies beyond the limitations of our conscious perception and ability to comprehend existence.

Unlike energy, consciousness is infinite, and goes on and on and on and on throughout the universe. Infinitely. But most of the consciousness that exists throughout the universe lies way beyond our ability to perceive it, let alone comprehend it.

But if something lies beyond your ability to perceive it, let alone comprehend it, then you can only perceive it as non-existence, something which doesn't exist, and therefore you perceive what is actually consciousness as space or emptiness, a void.

But this space or emptiness, or void is not empty, but contains everything in existence and connects everything. If the universe is everything in existence in the present moment together in a totality, then space can only be what connects everything together and defines it's reality.

This means that whatever exists and has physical form is defined by and made real by its non-existence.

Please also keep in mind that the universe is coming at you as a multi-dimensional continuum of sensation and experience, because the universe itself has its own principle and process. This means that everything is happening everywhere all the time.

By contrast the focus of your conscious attention is extremely narrow and limited. You can only handle a few dimensions or a few variables at a time without needing to shift the focus

The Omega Principle

of your conscious attention and commit one or more variables to memory - writing something down and making notes using a pen and paper or computer.

Your perception is predominantly physical in nature, based on physical senses, because your extrasensory perception - beyond your physical senses and physical senses - is not well connected to the focus of your conscious attention, which is linear in nature and requires logic, order and structure.

Hopefully now you can understand why much of what consciousness and reality is all about cannot be ever fully known, defined, explained, or comprehended.

The Big Bang Theory



The Big Bang Theory describes how the universe expanded, or is still expanding, from a starting point of high density and temperature. It is the prevailing cosmological model explaining the evolution of the observable universe from the earliest known periods through its subsequent large-scale form.

I always struggled with the Big Bang Theory, even as a child. If there was such an explosion, then what caused the explosion? If the explosion came out of nothing or space, then wouldn't that make space dangerous? I mean I could be walking down the street or maybe just simply going to the bathroom and then all of a sudden - KABOOM!

It wasn't until I was older that I accepted it as a possibility.

Then when I was older, and understanding the cyclical nature of existence (Therevada, Buddhism, Vipassana, samsara, the Wheel of Life, that sort of thing) I understood that any starting point in a cycle is also the ending point of something else.

But see, the Big Bang Theory is just a theory for the starting point of this universe. This. Particular. Universe. How do we know for sure that there aren't more than one universe out there, or that the universe isn't a collection of different universes which all together make up a multiverse?

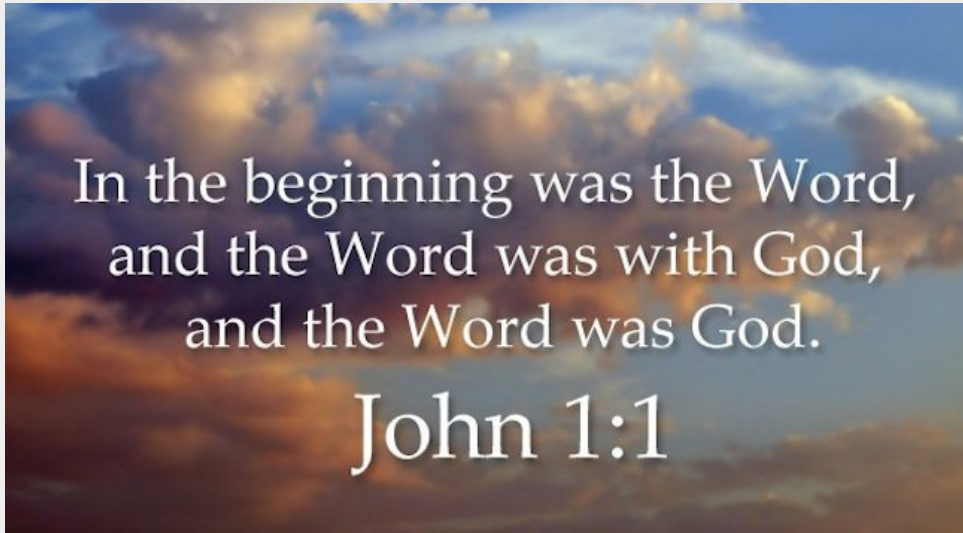
Hopefully now you've figured out that I have zero intention here of explaining to you the Big Bang Theory of the universe. I'm neither a physicist or a scientist. I'm a mystic. Just like any mystic worth their salt I'm essentially an adult six year old child with a vivid imagination constantly searching, seeking and trying to dig deeper into the mysteries of life by constantly asking questions.

The Omega Principle

I'm constantly seeking what is possible, therefore what I deal in is possibilities rather than beliefs. Belief is not truth. If you accept belief as truth then you're creating authority, not truth. If you reject belief then you're creating another belief and accepting it as truth when it's actually authority.

What I'm suggesting here is that you treat everything here as a possibility and draw your own conclusions, using it as a springboard for you to seek out and create your own truth.

In the beginning



If you were raised in a Western culture with Western religion such as Christianity, Islam or Judaism you would have been taught about the Book of Genesis and the story of God creating the world, and then the Garden of Eden in which he created Adam and Eve.

The above quote is taken from the opening of the Gospel according to John. Now I'm not a Christian, a priest or a minister, though I was raised as a Christian. What I'm giving you here is a mystical interpretation. Throughout the whole Bible my take here is that the gospel according to John is a key chapter in the Holy Bible because it references both the Book of Genesis and the Book of Revelations.

What you have here is a revision of the Book of Genesis giving you a mystical principle with the implication of the mystical transaction and introducing you to the concept of divine grace.

The concept of divine grace comes out of the mysticism of Judaism and goes way back as far as the Bronze Age. The Torah was the law, and the Kabbalah the means of interpreting the law, because a word can have more than one meaning. Christianity started out as a cult of Judaism but later - around the 5th or 6th century AD aligned itself more with the Vedic texts of Hinduism, i.e. the Upanishads to become a faith based spiritual movement, on the basis of Christ being the central messianic figure and the Eucharist.

Christianity is based on the number 3, which like 84 is a magical number. In fact 3 is the base magical number and in mysticism and magic symbolizes the mystical principle of biological evolution and natural growth.

The Bible is a collection of parables interspersed with a lot of numerology, notably 3, 4, 6, 7, and 12. These numbers are more significant than the actual words because it's the numbers which contain the mystical principles and out of these principles you arrive at some sort of truth. If you have more than a passing familiarity with numerology you should find that the Bible makes more sense than it does if you don't understand what any of the numbers are referring to.

But the words are also important. What is a word but a sound or a noise? You see I could have started this chapter differently:

"Na początku było Słowo, a ono Słowo było u Boga, a Bogiem było ono Słowo.."
--Jan 1:1

This is the Bible quote from John 1:1 in Polish. But if you don't understand any Polish you would just see letters arranged into words you don't understand, and if I were speaking in Polish all you would hear is noise or sounds. It would all be just "Blah blah blah".

Language matters because language is the central human reference point to life and existence. The universe is made up of protons, photons, quarks and quanta, which doesn't make any sense to us. We are social animals and because of this language is necessary for us to be able to verbalize and put into words our perception, our feelings, our thoughts, our emotions and also our insights and stories to connect to others.

But also is not a word a noise or sound, and can not the quote from John 1:1 allude to the Big Bang at the start of the universe?

Rudra

This is a bit of a half chapter to the previous chapter. It's not going to be that long of a chapter because it was something that my spiritual mentor Babu told me way back at the start of my training in Therevada when we were going through the whole eastern cosmology. It's hazy because the conversation was way back in 1983.

Let me tell you about Rudra. Rudra was the first deity in ancient India.

Rudra goes back, far back, maybe 10,000 years, though I wouldn't like to put a date on this. We're talking about before the development of Hinduism and the Vedic texts, before even Brahmanism, and long before Buddhism.

Rudra was known as 'the Roarer'.

Now what I want you to do here is make a comparison between a bang and a roar. Surely a bang is far more sudden and instantaneous than a roar, which is longer and far more drawn out.

Now also please keep in mind that 'ruwa' is Hebrew for shout. 'Ruah' is the Hebrew word for the breath of God. Consider that Judaism, out of which we get the Kaballah, is as old a religion and culture as Hinduism. Also consider that Judaism, like Hinduism, is more than just a religion, it's a culture and a lifestyle.

So now let's think about time and the way we perceive time. Think about how we perceive the present.

We have, in the West been taught the time using a clock. Therefore culturally at least we think of the present moment as a second or a split second.

But what if the present moment is much longer than we believe it to be? What if the present moment isn't actually a moment at all, but just the present time? What if the present is say, maybe an hour? A day? A year? Or even a life time?

You see time is conceptual, because it's a measurement of process, activity or change against space. There is only reality and possibility. Therefore what you perceive happening right now in space is reality, but what isn't happening no longer exists so is a concept and just a possibility.

The Omega Principle

Your past experiences of life is karma, because karma is about process. The future is also a concept because it doesn't exist, it's only what you imagine it to be based on your past experience and past karma.

Consider that you can only think about the past or the future as a thought in the present moment. Thinking is process, like memory.

This means that time is an arbitrary concept because it is a value system against your individual human experience of life and your conscious perception and perspective of your environment. The clock and calendar is a necessary social marker because we all have to agree by way of social consensus how many days there are in a week, how many hours there are in a day, and also what day it is and what time it is.

But we all perceive time individually relative to our individual experiences of life and also relative to our energy and natural energy frequencies.

But what I want to finish this chapter off is with the concept of dependent or mutual arising. As this arises, that becomes. This is not so much cause and effect but is heavily dependent on karma and process.

The Omega Principle

Before I start I'd like to point out that this Omega Principle is something different from Omega Point, a theory developed and advanced by French Jesuit priest Pierre Teilhard de Chardin, though it can be seen as a derivative or variation.

From my perspective Omega Point is either the same as or similar to Zero Point, or Zero point energy which is at that point non-existence becomes manifest as physical existence through energy and you have a new vibration and process of creativity and interaction. Omega Point is unity through consciousness while Zero Point is a new incarnation.

The Omega Principle is based on reincarnation, i.e. consciousness manifesting as energy and physical form again and again and again, and creating new creative processes, karma, out of trauma and non-existence.

Creativity is not a linear process, but is always a multi-dimensional cyclical process which forms a kind of a spiral to become faster, and faster, and faster until the process becomes the principle and starts all over again on a new dimension and level of complexity.

The universe as an organism is a multi-dimensional system for the promotion and conservation of creativity and diversity. The universe, and Nature, will always favour non-conformity and evolution over conformity and habit.

The principle of the universe, and Nature, is no different to that of an individual organism, and is based on trauma. Just as life is a consequence of death, a process of creativity and interaction from a Zero Point of chaos is a consequence of trauma. The second law of thermodynamics is based on this principle. Consciousness expands, and because it expands, no process of creativity and interaction or energy vibration is ever repeated as exactly the same. This is because consciousness is random, spontaneous, yet eternal.

Therefore it stands to reason that any new process of creativity and interaction is going to become more complex after each Omega Point is reached. Creativity and interaction is never a complete process, because there is no end and no beginning, there is only a cycle, a vibration, a wave, and each process and each cycle is more complex than the previous cycle.

This also applies to the process of human evolution. Human evolution is a principle and process which is no different to any other principle and process occurring in the universe, on this planet or in Nature.

The Omega Principle

Human evolution is no different from any other creative process of evolution on this planet, it is still subject to the duality or polarity of climate change and biological evolution. It is not in any way different from the movement of continents or the evolution of different species.

This is where the Omega Principle differs from Omega Point and other similar theories. Whereas Omega Point is about cosmology, physics and other similar fields and subject areas, the Omega Principle is about humanity, human evolution, and human relationships with our environment and each other.

It is about the specific conundrum human beings face with regard to their relationship to their environment, where:

human beings need to learn to exist within the finite natural environments and finite natural resources that this planet can provide.

human beings need to learn to coexist harmoniously with other species on this planet and with each other to achieve the unity through consciousness necessary to be able to exist, live and thrive on this planet.

It's important to understand that human technologies, language, culture, migration patterns, art movements, ideologies, are not anything different from nature simply because language and culture is the central human reference point for existence and life.

It's also important to understand that the Omega Principle is going to have an even greater effect on human beings, given the fact that humans have large powerful forebrains, incredibly complex psychological processes with powerful memories and powerful abilities to imagine and conceptualize.

This means that we have the potential to transform and diversify our social and cultural behaviour at a rate much quicker and in more diverse ways than other species relatively speaking.

From this we get the rush towards all forms of new technology and social organization, but this needs to be balanced out with a development of human conscious awareness, development of human creativity, innovation, human empathy, and a much stronger emphasis on community participation and community involvement.

You see you don't have to be a rocket scientist to understand that if the universe is expanding faster, and faster, and faster, it will reach an Omega Point and reinvent itself, itself becoming the phenomena in three dimensional space and time.

What I'm referring to here by the Omega Point which is a point where the universe reincarnates and this will be where the 84th incarnation of the universe will become the 85th incarnation of the universe.

It's believed that we are getting closer and closer to this Omega Point and this is something being written about and spoken about in both science and religion, where people are talking about an apocalyptic event and much of this is behind the culture behind climate change awareness and policies and what is known as 'green' politics.

I'm also fairly confident that we are, as individual human beings, perhaps conscious of this Omega Principle and how it affects our lives. Our lives start out in childhood being relatively simple and straightforward and as we grow up, mature and get older our lives become much more complex and complicated. Traumatic experiences in life create a kind of diversity of individual human experience and individual conscious perspective.

We can also observe a process where environmental change, relative to our perspective, becomes more complex and changes take place at a faster and faster rate and this usually takes place with changes in the way our bodies work, our health, and we find it harder and harder to keep pace and keep up with what is going on around us.

But see, this is another important or key difference between the original Omega Point theory and my Omega Principle. This spiral and increasing complexity also means that if there is any stagnation or too much attachment to habit then trauma escalates and adds a new complexity to individual traumatic experiences adding to it an additional layer of karma.

This means that while we are seeing an increasing level of complexity in terms of the development of culture, social progress and human evolution, we are also seeing an increasing level of complexity and diversity in terms of human trauma, traumatic human life experiences and social issues such as poverty, inequality, unemployment, homelessness, and this is leading to a greater complexity in terms of our health, especially our mental health.

This is something that hardly anybody is talking about or perhaps even aware of. But it also stands as a serious strike against the ability and potential of human beings to survive in the increasing complexity of the universe and changes in our environment.

This is important, especially as we are a highly evolved species capable of faster rates of evolution relative to other species, but this is conditional on a high level of biodiversity and also, just as importantly, it is also dependent on a higher level of diversity among the human species. What I'm saying here hopefully should be quite clear to you, in that a lack of diversity even within our species works against our chances of long term survival as a

species and increases the likelihood and possibility of human beings dying out as a species and becoming extinct.

The other reason why I have chosen to diversify from Omega Point which other mystics have adopted and are now talking about as if it's the greatest revelation, is that I am seeking to shift the focus of human attention away from cosmology, physics, and the environment to where it needs to be, and that is the primacy of individual human life experience, individual human creativity, human social and cultural relationships, and its empowerment and thus the empowerment of neurology, the science of the human brain.

The human brain is the most anatomically complex biological organism in itself, and neurology is a science which is about a century or so old, so is largely unexplored and undeveloped, but that saying leading neurologists have been developing neurology in leaps and bounds in the past 50 years or so. An understanding that consciousness and not energy or physicality is the basis of existence is now fairly common as an understanding among scientists.

Out of neurology, biology and even psychiatry we are becoming more aware of the principle that the environment is what creates us and influences our health and that we grow within our environment. This means that Western science is catching up with the mysticism of the I-Ching and the understanding of the duality of climate change and biological diversity.

This means that there is Western scientific understanding of the mystical transaction to the degree that many fundamental mystical principles are no longer esoteric or occult. They are now established scientific fact.

But something else which I hope you're able to grasp from the Omega Principle is the possibility that we as humans will become more and more unrecognizable to each other and it will become harder and harder to maintain social relationships as they become increasingly complex and difficult to understand.

Within this is the possibility of those in authority and government facing increasingly complex political issues requiring increasingly complex policies to maintain some kind of social order and organization, otherwise they risk losing control and becoming increasingly alienated from the communities and societies they serve.

This in turn increases the likelihood and possibility of authoritarianism and totalitarianism, which goes against the Omega Principle of unity between individual and environment.

It's also important to understand that our technology, our religions, our sciences, and more recently our political systems has pushed us to this point for thousands of years without us awakening to the reality of our situation and relationship with our environment.

Now we are becoming so close to the Omega Point all but the most dense and ignorant among us must feel the tug of the transformative and transcendental influences coming at us from our environment.

I felt I had no other option but to use the Omega Principle as the platform or basis for Qultura. While as a method of enquiry and system for the transformation of consciousness Qultura has a form which is similar to that of Buddhism and Taoism which is a set of mystical principles arranged into texts connected to a community.

But what makes Qultura different from these other systems is the Omega Principle and the fact that while the emphasis of both Buddhism and Taoism is on the cosmology - the Dao of Taoism and the Dharma of Buddhism - both as ways or methods to be followed. The individual member of the Qultura creates their own 'way' or 'method' through trying to find ways of transcending both the methodology and their past karma.

This can only be achieved by using ritual magic as a means of breaking existing or preexisting cycles of karma.

However I have devoted this chapter to writing about the Omega Principle itself. Let me now expand on this by going into the various aspects of the Omega Principle and put forward ways of how we can possibly work with the Omega Principle.

Separateness in perception

I first started working on the Omega Principle around 1998 or 1999. I had briefly worked as an English teacher in a Waldorf primary school in Warsaw in 1996 for a month (the position didn't work out). I was given about a dozen books written by Rudolf Steiner by the school authorities. One of the books I read was essentially Steiner's perspective on reincarnation.

I read the book from cover to cover. I cannot remember the title of the book but it blew my mind.

It was the memory of this book which gave me the idea for my stage play 'Death' which is based on Steiner's perspective on reincarnation and the theosophical belief in the soul and us having two selves, one mundane and physical, and another 'higher self' based on a soul which exists in the afterlife and watches over us.

This is a very similar theme to Plato's notion of the inner 'daemon' or demonic energy. This is of course based on ancient Greek and Roman cosmology, which comes out of astrology, which is rooted in polytheism and the notion of fate, destiny, and the idea that the heavenly bodies as it were control who you are and various aspects of your life.

What I'm giving you here is very early Western cosmology and philosophy.

Having studied astrology way back in my early 20's, and quite extensively, there is perhaps more than a grain of truth in astrology. The foundation premise of astrology, that we are created by our environment and by the universe, is a sound premise.

We are created by our environment. Take for example the planting of a tree. We cannot make a tree. All new life comes from a seed or an egg. So without the seed there can be no tree. Without an egg there can be no bird. But see the seed alone is not enough to create the tree. There has to be an environment. There has to be soil, fertilizer, sunlight, water, and many other things which come together for the seed to become a tree, take root, and grow.

It is also plausible that the planets in a solar system can influence each other. The clearest example here is the Moon and it's effects on the tides of the sea, on plant life, on human behaviour and thinking, but - and this is what we cannot determine from astrology - we do not have enough knowledge to be able to identify how or in what way such forces or energy vibrations influence the behaviour of the human brain. Neurology is nowhere near a developed science.

The Omega Principle

It's only fairly recently that scientists have figured out that time perception is regulated by our Circadian rhythms and body clock, our heartbeat, and that we need Heme B in our haemoglobin to bind oxygen to our red blood cells and regulate our heartbeat. Heme B comes from iron, and iron is produced out in space from the collision of galaxies.

Therefore while I have used astrology in the past as a tool for divination, and sometimes occasionally do so, I do so with the awareness that my interpretation of a horoscope or birth chart can only throw up possibilities or lead to suggestions. It cannot give me a clear principle to work with or come with with a hard scientific fact.

So going back to Rudolf Steiner, while I am grateful to Steiner and his work for giving me a basis for my previous modern theory of drama which led to Creative Law, a universal principle in Qultura methodology, I was also aware of the flaws in Steiner's thinking due to his attachment to moral reasoning and his assertion that there was no link between science and mysticism and that he was the one who was going to find the link.

Now please keep in mind that Steiner was a contemporary of such people as Freud, Jung, Einstein, and even Emmy Noether, the mathematician and scientist who inspired Einstein's Mirabilis Papers in 1905 and his Theory of Relativity.

I'm using this as an example because mysticism is the basis of all sciences. All science is based on the acceptance of ignorance as a possibility for exploration and the acquisition of knowledge which can lead to the creation of truth. This process of creating truth requires seeking out what you don't know by following a principle, examining patterns (which is energy vibrations) from the past and existing knowledge to make predictions about the future.

If the future predictions match up with past knowledge we have a principle out of which we have truth, and this truth becomes a scientific fact.

But what I want to get into here is the belief in separateness between self and other and also separateness between self and environment which arises out of moral reasoning. Separateness in perception is a very dangerous thing, because it is separateness in perception which leads to other distortions of perception such as the illusion of continuity, the illusion of permanence, and from this the illusion of cause and effect.

This is how I came to develop the Omega Principle as a principle, and something different from and separate from Omega Point. Omega Point is a theory, a premise, simply because we do not know what unity with the universe means. We don't even know what enlightenment means. These are just concepts.

Separateness in perception came about as a relatively recent development in human culture and thinking. Some people claim it was as recent as 5,000 years ago, though some suggest it was 10,000 years ago. But then you have the earliest recorded evidence (from archaeology) of human conflict and warfare which goes back 13,500 years. The date or when doesn't matter so much here as what.

Separateness came about as a result of humans discovering that they could direct their thoughts to have an influence on their environment through the powers of conception and imagination, which arises out of the narrow focus of conscious attention.

The focus of conscious attention is our most basic, immediate and fundamental level of consciousness. It's what we focus our attention on in the present moment and is more limited than our wider conscious awareness and environmental awareness.

To give you an example of the differences between the two let's say you're driving in a car and having a conversation with a passenger. In order to drive safely and continue the conversation you need to focus your attention on two things simultaneously - the conversation and the driving. So you use your conscious awareness to give you the environmental awareness of the relationship between your vehicle, the road and the environment on the road, other vehicles, traffic lights, signs, and so on. You use this information to decide where you need to direct the focus of your attention. Do you need to focus more on the driving? Or can you focus more on the conversation? Or can you focus on both simultaneously?

Please keep in mind that you need to focus on four different variables to drive a car. You need to focus on the steering and direction of the car. You also need to focus on the speed of the car, use of the pedals and gears to regulate the speed. You also need to focus on what lies ahead of you on the road. You also need to focus on what is behind you on the road and keep checking in the mirror.

Now imagine what would happen in this scenario if you didn't have that conscious awareness. Chances are that you would have a misunderstanding with your friend in the conversation, but more seriously, chances are you would make a mistake in your driving and become involved in an accident.

But this is precisely what happened thousands of years ago. You see in discovering that we could direct the focus of our conscious attention and influence our environment and other people, we learned that we could provide for the future, become responsible, and create many different concepts, through which we can create our own reality from nothing more than our imaginations.

Out of this we imagined ourselves to be different from other species, different from Nature and the environment, we could perceive ourselves and others differently and provide our own explanations for what happens to us and what happens in the world around us.

From this we imagined and assumed that we were somehow civilized and that human civilization is something separate from the natural world. While this has come with numerous benefits, not least healthcare, sciences, and the concept of welfare and social care. All these have come out of this illusion of separateness and assumptions of civilization.

But this has all come with terrible costs, because it has brought us ideology and various belief systems, the Ego, it has created moral reasoning, the concepts of good and evil, the concept of external authority, and out of this the cycles of human conflict and struggles arising out of ignorance and this false belief that we are somehow separate and unique from our natural environment, other species, and in many cases each other.

Indeed you can work your way back through human history, from the present moment working your way backwards through time, and find plenty of examples of inhumanity, cruelty, bigotry, exploitation and hatred between Mankind and other species, between Mankind and his natural environment, and between different human beings. All this history of conflict and misery can be traced back to this false belief in separateness between self and other and self and environment.

Within this is the wanton, premeditated exploitation and destruction of our natural environment. What I'm referring to here is the destruction of a living planet and living natural environment for nothing more than justification of our imaginary, conceptual societies and environment. For sure we have the corporate profit and economic growth from our economy, but what value is this economy if it also gives us toxic waste, pollution, a loss of biodiversity, and a traumatized population of people who are forced to live with the misery and the alienation, not to mention the loneliness, of being part of human society?

Where is the sense in destroying our real, natural environment to live in some perfectionist illusory and imagined environment? Does this sound like civilization to you?

If this is the outcome of human civilization, then what exactly is the value of human thinking and human creativity? What is the value of human innovation and human imagination in pursuing a fake, imaginary lifestyle and culture which increasingly divorces us from our natural habitat, our natural selves, and even the complexity of our past trauma?

Where is the sense in all this?

The mystical transaction

I feel it's worth at this point, as I have written about the Omega Principle and then later separateness in perception, to either become familiar with the mystical transaction which exists between the totality and the individual, or to remind ourselves what the mystical transaction is.

The mystical transaction is based on the following principle:

All existence is change, all existence is relationship.

There is a second mystical principle behind the mystical transaction, which is:

The environment creates, the individual (organism) grows.

Please keep these two principles in mind throughout.

So we've already established that all existence is physical in nature and manifests as an energy cycle or wave, which is a vibration, a pulsation. In digital terms this is simply 101010101010 or 100100100100100 or even 110110110110. It's therefore the relationship between consciousness and energy.

Everything is relative to everything else in existence. There is no separateness anywhere in the universe at all. What this means is that the Creator and the created are one and the same.

It has to be this way. In fact it cannot be any other way. There is always a principle and a process. The principle is a snapshot of the process. The process is never ever complete. Creativity is never a finished process, nor is interaction ever a fixed, permanent relationship.

The environment always creates. But see what is environment and what is individual is completely arbitrary.

An environment is different things together in a relationship between which any principle and process occurs. The universe is an environment, as is the solar system and this planet, a natural habitat, but see too your mind is an environment, your body is another environment, your bloodstream another environment, and so on.

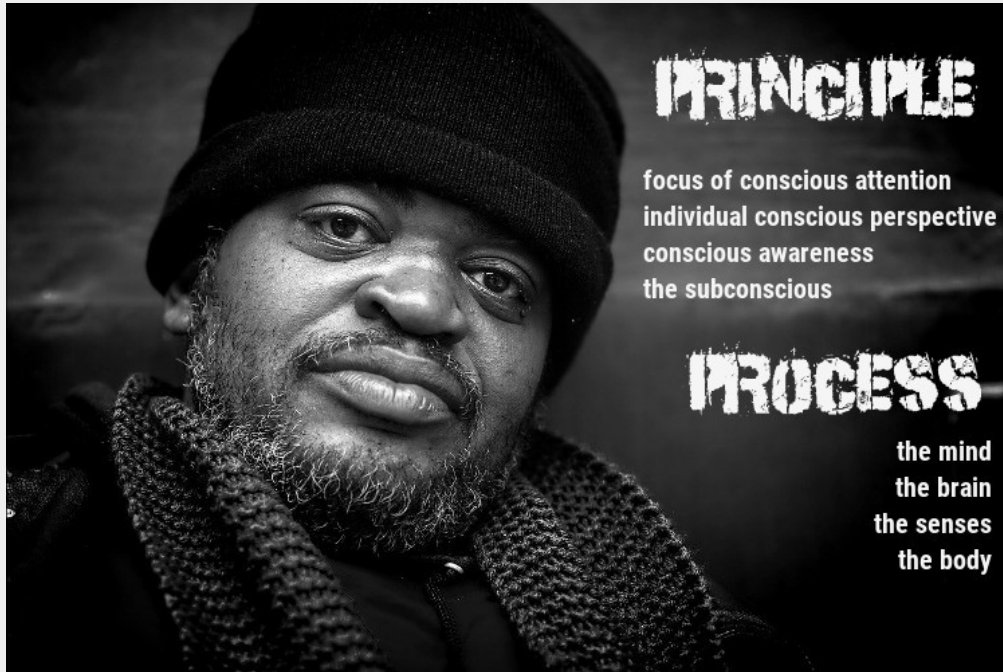
It's also important to understand that the mystical transaction is two way and multi-dimensional.

It's important to understand that you create the environment in which you exist. An energy vibration can only be perceived as a sound or a noise if there is hearing, ears and an eardrum to vibrate against. An energy vibration can also be perceived as a pulsation of light if there is sight and eyes to perceive the light. Other sensations such as hardness, heat, temperature, arise out of touch and sensitivity, which is the primary sense because all senses perceive sensations which are of course energy vibrations.

Similarly hunger, pain, anxiety, fear, are other examples of energy vibrations existing within the environment of the mind and the physical body or organism. Many of these sensations involve processes from within and outside the body and I'm not sure about you, but I struggle to think of the body as a separate environment to that of the wider environment given the fact that skin and touch (and hairs) are an interface between these two environments.

What this means is that you're an ongoing process and are a work in progress.

The Principle & the Process



To be able to understand anything about life, the environment, yourself or other people you need a meta-physic. Doesn't matter whether you're religious or not, or how spiritual you are or believe yourself to be, you need some sort of meta-physic.

You need to have some idea of how things unfold or how processes work, both within yourself and what's going on around you.

I didn't need to create or develop Qultura, and I probably wouldn't have had I got into Steiner's work, read his book about reincarnation, or come across Omega Point. But having developed the Omega Principle I felt strongly that we needed a new modern method of enquiry and a new system which went about things differently to either Buddhism or Taoism.

It's important to understand that both Buddhism and Taoism developed as strict monastic orders in the east thousands of years ago. I'm not denying that there's some benefit in these systems in the modern age, because see insight is insight. But both require serious and genuine commitment to achieve any kind of transformation and most people just don't have the luxury in today's modern society to go off and live a monastic life, be a monk, or go off on a pilgrimage.

Therefore I designed Qultura to be quick, immediate, and flexible. Qultura methodology even comes with a cheat code. If you head to the Qultura website and access the methodology you can get a solid basis from a single webpage - go to universal principles.

As you can see your internal dynamic is no different whatsoever from the universe:

Principle

Your principle is the sum total of conscious that makes up your individual conscious perspective on life and existence. This is the real you in the present moment. Always. Eternally.

Process

This is your process of creativity and interaction, just like the universe itself. This takes in all aspects of your physical being, your body, your brain, your memory, your physical senses, and your mind. This is the part of you that's based on an extremely low vibration of energy. We're talking a single wave of energy or a single cycle that takes anything up to 120 years or so to complete. This is the part of you that is born and eventually dies.

This is what gives you the necessary environment through which you have autonomy and through which you can be both creative and interact with others. As you can see, this is a lot more than 'directed thought' through the focus of your conscious attention.

What you actually are is a vessel through which the principle of the process of the universe is channeling. Now I want to get more into karma and process in the next chapter but what I want to do here is break down the principle and process into the consciousness, energy and space so you can understand how the same principle and process of the universe plays out through you and your physical being:

Perspective (Principle)

This is your individual conscious perspective, the sum total of consciousness up to the present moment. This is part of you that is not manifest, so it cannot die because it's not physical.

Memory

Memory is basically what you think with and involves both perception and conception. This is the basis of process and karma. Note that memory exists in every single biological cell on the planet. It's not just something that exists in your brain.

Your brain is the complex quantum electromagnetic organ for transforming and processing consciousness through energy vibrations.

Mind

Mind is essentially the space through which your perspective and memory interact with one another. Based on your conscious perception, mind is the space through which everything flows from your senses, thoughts, emotions, feelings, and so on and so forth.

As you can see both perspective and mind, being respectively consciousness and space, are never manifest. The difference between perspective and mind is quite simple. Perspective is built up from your experience of life and existence, so it can only be consciousness. Mind is consciousness which you perceive as space, because generally you have not experienced it through your felt sense of immediate experience. You simply perceive the consciousness all around you as space.

Between the two you have memory, which directs your focus of conscious attention. We covered this way back in the chapter on 'Actual reality' and the Gestalt images - the Rubin vase, faces, lioness and gorilla, and so on.

It's important to understand that through your Principle you can exist on many different levels or planes of consciousness, simultaneously. But I'm getting a bit ahead of myself so I'll finish here and leave you with an understanding of your basic internal cosmology.

Zero



I'd like to somehow ease into karma and process from a position of ignorance but not in the way you might think. When I write of ignorance I'm not necessarily referring to wilful ignorance or stupidity, but ignorance in a much wider sense.

I'm writing about ignorance in the sense of the Sanskrit word 'avidya'. Now in Sanskrit the prefix 'a-' is a negation. The Sanskrit word 'vidya' means seeing, or perceiving, and from this we get the Latin word 'video' which means 'to see', out of which we get the English word video. So if 'vidya' in Sanskrit means seeing or perceiving, then 'avidya' means not seeing and not perceiving.

Hence The Fool, which is the first Tarot card from the Major Arcana. Just to emphasize the point I'm making that in writing about ignorance I'm writing about a lack of conscious awareness and insight.

Now if the principle and process is continuous and eternal, and creativity and interaction is a constant, then it stands to reason that ignorance is also a constant and all things being relative, the more consciously aware you become the more ignorant you become as well.

This is because consciousness is not a constant like energy. The more energy you use the less energy you have because you become tired. the amount of energy you have accessible to you in life is finite, as is the amount of energy you have on a given day.

But see with consciousness it's completely different. The more you use your consciousness, and the more you seek to develop it, the more you have available to use, and the easier it becomes to develop it.

Which brings us back to the Omega Principle.

Your karma and process is always going to have limitations. Here's why. If I were to ask you to recall your earliest memory and go as far back as you possibly can, you will not get any further back than your earliest memory as say a small infant, when you were 18 months or two years old.

It's incredibly unlikely you will be able to remember anything about being a baby from your recall memory. You will probably find that your recall memory only takes you as far back as you were able to use language, so you might not even be able to remember being two years old. You might recall being three or four years old.

Please keep in mind here that language is your central reference point for life and existence. You are only really as consciously aware as you can put into language or put a name to. Beyond that you're getting into the subconscious and implicit memory, which is far more conscious and is based on sensations rather than language.

You will not be able to remember being born, nor are you going to be able to recall being in your mother's womb prior to your birth. It's also important here to understand that the process of conception, i.e. you being created by your environment, goes way beyond the nine months of pregnancy. When you were born you were only relative to the environment of your mother's womb. You were not relative to the wider natural environment of this planet so you needed to develop to become relative to the wider natural environment. Conception lasted until you were six or seven years old.=

Therefore you will not be able to recall any previous lives because that is not relative to your current physical being or incarnation. But you have no need to. Your Principle is your sum total of consciousness from all the way back to your present moment. It's the sum total of all your conscious experience of life and existence.

You see if existence has happened 84 times, and the universe has passed through 83 different incarnations and is now on its 84th incarnation, then you have also passed through different incarnations to be who you are now. It is said that of these 84 different incarnations of the universe 21 still have some form of existence, and 63 no longer exist.

Therefore if we apply this to you, it is possible that you are living your 84th incarnation and there are 21 different incarnations of you still in existence, somewhere. This means that 63 of your previous lives are no more.

Now let's think about this.

*"All our times have come,
Here but now they're gone,
The seasons don't fear the Reaper,
Nor do the wind and the sun and the rain,
We can be like they are..."
Blue Oyster Cult, "[Don't Fear The Reaper](#)"*

I'm going to throw in a song quote here by Blue Oyster Cult. You might be familiar with the song but what I want you to do is to make a bit of effort and actually listen to the song (click on the Youtube link).

It is said that music is the universal language. The song is not just one energy vibration. If you listen to the song you will hear different energy vibrations in unison. You will hear the singer, the backing vocals, the guitars, the drums, the bass, everything together to make up the same song.

Also within the song, in among all the music and singing, there will be very many silences and also many different reverberations, so that even when there is a silence you may still be hearing a reverberation.

Energy vibrations are not just a single cycle or loop of energy but are a vast multitude of different energy vibrations of different frequencies and wavelengths. You have on average say 60,000 to 80,000 thoughts a day, each of these thoughts fire off millions of different neurons in your brain. Reading this book so far has probably burnt out billions of different neurons in your brain, all of which have been replaced.

You are not consciously aware of most of the things you do in life. Let's take a typical situation, such as when you wake up in the morning.

So let's say, you toss, you turn, you turn over, you turn back, you turn back again, you open your eyes, you look a clock, you look at the ceiling, you sit up, look around the room, swing your legs round and put your feet on the floor, you sit up, you stand up, you leave the bedroom, head to the bathroom, you pee, you flush the toilet, you wash your hands, you look in the mirror, you leave the bathroom, you head to the kitchen, you find the kettle, you fill the kettle, you place the kettle on the counter and then you find your phone and check for messages....

... all this within the space of a couple of minutes.

Now if you had to pass all these different actions through your narrow focus of conscious attention and actually think about how you turned over, how to open your eyes, how to use

your legs, and what angle to hold your head up you would never get out of bed in the morning. It would literally take you hours just to get out of bed.

What I'm trying to point out here is that much of the karma and process going on in your life is physical activity that is taking place on some level of consciousness well away from your basic fundamental focus of conscious attention.

For example if I were to ask you what is the relationship between your thumbs and your spinal fluid I'm pretty sure I would get a blank stare from you and "Huh?" You would not even know where to begin. Even if I were to ask a doctor they wouldn't be able to tell me. My regular GP would probably say something like "Let me Google it and get back to you."

But there is a connection, within the environment of your physical body and everything in your body works together harmoniously without you needing to think about it or needing to go see a doctor. Think about this. You only go to see a doctor if there is some dysfunction and something in your body isn't working. You go to see a doctor because the doctor has clinical insight and knowledge and can find out why much, much quicker than you can.

But what you don't know (and I don't either) what any of your previous 21 incarnations are, who they are, where they are, or even what physical form they took. The same goes for the other 63 other incarnations.

However your physical being could contain the memory imprints from your past 21 different incarnations. There are parts of you which you share with your parents and grandparents, but there could also be parts of you which have no connection whatsoever with your lineage or ancestry simply because reincarnation is not necessarily linear, but is probably more cyclical and spiral in nature.

You also have no idea when your previous incarnations were. Time is a human concept measures against space, another human concept, to assign a value to physical action or experience. Time is always relative to an energy vibration, to physicality, to karma and process. In actual reality there is no such thing as time.

Then you have the separateness in perception which comes from all your socialization, your social and mental conditioning, your upbringing, your education, the various belief systems, ideologies, half-truths, traditions, and all the ignorance that comes out of all that.

On the one hand some form of socialization is necessary because - as a result of the cultural shift which created the separateness some 5,000 years ago, human beings have created not just communities but also cities where large congregations of human beings all live together. This is arguably one of the benefits of shifting the focus onto conscious attention,

and you have been socially conditioned as a result to be able to live among other human beings and made much easier to deal with.

But this shift and all the socialization comes with a price and a cost, which we all pay, and that cost is a loss of relationship and a sense of connection with our environment, serious distortions in our conscious ability to perceive and comprehend what's going on around us, lots of self-deception and deception, and also a loss of human insight and individual human experience.

Now if you were socialized according to Western social and cultural values you will have been socialized either according to traditional social values or, if you're younger, you will perhaps have been socialized to more modern (Western) social values.

Both values are based on Judeo-Christian values, based loosely around God and a figure of authority and hierarchy, where you are the created rather than the creator, the world is an artefact and is also created, and you will have been taught moral reasoning and judgment, a sense of right and wrong, good and evil, good and bad, and so on.

The more modern Western social values teach financial independence, obedience and subservience to authority, to hierarchy, the necessity of work to make you moral, and contribution to the economy through your work and your earnings.

You were probably not taught as a child about energy vibrations, about either dependent arising or mutual arising, about karma and process, or about trauma.

You were probably taught that the world works a certain way and having no other choice in the matter you simply had to accept it. You will have grown up with a set of values and beliefs which you became attached to.

*"Living is easy with eyes closed
Misunderstanding all you see
It's getting hard to be someone but it all works out
It doesn't matter much to me..."
--The Beatles, "[Strawberry Fields Forever](#)"*

This would seem okay assuming that everything in your life works out, and you can go from school to college or university, and then onto work, develop a career, or at least hold down a job, and eventually retire. You find a partner in life, find somewhere to live, start a family, and grow old gracefully.

Life works out, right?

Wrong. All you're doing throughout all this is treading water. Going through the motions. Going round and round in circles. You're simply living life in Easy mode, which is fine. If your yardstick in life is what you experienced in your past, then you're living your life on the basis of a memory, an illusion, rather than actually living or getting involved in real life. Some call this 'living in the past'.

There's another more popular variation of this which exists throughout the West, and this is especially people who have bought into mainstream culture. Instead of living in the past and striving to maintain your values and beliefs, as is common among wealthy people, many people subvert this so that they're living in the future on the basis of a set of beliefs and a set of expectations.

*"Well they tell me of a pie up in the sky
Waiting for me when I die
But between the day you're born and when you die
They never seem to hear even your cry..."
--Jimmy Cliff, ["The Harder They Come"](#)*

This is down to believing the social and cultural values that the hierarchy and institutions hand down to you. The modern Western social contract is based on the notion that if you do well at school and work hard then you will be deserving of some future 'goodie'. This is simple, straightforward carrot and stick philosophy and guess what, you're the donkey in the equation.

You're conditioned to believe this from the earliest age. School is essentially donkey training, where you're taught to be constantly in preparation through an education system based on marks, grades, tests, examinations, assessments and evaluation. Constantly. School is where society gets constructed and bright, curious small children get taught to be competitive and to be above average. But see if every child is above average, then what average are we speaking of here?

So you go through life believing that you're a nobody, that you're peripheral, that you're just a cog in the machine, but if you are living between the past and the future, constantly expecting everything and everyone in your life to measure up to your arbitrary societal values and beliefs, you're not actually properly engaged in real life. You're playing at life, because you're living life on the basis of some made up rules and role play.

This is how most people live. If you pay close enough attention to what's going on around you and actually listen to what people are saying, you will see that many people are either living in expectation of some future 'goodie' and are caught somewhere between the past and the future.

But what is the future? The future is only a concept. You can only imagine the future on the basis of past experience. Imagination is based on memory. You can only conceive something on the basis of what you've already witnessed or experienced.

I'm going into it here because your life is determined by the reality of your life experience, and what is the reality if your life experience but the emptiness, the void, that what you are not conscious of, that what you are ignorant of. That what you don't know and don't understand.

I'm still writing about the Omega Principle. Not only does your life increase in its complexity, especially if you've bought into mainstream culture and are living on the basis of past social values, but so too does your ignorance.

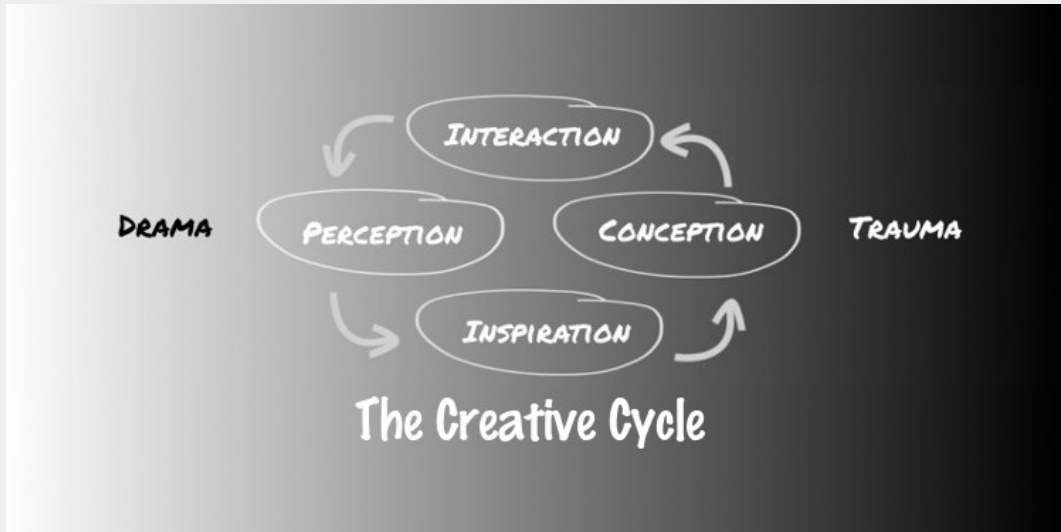
There's another group of people here which I haven't written about, and that's all the people for who life hasn't worked out. I'm referring here to the outsiders, the poor, the disenfranchized, the traumatized among us, people with disabilities, people with mental health issues, learning disabilities, people on the spectrum, the LGBT community, people who have fallen foul of the law, and all the other people who just don't fit in with the mainstream.

These are the people who are stigmatized, disenfranchized, looked down upon, left out and excluded. There's a reason for this and the reason is quite simple. Trauma is the start of any process of creativity and interaction, it's a great levelling experience in life and creates new karma. But trauma, karma and process don't quite fit with the cultural narrative which is based on respect for authority, hierarchy, and moral reasoning.

This is why such people are stigmatized and looked down upon, and why you're encouraged to look down on them, because trauma introduces you to reality and the reality of life on this planet. These people are closer to real life than any of us, but this of course poses a threat to the existing social order and narrative.

My point here is that this established social order is a myth, an illusion. Nobody is in control, nobody understands what is really going on. More than anything society functions on the exact same principles as the natural world, which is a system of checks and balances, mutual necessity, and karmic processes alternating between chaos and equilibrium. There is no permanence, no separateness, no continuity and no conformity in the natural world.

Karma (Process)



The Omega Principle applies to consciousness, not karma and process. But consciousness and energy are relative to one another, and this we understand from karma and process and Creative Law (which I developed at the end of 2009).

Karma and process arises out of trauma. Trauma is force, impact, shock, division, separation, disorder and chaos. The Big Bang which started off the universe and caused the universe to start expanding is an example of Creative Law. What happened after the Big Bang? Well karma and process, the process of creativity and interaction.

Drama is essentially process, because drama is about creativity and interaction, and therefore drama is also about karma. Here we have the example of dramatic art. You watch a movie or a film. The actors on the screen convince you that they're really their characters, and that what is happening is real. But it's not. It's scripted, staged, filmed and produced, but you are convinced during the movie that it's all real, and the movie becomes part of your actual experience and is recorded into your memory.

Now I could ask you what you were doing at 4pm on the first Sunday in July 2018 and you would struggle to tell me. But I could ask you if you've seen a particular movie and you would be able to tell me whether you have seen that movie or not. Not only that, but you would also be able to tell me roughly when you saw the movie and what you were doing at the time.

Karma and reincarnation are one and the same thing, simply because karma is the action behind the energy vibration - you understand a vibration to be action, right? But an energy vibration is also interaction, because it is also relationship. You cannot hear a sound without a source of that sound coming from somewhere in your environment. But sound is also silence, because existence implies non-existence.

Or to put it another way karma is the wave or the cycle of energy, and reincarnation is the frequency. Together you have a process of creativity and interaction. A vibration is not just one energy wave or cycle but many energy waves and cycles repeating themselves one after the other.

It's through karma and process that we go from trauma and chaos through drama to equilibrium. If you hit a bell or a gong with a hammer (trauma, impact) you get a ringing sound, which is the bell or gong vibrating, and the vibration continues until you have silence.

The exact same principles apply to living existence.

Death is trauma. Life arises out of death just like a bell rings when you hit it with a hammer. You see life and death are just two aspects of the same process of existence like the sound and silence of the ringing of the bell. The only difference is the scale and dimension. A bell is nowhere near as conscious enough to sustain life or interact autonomously with its environment. It's metal, an inanimate object, extremely high frequencies of energy in a vibration, so the reaction from being struck with a hammer, i.e. the ringing, won't last more than a minute.

Let's shift the scale and dimension here to say an old tree, maybe a several centuries old. Maybe even more. The tree dies. You cut the tree down, and examine the rings of its trunk, and if you examine the rings radiating out from the centre, you can get a reliable history of what was going on in that environment throughout several centuries.

You will probably be able to figure out all the instances of climate change going back centuries. Climate change is not a new phenomena. Chinese philosophers and sages also wrote of climate change over a millenium ago. It's only Western scientists who see climate change as a recent phenomenon.

But we can shift the scale and dimension here back to somewhere in the middle and back to human existence. Obviously as human beings are far more conscious than gongs and bells we are animate and living, and death is what sets off a multi-dimensional process of karma, of creativity and interaction, and various cycles of creativity across many different dimensions relative to our environment.

I'm hoping here, that in all this I am writing, that you understand reincarnation to be a great deal more than just being born again into a new body as a new person after you die. This is probably to some of you a comforting thought, given that fear of death is nothing more than a fear of death of the Ego.

This is not actually a fear of death itself. It's a fear of a loss of control, the loss of your mind, your senses, your life, and your identity. You have no idea of what death is, you cannot even conceive or imagine what experiencing death could involve. But you need to know because you need to be in control.

But what you're actually doing is focussing on one tiny aspect of existence and blowing it up out of all proportion just to provide you with some comfort that you will continue existing. You can only fear death if you believe that you are separate from other and environment, just as you can only fear death if you believe in permanence and continuity, which are also illusions which arise out of separateness.

Whether or not you 'believe' in reincarnation is beside the point. Believing that you will cease to exist after you die is another illusion on the same theme, because whether or not you exist isn't down to you, or what you believe. You very clearly do exist, just as you are very clearly living, and this can only be the case if you were at some point in the past dead, and had some point in your past been born into your current physical being.

Living and dying are two sides of the same coin which is existence but here I'm writing about physicality and process which is what karma is all about. Consciousness is not affected by death. People die all the time, but when someone you know or someone you love dies you are affected because the consciousness which formed the connection between you and the basis of the relationship changes because they no longer have physical presence or being, so what you're left with is sense of emptiness and loss arising from what is now a void, or empty space.

All the shock, the grief, the anger, the sadness, comes out of the process of bereavement, and bereavement is trauma, and this sets off a new process of karma within you as you learn to live without the physical presence of that person. But the person who dies doesn't vanish into nothing. They leave behind a body and their consciousness shifts to other people so the connection and relationship remains, even though the person is no longer around.

It's important to understand that your Principle is never manifest because it is the source of your Process. If you want to call your Principle your soul, your spirit, or something else then please feel free, be my guest, because just as existence is a principle in the universe your existence is your principle and the source of your process.

Therefore if consciousness is the basis of existence, as it is, and an energy vibration the basis of physical existence, then reincarnation can only refer to the relationship between consciousness and energy. This is because all energy is manifest out of consciousness.

This means that there is no starting point for either life or death because the two are happening at the same time.

You think you have the same body only because you know you have had physical form - this is all you have known. But body is a concept and you have not had the same physical body throughout your life. Your physical body is an environment because it is an organism made up of many other different organisms. I've written about this before, if you remember, when I pointed out that what is environment and what is individual is entirely arbitrary.

You cannot claim to have had the same physical body throughout your life, because that is ridiculous. Throughout your life your body has been made up of billions and billions of individual biological cells, if not trillions, and so to retain the same form and dimension these cells would have died to be replaced by new cells.

Truth be told you probably don't know how many different versions of your physical body you have had throughout your life, because the cells that have died have been replaced or reincarnated into new cells according to a pattern or rhythm. Of course through the process of growing up, puberty and maturity into an adult more cells were produced or produced quicker than the cells which died, but as you get older past the mid point of your life cycle more cells die and there's a degradation process going on so you die a little bit in your 40's, a bit more in your 50's, then some more in your 60's and so on until you reach a point where you kick the bucket, so to speak.

You see when you look at yourself in the mirror, your face specifically, what you see is what you assume to be your eyes, your nose, your mouth, your ears, your hair, and your skin. Now if you look a little closer at your skin besides the wrinkles, blemishes and zits, you should notice a kind of blotchy pattern and an uneven skin tone and colour. Some areas of your skin will have a slightly different tone or colour to other areas, some more so some less so and some differences might be hard to see or make out.

Karma and process is all about rhythm and pattern just as much as it's all about scale, form and dimension.

When you break all this down to the most basic and fundamental level what you end up with is this:

- consciousness - insight
- energy - experience and relationship

As you can see energy and consciousness feed off each other. Memory is physical and simply records the experience. Consciousness breaks the cycle and sets off a new process of cycles on a different rhythm and vibration. This shift or change in the consciousness to create a new process on a different vibration or wavelength is what I would refer to as an Omega Point which is the last (preceding) cycle which then transforms into a Zero Point, which is a new energy vibration or cycle.

But here I feel I need to point out that I'm using Omega Point and Zero Point only in the context of the Omega Principle. This is something different from Omega Point theory and also Zero Point theory. I'm mentioning it here because I'm going to come back to it a few times later in this book.

So then let's shift down a couple of dimensions to that all important area of individual human life experience. This is the aspect of karma and process that most people are interested in because it's not just the relationship between perception and conception but it's also about how we relate to our environment and each other. Therefore what I'm writing about here are the most basic and fundamental levels of consciousness and memory. This is the level where I'm going to be writing about karma as it actually happens from your individual conscious perspective, or your Principle.

What I'm going to be writing about here is based loosely on what can be referred to as the Felt Sense of Immediate Experience, so life as you experience it, and also - just as importantly - how others experience you as part of their social environment. So this takes in actual relationships, needs, wants, desires, fears, anxieties, emotions, feelings, thoughts, choices, decisions and actions. Basically I'm going to be writing about the entire kitchen sink of life experiences.

Now some of you might be have heard about karma, and you might understand karma to be some mysterious divine mystical force that conspires to dish out meta-physical justice, put wrongdoers in their place, take people down a peg or two, or generally mess up people's lives.

This is just a fairy story put out by Western religious leaders from the Middle Ages to discredit eastern religions and philosophies to scare you into believing in God. Karma has no relationship whatsoever with morality and moral reasoning. Karma is quite simply Natural Law in action.

But what I want to get into here before we go any further is the fact that karma and process is just as multi-dimensional when it comes to the area of individual human experience as it is in other areas of your life.

Now this might be something of a revelation to some of you, especially if you're new to the more meta-physical aspects of living (which is still termed spirituality by some), but at least 95% of what you do, what you think and how you interact with others is bound by karma.

I'm sure that you know what an echo is. You shout in a closed environment, and you get an echo which is your original shout being repeated as the sound energy and vibrations reverberate and bounce off the different surfaces. The same principle applies to your choices, decisions and actions in life and your life experiences.

This means that out of the 84 different incarnations of you and your life 21 still have some effect on your life as it is today. Now the memory from some of these previous incarnations may be wispy, nebulous, and they may even escape the narrow focus of your focus of conscious attention. But they're still there. Other memories from other incarnations be seem more real, and some may be harder to separate out from your current incarnation. But they will be there.

What this means is that you are doing nothing different from the universe. You are carrying the memory from your previous incarnations and life cycles through each incarnation and what you are doing now also affects your subsequent incarnations and life cycles. The scale and dimension may be radically different, but it's the exact same principles, rhythms and patterns going on here. Just as the universe creates physical forms out of consciousness all on different energy vibrations, you are creating karma and physical action - again on the basis of energy vibrations - from your Principle.

So how does this play out?

Teenage you gets a job working over the summer months with a cobbler or shoe repairer. Your boss offers you training and you accept but you're not really interested in the job or in learning the trade. However you need the money, so you try to stick with it. Then you find a better job and move on.

Fast forward thirty years. You're out of work. You're skint. You trip over a kerb and the sole starts coming away from your only pair of decent shoes. You can't afford to buy a new pair of shoes. Prior to this you had completely forgotten the weeks you spent as a teenager working for a shoe repairer. But now, when you don't have the money to buy new shoes you recall the time when you had to repair bust soles on the shoes of other people, and so you decide to repair the shoes yourself.

This is how life generally works out. You don't remember most of the experiences you have gone through in life. At least not until you find yourself in a specific situation in a completely unrelated setting or environment, and then all of a sudden you get an idea.

Now hopefully you can begin to understand how all the social conditioning you've been put through earlier in your life is insufficient for your whole life experience. Now you can blame your parents, the teachers at school, and the government for putting you in the circumstances and dealing you whatever hand of cards you got dealt in life. For sure if you blame your parents, they can then turn round and blame their parents and so on and so forth all the way back.

But you played the hand of cards you were dealt. You created the authority which you gave to your parents and teachers. You took part in the elections and in voting, you consented to abide by the policies of whatever party won the election. Yes we are all playing the Social Game and we're all playing out these grand conspiracies in life on other people as they play them out on us, and we even play out these conspiracies on ourselves.

Blame, like personal responsibility, accountability, entitlement, being 'deserving', and the whole 'hauling myself up by my bootstraps' shtick is buying into the various false illusions you were taught to believe was reality but which wasn't. I'm referring to such illusions and concepts as separateness, permanence, continuity, and even external authority. Buying into all these concepts is what is dis-empowering you and adding an additional dimension to your karma which is entirely unnecessary.

This might be hard for some of you to accept but there is only karma and process, there is only impermanence, change, and relationship. You were born into a life with a certain amount of karma which you have built up from the various cycles of your existence, life cycles, and fundamentally you are always in the right time at the right place with the right people.

You see separateness also teaches you some wonky interpretations of some fundamental concepts, such as freedom, discipline, to name but a couple. Let's take example freedom. Freedom from what exactly? What is it you're hoping to be free from? Freedom from consequences? Freedom from choice? Freedom from obligation? Or are we talking free will here?

Then you have discipline, which in the minds of most people is another wonky concept. Discipline has got nothing to do with punishment, spanking, corporal punishment, following rules, or obeying external authority. What I'm suggesting to you here is that you've got these two example concepts mixed up. I will get more into this in a later chapter but what I want to point out is that the culture you find yourself in and even the language

you use creates additional karma on top of the karma you're already creating for yourself through the way you're living your life. Then you also have the additional, environmental karma which is created out of the division between natural environmental reality and human conceptual or cultural reality which often forces you out of your natural humanity and back into your more conceptual Ego mode of existence.

I'm going to get into this more in karma resolution.

What I want to get across to you in this chapter is the notion that you are subject to and creative of karma across many different dimensions or on many different levels, some of which you may not even be aware of. Karma and process is really all there is no life because you're constantly evolving and developing through many different circumstances and situations in life.

I'm also hoping that I'm giving you some insight as to why some of your experiences in life happen repeatedly or cyclically, some experiences in life happen far less frequently, and some experiences which you feel you need to go through or wish to experience don't happen at all.

This also affects your relationship with your environment, and with other people in your life.

What I'm hoping also is that you can begin to see just how close the relationship is between karma and reincarnation. This is not about how you have lived your life in this lifetime and how this is going to affect you in your next incarnation. This is a very myopic understanding of both karma and reincarnation. What you're doing is thinking about life and death - the sum total of human existence - through the extremely narrow prism and interface of your Ego.

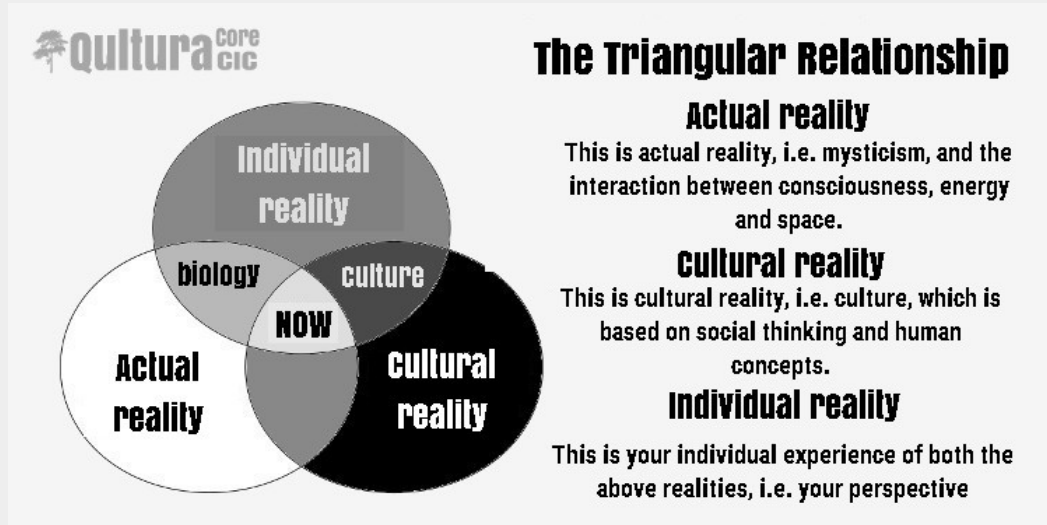
In the grand scheme of things this is pointless. The universe doesn't do exact replicas or carbon copies. Who you are now in terms of your Ego is not going to survive your death. Only that what is conscious about you, i.e. your Principle, is going to move forward past death, but you're going to leave everything else behind. This means your physicality, all aspects of it, is single use only, and you are just as disposable as anything else that is alive right now.

But instead of worrying who you're going to be in your next incarnation I would strongly suggest you focus more on this incarnation but constantly ask yourself, and keep asking yourself, what are my experiences of life teaching me? What insight can I get from my experience of life? What insight can I get from the other people in my life? How do my experiences of Ego feed into my humanity?

The Omega Principle

What I'm saying here is that you are born into a system which is much, much, much bigger than you. You have more than enough memory to work with for your current situation in life. Sure that computer or smartphone you're using can process information a great deal faster than you, even if you're walking round with some 2G or 3G brick which only has a dual core processor. But your brain has a million core processor, it has far more memory than even the latest computer and besides it can process consciousness where your devices can't.

Attachments



So moving on from karma and process it should be fairly obvious that we're attached to various things. We're attached to a physical body, a brain, a complex sensory nervous system, memory and also a mind.

We are also attached to language, as language is our central reference point for life and living existence. Out of language we're also attached to culture, beliefs, just as we're also attached to fears and desires. Fear is as natural as desire is. Through language we make sense of the world and our existence. We are social animals. We evolve through language, culture, cultural awareness, social awareness, social interaction, beliefs, and also through fears and desires.

Language is how we make sense of the world. I started this chapter with the Triangular Relationship, which I developed out of Creative Law. There's only really two forms of reality which we all experience. There's actual reality, what some also refer to (if I'm not mistaken) ultimate reality. This is the reality of the universe, nature, space, this planet, and karma across a vast multitudes of different levels, planes and dimensions.

Then you have the conceptual or cultural reality, the reality which we humans create collectively from human thinking, human concepts, human imagination and the sharing of insight.

Then you have trauma. Life comes with a certain amount of trauma baked into the experience simply because life and death are the same experience intertwined. Your death is a foregone conclusion. You cannot have life without death, but see, you cannot have

death without life. Then you have pain, loss, shock, impact, sickness, illness, ageing and so on which make up traumatic life experiences.

Trauma is always important because it's always the start of a new karmic process. Trauma exists to break down energy cycles, rhythms and patterns, and force a new rhythm or pattern. More than anything trauma is what makes you you. We were never meant to be all the same as human beings, which is the whole point of individuality and diversity. Now please don't think I'm advocating any kind of victimhood or sadomasochism here (which have far more to do with suffering than actual trauma) but you're socially conditioned to fight trauma, resist it, and that is the very worst think you can do.

Fighting trauma or trying to resist it, deny it, or 'do battle with it' only binds you to it and creates even more karma for you to work through. This is where you get into suffering. Suffering and trauma are two completely different things. Trauma is natural, inevitable, part of the process of karma. Suffering is conceptual, cultural, and what comes out of attachment to the trauma, engagement with it, fighting it, resisting it, and doing battle with it.

Can you fight the sky? Can you fight empty space? Think about it.

The exact same principle applies when it comes to evil, however which way you define it. Evil is a cultural phenomenon. There is no such thing as evil out there in the natural world. Not everybody out there is living on the same levels of consciousness. Some people are more consciously aware, and some people are less consciously aware. Some people are more evolved, some people are less evolved.

It's probably best if I share with you the Buddhist concept of samsara, or the Wheel of Life. Imagine that you have a six spoked wheel, or a circle with six divisions. These six divisions are 'realms of existence'. So starting at the top and going round the wheel clockwise we have:

Deva

Deva is the realm of the gods, a realm of existence which is based on happiness and bliss. This is the Buddhist concept of heaven.

Asura

This is the realm of angry, wrathful demi-gods and demons and the realm of what can be described as natural force and anger. Think demonic energy. Think storms, floods, hurricanes, tornados. Think about the times when you are enraged and so angry you mindlessly take action to enforce change.

Tiryag

This is the realm of existence associated with animals, considered too dumb to contemplate enlightenment or nirvana. I'm not sure I agree with this to be honest but whatever. This is the realm of existence which is connected to ignorance.

Narakha

Narakha is opposite on the wheel from Deva, so this is the Buddhist concept of hell, a place of constant suffering, misery, and all that goes with it. It goes without saying that if you're in this realm of existence you are definitely not a happy bunny.

Preta

This is what is known as the 'realm of becoming', or what is also known as the 'Hungry Ghost' realm of existence. Nothing is ever enough. It's characterized by ghouls or beings with huge stomachs and tiny mouths.

Manusya

This is the human realm of existence, a realm of complete equanimity and according to traditional Buddhist thinking the only realm from which you can attain enlightenment or nirvana.

Now when this was first taught to me or explained it was presented as the defining characteristics of the life you were born into. But as I got much deeper into Buddhism and started my 'sadana' (Sanskrit) or spiritual journey I figured that we all pass through these six realms of existence throughout our lives.

Traditional Buddhist thought is primarily concerned with the misery and suffering of human existence, and finding ways to escape it or move past it to achieve enlightenment or nirvana. I started out with Theravada which is hinayana Buddhism, 'lesser vehicle' which is essentially based on the philosophy that you have one path to enlightenment and nirvana and it's down to you to find it.

Hence my 'sadana' and training as a Buddhist shaman. In order to be a shaman I was told you have to first go through the experiences because shamanism is all about the individual human experience of life and existence, and how to bring it out of yourself - and other people.

But to bring this back to the topic of this chapter, I'm using the Buddhist concept of samsara to illustrate how we are all bound or attached to samsara and the Wheel of Life, which is the endless cycle of reincarnation and karma.

So coming back to trauma, and evil, which are kind of related but kind of not, from my personal perspective all evil is rooted in ignorance. Now I know I have stated above that ignorance is the 'tiryag' realm of existence, but see how 'tiryag' is opposite to 'manusya', the human realm. But say you pass from tiryag into narakha and then into preta, the realm of becoming. See how this is opposite to asura?

Therefore...:

- evil cannot be named
- evil cannot be defined
- evil cannot be confronted
- evil can always be negated

If you confront evil, the outcome will always be trauma and an escalation of conflict and friction with the creation of new karma. Please keep in mind that karma is just as much about relationship as it is about action. You cannot have action without relationship, just as you cannot have relationship without action. You have your own karma to deal with but it is possible to take on someone else's karma.

This is where we get to abuse. All abuse arises out of ignorance and a lack of consciousness or conscious awareness. Abuse is very much within the preta realm of existence, and is people seeking experience but lacking the conscious insight and awareness that goes with that experience. Abuse is an attachment to an experience and using force to go through that experience, simply because someone lacks the conscious awareness or insight to make it anything else.

This means that if you're the object of an abusive relationship your only real option is to get out of the relationship and go on a journey or 'sadana' to get past the trauma and resulting karma of being abused. The sadana or spiritual path is just as important as getting yourself out of the relationship because - Omega Principle again - it's not just the trauma and suffering that matters, but the reverberations arising out of the karma which arises out of the trauma.

Abuse is where we can see the Omega Principle once again at play in the unfolding of karma and process. But it's also important to understand that as language is the central reference

point for human existence, language shapes the way we think, the way we communicate and interact with others, and through language we create culture and cultural awareness. This is how we humans evolve, naturally, socially, individually, and collectively.

Therefore we can begin to understand how language shapes not just our conception and what we imagine reality to be in the empty space of our mind, but it also shapes our perception, how we perceive the world around us, how we perceive our environment, how we perceive each other. Language is what shapes our brains, through attachments and our cultural awareness. A thought is a fragment, no different from a bit when it comes to data.

A thought can be mechanical, organic, chemical, for it is based on vibration and energy cycles. Thinking and the creation of memory is a fragmented process. It takes many different thoughts to perceive a letter, a sound, a colour, a shape, and therefore it is through thinking that we form attachments. It cannot be any other way. This is why the focus of human conscious attention is so narrow and focussed. This is why it takes 12 years to receive a basic information for children in school literally have to scan hundreds of miles of text, across different subjects.

Therefore in terms of human experience from the perspective of someone who's native language is English, as an example, you have the subject of the experience, the perceiver of the experience, and you also have the experience, the karma, the action, the perceived.

But then you also have the object of the experience. The 'other' in the experience because you as a subject - examining karma on this particular level of conscious perception - experience life and existence in relationship through an object or 'other'. You cannot walk without having the ground, the earth or the floor to walk on, can you? You cannot eat without having some food to eat, can you? You cannot love without someone being in your life to love, can you?

This is the situation when it comes to abuse. Nobody can be abusive without an object through which the abuse takes place. Sometimes this is another person and the abuse takes place between parent and child or between partners, or between two people in any other relationship, for example between employer and employee, between children when it comes to bullying, or between adults.

All abuse - to keep this simple - takes place in the preta realm of existence. The one who is abusive is in that realm of becoming. This is someone on a path of recovery from narakha. Perhaps this is someone who was once abused themselves. They seek the same experiences of life as everyone else. Nobody or very few people are abusive by choice, it's important to understand that all abuse arises out of trauma, out of a lack of consciousness, a lack of

conscious awareness, there is fear, there is insecurity, there is anxiety, and the experience can only be attained through force or violence of some sort.

Here it's important that you can only be as consciously aware as you can put into language and act. What you think, what you believe, this is who you are, because the process is always relative to the principle and the principle also determines the process.

If you are in an abusive relationship you are in the preta realm of existence. All abusive relationships are traumatic in nature and result in a loss of consciousness and loss of conscious awareness. This obviously changes your karma and process.

Abuse is a reverberation of karma where the past becomes the future and the cycle goes on from individual to individual, passing through generations, so the abuser abuses the abused, and the abused can often become the abuser. Abuse distorts your perception of life and understanding of reality.

In order to resolve the karma there needs to be non-attachment and also a spiritual process or journey. This applies just as much to the abuser as it does to the abused. The same principle applies when a substance is involved and someone is abusing themselves through a substance such as a hard drug, e.g. heroin, meth, crack cocaine, or alcohol, or through some activity such as watching porn, playing video games or shopping.

Now this is where I personally have strayed from the Buddhist path and conventional Buddhist wisdom. Buddhism arose as a system to liberate people from suffering and misery. "You suffer because you desire," was Buddha's opening statement, "so if you can let go of attachments and your desires you can liberate yourself from suffering and misery." This was the Buddha's opening statement in the dialogue. But many people interpret this to be the foundation premise of Buddhism so people meditate and go off on retreats to liberate themselves from their karma.

While this is based on a sound mystical principle and highlights the illusion of permanence, in most cases it's not practical and especially so in the modern world. Taking the Buddhist approach to say heroin addiction is just going to result in meditation and cold turkey.

I personally reject the notion that attachment is something we can let go of and become free from. Attachment is karma and process, it's attachment to a physical body, a brain, a mind and senses. We are also attached to language, culture, society, socialization, social conditioning. Out of this we get our values, we get meaning, we get significance, we also get a sense of belonging, a sense of inclusion, and that feeling we are part of something bigger than us.

These attachments manifest as very powerful human needs and human desires. On the flip side this can also manifest as strong or powerful fears, anxieties and insecurity. We cannot just blindly let go of attachments on principle without creating more fear, more anxiety, and more insecurity.

Which brings us to the subject of addiction, which I don't see as a social issue, but rather a fundamental part of human behaviour. We are all here for pretty much the same reason, and that is the thrill, a buzz, the paradigm shift, the penny dropping moment, and any similar reaffirming experience of our existence. The universe exists just because, nature exists just because, and we exist just because. There is no reason or purpose for existence. Evolution takes place on a trial and error basis starting from simplicity and moving towards complexity. It's that Omega Principle at play.

We are all essentially hungry ghosts messing about with physical existence through a physical body and physical being. There is no purpose or rhyme and reason to all this. If you can wake up in the morning, breathe, understand that you're conscious and pee, then you're successful at life. Everything else is additional and a bonus.

The Triangular Relationship (the illustration at the start) was something I developed at the end of 2009 immediately after Creative Law. Please keep in mind I had already developed this Omega Principle. Qultura started out as Qultura Fringe because I'd already worked out with Fibbo - my friend and co-founder of the Qultura community - that we needed to change culture to provide the environment through which anyone could break free from past karma and past trauma.

Fibbo came up with the idea of an empathy-focussed community within a wider community through which new culture could be developed within a smaller community and transferred to the wider community. This would of course make Qultura, the Qultura community, a subculture.

While I was aware that Qultura could become an equivalent system to both Buddhism and Taoism my work and practice working with the homeless, people with addictions and people struggling with mental health issues had indicated that there was plenty of scope for a different approach to consciousness and its transformation.

There is common ground between Buddhism, Taoism and Qultura and all these systems can be used in the same way to achieve the same results. But what I've always struggled with is the concept of nirvana, or enlightenment, or 'moksha' if you want to get into Hinduism and yoga. These are all concepts, because they exist in the future. So they kind of work by creating a desire of trying to create a new future which is separate from or different to the past, which is of course attachment.

So how do you create a new future which is different from your past karma and attachments? Well you follow a 'method', a 'way' or a 'path'. In Buddhism this is dharma, and the method is of course the Four Noble Truths, the five Precepts, the Eightfold Path, and so on. When it comes to Taoism the way is the Dao, the Tao Te Ching, and Wu Wei, or effortless living. However as the Chinese philosopher Lao Tzu pointed out, the Dao that can be spoken about is not the eternal Dao.

But it's important to remember that both Buddhism and Taoism were developed as strict monastic orders. Taoism came out of shamanism and was originally developed as a counter system to Confucianism, which is based on social rituals and empathy. Taoism is a great deal simpler than Buddhism, for the Pali Canon is larger than the entire volume of Encyclopedia Britannica. Buddhism is great as a monastic order but to the layman it requires a teacher or a guide.

Therefore I sought to develop a new approach when it came to Qultura taking into account the Omega Principle and therefore in a completely different direction to that of both Buddhism and Taoism. In so doing I sought to make developing a Qultura method as simple, easy and natural as possible.

There is no enlightenment, or nirvana to attain, or moksha, because in making this a future objective you're taking something which already exists and turning it into a concept. With regard to Qultura enlightenment is the starting point. This is because you are as enlightened as you're ever going to be in the present moment, and the present time, the here and now, is all that exists in reality. Everything else beyond that is just a possibility.

Okay, so if you're as enlightened as you're going to be in the here and now, how did you become enlightened? The answer is quite simple - through your attachments, through your karma, and through your process. Surely all these things have some value and meaning to you? Or don't they?

You see when it comes to trauma and suffering, it's not the existence of both which hurts you. It's the division and the separateness. When someone you love dies, the grief comes not from their death. The grief comes from the separation and the division, from the fact that they are no longer physically present in your life.

When you see someone who is homeless on the street, and they're drinking alcohol, say strong lager or cider. They are not drinking alcohol for relaxation or pleasure. They're drinking to escape the misery of their situation, because they are excluded from society. Homelessness is an incredibly harsh lesson which I personally would not wish on anyone. It's an incredibly traumatic experience. You lose everything. People become addicted to substances such as alcohol or drugs often because of past trauma, loneliness, isolation,

emotional pain, sorrow, therefore separateness and division. They reach for the substance to fill a void and distort their perception.

This is of course not the way forward. Imagine that you're tired and you've gone to bed. You're in your bedroom. You're in bed. You're comfortable. Then you are suddenly forced out of your bedroom and told to go sleep on the street.

This is what having an addiction to a substance such as alcohol or drugs is like. You get a high, the buzz, short term relief, and then a great deal of misery and craving afterwards.

So okay. This is not the way forward. Not a problem. Now find another attachment which is healthier and creates a different karma and process. Find another way to feed your addiction. There are other healthier ways of feeding an addiction. For example creative writing is my addiction. It's something I need to do. But there are other ways of feeding an addiction, other creative ways - art, music, reading books, photography, cycling, sports, and so on. Do whatever is going to give you that high and that buzz.

Addiction is an issue of course when it involves separateness, division, mindlessness, hypocrisy and denial of either relationship or the karmic process. This is especially true when it comes to social and cultural attitudes. There is widespread societal condemnation for the traumatized and excluded, the alcoholics, the substance misusers, and people with complex health issues such as obesity, yet not so much for those with harmful or toxic ideologies, or those who relentlessly pursue the acquisition of money, property and power at the expense of environmental destruction, the killing of other species and the causing of human deaths.

But when someone who is struggling with a harmful addiction, say to a substance such as alcohol or drugs, finds a new attachment to something else, say to a creative activity, or something else where they can get an equivalent buzz or high, what happens is that the addiction shifts with the focus of attention to the new attachment.

Therefore the addiction is simply a process of karma which is manifest through attachment. The subject and the experience is the same, it's still the principle and the process and a relationship between perspective and experience. The only thing that has changed is the object which leads to the experience.

So what you have here is the exact same non-attachment with regard to Qultura as you find in Buddhism and Taoism, but with a lot less ambiguity. Non-attachment can mean letting go, but it can also mean detachment, separation (separateness) and division.

But the foundation Principle and Process universal principle makes it very clear that the real 'you' is the Principle, and the physical 'you' is the karma and process. The attachment

here is the relationship, no different from your attachment to your physical body. Implicit is the fact that your Principle and Process is one and the same, simply because you cannot have physical being without consciousness, and you cannot have consciousness without physical being.

The attachments you form throughout your life are very important because they create memory. As I've already pointed out memory is the basis of physical being. This is a universal principle, because existence which is manifest is based on energy vibrations arising out of consciousness. It does not matter what level of consciousness, the frequency and wavelength of the energy vibration, or the scale and dimension of the physical form, the principle is the exact same and it is through this we can understand that while physical being is diverse and unique, there is a certain unity throughout existence which exists through consciousness and attachment - or connection if you prefer.

For this reason I created Qultura to be a system through which you can 'work through' or 'work out' past trauma. Trauma is something which you should never seek to escape from or let go of, because trauma is what makes you you. If you seek to escape trauma, not having worked through it, then you will create the same karma and go through the same process as you did before. When this happens, it stands to reason that whatever traumatic experiences you have gone through in the past will return and you will go through the same experiences in the future.

All trauma arises out of relationship and this is what creates the karma. Most of the trauma you experience comes out of your relationships with other people and your environment. I'm referring to such traumatic experiences as bereavement, the ending of a relationship or a friendship, various types of abusive relationships, and so on.

It's important here to understand that all attachments are transient and cyclical in nature. This is because all attachments are based on vibrations of energy. Let's take for example hunger. The sensation of hunger is a pang which manifests itself as a craving. I'm sure you can recall a time when you were hungry as a child, but you had to wait for dinner. So what would happen is that you would feel the craving for food, but one of your parents will have said to you "Dinner will be soon." So you waited and somehow the craving went away.

But what often happens if you are hungry but don't eat anything, the pangs and cravings return. The sensation of hunger is there all the time, cycling away, and as it cycles, it escalates and spirals (Omega Principle again). As it escalates and spirals the sensation 'vibrates' in your perception and mind until you reach the point when you say, "I'm so hungry I could eat a horse."

Or there's the other example of this, on the other end, when you need to go to the bathroom and pee, but you're nowhere near a bathroom. It's a similar rhythm and pattern, the same cycle, the same escalation, the same spiral. The desire to go to the bathroom is stronger and stronger. Unless you do something about it you will end up trying to cross your legs to hold it in, then you will end up walking funny until eventually you either reach a bathroom or pee yourself (or find that discreet place out in public, behind a building, behind a tree, in the bushes, etc).

It's the exact same pattern and rhythm of existence. We exist as cycles of physical being. Life is nothing more than a karmic reaction to the trauma of death. We come and we go. We live and we die. People come and go in our lives, we form attachments to different things along the way but our lives are nothing more than a vast multitude of different energy vibrations across a whole spectrum of wavelengths and frequencies all arising within the same environment.

Karma resolution

So we come to what I feel is another important chapter, and that is all about karma resolution. There's so many different techniques, systems, philosophies, not to mention religions. I guess everyone is seeking change in some way, or trying to find ways of resolving past karma or becoming free from either past trauma or consequences.

Now there are many different approaches, techniques, strategies, methods and not to mention religions but what I'm going to focus on here is Qultura to give you an insight into the Qultura approach to change, karma resolution, transforming consciousness and also mindfulness.

As we can see karma and process are multi-dimensional with many of those dimensions going on outside the narrow focus of our conscious attention.

We see this very clearly when we think about the choices and decisions we make. I'm not sure about you but when I think about my life and the way it's panned out I see an awful lot of attachments, a great deal of misunderstandings, mistakes, conflicts, times when I got the shitty end of the stick, and times when I got the wrong end of the stick.

I'm not saying that I'm a complete failure or that I'm completely useless. I just want to point out that in the times when I made the right choices things worked out not because of my choice alone, but because I took a chance or a risk, and this created a new cycle through which other factors came into play and usually other people.

What I'm saying here is I am who I am and I live the way I live because of other people. Everything that is me has come from either my environment or other people. I'm also not saying that I wasn't responsible for what happened in my life, the way I live and who I have become. If I am a ship, and my environment is the sea then I was always the captain of the ship. To suggest otherwise would be to admit mindlessness and as those who know me will tell you, I'm generally not a mindless person. I embrace fully who I am, what I'm about, the way I live, I am at one with myself, and I am both the creator and the creation of my own living existence.

I am my Principle and my Process.

What I'm saying here is that we do not know where our choices come from. We do not make our choices or decisions on the basis of omniscience, we do not have total awareness, total insight, because we cannot know what the future is. The future is always from our

perspective a possibility. Something might work out, but then again it might not. Who knows?

But please keep in mind here also that this not knowing how our choices and decisions are going to work out only applies to new or unfamiliar experiences in life. Most of my life does work out, as I'm sure most of your life works out, but what is the part of your life that is working out if it is not the already existing rhythm or pattern of your life? You know? The habitual, the cyclical, the routine, the mundane, the many different choices and decisions you make every day where you know the outcome, because you've made the same choices before and experienced the same outcomes.

I'm sure your life follows a well worn pattern or rhythm with a few variations. You wake up and get out of bed within the same period every day. You go to work at roughly the same time. You have a regular routine which takes you from your bed to whatever you're doing during the day. You take care of your hygiene a certain way, you get dressed a certain way. You have a list of things you need to take with you when you leave your home. Indeed your life is a rich tapestry of different cycles, routines, habits, chores, beliefs, assumptions, and attachments.

I think the best way forward at this point is to shift the emphasis in this book onto karma resolution along Qultura or according to Qultura methodology. I realize that if you're curious about Qultura in any way then you need some kind of example of a Qultura method in action and maybe some pointers or things which you need to take into consideration or think about at the very start before you get involved.

Now please keep in mind that in developing Qultura I designed the system around a methodology and a community. Qultura, as the name implies, is all about developing new culture in a way that enables you to transcend your old cultural awareness. The key when developing a Qultura method is to be as naturally human as you possibly can.

Let's first examine the relationship between the methodology and the community:

Qultura methodology

Qultura methodology is not a method. It's a complete methodology based on Natural Law, universal principles, combined numerology and Unmind.

This is the 'bare bones' basic mystical principles you need to develop a 'meta-physic' or conscious awareness. Natural Law is about being and doing. It's essentially about the Principle and the Process. Then you have four universal principles, then combined numerology and finally Unmind, which is unique and specific to Qultura.

The Qultura community

The Qultura community is the social environment for developing a Qultura method, which you do out of your awareness and understanding of Qultura methodology. The Qultura community is also the social environment for the practice of Unmind.

Unmind is the fourth component of Qultura methodology. It is the magical component. How it works is very simple. You work with your existing karmic process and attachments and creative narratives to bring to the Qultura community which you share through primary social interaction. 90% of Qultura practice is about sharing insight with other people in community. You use the insights you get from other people to create your own unique Qultura methods.

I've set the Qultura approach to karma resolution to be very similar to Taoism, so developing a Qultura method is all about being as naturally you as you can manage given the social, economic and political circumstances you find yourself in. However while the Taoist way is based on a kind of passivity and Wu Wei, Qultura is proactive in its approach because Unmind is all about flow.

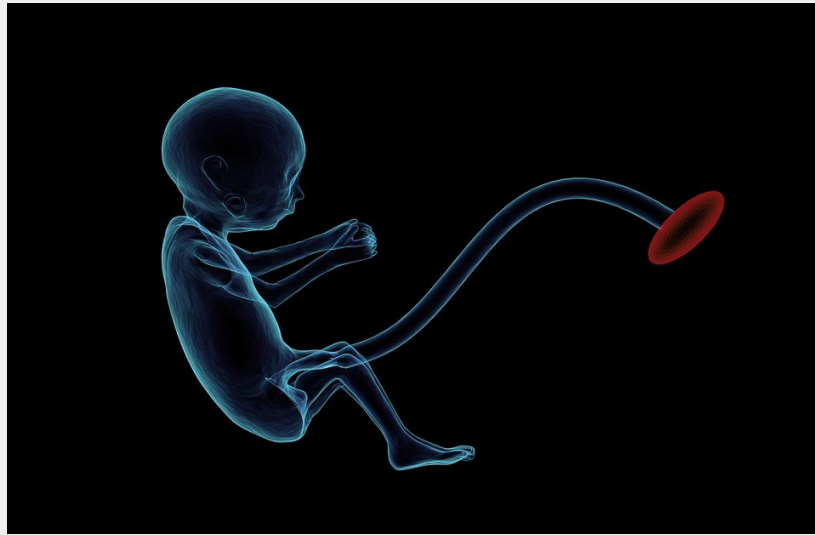
Water is the basis of all life. Biological matter differs from physical mass in that it contains large amounts of water. Water is meant to flow, not stagnate, and water always finds its own level and also always takes the path of least resistance. This, together with empathy, is a trait we humans share with everything that is living. If you don't mess with a wild animal, it will not mess with you. But a wild animal is always connected to its environment and all living things.

You will notice this if you see a dog, or a cat entering a new space or a new environment. Both will wander around and check out the new environment. A dog will sniff around everywhere in its new environment even before it starts to feel comfortable.

This is the kind of attitude you need coming into the Qultura community. You need to come into the community, make your presence felt, and get to know as much as you can about everyone and everything.

This is why there is no method for you to follow. There is no teaching. No spoon feeding. No beliefs. You have a resource with all the attachments and karma you've built up through life and your previous lives and past incarnations. You also have the insight from other people and their attachments to work with through community. When you think about it like this, the possibilities for karma resolution may seem infinite.

Zero Point



The starting point in Qultura is enlightenment or nirvana. Zero point. You are as enlightened as you're ever going to be in the present moment. You were once living totally connected to your environment and others in a state of complete mindfulness when you were in the womb, in the early stages of conception.

You have been born into a life with a certain amount of karma to resolve. You are, as you have always been, your Principle, and your physical being together with your various attachments that you have built up through life, through socialization, through the physical changes, the way you have grown, developed, matured, this is all karma and process, all part of your life cycle.

Your process of socialization inevitably has built up a lot of new karma and process in your life, from your birth onwards, from Zero Point and coming into being where your life was at it's simplest. As a newborn baby life for you was at its simplest. You were mindful and connected. You slept. You were nourished. You filled countless nappies. From that point forward as you learned more about life in your current life cycle and incarnation your life experience has grown more and more complex in nature, right up until what it is today.

More than likely you are no longer living on the basis of mindfulness. You were taken out of that state of mind through your socialization, your upbringing, your background, your education and all the social and mental conditioning you've gone through.

Think of this as cycles and cycles of new karma both in what has happened to you, and what you have thought, felt, witnessed, sensed, experienced, said, done, and how you have behaved in response.

Is your life flowing the way that you feel it should? Are you connected to your environment and others? What of your thoughts, your beliefs, your actions and your choices? Do they match up?

If your answer to any of the above questions is no, then very clearly you have not found your 'way' or your 'path'. Let me be very clear here what I mean by your path and your way, I mean your path, your way, not my way, not anyone else's way. Your way. Your path.

This is after all your life, your existence, your principle, and your process. Your experience of reality.

There are just two things which are important here and these both determine the nature and quality of your life.

- How you feel about your life and your existence.
- What attachments are you carrying in your mind through your karmic process.

This is the basis. What is playing on your mind and how do you feel about your life and your existence. Just as you are always relative to your environment, you are also always relative to your karmic process and your attachments. You are attached to your physical body, your senses, you brain, your mind. You are also attached to your thoughts, your feelings, your emotions, your fears, your anxieties, your beliefs, your words and your actions.

What defines the quality of your life? What does your life really mean? What is the value of your life and your existence?

You see I could give you £10,000 or buy you a car, but if you still feel bad after I have done this for you, then what is the point?

Do you appreciate your life for what it is? Do you feel happy waking up and facing the new day? Or are you living in fear worrying about what might happen to you and hoping that it doesn't?

The Omega Principle

What is your perspective on your life and existence? What is your principle? How does your principle and process relate to one another? Are you able to appreciate your life for what it is, and you for what you are about, or are you unhappy that your life isn't a certain way or you are not who you could be?

How do you relate to all the different aspects about you and your life? What is the relationship? Where are the connections? Think not just within yourself but also with regard to your environment and other people.

You see someone else could give you something very small - they look at you a certain way, maybe even just a single word, a gesture, and you're appreciative and back to your centre.

So, in summary..

- How do you feel?
- What's on your mind?

This is usually a reliable guide to what you want to experience again in your life and what you don't want to experience ever again in life. So what karma do you wish to create and what karma do you wish to resolve?

This boils down to two very fundamental questions in life. What? How? Before you can even begin to think about 'how?' you need to first understand 'what?'.

Core Being



So we come to the next most fundamental aspect of karma resolution, and that is Core Being (an Unmind term) which is another word for Principle, or your individual conscious perspective.

Before you even begin to do anything physical in nature, i.e thought, action, choice, interaction, and karma resolution, you need to figure out who you really are. Not who you think you are, because that's just Ego, an image, a concept, a name, who you think you are and who other people think you are. This is irrelevant.

I'm referring to who you really are, in relationship to the universe, this planet, the environment, other people, the entire human species. What is your meta-physic? What is your individual truth? What makes you different to everyone else you have ever met in life?

Let me put it this way.. Have you ever seen a badly shaped mountain? Have you ever seen a badly shaped cloud? Have you ever seen the sun rise in the middle of the night?

You are a part of a rich diverse ecosystem which exists on the surface of this planet. You were born in the right place at the right time in the right environment and your life is a necessary part of that environment. Otherwise you would not have been born. Or you would have been born elsewhere.

You are born into a life to experience karma. If there have been 83 previous incarnations of you, of which 21 are still reverberating somewhere in your memory, then your experience of

life to date, this moment, must be in accordance with a specific vibration considered necessary to the environment.

Instead of looking at this from the perspective of a single note, what I'm suggesting here is that you get to know the instrument which plays the whole music.

There's not much point in attempting to seek change in your life or do anything to resolve karma unless you've got your perspective right and you understand the basics of Natural Law and the basic universal, mystical principles of Qultura methodology and the Principle and the Process.

If you're familiar with Qultura or visit the Qultura website you will notice that the Qultura logo contains the image of a tree. This tree refers to the Tree Example. The tree implies the Principle and the Process, which is the title of the e-book containing the complete methodology.

But why a tree?

A tree is a symbol of evolutionary success. Trees have been around for roughly 385 million years (compared to the 1.8 million years of humans) and there's around 3 billion of them on the dry surfaces of this planet. They are by far the most important part of the Earth's terrestrial ecosystem. Each and every single one of the three trillion trees on this planet is unique and individual.

Have you ever seen two trees which look exactly the same?

Implicit in the Qultura logo is a deciduous tree, a beech tree which can live for 250-350 years. A beech tree is hardy yet supple, and like other trees is rooted firmly in the ground. Your typical tree can withstand anything but most of all any tree is totally natural and also completely connected to both it's natural and social environment.

Consider that where you find a tree, you also find birds, insects, plants, fungi, squirrels, and humans.

But there is something else that you need to know about deciduous trees. If you plant a deciduous tree in the ground at no point will you get a fully grown tree in a short period of time. Even with an oak tree with a shorter life span you're looking at 70 years for a fully mature oak tree which will live to around 120 years, at least, but then maybe as long as 260 years.

Now there are quicker ways of changing your life. Given the fact that we live in an age of social media and digital technology you can change your life quite quickly, and even rise to

the top in a short period of time. But often, as is the case with meteoric rises your rise in status and rapidly cycling through different karmic processes might not be sustainable and if you rise fast and high, you increase the risk of a crash, or burnout, and you invite fresh karma which brings with it a lot of trauma, setbacks, disappointments and heartache.

You might want to spend some time on the streets with the homeless community and get to know some of the people now forced to live on the streets. Get to know their stories, and you won't have to try too hard to find people who were once brilliantly creative or incredibly successful.

What goes up often must also come down. Every story of rags to riches and self-improvement and getting ahead often contains a not so happy ending of decline and misery. If you think that what you seek or need lies somewhere outside yourself then you are deluding yourself.

You are no different to the tree. Everything that comes out of the tree comes up from it's roots and out from it's trunk - boughs, branches, twigs, leaves and fruit. Your path back to mindfulness and karma resolution lies completely within you. Your 'path' and your 'way' lies somewhere deep inside you, where all your answers to all your questions lie.

The insight of course is going to come from your process, your karmic process and your connection to your environment, but what you are seeking here is consciousness and insight for nothing other than your Principle or Core Being.

I mean why else are you reading this book? Is it not the case that you are seeking reaffirmation of things which you are already conscious of?

But before you can seek out and find that reaffirmation and insight you need to get your perspective right. You need to seek and find your centre, your Core Being, and you need to be firmly rooted - just like a tree - in your Principle and individual conscious perspective.

You need to be able to do this in a way in which you can withstand whatever life throws at you and come out of the karmic process stronger, wiser and much more consciously aware of who you are and what your life is about.

It's also important here to remind ourselves of the impermanent nature of our existence on this planet and the fragility of human life. Your karmic process is changing constantly which means that your Principle or Core being changes constantly. You might not be able to perceive this if you are wrapped up in your Ego all the time. You will just see the role attachment and assume that everything is the same when it isn't.

The Omega Principle

If you are conscious of your 83 previous incarnations, and the vibrations of the last 21 incarnations which manifest in your life as memory imprints, then it stands to reason that your karmic process changes year on year, month on month, and even week on week. This is something you need to be mindful of. You may reach say your 30's and find yourself in an environment or a karmic process where you find that you lacked experience and insight in your 20's, and so you lose consciousness. Or maybe there was something you didn't experience in childhood.

If you are rooted in your Core Being and Principle this will become apparent to you and you can either seek out the experiences you feel you need through community or seek out an alternative.

Hopefully now you understand why any Qultura method you develop needs to be unique and individual to you and why it's so vitally important that, at the start, you need to make the effort to become rooted and grounded in your Core Being and Principle, because this is the start of your path and your journey.

Your Core Being and Principle is your foundation when it comes to Qultura - both in terms of methodology and in the community. But see your Principle is also your foundation and what centres you and roots you both in terms of nature and in terms of society.

Just as all energy vibrations arise out of consciousness in the universe, and the leaves, branches and fruit and seeds arise out of the roots and trunk of a tree, your Principle is the foundation for your perception, your individual creativity, your thoughts, your emotions, your ideas, your feelings, your words, your actions and everything else to do with your karmic process.

Selfishness

The next aspect of the Qultura approach to karmic process and karma resolution is selfishness. I realize that this might cause a few raised eyebrows. But please bear with me.

Way back, when you were living in your state of mindfulness, natural mindfulness and totally connected to your environment, you were also completely selfish. All small children are totally self-centred and self-absorbed.

But see, here's the thing. Small children are generally not competitive, not trying to one up each other constantly. They're not malicious, or mean, or nasty. They're simply spontaneous and act on a whim without spending too much time considering stuff or thinking about stuff. They go with the flow. They ask questions. They try stuff out. They explore. They experiment. Everything is important and everything matters because they're curious and have that childlike sense of wonder and fascination. They get into everything because they're eager for the experience and the karma.

So let's dig deeper into this because there's an important mystical principle here. This is also important because this chapter will give you an insight as to why the practical aspects of developing a Qultura method necessarily take place within a community, the Qultura community.

Social conditioning and the process of socialization effectively places you in a kind of psychological trap and conundrum from which it's almost impossible to liberate yourself from. On the one hand it is necessary that you are able to live with other people in society, consider other people and the environment, and that you are easy enough for other people to deal with.

This is the whole point of the Ego. In being required to develop an Ego you are constantly placed in a conflict situation where you are forced to compromise between your innermost desires and the much bigger, more widespread societal forces and social and cultural values in your social environment.

However the creation and development of Ego - and here you don't have a choice over whether you develop an Ego or not - is a traumatic process which adds additional layers of karma to your process. This socialization process is what takes you out of your natural state of mindfulness, empathy and connection to your environment. There is no longer a clear relationship between your Principle and your Process because it is implicit that your

Principle is your Ego, your centre of consciousness, but in reality this is part of your karmic process.

No longer are you free to determine the course and trajectory of your life, because you are expected to follow a set of societal rules and conventions, submit to and be obedient to external authority, and aspire to certain standards of behaviour, thinking and social interaction.

All socialization and social conditioning benefits the organization, the institution, and the hierarchy at the expense of the individual. The government and the religious organizations are the principle beneficiaries but so too businesses and corporations derive considerable benefits from socialization and a social order. In school and at university you learn what the Government requires you to learn, or in the case of higher education, what the Government allows you to learn.

It's also important to understand that parents are not the beneficiaries of socialization. It might seem that way from the perspective of a child or a teenager, but parents are held responsible to ensure that their children are properly socialized and capable of entering society and what we understand to be the Real World by the time they reach legal maturity at the age of 18.

Parenting is not as easy as it may seem. You've got a newborn baby and you have to get a rapidly changing and developing human child into being a socially responsible adult by the age of 18. So many things can go wrong. So many mistakes can be made. So much can get left out or ignored, and there is also so much failure.

There is no instruction manual on parenting. Most parenting takes place on the basis of trial and error. Having a child is the easy part. A man and a woman get together and they fuck, and then nature takes its course and a pregnancy ensues. The difficult part comes when the child is born. Not everyone is suited to parenting, for some it's easier, for some it's harder, and for some it's like learning Chinese.

What makes it so difficult is that you are required to teach your child some arbitrary and false social and cultural values based on illusions. For example the false illusion of separateness, permanence, continuity, and usually this is on the basis of moral reasoning and right and wrong.

It would be far better if parents sat their small children down and told them "Welcome to life. We are all playing a Social Game with some weird social rules and conventions. Please play along until you grow up and maybe you can get together with others of your generation and think up some better rules." But we all know that small children aren't always the most

receptive and willing when it comes to rules, and most parents don't have either the awareness or luxury to be able to do this.

Then you have the whole issue of control and authority. Control and authority is a necessary part of moral teaching and the development of a moral compass, a sense of right and wrong. Moral teaching is generally done on the basis of "I know more than you, I am in control, I have the power, you must listen to me and do as you're told. So shut up and listen." This is a total contradiction of Natural Law.

There is no control in the universe. There is only chaos and equilibrium. Existence is a vibration of energy. There's only resonances, resistances, trauma and reverberations. Power lies in relationship and power is always delegated to create harmony, flow, balance and equilibrium.

Then you have the issues and pitfalls of morality and moral reasoning. This is something I want you to think about. Define good. Define bad. Now define evil. Define right. Define wrong. While you're doing all this you also need to think about what makes your definitions any better than my definitions, or anyone else's definitions.

This is the whole issue with moral reasoning. You cannot employ moral reasoning without engaging in moral relativism. What you're doing is holding up an example of what is right or what is good, but discounting what is bad, what is wrong. But how do you know what is good if you're not prepared to understand what is bad? How do you know what right is if you don't understand what wrong is?

Let's expand on this a bit more. Let's take self-improvement. You want to be better. Better than what exactly? Better than you are now? Okay so if you understand that you want to be better than you are now, then why aren't you better than you are now? What is this new standard you're measuring yourself against if it's not a concept or an illusion? You cannot be anyone other than who you are in reality. There is no way, if you are John Doe, you can become Mary Smith or Jack Citizen. You are who you are and the whole reason why you want to be better is because you're not.

Let's take another popular myth or illusion which comes out of separateness. Think about self love. What exactly is self love? I'll tell you what self-love is. Self-love is nonsense. It's complete bullshit. Love is part of your Core Being. Love is consciousness, therefore it's part of your Principle, your perspective.

Let's dig deeper into love so we can properly understand what love actually is.

Let's look into what lies behind the statement "I love you". Let's say you say to someone else "I love you" from a position of virtuous, selfless love, or so called 'higher love', what you're

likely to do is that you're going to put someone off you. You will disturb them. They will be disconcerted. What they're likely to do is suspect your motives and be very suspicious of you.

What you are doing is forcing your love on someone else. Let's be very clear what you are doing. You're taking your consciousness and forcing it on someone else. Understand that love is consciousness, force is trauma, it's physical, it's pure energy. You're negating someone else's principle and forcing your Principle on them. This is only going to get their back up and turn them against you.

But see when you tell someone else that you love them from a position of selfish desire, because you find them incredibly attractive, because you want to get to know them, because you want them to become a part of your life, your life experience, and your journey through life, you get a completely different reaction.

What you're doing is you're telling that person that they are attractive to you. That you can't stop thinking about them. You're telling someone else that you are really into someone. You're appealing to their selfish nature. You're developing a connection to which they can respond if they feel the same way about you.

Are you starting to see how love works?

Of course it's not guaranteed that whenever you tell someone you love them that they're going to reciprocate and love you back with just as much energy and passion as you love them. Their love might be on a completely different level to your love. They may be functioning on an entirely different level or plane of consciousness to you, because their karmic process is completely different.

This is the Omega Principle again. You see if each life cycle we go through is part of some greater cosmic vibration and reincarnation, it stands to reason that each time we have died we have left behind someone who is bereaved, just as we have been bereaved by the loss of other people from our lives and their deaths.

This is where we arrive at the actual polarity of existence, which is love and death. Love is consciousness and connection, death is separation, bereavement, emptiness and grief. Even when someone dies and you are left with the emptiness of their passing, the connection remains and becomes part of your principle. A loving relationship is a connection between two principles on the same level of consciousness, so that there's a sense of two people being 'at one' with each other.

What this means is that from your 83 previous incarnations you have been loved by many different people, and you have also loved many different people. Think of love here as a

spectrum, now think of all the people across that spectrum with who you had a loving relationship - not just 'romantic' or 'intimate' partners, lovers, wives and husbands, but also parents, grandparents, children, sisters, brothers, uncles, aunts, friends, and so on and so forth.

What this means is that there's a considerable number of people out there who are seeking you, just as you are seeking others. None of you know who you are, because this is a different life cycle and chances are you're all over the place but it's also equally possible that you're not too far from each other either. Our of this we get cultural phenomenon as 'soul mates' and love at first sight. Maybe in the previous life you didn't get it together, maybe you cheated, maybe they cheated, but you never know, once you find each other this time round you might both be lucky.

So this is where we drill down deeper into selfishness, and what selfishness really means. If self-love is an illusion then what is the reality or the inspiration behind that illusion. You see you only have perception and conception. All human concepts arise out of individual human perception and individual human perspective. What else is science based on?

Something else to think about here, right?

Let's think about revolutions and mass movements and social change brought about by the collective. It doesn't work. It doesn't work because of morality and moral reasoning. Think about this. Any desire for social or political change usually results in social conflict, inhumanity, cruelty, bigotry, warfare, uprisings, totalitarianism, authoritarianism, and so on and so forth.

It's based on a collective desire for better, so back we come to the illusion of self-improvement. Take for example capitalism, which is based not just on the false illusion of self-improvement but also on the illusion of permanence and continuity.

Here's how it works. You create a product or service which has some value to people. So naturally you want something in return for it. So you charge money for it. So far so good. You're an entrepreneur bringing something of value to people. So you want to grow your business, and hire people, and make even more money, and become even more successful, and be better than your competitors who have taken your ideas and come up with a better version. So it continues, and before you know it you're caught in a karmic cycle that you cannot get out of without incurring loss, failure and potentially going out of business.

You're stuck in this karmic cycle, because what goes up must come down right?

Back we come to the Omega Principle. Please keep in mind that the Omega Principle is never linear, and is always multi-dimensional. So when you have an economy and a human

society based on perpetual economic growth and corporate profit, you're also creating poverty and inequality. You're also creating the likelihood of a crash or a recession, because economic growth is a linear concept, and the karmic process of cycles applies just as much to society as it does to the universe.

For sure you're concentrating power and gaining control, but this gets you even deeper into a conflict situation because to assume authority and control is to invite an enormous amount of aggravation and trauma into your existence. You cannot gain power, control and authority over others without coming into conflict with others, because you're constantly putting yourself on the defensive and wasting huge amounts of resources on defending a position or an ideology.

You're not in control anyway. The universe will conspire against you to force you to give up control. Please don't take my word for this, go and see for yourself from human history - monarchies, rulers, dynasties, religions, political parties, even empires. They all ended in collapse, they all led to conflicts, wars, cruelty, bigotry and inhumanity.

Revolution - and here I'm writing about real revolution - always starts in the mind of the individual. It's when you sense or feel something that you feel you've never felt or sensed before. It's when you perceive something differently and you are convinced, at least in your own mind, that nobody else sees something the way you do. This is what creativity is based on - it's based on the breaking of the karmic cycle to create a new cycle.

You see there's a very close relationship between revolution and reincarnation, just as there is also a very close relationship between redemption and resolution. This all takes place within the Principle and arises out of the Process, the karmic process.

This takes us to a new level or depth when it comes to selfishness. You see when you dig deep enough into the illusion of self-love, and try and figure out what is it about you that you love, almost invariably you will arrive at a conclusion that what you really love, what you truly and deeply, and profoundly love, is something other than you.

But who are you? Who is the real you? The real you is your Core Being, your Principle, your individual conscious perspective, that part of you which is not manifest and which in reality does not exist.

What this means is that what you love is someone or something other than you, because who you really are is the connection to everything else that is physical and manifest. You cannot be you if other people aren't who they are. Self love is a love of humanity, because everything that is you has come from someone else.

Think about this. You are alive because you were once dead. The source of your consciousness is therefore someone else, the one who you were in a previous life. If you are manifesting as John Doe or Mary Smith today, then this is because in your previous incarnation you were not John Doe and you weren't Mary Smith. Similarly all that you are, everything who you are, has come from other people - everything, your physical body, your name, your karmic process, and what goes through your mind. It all comes from somewhere or someone other than you.

Therefore if you are truly selfish, at the deepest, most fundamental, most basic level of your being, i.e. your Principle, then you have empathy and you will not seek to hurt or harm another person, or another living being, because you understand that in hurting them or causing harm to them you are also hurting yourself and harming yourself.

It is for this reason that development of a Qultura method comes not just from being aware and familiar of Qultura methodology, it also comes from the practice of Unmind and involvement in and participation in the Qultura community.

This is the key difference between Qultura and other similar methods of karma resolution such as Buddhism, Taoism, and yoga. All these methods teach you that creativity comes from within you and is expressed outwards into the environment.

But see a tree cannot grow without an environment in which to grow. The tree cannot lay down its roots without soil or earth to contain the roots. Without sunlight and atmosphere, and water, a tree cannot grow. A tree cannot grow without carbon dioxide, out of which it extracts carbon to create wood and oxygen to supply to animals. Trees cannot survive without insects to pollenate its flowers or animals to eat its fruits and distributes its seeds.

The environment creates, the organism grows.

Without community and other people you cannot move forward, you will not transform your consciousness, you will not resolve your karma and you will not evolve as an individual human being. How do you expect to know who you are if you're not prepared to connect to other people and find out who they are?

Think about it.

Fear

*"Ooh a storm is threatening my very life today
If I don't get some shelter, oh yeah I'm gonna fade away
War children
It's just a shot away, it's just a shot away..."
--The Rolling Stones, "[Gimme Shelter](#)"*

So now we come to a fundamental part of the karmic process - fear and insecurity or anxiety. So many techniques, strategies, methods and philosophies all promising you freedom or liberation from fear. All of them are, quite frankly, bullshit. All of them. Every single one of them.

Instead of feeding into the false illusion of separateness and choosing to deceive ourselves with false illusions of continuity and permanence it's far better to embrace fear as something which arises out of trauma and ignorance and understand what fear is all about. This is simply because if fear is ignorance and the anxiety of some past traumatic event or experience coming back to you, it's far better to counter fear with insight, which is it's polar opposite.

Back in 'Attachments' I think I gave you the basic concept of Buddhist samsara, or the Wheel of Life. You might recall the six realms of existence, deva, asura, tiryag, narakha, preta and manusya - yes?

Now the Buddhists talk about being chained to the wheel of life, or samsara, and the endless cycles of reincarnation, of death, rebirth and birth. This is where you're about to learn the radical difference between Qultura and Buddhism.

Your death is a foregone conclusion. It's happening. You are tied to death and there is nothing you can do to escape death. Similarly you are also just as much tied to trauma. Other people in your life will die, for example, and you will be bereaved, and you will suffer pain, and loss, and heartache, and hurt, and harm, and maybe also some misery and suffering along with it. Therefore it stands to reason that fear, anxiety and insecurity is also part of your karma and life experience.

So the fundamental question here is, what are you going to do about it?

It's important to understand that fear is a concept which arises out of attachment and projection of your thoughts and feelings onto your immediate environmental reality. This is

what fear is. The fear of not getting what you want or need in life is the equivalent of fear of losing what you already have. It's the exact same thing.

Take for example the fear of death. There's two aspects of the fear of death. The first is the fear of the death of your Ego, the loss of control of your mind, the loss of the life you are living. The other aspect is the fear that once you die and are dead you will no longer experience life and will cease to exist. You fear that the Omega Point will become eternal and the point on the circle will become the whole circle.

Fear of death is buying into the false illusions of separateness, continuity and permanence. Do you know of anyone or anything living that lives forever? When the tree sheds its leaves in the autumn, does it ever fail to grow new leaves in the spring?

Are you going to try and fight fear, deny it, or seek to escape it, or even try to ignore it, as most people do, or are you going to try to work with it?

You might want to think about this. Fear is a fundamental aspect of karma, and thus of life. You cannot escape death, you cannot escape trauma, and you cannot escape fear. Fear is a part of life and your attached to it. Fear is relative to your existence just as much as sleep is and breathing is. But you have a choice over how you relate to your fear.

So are you going to work with your fear, or aren't you?

You don't have to work with your fear. You don't have to do anything. This is my whole point when it comes to freedom, especially the freedom you claim to seek and desire. What I'm suggesting here is that the main reason why you don't feel free or you desire freedom is the simple fact that you already have relative freedom but you're actually too scared to make use of it. Why are you too afraid to make use of the freedom you already have? The answer is simple - fear.

Fear distorts your perception and inhibits your ability to think clearly and rationally. Out of fear you get a range of other traumatic, deeply unpleasant sensations, feelings and emotions which enslave you even further to your karma, dis-empower you, and inhibit your ability to make appropriate choices and decisions relative to your environment, and your principle and process. Such feelings and emotions include shame, guilt, anger, apathy, anxiety and worry. Fear is also the reason for your mental confusion and causes you to to confuse perception and conception.

Fear is karmic and arises out of your memory, being projected into your imagination. Fear reinforces separateness and the other illusions of continuity and permanence, and thus is something which not only distorts your perception but it also dis-empowers you and disables you. This is why fear motivation lies at the root of all political systems and

ideologies, because it dis-empowers you and keeps you in your place, which is generally somewhere in society and firmly on your knees. All political ideologies work on the same premise, which is of course the fear of losing what you already have and not getting what you want and need. How else are politicians going to stake a claim to your esteem to hold them in authority and win your vote? Think about it.

So here I would like to ask you a question. Exactly how many times have your fears become reality and something you've experienced? I'm going to be generous here and suggest that it's no more than say five times, the number of times you arrive at by counting the fingers of one hand.

So how can we process out fears and work with them?

It's best here to understand that fear arises out of ignorance. Ignorance is always a lack of consciousness and conscious awareness. You remember way back towards when we were going through those Gestalt images? You know? Existence and non-existence? Consciousness and space? All fear arises out of the empty spaces in your mind and is countered always, invariably with insight.

So okay. If we can counter our fears with insight, then how do we acquire insight? Insight is consciousness, so you cannot get insight from memory, because memory is what is generating the fear out of karma. Insight can only come from a source which is other than you. This means you can only get insight from your environment or from someone or something else in that environment.

But to be able to acquire insight you need to shift up a level of consciousness and get out of your Ego and focus of conscious attention. Understand that whenever you are experiencing fear, anxiety, worry, or any of its derivative sensations, feelings or emotions you're not in the right frame of mind and you're certainly not in your natural state of mindfulness.

This is where you need to shut up, open your mind, suspend all judgment and pay attention to what's going on. Non-attachment is the key to overcoming fear. But how can you practise non-attachment when you naturally form attachments?

You connect to your environment through akasha and akashic power. What is akasha and what is akashic power? Akasha is the source of everything in existence, and the source of all consciousness. Akasha is a Sanskrit word which means 'sky' but by implication it also means 'spirit'. Akashic power is when you allow the universe to flow through your being and your principle or perspective.

You simply make a conscious premeditated commitment to trust your environment and others in that environment simply while staring at the sky. be sure to do this a few times

over a couple of days and wait a few days for a response. As you do this, understand that what you are also doing is making a commitment to trust yourself. This is a very simple form of magic. You look into the sky because this the furthest you can perceive and therefore the furthest you can also conceive.

What you're actually doing is reaffirming your trust in the environment. This of course is not a foolproof guarantee against deception, but what you're doing is working on a principle which has the backing of 3.8 billion years of biological evolution.

Next what you need to do is to create a discipline. By discipline here I'm referring to discipline of faculty. Accessing akashic power with the cosmos is something you do - through the aforementioned ritual from your Principle or perspective. It's a connection through consciousness into space through directed thought. You still need to work it into your karma and karmic process to create the ritual through which insight is going to flow. Consciousness can only pass through energy and vibration so you need to create and stick to a discipline to access insight and akashic power. Otherwise all your conscious will and commitment to trusting the universe or cosmos and everything in your environment is just empty words going into empty space.

A discipline - and please pay attention to the fact that I'm not writing about discipline of faculty here, but a specific discipline, is any ritualistic activity which requires both creativity and empathy, i.e. creativity and interaction.

creativity

This is the ability to alter or change a vibration or cycle through insight to create a new vibration or karmic cycle. It is through insight you create truth.

empathy

Empathy is what connects you to your environment and others in the environment. Empathy, or trust, is the basis of relationship.

A discipline is any activity which meets the above criteria. There's not just the obvious creative activities, such as art, music, writing, drama, design, photography and so on, there's also community support, healing, helping other people to overcome their past trauma and karma, then you have the occupations which are based on disciplines, medicine, law, artisan trades, carpentry, plumbing, interior design, working with digital technology, coding, and so on and so forth.

I'm probably missing out a few other types of activities here, but hopefully you get the gist.

Please keep in mind it's not the activity itself which matters, but your relationship to the activity and how you express yourself through the activity. All activities are mindless, repetitive, and cyclical in nature. However it's how you approach the activity which makes them a discipline or not. If you can make an activity seem like play or fun, and not a chore or work, then that activity can be a discipline for you.

Discipline is all about appreciation and insight. The appreciation and insight has to flow two ways to get to the creativity and interaction. I spent years in theatre telling actors that the key thing in acting was how they project their energy into an audience from the stage or into the camera on a film set. If you can project enjoyment and devotion to your role, or rather through it, then the audience will enjoy your performance and in trusting you, accept your character. The key here is trust and confidence.

Discipline is vitally important in life because it trains you to develop the confidence to take risks and give chances while giving you a basic pattern or rhythm to come back into. Life as an experience is incredibly fragile. You think there's something to hold onto but in reality there's nothing to hold onto, nothing to cling to, no guarantees, no security, and the moment you start to try and cling to something, that's when you turn reality into an illusion.

Therefore what you are doing through a discipline, any discipline, is you're starting elsewhere on a cycle with the illusion and seeking out the reality. Of course to get to the reality you have to be always willing and prepared to make the sacrifice and let go of the illusion. But see you cannot cling to any sort of reality without making it an illusion.

This is where we come back to the sheer importance of always being connected to environment, both naturally and socially. There cannot be any separateness any in your mind between you and your environment. What I'm really saying here - in case you haven't worked it out - is that all the separateness needs to be only within your mind and between your thoughts, your emotions, your feelings, your perceptions, and your conceptions.

This is one of the fundamental mistakes in life most people make. They make the separateness between them and their environment, and also between them and other, on the basis of Ego. They do this simply because our cultural and social values train them to do this on so many different levels and even when it comes to language and the way you use language, you can very easily find yourself trapped in a situation where you are forced to think it terms of separateness between you and both your environment and other.

What happens when you buy into such illusions?

Well you become attached to your Ego, and all your thoughts, all your beliefs, your feelings, your emotions, and you end up getting trapped and imprisoned right there on the most

basic and fundamental level of consciousness, separate from your Principle and imprisoned by your Process. You become self-focussed, oblivious to what is going on around you in your environment, oblivious to what is going through the mind of others, and inevitably you create the ideal environment for fear, insecurity and anxiety to develop and flourish.

This is where meditation and yoga comes into it. Meditation and yoga in practical terms take you out of yourself and shift the emphasis from conception to perception. This is how systems such as Buddhism, Taoism and yoga work, not just the modern Westernized methods of Hatha yoga, but also the more ancient forms such as linear yoga and synthetic yoga.

But for meditation and yoga to work they need to be spontaneous, without structure, without form, and without expectation. The moment you start to create a form out of meditation or yoga, or organize it, or ritualize it, or expect something from it, you invalidate the experience by creating a ritual on the basis of an illusion. Magic works on the exact same mystical principles. If you practise magic with an intention, a purpose or an objective, you invalidate it and turn it into an illusion.

Please keep this in mind if you ever sign up to any course in meditation or yoga. You're just learning a technique, a ritual, a practice, a form. You're probably not going to get that much from the practice. Any benefit you get from meditation or yoga comes spontaneously when you were least expecting it and not even thinking about it.

This is why when developing Qultura I make no mention of either meditation or yoga. It's not necessary. I place a very emphasis on community, community involvement and community participation. You come into the Qultura community without expectations, with an open mind, prepared to connect to whoever else is in the community at the time.

What happens while you're connected to others in the Qultura community is also not that important. You come into the community with whatever is going through your mind at the time. You find a way of expressing it through social interaction with others. It could be a problem. It could be a story. It could be an idea. It could also be complete nonsense. It doesn't matter because the content doesn't matter. What matters when it comes to the Qultura community is the connection you make to your environment in both natural and social terms.

The Qultura community for this reason is a subversive community. Subversion is all about the creative, outward self-expression of individual truth outwards into an environment. Subversion is necessary to access akashic power, which I've already written about previously. It works on the exact same principle as breathing. In order to breathe in, you need to breathe out, right? Similarly in order to access insight from your environment and

others, you need to express yourself first into that environment in some way. In the beginning was the word and all that.. You see? It's the Omega Principle all over again.

This is the whole point of the Community Message Board with regard to the Qultura community. It's there as an online environment for you to express yourself in. Simply register, find a category and post. It's that simple. You see when you express yourself by letting what's going through your mind out into an environment, you're letting go of it and also letting go of the attachment to whatever it is you're expressing. You give it a new form on the message board and shifting the attachment to something other than you. This frees up your mind for something else and on some deeper level, you're breaking a cycle and creating a new cycle.

You're also creating insight and content for other people. Might not be the same day, or even the same week or the same month, but someone somewhere at some point is going to come across your post and get some much needed insight from it.

So having now covered aspects of the relationship between the principle and the process and also discipline of faculty and the sheer importance of connecting to our environment and community through discipline we can now move on to exploration and examination of the darker side of our nature and become familiar with the concept of liberation and freedom.

This is important because I feel too many of us, far too many of us are prisoners serving lengthy, indefinite prison sentences in the invisible prisons of our mind. far too many people are living their lives on what I would describe as an HMP basis, HMP of course stands for Her Majesty's Pleasure for far too many of us are inmates in the largest prison on these islands, and that is HMP Ignorance.

Many of us are living lives which are far too regimented, often as we were taught as children. Get up, get ready for school, go to school, stand in line, find your place, know your place, do as you're told, do your work, go out and play, do your work, go out and play, do your work, go home, go play outside, do your homework, go to bed, and get up the next morning.

Understand that you were socialized and socially programmed only to live at the most basic, fundamental level of life in accordance with a system.

This was so you could get up, get ready for work, go to work, stand in line at the bus stop, arrive at work, find your place, know your place, do as you're told, do your work, have a break, do your work, have lunch, do your work, have a break, do your work, go home, relax a little, prepare for work, go to bed, and get up the next morning.

This is not much different from actually being in prison or serving in the military. Sure you're a Good Model Citizen and deserving of Widespread Social Respectability, but all the while you're living on the basis of Ego you're just as mindlessly obedient as a puppet, an automaton, a robot, or a doll.

This is an incredibly traumatic way to live and if you're living this way, inevitably it stands to reason you're going to be living in fear. Fear of death, fear of what others might think of you, fear of being too open, fear of being exploited, fear of being cheated, fear of being hurt, fear of being abused, and so you're unwilling to be open to others, unwilling to seek and reach agreement, unwilling to compromise, unwilling to let go, unwilling to give chances, unwilling to take risks, unwilling to take opportunities, and so on.

This is an excellent way of generating lots of new karma, endless doubts, endless anxiety, endless fears, constantly trying to police yourself, trying to police others, judging yourself, judging others, constantly hurting yourself, hurting others, and trying to be happy while living a lifestyle based on mental confusion, hypocrisy, fear, denial, blame, and a great deal of emotional baggage and unnecessary attachments.

Step back. Think about this. Take a look around you. Take a good look around you. Can you now see how human society is incredibly fucked up? Can you not see the misery, the suffering, the pain, the fear, the hurting, and so on?

No wonder many of you desire to be free in such circumstances. I would too. This is not a way to live. At least not from my perspective.

This is where we get into liberation and freedom. Both liberation and freedom have got nothing to do with either free will or separateness. There is no such thing as free will. Free will is an illusion. You are bound by your karma and process. Remember samsara and that Buddhist Wheel of Life? Those six realms of existence? This is what you're bound to, because these are the states of karma and reincarnation. There is also no separateness anywhere at all in the universe. No separateness, no freedom from anything, no guarantees, no permanence, and no cause and effect.

The reality of what liberation and freedom really means is, by implication, unity through consciousness.

*"Let them all pass all their dirty remarks (one love)
There is one question I'd really love to ask (one heart)
Is there a place for the hopeless sinner
Who has hurt all Mankind just to save his own? (Believe me)..."*
--Bob Marley, ["One love"](#)

What I'm saying here is that both liberation and freedom imply unity, and here I'm referring to unity between individual and totality, individual and environment, and self and other. If you cannot find unity with others in community and unity with your natural environment, and also unity within yourself between your Principle and Process, then you cannot be free and you cannot ever hope to achieve liberation, from anything.

That's the bottom line here. Of existence. Of life. Of the universe.

You see out of fear you get guilt and shame. Both these feelings and emotions run deep, incredibly deep and cut deep and harsh into the human psyche. In fact guilt is fear compounded by the Omega Principle, because when you've reached the point of guilt you've reached the point of becoming your own worst enemy and out of that guilt you are generating new fear and creating lots of new trauma and lots of new karma.

This is the difference between work and discipline.

Work is some unpleasant task that you don't want to do so you delegate it to others by offering them money to do it. Now if you seek to get a job just to make money then you are an idiot. You are a fool.

You see if you go to work just to make money then you end up doing things you don't really want to do working for people who don't appreciate you just to earn money, so you can continue doing stuff you don't enjoy doing for people who don't appreciate you just to get more money.

You distort your perspective and start associating money with happiness and profit with liberation. You buy right into an illusion known as capitalism. This is what capitalism is all about, confusing money with happiness and profit with success.

But it's also got to be said that if you give someone work and you don't appreciate or value them then you're an even bigger fool and an idiot. This is especially true if you don't care who does your work.

If you run a business or manage a company if you don't appreciate and value those who work under you then you end up exploiting them and using them. I'm not being socialist here, just humanitarian. This is probably because you've confused profit with success and status with value.

This is how we ended up as a species who exploit our natural environment for financial profit and created a civilization of people who predominantly miserable simply because they have to go to work to get money in order to live.

What's more we're even in denial about it, blaming the planet for climate change rather than understanding that it's human social and cultural values that are completely fucked up here. This is the whole issue with the current green agenda. It's based almost entirely on guilt and trying to cut back on carbon to expiate ourselves rather than making the effort to sort our shit out and try living with different social and cultural values.

This is what guilt is all about. And shame. It's about expiation for past mistakes and creating unnecessary trauma and suffering because we made mistakes in the past and feel we need to suffer as a result.

This is what feeling guilty is all about. Making mistakes is human. But you can either do something practical to change the situation or you can feel guilty about something and do nothing. You can either accept the fact that you were wrong, made mistakes, got things wrong, misunderstood, and open your mind, learn, and reach out for insight, or you can continue to feel guilty, punish yourself, and torture yourself for your past misdeeds and mistakes which exists nowhere else but as an illusion in your memory.

You see when people feel guilty what most people do is rather than just accepting the mistake or misdeed, letting go and moving on they get into all kinds of symbolic gestures such as going to confession, giving to charity, they seek therapy, go to counselling, they do all kinds of things somehow believing they can find the answer somewhere outside of them.

So instead of actually doing something meaningful they just resort to finding something which is going to make them feel alright instead. So the karmic process remains unchanged, the cycle isn't broken, and usually the experience repeats itself further down the line.

This is what happens with guilt and shame, and when it's combined with the Omega Principle we're talking about a situation, or rather a set of social and cultural values which become a kind of self-fulfilling prophecy and which ultimately change the entire course of human evolution.

What we need to do is to come up with a different set of social and cultural values and a completely different attitude to our mistakes, our failings and our misdeeds and wrongdoings.

Condemnation and finger pointing doesn't work, because it oppresses us, and condemns us to endless cycles of guilt and shame. We need to become more accepting, of ourselves and others, cultivate empathy, community and human creativity, simply because there is no other way to get through this.

The Omega Principle

For this reason Qultura is not a method to follow, nor is the Qultura community based on any rules or moral standards. No promises, no guarantees, no promises of enlightenment or salvation. None of these things are necessary. Qultura is defined as an empathy based community and this for more than a decade has been sufficient.

Objectives and purposes, no matter how well meaning and spiritual, blind you to your awareness and also to your humanity and the humanity of others. We stick to the present moment, share what we feel, what's going through our minds, and let the future unfold as it will.

If freedom means anything, it means freedom to learn from our mistakes and our misdeeds and access insight to develop new insight, new culture and to do what human beings are here to do, and that is to evolve.

A shining example to humanity



*"Come on and shine (shine), shine like a star
Shining so bright like the star that you are
Oh oh oh oh shine (shine) into the future
Spreading your light wherever you are..."
--Aswad, "[Shine](#)"*

This is the final chapter, so it's going to be short. This chapter is going to be about numbers.

Qultura is Qultura because it is based on mysticism, magic and numerology. Numerology is the connection between the two different versions of reality we all experience. For sure in the beginning was the word, but it's the numbers through which we find unity and community with one another.

Qultura is Qultura because the letter 'Q' is the 17th letter of the English alphabet and completes a cycle with the last letter of Qultura, which is an 'a', the first letter of the alphabet.

17 is the mystical principle of hope and faith, symbolized by The Star Tarot card in the Major Arcana. A naked woman kneels by the water; one foot is in the water and one foot is on the land. Above her head is one large star, representing her core essences, and seven smaller stars, representing the chakras. In each hand she holds a jug. From one jug she pours a liquid into the water. From the other jug she pours a liquid onto the land.

The Omega Principle

The Qultura community is defined as an empathy focussed community, which signifies a seven, the mystical principle of the Moon, lunar power and the Sacred Feminine Principle. It is through this community you develop your Qultura method through community and discipline, which is a Six (6), which symbolizes the Sun, solar power and the Sacred Masculine Principle.

When you combine the two, i.e. the six and the seven, you arrive at 13, the mystical principle of change. This is symbolized by Death, the corresponding Tarot card in the Major Arcana.

But see you can multiply 17 by 5, the mystical principle of creativity and drama, and you arrive at 85 - which is the next incarnation after the current 84th incarnation of existence.

As you can see the numbers stack up and maybe now you can understand how Qultura was developed out of the Omega Principle.

I specifically designed Qultura as a system for the zeitgeist.

Qultura is timeless.

Qultura methodology is based on both the Kaballah and Veda, and the mystical principles which arose out of the birth of mysticism and mystical principles. These mystical principles have not changed throughout the centuries.

For as long as there is a methodology and a community known as Qultura one will always have the possibility of developing their own Qultura method, irrespective of what incarnation they find themselves in, irrespective of whether this is now, next year, in 10 years time, in 100 years time, or even in 10,000 years time.

The founding premise will always be the same.

All existence is change, all existence is relationship.

The possibility is always there for you to come into the community and shine, shine like a star, and be a shining example into others in your community.

The only thing holding you back is your Ego.

About the author



Stella Baker is a mystic, shaman, dramatist and former Buddhist scholar who in November 2009 in London developed Creative Law and from that created Qultura and started the Qultura community.

Back in 1983 at the age of 17 she was introduced to Theravada (Southern) Buddhism by an elderly Bangladeshi master who she refers to as 'Babu'. Under Babu's mentoring and guidance she was trained semi-monastically in Theravada Buddhism where she was directed to become a 'sramana' a shaman in the Buddhist tradition and encouraged to study mysticism and pursue a shamanistic path in life.

After the death of her mentor at the start of 1986 she explored deeper into mysticism and began to study the occult and magic, together with other esoteric subjects.

Then in the early 1990's she emigrated to eastern Europe, eventually settling in Poland where she became involved in alternative theatre writing and directing plays on social realism. During this period she got to know of Polish psychologist and charity worker Marek Kotanski and became interested in his pioneering work supporting people affected by addiction, social exclusion and social stigma. During this time she was also involved with Ole Nyadal's Diamond Buddhist community. She wrote and directed plays on social realism and began running drama workshops in the middle of 1996 after briefly teaching English at a Rudolf Steiner Waldorf school in Warsaw.

It was also during this period that she started to become much more heavily involved in humanitarian activism on such issues as anti-death penalty issues, social exclusion, addiction, equality for the LGBT community, and work against the stigma of people with disabilities and mental illness.

In the first few years of this century she focussed much more heavily on her drama workshops working with the homeless, people with addictions and people with mental health issues, managing to establish a couple of successful small community theatres working with people affected by social exclusion and social stigma.

It was after returning to London and working with the homeless through drama workshops that she discovered that trauma was negated by drama and that social interaction, creative

activities and involvement in community cultural development was the most natural and efficient way of developing consciousness.

In November 2009 she developed Creative Law and founded the Qultura community which was originally defined as an empathy based community. through her shamanistic work she developed Qultura methodology as a derivative of Theravada Buddhism. While Qultura is similar to Buddhism for its acceptance of reincarnation and karma, it is based more heavily on the I-Ching and four simple universal principles developed out of Creative Law. Therefore Qultura is much simpler, far more straightforward and much more focussed on connection to community and the environment.

Since 2009 Stella Baker is the Core Facilitator of Qultura Core in London, which is the core of the Qultura community.